

## Dining Out with Arlington Street Church Neighbors

The Membership Team is happy to announce that two more dinners with Arlington Street Church neighbors are in the works! Lois Hartsough is planning an outing in Jamaica Plain, and Holly Hendricks and Tori Bell are gathering people who live in Wakefield, Medford, Melrose, Malden, etc. If you are interested in joining one of these dinners, please contact the organizers through the church office at [office@ASCBoston.org](mailto:office@ASCBoston.org) or sign up at the Welcome Table in the Parish Hall after church today. More areas to follow!

## Save the Date!

Saturday, January 9<sup>th</sup> ~ Arlington Street Church

All-day workshop with Arlington Street's Transformation Team for Racial Justice! All in!

## Spiritual Passions 2016! Arlington Street Zen Center

*Don't just do something; sit there! And when you sit, just sit. Very simple directives ... simple, but not easy!*

### Introduction to Meditation

Sunday, January 10<sup>th</sup> ~ 1:00-3:00 PM, Hunnewell Chapel

Join Rev. Kim and members of Arlington Street Zen Center for Meditation 101, including answers to burning questions such as, "Where do I put my legs?" and "How do I quiet my mind without going to sleep?" This ancient spiritual practice will bring profound benefits not just to you, but to all whose life touches yours. Wear comfortable clothing (and yes, you can meditate in a chair!)

### Meditation Retreat

Sunday, February 28<sup>th</sup> ~ 1:00-5:00 PM, Hunnewell Chapel

Rev. Kim and members of the Arlington Street Zen Center invite you to an afternoon meditation retreat. We'll practice alternate sitting and walking meditations, interspersed with readings from the dharma (Buddhist teachings)-the same format as our twice-monthly gatherings, just a longer session.

Whether you are experienced in meditation or interested in a full immersion introduction, please join us! Wear loose, comfortable clothing, walking shoes, and appropriate outerwear (we will be walking in the Public Garden). Zafus and zabutons (pillows and cushions) as well as chairs are provided. Come for the beginning and stay as long as you like. At 5:00, we'll celebrate by enjoying an early dinner together somewhere nearby. BYO\$.

---

## ARLINGTON STREET MINISTRIES

---

## Join the Arlington Street Choir!

Every Thursday ~ 7:00 PM, Clarke Room

Experience the spiritual practice of communal singing! Take just a couple of hours out of your week to create something beautiful, make friends, and add more music to your life! Musicians and non-musicians are welcome—we are a mix of professionals and amateurs. We meet every Thursday in the Clarke Room on the second floor of the church. If you have any questions, please always feel free to contact our Director of Music, Mark David Buckles at [MBuckles@ASCBoston.org](mailto:MBuckles@ASCBoston.org).

## Children's Religious Education Wants You!

Would you enjoy assisting behind the scenes, sharing a story or your spiritual practice, going on a field trip, leading a sex ed class, holding babies, building with legos, or digging in the dirt? If the answer is yes, please contact Laura or Erica this week for more information at [CRE@ASCBoston.org](mailto:CRE@ASCBoston.org).

## Transformation Team for Racial Justice

The Transformation Team for Racial Justice is an ongoing task force of Arlington Street Church that seeks to identify and eliminate interpersonal and institutional barriers of racism and oppression, and build a justice-seeking, multiracial, multicultural community. If you have suggestions, questions, comments, or concerns for The Team, please email [transformation@ASCBoston.org](mailto:transformation@ASCBoston.org), attend our open meetings on the third Tuesday of every month from 7 - 8:30 PM or speak with a team member (Sarah Cooleybeck, Margy Herley, Peter Lowber, Laura Pattison, Nancy Perna, Steve Marable, and Barbara Seidl). Membership on the Team requires a one year commitment and anti-racism/anti oppression/multicultural training.

## Animal Issues Group

Do you believe in kindness toward animals, yet are uneasy about the ways animals are treated in today's world? Have you considered switching to a plant based diet, but making changes seems over-whelming? Do you feel compassion for others should be as inclusive as possible? If you would like to see animal issues as part of our social action initiatives, please email [socialaction@ASCBoston.org](mailto:socialaction@ASCBoston.org), and place *animal issues* in the subject line.

We can discuss how to make changes in our daily lives, support the national UU Animal Ministry, and educate interested members of our congregation about living more mercifully, healthfully, and sustainably.

Elizabeth (Dinny) Fletcher is a lifelong animal lover, and current board member of the Boston Vegetarian Society. She also volunteers for the Massachusetts Animal Rights Coalition (MARC). Dinny would welcome any level of participation or discussion of animal issues.

### SUGGESTION BOX

The staff and leadership of Arlington Street Church welcome your ideas, comments, and suggestions. If you have a thought to share about what works well or what could be improved, please send a message to [Comments@ASCBoston.org](mailto:Comments@ASCBoston.org). The Church's administrative assistant will pass your message on to the appropriate people. Please speak your "truths in love" and include your name and contact information so we can follow up. Thanks!

### SCHEDULING EVENTS AT ARLINGTON STREET CHURCH

All issues dealing with building usage, (both congregational use and rentals), must be coordinated by Jeffrey Bouchard, Administrative Assistant and Facilities Manager. Jeffrey is able to help you Monday – Friday, 8:00 AM – 3:00 PM. He can be reached by phone at 617.536.7050 ext. 14 or by e-mail at [JBouchard@ASCBoston.org](mailto:JBouchard@ASCBoston.org).

### INSIDE SUBMISSION GUIDELINES

Please email all Sunday "Inside" announcements *before Tuesday noon* to [publications@ascboston.org](mailto:publications@ascboston.org). Laurinda O'Connor will receive your email and will compile the announcements for publication. Materials should be legible, signed, and fully composed. Space is limited, so some editing may be necessary. Please note that we only publish submissions related to Arlington Street events or the wider Unitarian Universalist community.

### OUR CARING COMMUNITY—EMERGENCIES

In the event of a disruption or major transition in the life of an Arlington Street member, please inform the church office, 617.536.7050. Our staff and ministers will be in touch to lend support.

### SECURITY NOTE

This is an urban church. Please do not leave your valuables unattended!

---

Arlington Street Church, *Unitarian Universalist*  
351 Boylston Street, Boston, Massachusetts 02116-3303

Office Hours: Monday – Friday, 9:00 AM to 5:00 PM Phone: 617-536-7050 • Fax: 617-536-2729  
E-mail: [office@ASCBoston.org](mailto:office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)

---

# INSIDE

## ARLINGTON STREET CHURCH

*NEWS FROM THE SOUL OF SUNDAY*  
SUNDAY, DECEMBER 13<sup>TH</sup>, 2015

---

## TODAY

---

## The Mitten Tree

Today ~ 11:00 AM, Sanctuary

Today is the day we decorate the Mitten Tree with all the new, donated gloves, hats, scarves, and socks for the gentlemen guests of our Friday Night Supper Program! Thank you for your generosity!

## Books for Connie's Kelly School Kids!

December's Share the Plate recipient is Kelly Elementary School in Chelsea, where our own Connie Scanlon is the reading teacher. Our Sunday morning offering will help to buy school supplies and winter clothing for the students. In addition, we are collecting books to be used in the classroom and as gifts for the kids. Connie writes, "If you have a beloved book for grades 1-3 (picture books and beginner chapter books), I am happy for any lovingly selected titles. I am so grateful for this support!" By request, Connie has also provided a list of titles (available at [www.ASCBoston.org](http://www.ASCBoston.org)); multiple copies of these books will be deeply appreciated!

## Coffee Hour and Lunch

Today ~ Immediately following worship, Parish Hall

Let's all gather downstairs for coffee, soup, sandwiches, and community! If you're visiting Arlington Street Church or would like information about Unitarian Universalism, please visit the Welcome Table.

We welcome additional volunteers to help with food preparation and, especially, with clean-up. To volunteer, and for more information about joining our team, please stop by the kitchen today or contact Jon Ellertson.

## Holiday Bazaar

Today ~ 12:00 - 2:00 PM, Parish Hall

Shop local and support the craftspeople and artists in our community! Come check out the beautiful handcrafted gifts for purchase after the service today. If you are a craftsperson and would like to participate at the Holiday Bazaar on the 20th, please contact Laura Evonne Steinman at [LES@ASCBoston.org](mailto:LES@ASCBoston.org). Each craft table is asked to make a free-will donation to the church from their proceeds.

*continued on next page...*

## Indulge 2016 Planning Meeting

Today ~ 12:30 PM, Carol Smith Room

Today is our first planning meeting for Indulge 2016. The event will doubtless be as much fun and as successful as all the previous Indulges! Come be a part of helping to make this fun night a reality!

## Rodger Clinton Vine, Christmas Music on Piano

Today ~ 12:30 PM, Hunnewell Chapel

Arlington Street's Artist-in-Residence, Rodger Clinton Vine, presents a brief concert of Christmas music for the piano, followed immediately by our annual Carol Sing!

## 9th Annual Carol Sing!

Today ~ 1:00 PM, Hunnewell Chapel

Join Arlington Street's musicians for our ninth annual old-fashioned Christmas carol sing! Mark David Buckles, Director of Music, and the Arlington Street Choir will lead us in seasonal favorites, from Jingle Bells to It Came Upon a Midnight Clear. Hot chocolate, tea, cookies, and fruit to follow!

## THIS WEEK

## Kundalini Yoga Class

Every Wednesday ~ 6:00 PM, Hunnewell Chapel

Experience fun exercises and poses, breathing techniques, chanting, meditation, and deep relaxation in this unique class. Moving energy through your body brings positive change and growth. There is a \$10 charge that goes to the church. First class is free!

## ANNOUNCEMENTS

## Arlington Street Circle of Caring

Sundays, Dec 20<sup>th</sup>, Jan. 3<sup>rd</sup> & 17<sup>th</sup> ~ 12:30 PM, Frothingham Library

Are you battling illness, caring for someone who is ill, struggling with isolation or in the process of losing someone you love? Or have you already lost someone, and are you trying to cope with the heartbreak and anger that accompany loss and grief? If you are currently struggling, or have experienced this or any other type of life crisis and would like to share how you made it through, then please join the Caring Circle.

Maureen Peterson is an ASC member who has lost her parents and her best friend to cancer, her Aunt to Alzheimer's and her brother and close friends to AIDS. Her vision of the Circle of Caring is to create a safe space in which to share our stories, discuss what might help, and just be together in support, in healing, in peace and always in love.

## Holiday Party!

Sunday, December 20<sup>th</sup> ~ 12:30 p.m., Parish Hall

The Arlington Street staff invites you to a festive holiday celebration! Shop the holiday bazaar, visit the hot chocolate bar, and join in gingerbread house building and pomander (fragrant orange-clove) making. Rev. Kim will wrap your presents (yes!). Let's celebrate together!

We invite you to cut out this calendar or view the full calendar at [ASCBoston.org](http://ASCBoston.org)

## This Week

### Sunday, December 13, 2015

9:30 AM	Social Action ~ Smith Room
*9:30 AM	Music Rehearsal ~ Sanctuary
11:00 AM	Sunday Morning Worship ~ Sanctuary
11:15 AM	Children's Religious Education ~ Perkins, Parish Hall, Stage R.
12:00 PM	Coffee Hour and Lunch ~ Parish Hall
12:00 PM	Holiday Bazaar ~ Parish Hall
12:30 PM	Indulge 2015 Planning Meeting ~ Clarke Room
12:30 PM	Rodger Clinton Vine Christmas Music on Piano ~ Hunnewell Chapel
1:00 PM	9th Annual Carol Sing ~ Hunnewell Chapel
1:00 PM	Nominating Committee ~ Clark Room

### Monday, December 14, 2015

No congregational events are scheduled.

### Tuesday, December 15, 2015

6:00 PM	Prudential Committee ~ Perkins Room
7:00 PM	Transformation Team for Racial Justice ~ Frothingham Library

### Wednesday, December 16, 2015

*12:30 PM	Staff Meeting ~ Perkins
6:00 PM	Kundalini Yoga ~ Hunnewell Chapel

### Thursday, December 17, 2015

7:00 PM	Choir Practice ~ Clarke Room
---------	------------------------------

### Friday, December 18, 2015

5:00 PM	Friday Night Supper ~ Parish Hall
---------	-----------------------------------

### Saturday, December 19, 2015

5:00 PM	Egle Jarkova Violin Studio Recital ~ Hunnewell Chapel
---------	---

### Sunday, December 20, 2015

11:00 AM	Sunday Morning Worship ~ Sanctuary
11:15 AM	Children's Religious Education ~ Perkins, Parish Hall, Stage R.
12:00 PM	Coffee Hour and Lunch ~ Parish Hall
12:00 PM	Holiday Bazaar ~ Parish Hall
12:30 PM	Holiday Party! ~ Parish Hall
12:30 PM	ASC Circle of Caring ~ Frothingham Library

\* Denotes closed meetings. This calendar is accurate as of noon the Tuesday before publication and only includes events directly related to the congregation.

**For additional listings, please visit [www.ASCBoston.org](http://www.ASCBoston.org)**



ARLINGTON  
STREET CHURCH  
Unitarian Universalist

## Annual Bethel Holiday Party

Sunday, December 20<sup>th</sup> ~ 3:00-7:00 PM,

Bethel Tabernacle Pentecostal Church, Dorchester

Each year, Bethel Tabernacle Pentecostal Church provides an awesome holiday party for neighborhood parents and kids. We are invited to participate and help with whatever is needed (blow up balloons, paint faces, serve food, hand out gifts, etc.). Sign up to participate at the Social Action table in the Parish Hall. Parking is available, rides can be arranged, and even an hour of service would be much appreciated.

## Christmas Eve Ushers Needed!

Christmas Eve is coming, and we need ushers for all three services: 5pm, 7pm and 9pm. To volunteer, sign up at the Membership table in the Parish Hall or reach out to Ellen Spencer at [office@ASCBoston.org](mailto:office@ASCBoston.org) or 617-536-7050 and let her know which service you plan to attend and the best way to contact you.

## Buddha's Belly ~ The Buddhist Book Discussion and Arlington Street Zen Center

Tuesday, December 22<sup>nd</sup> ~ 6:00 PM, Hunnewell Chapel

Buddha's Belly and Arlington Street Zen Center (feel free to come to one or both) meet every 2nd and 4th Tuesday.

Buddha's Belly meets at 6 pm. Join us as we continue discussing Parvati Markus' newly-released *Love Everyone*, a collection of the stories of young spiritual seekers - most notably Ram Dass - traveling to India in the 1970s to study with the acclaimed teacher, Neem Karoli Baba. For our gathering on December 22nd, please read through Chapter 6 of Part Two.

Arlington Street Zen Center meets at 7 pm and includes seated and walking meditations, a dharma talk, and conversation. Beginners and experienced meditators from all traditions are welcome!

## Arlington Street Zen Center Winter Solstice Vespers and Waking Up the Trees!

Tuesday, December 22<sup>nd</sup>, 7:00 PM, Hunnewell Chapel & Boston Public Garden  
Come to the Arlington Street Zen Center for a Winter Solstice Vespers, with beautiful readings, silent meditation by candlelight, songs, and walking meditation in the Public Garden complete with Wassailing the Trees! All are welcome!

Buddha's Belly and Arlington Street Zen Center (feel free to come to one or both) meet every 2nd and 4th Tuesday. Beginners and experienced meditators from all traditions are welcome!

## VNACare Network and Hospice Seeks Volunteers

Join our Volunteer Team! VNA Hospice Care seeks volunteers to visit patients and families in your community. A volunteer may provide patients with company, give the spouse, partner, or other caregiver a needed break from caregiving, or help run errands.

A strong need exists for volunteers who can visit on weekdays. We are also looking for volunteers who can visit on Saturdays and Sundays. In addition, we seek musicians who would like to sing or play music quietly at the bedside; and Reiki practitioners who would like to give Reiki to patients and caregivers. Please call 781-569-2888 and ask to speak to a volunteer coordinator, or email [lpalais@vnab.org](mailto:lpalais@vnab.org) for more information. Thank you!