

community

The Newsletter of the Community Church of Boston
A Peace and Justice congregation since 1920

April 2009

news

Addiction, Self-Care and Community Support

by Jason Lydon, Congregational Director

Dear friends and members, I hope everyone is celebrating in the beauty of the coming spring. Regardless of whether you celebrate any of the religious holidays of the season I hope you take time to sit with yourself and your understanding of the Divine. Our lives are marked by many transitions and the seasonal transitions offer an opportunity to reflect on the passing of time, the possibilities of the future, and, particularly with spring, the joy of birth and creation. I know that my own humanist theology calls me to remember that humans are not the only creatures on this planet going through all these transitions. If you end up in the Boston Common early in the morning you might have the privilege of stumbling upon a rabbit or its new baby bunny. If you take the time, while walking in your community, you might run across the beauty of a budding purple or yellow crocus. Sometimes it can be scary to sit quietly and reflect on ourselves. I encourage us all to walk into some of that fear and allow ourselves to grow and be transformed as the earth around us does so.

While I was thinking up something to write for this month's newsletter I started playing with my favorite literary tool, alliteration. I like hearing people speak in alliteration and I adore its simplistic way of igniting poetic verse in writing. My topic in alliteration is, addressing addiction in April. As we talk about the struggle for justice within our own communities and around the world we must not forget the daily personal struggles of so many people. Whether one is fighting for Palestinian liberation, an end to wars around the world, the closing of military bases, gender equity, or any of the other deeply connected struggles, one must remember to take care of one's holistic self. On Sunday mornings we have been sharing a chocolate commun-

ion. This is a ritual I started because I hope it can act as a reminder that we must remember to find the sweetness in our lives and practice self-care. Addressing addiction is one of the many tactics of self-care that our congregation and larger community needs to be available to support.

Addictions very often come out of someone attempting to take care of a particular self-care need that gets out of control. In my understanding addiction can be anything one does despite the harmful consequences to one's emotional, mental, and physical self. However, I do not think there is anyone who starts doing something whether that is drinking, drug use, gambling, or any other addictive practice with the intention of getting addicted. I think, so often, individuals who become addicted began "using" because of the need for self-care. This is not the reality for all addiction. Addiction operates on a spectrum. There are those who notice and confront their addictions early and are able to enter the recovery process ready and able to transform their life. However, everyone is different and addiction is a tricky monster to get away from. Addiction is an incredibly progressive disease. An individual can have every desire and intention of quitting their addiction but it becomes an all pervasive obsession that is nearly impossible to stop. This does not make the individual bad or unworthy. We must be able to recognize this in our own communities and figure out what being supportive looks like. Our intentionally justice focused community is not free of the issues that affect the rest of the world. Just as we have to deal with our own internalized racism, sexism, classism, and so on, we would benefit from creating a community that can speak openly about struggles with addiction. As we communicate, we can create change.

COMMUNITY CHURCH OF BOSTON



Sunday Service & Speakers Forum

in Lothrop Auditorium
Sundays at 11:00am

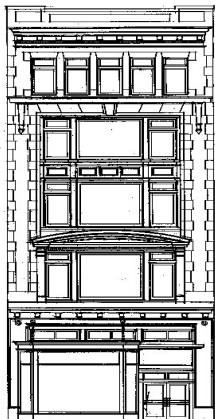
April 5th
RISING TIDE BOSTON
"Mobilizing for Climate Justice"

April 12th
JASON LYDON
"Another Easter Story: Resisting
Collaboration with Empire"

April 19th
LEE FICH
"Annual Liberation Seder"

April 26th
International Workers' Day (part 1)
ANTHONY ZUBA
"Fighting for the Employee
Free Choice Act"

Small Office Space Available



Well-suited space for grass-roots groups, activists, unions, etc. \$400/month includes heat and electricity; free wireless internet; use of common rooms for meetings/trainings; use of auditorium twice yearly for large events. Available immediately. For more information contact: info@commchurch.org

CCB Board Meeting

*The Board of Directors met on March 12, 2009
Following are highlights of the meeting.*

The following board members were present: David Broeg, Kevin Devine, Dick Keshishian, Jason Lydon, John MacLeod, Virginia Pratt, Lenny Shames. Guests included Jim Casteris and Susan Mortimer.

Congregational Director's Report: Jason has been meeting with the Back Bay Clergy Group to help plan the annual Stations of the City, a walk around the Back Bay area, in order to highlight the struggles of homeless people on Good Friday.

CCB members and friends have been participating in demonstrations on Thursday evenings to protest Bank of America's policies on foreclosures and evictions.

Jason spoke to Meghan Mahoney from Sport In Society about having a fundraising and educational event at CCB during Marathon Monday.

He will also provide a multi-week training for a couple of organizations -- Health Care for the Homeless and Harvard Youth Camps. City Life/Vida Urbana and Rising Tide Boston have also expressed interest in participating in this program.

Jason concluded that he would like to do the Unitarian Universalist Service Committee's (UUSC) 'Guest At Your Table' program. The Church would order boxes from the UUSC and plan to give half of the donations to Takaful (a Palestinian refugee support network that directly supports and funds families). The board voted unanimously to support this program.

Building Concerns: The building superintendent spoke principally about roof repairs and other matters concerning the CCB building.

Financial Matters: The treasurer stressed the need to withdraw money immediately from the PAX funds to repair the CCB roof and to discuss the Church's continued participation in keeping money in the PAX Funds.

Various Concerns: Christina Braidotti has resigned from the board for personal reasons. A replacement will not be forthcoming until the annual meeting in June.

The next meeting of the board is scheduled for Thursday, April 16, 2009 at 7:15pm. Members and friends of the Church are invited to attend.

-Dick Keshishian, Clerk

Marathon Monday Finish Line Party

At the Community Church of Boston!

April 20th, 11 am - 3:30 pm
Suggested donation of \$25

Socialize for Social Justice! Sport in Society and the Community Church of Boston invite you to join us on Marathon Monday to celebrate the power of sport, community, and social justice from a prime Finish Line location!

On April 20th, over 20,000 runners are registered to make the 26.2 mile trek from Hopkinton to Boston and thousands more will line the route to cheer them on. For the past 25 years, Sport in Society, a Northeastern University Center, has used sport as a universal platform to promote diversity, equity, peace and health. This Marathon Monday, Sport in Society will come together with the Community Church of

Boston to celebrate, learn about and promote one another's important work.

The event will also be a welcoming home and celebration for Sport in Society's Marathon Challenge team - two runners who are using the race to raise \$10,000 to support Sport in Society.

This unique opportunity will include:

- * Prime viewing of the finish line events from two floors of space above Boylston St.
- * Complimentary food and beverages
- * Live Music
- * Affordable Massages and Acupuncture
- * Live coverage of the race
- * Interactive games and competitions

White People Challenging Racism Workshops

Sundays 5:30 - 8:30pm
April 19 - May 10
at the Community Church of Boston

Jason will be offering this training geared towards White people wishing to engage in challenging the systems of White supremacy that impact our communities, organizations, and world. We will ask and answer questions about what Whiteness is, how white culture shapes our society, and what we can do to develop strategies that challenge racism.



Attendance at all workshops is expected as we will be using a progressive curriculum that builds on the ideas from the previous week. Please contact Jason to register for the workshops.

\$25.00 per person donation to cover costs.

ROBERT HILLARY KING of the Angola 3

Sunday, April 5 at 6:00pm at CCB
\$5-25.00 sliding scale - FULL DINNER
WILL BE SERVED (vegan and meat)

In 1970, a jury convicted Robert Hillary King of a crime he did not commit and sentenced him to 35 years in prison. While locked inside Louisiana's notorious Angola State Penitentiary, an 18,000-acre former slave plantation, he became a member of the Black Panther Party, organizing prisoners to improve conditions. In return prison authorities beat him, starved him, and gave him life without parole after framing him for a second time. He was thrown in solitary confinement, where he remained in a six-by-nine foot cell for 29 years as one of "the Angola 3."

Come hear Robert Hillary King's powerful story and learn about the campaign to free his Angola 3 comrades Albert Woodfox and Herman Wallace, who are still serving life sentences despite much evidence of their innocence.

*co-sponsored by the American Friends Service
Committee and Jericho-Boston*

No More Bank Bail-Outs: Homes & Jobs for People!

Every Thursday, 4-6 pm, Bank of America,
557 Boylston St. (Copley Square)

Bank of America has already received 45 billion. While BofA offers a 3 week moratorium on fore-closures, Obama offers them more tax money to entice them to lower interest rates on mortgages!

We need to organize to end this crisis! For more information: smeacham@clvu.org



Our Purpose

Community Church of Boston is a free community of women and men united for the study and practice of universal religion, seeking to apply ethical ideals to individual life and the democratic and cooperative principle to all forms of social and economic life.

Staff

Jason Lydon, *Congregational Director*
Mark Laskey, *Office Manager*
Luis Alonzo Guzman, *Custodian & Cook*
Xinli Xu, *Bookkeeper*
Jim Casteris, *Superintendent*

Board of Directors

John MacLeod, *President*
David Broeg, *Vice President*
Virginia Pratt, *Treasurer*
Dick Keshishian, *Clerk*

Kevin Devine, Nancy Messom,
Leonard Shames, Ruediger Volk



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