

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\$.



### Ice Skating!

Sunday, February 28<sup>th</sup> ~ 1:00 PM, Frog Pond

CRE is going skating! All are invited. Bring your friends and family! For more information, please email Laura Evonne at les@ascboston.org.



### Spiritual Passions 2016: Spiritual Journaling

Sunday, March 13<sup>th</sup>, 1:00 - 3:00 PM, Hunnewell Chapel

Are you looking for new ways to journal? Have you always wanted to keep a journal but never started? This workshop, for beginning and experienced practitioners alike, will explore ways to approach writing for yourself as a spiritual practice. We'll look at time-honored traditions like Lectio Divina and out-of-the-box techniques. Join Liz Weber, seminarian and member of the Worship Team, in a time for introspection and expression. Paper and pens will be provided, but feel free to bring a journal if you have one.



### Spring Small Groups

*How it works:* A small group of committed people meet 7 times over several months for the chance to talk more deeply about a wide range of spiritual topics. Past topics have included renewal, living deliberately, life balance, and social justice. Each group is different, and group members are encouraged to suggest topics. Each group will have two facilitators. People often bring snacks to share. For more information and to sign up (deadline February 17!), please email Emily at office@ascboston.org. All are welcome!



### Delegates to Represent Arlington Street

At the March 6 corporation meeting, we will elect delegates to represent Arlington Street at three different gatherings:

1. Five delegates to the General Assembly of the Unitarian Universalist Association, scheduled for June 22-26 in Columbus, Ohio
2. Three delegates to the Massachusetts Bay District meeting, scheduled for April 23 in Lexington, MA
3. Three delegates to the UU Urban Ministry in Roxbury (with a meeting to be scheduled in May)

For more information on any of these positions, please contact nominating@ascboston.org



### Dining Out with Arlington Street Church Neighbors

The Membership Team is happy to announce that two more dinners with your Arlington Street 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 or sign up at the Welcome Table in the parish hall after church today. More areas to follow!

## COVENANT RENEWAL PLEDGE FORM

July 2015 through June 2016

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I/We commit an **TOTAL ANNUAL PLEDGE** of \$ \_\_\_\_\_ to support the work of Arlington Street Church for 2015-2016.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Pledge contributions may be made by cash, check, or credit card.*

- If you are paying with cash via the Sunday collection, please mark the envelope with your name(s) and **"2015 Pledge Payment."**
- Checks should be made payable to Arlington Street Church with **"2015 Pledge Payment"** written on the check memo line.
- If you wish to pay by credit card, please complete the following:

**Accepted:**  Mastercard  Visa

Credit Card #: \_\_\_\_\_

Expiration Date: mm \_\_\_\_\_ yy \_\_\_\_\_ Zip Code: \_\_\_\_\_

*Please charge my credit card in either:*

- One payment for my entire pledge on \_\_\_\_\_
- Equal monthly installments on the **10<sup>th</sup> of each month**
- I'm adding a pledge of SERVICE! Here's how I'd like to serve:**

\_\_\_\_\_  
\_\_\_\_\_

#### 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**. 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.

#### INSIDE SUBMISSION GUIDELINES

Please email all Sunday "Inside" announcements **before Tuesday noon** to 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 • Web: www.ASCBoston.org

# INSIDE

ARLINGTON STREET CHURCH

## NEWS FROM THE SOUL OF SUNDAY

SUNDAY, FEBRUARY 14<sup>TH</sup>, 2016

### TODAY



### 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.

In preparation for Jon Ellertson's upcoming hip replacement and recovery, the Sandwich Board team is seeking new volunteers. Drop by the kitchen on Sunday around 10:00 AM to don an apron, learn the prep routines, and make some new friends. And thanks to the many, many who have been helping with prep and cleanup...it takes many hands! For more information, please email Jon at office@ascboston.org.



### Just Coffee - Just for You!

Today ~ Immediately following worship, Parish Hall

Friends, we have a new supply of Just Coffee! Please come and get yours at the Social Action table after the service. Just \$12 per pound for great 100% organic coffee! Help support the grower cooperative in Chiapas, Mexico, www.justcoffee.org.



### Lunar New Year Lion Dance Parade

Today ~ 12:00 PM, Chinatown

Come to Chinatown and celebrate the Lunar New Year—Year of the Monkey, featuring the Lion Dance Parade, food, and fun! Talk to Laura Evonne if you want to go over together.



### Indulge 2016 Planning Meeting

Today ~ 12:30 PM, Carol Smith Room

Join the planning as we continue determining decorations, menu, and auction details. Indulge 2016 is scheduled for April 23rd. Come be a part of helping to make this fun night a reality!

*continued on next page...*

## THIS WEEK



### Arlington Street's Literary Salon The Wednesdays: Shakespeare's Plays

Wednesday, February 17<sup>th</sup> ~ 6:00 PM, Frothingham Library

*Romeo and Juliet*

Professor Alan Helms and Rev. Kim welcome you to the final meeting of the second installment of the Wednesdays Shakespearathon! Reading all 38 plays by Shakespeare is admittedly a huge ambition and will take years to accomplish, but it's wholly appropriate, since Shakespeare is by universal consent not only the greatest writer in the English language, but one of the immortals of world literature (his only peers in that lofty realm are Homer, Dante, and Cervantes). We'll need to practice a good deal of patience with archaic language and attending to a plethora of footnotes, since there's no doing without them (unless you live in a world where you cut your meat with a bodkin and teach your children to say their orizons at bedtime). In other words, these Shakespeare courses are not for the faint of heart. But since it's generally true that "as ye sow, so shall ye reap," the rewards will be enormous. For many of us this will be one of the great experiences/accomplishments of our lives!



### 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

Sunday, February 21<sup>st</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? Have you already lost someone and are 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 and be in a place of quiet listening and support, then please join the Circle of Caring.

Maureen Peterson is an ASC member who has lost her parents and several close friends to cancer 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. She is joined this year by two amazing co-facilitators, Art Judge, who is both a retired physician and hospital chaplain, and Lisa Kirk, one of ASC's newest members who has lead grief and small support groups for other congregations.



### CRE Volunteer Meeting

Sunday, February 21<sup>st</sup> ~ 12:30 PM, Carol Smith Room

If you are a volunteer in the CRE program, or interested in becoming one, please stop by the Carol Smith Room for a brief lunch meeting. We will review our weekly rituals and reflect on our hopes for the program.

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

## This Week

### Sunday, February 14, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 9:30 AM Social Action Meeting ~ Carol Smith Room
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins, Parish Hall, Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM Indulge Planning Meeting ~ Carol Smith Room
- 1:00 PM Nominating Committee ~ Clarke Room

### Monday, February 15, 2016

No congregational events are scheduled.

### Tuesday, February 16, 2016

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

### Wednesday, February 17, 2016

- \*12:00 PM Staff Meeting ~ Perkins Room
- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel
- 6:00 PM The Wednesdays ~ Frothingham Library

### Thursday, February 18, 2016

- 7:00 PM Choir Practice ~ Clarke Room

### Friday, February 19, 2016

- 5:00 PM Friday Night Supper ~ Parish Hall

### Saturday, February 20, 2016

No congregational events are scheduled.

### Sunday, February 21, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Perkins, Parish Hall, Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM ASC Circle of Caring ~ Frothingham Library
- 12:30 PM CRE Volunteer Meeting ~ Carol Smith Room
- 1:00 PM OWL-Our Whole Lives ~ Perkins Room
- 1:00 PM Spiritual Passion: Islam 101 ~ Hunnewell Chapel

\* 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



### Islam 101

Sundays, February 21<sup>st</sup> (film discussion), March 13<sup>th</sup> (book discussion), and April 17<sup>th</sup> (speaker) ~ 1:00-3:00 PM, Hunnewell Chapel

Representatives of our Social Action Committee, Transformation Team for Racial Justice, and Rev. Kim are preparing a multi-faceted response to escalating violence toward the Muslim community. Toward the end of extending ourselves in friendship and sanctuary to our Islamic neighbors here in Boston, we'd like to begin with some opportunities to learn about Islam. On February 21st, we'll view *Inside Mecca* (2003), a one-hour National Geographic documentary that follows the spiritual journeys of three pilgrims to Mecca. For March 13th's book discussion, please read *The Muslim Next Door: The Qur'an, the Media and That Veil Thing* by Sumbul Ali-Karamali (available at the library as well as new and used from Amazon and ABE books). On April 17th we will be joined by Shannon Erwin, a convert to Islam and wonderful speaker! Please save the dates and plan to be part of this life-saving initiative! Childcare will be provided by Allie Dagg.



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

Tuesday, February 23<sup>rd</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.

*6:00 Buddha's Belly:* Tonight, we will begin our discussion of *Calming the Fearful Mind: A Zen Response to Terrorism* by Thich Nhat Hanh. Please read through Chapter 2.

*7:00 Arlington Street Zen Center:* Our gathering includes seated and walking meditations, a dharma talk, and conversation. If you'd like to join Rev. Kim and walk in the Public Garden (optional!), please dress for the weather. This is the season for boots and warm jackets! Beginners and experienced meditators from all traditions are warmly welcome.



### New Member Class

Wednesday, February 24<sup>th</sup>, Spiritual Journey ~ 6:00 PM, Perkins Room  
Sunday, February 28<sup>th</sup>, Meet ASC~ 12:30 PM, Clarke Room

All interested newcomers are warmly invited to our next two-session new member class. Rev. Kim joins us for the first session, where we share stories about our spiritual journeys and ask our burning questions. This class is a wonderful opportunity to deepen your relationship and knowledge of Arlington Street, and to discern whether you are ready to join. In our second session, we learn a little of Arlington Street's history, polity, and practices; and meet some of our illustrious leadership and staff. Please sign up at the Welcome Table in the parish hall after the service. All are welcome!



### Spiritual Passions 2016: Meditation Retreat

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

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

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.