

**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.

 **Spiritual Passions 2016: Spiritual Journaling**

Sunday, March 13<sup>th</sup> ~ 1:00 - 3:00 PM, Frothingham Library

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.

 **Islam 101**

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

Representatives of the 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 offer some opportunities to learn about Islam. For March 13<sup>th</sup>'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). Lori Kenschaft, coordinator of the Mass Incarceration Working Group and member of First Parish in Arlington, will lead this discussion. She has a Master's of Theological Studies and a doctorate in American Studies and has been learning and teaching about Islam in for nearly a decade. Her most recent book is a co-authored college textbook, *Gender Inequality in Our Changing World: A Comparative Approach* (Routledge, 2015). We will conclude our series on April 17<sup>th</sup> with a discussion with 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.

 **Cuba**

Sunday, March 20<sup>th</sup> ~ 12:45 PM, Sanctuary

Join Peter Lowber as he presents pictures from his Witness for Peace trip to Cuba. Peter will discuss the healthcare and education systems in Cuba today as well as the status of children. Come hear about Cuban's perspective on their country and what the future holds for this island nation in transition. All are welcome!

 **Spiritual Passions 2016: The Art of Sabbath**

Sunday, March 20<sup>th</sup> ~ 1:00-3:00 PM, Hunnewell Chapel

"Sabbath requires surrender. If we only stop when we are finished with all our work, we will never stop, because our work is never completely done. With every accomplishment there arises a new responsibility... Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished." (Wayne Muller) Join our affiliated minister, Joanna Lubkin, as we explore ways to balance the

rhythm of our lives and engage in practices that are nourishing, life-giving, and restful. All are welcome!

 **One Act Play: Mariposa and the Saint**

Thursday, March 24<sup>th</sup> ~ 8:00 PM, Milford Performing Arts Center

"Mariposa and the Saint" is the true story of a woman locked in solitary confinement for nearly three years. The performance is co-sponsored by EMIT (End Mass Incarceration Together), a task force of Unitarian Universalist Mass Action Network. Join UUs from across Massachusetts in attending this play at the Milford Performing Arts Center. Admission is by donation. For more information, please visit [www.ascboston.org/programs/cmtes-grps/SocialAction.html](http://www.ascboston.org/programs/cmtes-grps/SocialAction.html).

 **Dining Out with Arlington Street Church Neighbors**

The Membership Team would like to announce updates to our existing dinners, and the launch of a dinner in the South End area.

1. The dinner in the Wakefield, Medford, Melrose, and Malden area has been put on hold for the time being. We'll let you all know as soon as this changes.
2. We've added some areas to the Jamaica Plain dinner. Lois and Jenn Britt have teamed up to arrange a dinner for people who live in the Jamaica Plain, Brookline, and Brighton area.
3. Eve Lauria has taken over coordinating the Cambridge dinners while Gaby Whitehouse is out of town. Thank you Eve!
4. We'd like to announce that Carol Fisher and Bob Sessions are organizing a dinner for people who live in the South End area.

If you are interested in joining one of these dinners, please contact [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!

**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!

# INSIDE

ARLINGTON STREET CHURCH

*NEWS FROM THE SOUL OF SUNDAY*  
SUNDAY, FEBRUARY 28<sup>TH</sup>, 2016

**TODAY**

 **Thank You!**

Thanks to Queen Cheryl for a beautiful wash and waxing of the high pulpit and the Hunnewell Chapel floor! If we start cleaning now, will spring spring sooner?

  **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](mailto: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](http://www.justcoffee.org).

 **Social Action**

Today ~ Immediately following worship, Parish Hall

Come to the Social Action table to learn why the Massachusetts seal and motto are historically inaccurate and culturally insensitive and how you can help get them revised.

 **New Member Class**

Today ~ 12:30 PM, Perkins Room

All interested newcomers are warmly invited to our next new member class. We learn a little of Arlington Street's history, polity, and practices; and meet some of our illustrious leadership and staff. Please get some coffee and lunch and join us in the Perkins Room at 12:30. All are welcome!

*continued on next page...*

Arlington Street Church, *Unitarian Universalist*  
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Email: [Office@ASCBoston.org](mailto:Office@ASCBoston.org) • Web: [www.ASCBoston.org](http://www.ASCBoston.org)



## Spiritual Passions 2016: Meditation Retreat

Today ~ 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). This is 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\$.



## Ice Skating!

Today ~ 1:00 PM, Frog Pond

CRE is going skating and then coming back to the church for hot chocolate and an art activity! An afternoon full of fun for all! To join in, meet in the Parish Hall at 12:45 to walk over together.

## THIS WEEK



## Spirit and Action: A Three-Part Series on Structural Racism in Boston

Tuesday, March 1<sup>st</sup> ~ UU Urban Ministry, 10 Putnam Street, Roxbury

**Part One: Income Inequality** ~ Featuring *Tito Jackson, Boston City Councilor and Darnell Williams, CEO Urban League of Eastern Mass.*

The UU Urban Ministry invites you to Spirit and Action. This series will create sacred space for participants to engage issues surrounding income inequality, environmental racism, and the impacts of gentrification on low-income communities. For information, please visit [www.uuum.org](http://www.uuum.org) or stop by the Welcome Table for a flyer. Space is limited. Register by contacting Rev. Rebecca Hinds at [rhinds@uum.org](mailto:rhinds@uum.org) or 617-318-6010 x 214. Childcare will be provided upon request.



## 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!

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

## This Week

### Sunday, February 28, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Chapel, Perkins, Parish Hall, Carol Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM New Member Class: Meet ASC ~ Perkins Room
- 12:30 PM Spiritual Passions: Meditation Retreat ~ Hunnewell Chapel
- 1:00 PM Ice Skating ~ Frog Pond (meet in Parish Hall @ 12:45)

### Monday, February 29, 2016

- 6:30 PM Membership Team Meeting ~ Perkins Room

### Tuesday, March 1, 2016

- Super Tuesday ~ Remember to VOTE!**
- \*7:30 PM Spiritual Practice for Professional Caregivers ~ Frothingham Library

### Wednesday, March 2, 2016

- 6:00 PM Kundalini Yoga ~ Hunnewell Chapel

### Thursday, March 3, 2016

- 7:00 PM Choir Practice ~ Clarke Room

### Friday, March 4, 2016

- 5:00 PM Friday Night Supper ~ Parish Hall

### Saturday, March 5, 2016

No congregational events are scheduled.

### Sunday, March 6, 2016

- \*9:30 AM Music Rehearsal ~ Sanctuary
- \*9:30 AM New Member Breakfast/Joining ~ Hunnewell Chapel
- 11:00 AM Sunday Morning Worship ~ Sanctuary
- 11:15 AM Children's Religious Education ~ Chapel, Perkins, Parish Hall, Carol Smith Room
- 12:00 PM Coffee Hour and Lunch ~ Parish Hall
- 12:30 PM ASC Circle of Caring ~ Carol Smith Room
- 12:30 PM Corporation Meeting ~ Hunnewell Chapel
- \*12:30 PM OWL - Our Whole Lives ~ Perkins Room

\* 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

## ANNOUNCEMENTS



## Arlington Street Corporation Meeting

Sunday, March 6<sup>th</sup> ~ 12:30 PM, Hunnewell Chapel

\*Vote required

1. Membership Update\* (Doc Kinne)
2. Election of Delegates\* (Nominating Committee)

### General Assembly:

Rich Abreu  
Morgan Johnstone  
Peter Lowber  
Joanna Lubkin  
Karen Tausch

### UUA Mass Bay District:

Charles Howes  
Reese Millican  
Karen Tausch

### UU Urban Ministry:

Jon Ellertson  
Nancy Perna  
Rev. George Whitehouse

3. Treasurer's Report (Susie Nacco)
4. Q&A on Written Reports
5. 501(c)(3) Update (Rev. Kim)
6. Affiliation of Rev. Fred Small (Rev. Kim)
7. Other Business



## Arlington Street Circle of Caring

Sundays, March 6<sup>th</sup> and 20<sup>th</sup> ~ 12:30 PM, Carol Smith Room

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.



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

Tuesday, March 8<sup>th</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 continue our discussion of *Calming the Fearful Mind: A Zen Response to Terrorism* by Thich Nhat Hanh. Please read up to Chapter 5.