



## A SPECIAL ANNOUNCEMENT

# Stay Away From Church on Tuesday Nights, Unless...

*By Russell Elleven*

Every Tuesday night at Westside is a special night. There are Westsiders and people from all over Fort Worth, and sometimes well beyond, who come to your church to work on changing behaviors and thoughts that are not serving them well in life. Most attendees are trying to stop using addictive substances, but many other issues are represented from time to time.

Because of the continued stigma associated with addictive behaviors, the SMART meetings are intended to be confidential. Those who attend, what they say, descriptions of what they do, are

held in confidence by attendees. They feel safe at Westside knowing that our church supports their desire for change. Your church has hosted these meetings for over four years now.

That confidence is broken if someone other than meeting attendees comes through the doors of our building. Confidence can even be broken by driving by the church and inadvertently seeing a familiar car parked on the street at the appointed time. You really never know who may be sitting in the chairs, placed in a circle, on a Tuesday night at Westside. And while it likely would not matter to you who is coming to SMART for help, it could very well be that the person sitting in the chair may not want you to know.

So, unless you are coming to church on Tuesdays (6:30 p.m. to 8:30 p.m.) to participate in a SMART meeting, and I say this with much love in my heart, please stay away.

## The Westside Story

### February 2012

#### **Our Mission Statement**

Westside Unitarian Universalist Church makes a positive difference in the lives of our members, our families, and the world at large through supportive relationships, religious exploration, and social action.

#### **Our Vision Statement**

Westside Unitarian Universalist Church will grow and become a more influential liberal religious presence through active service to our community and the world at large.

## Self Management and Recovery Training (SMART)

These confidential meetings are held each week at Westside on Tuesdays at 7:00 p.m. for those who want or need to discuss strategies for confronting addictive behaviors. The group is sponsored by the Humanists of Fort Worth as an alternative to traditional 12-step meetings requiring belief in a higher power. For more information contact Russell at [relleven@gmail.com](mailto:relleven@gmail.com) or go to [www.rke.cc](http://www.rke.cc).

expectations, and can we do anything about it? You can expect to hear Bill explore the topic this Sunday morning.

**February 12** - "Get Back to Where You Once Belonged" with Jeff Rodriguez. The Fort Worth Museum of Science and History has a new exhibit on Galveston, a port that welcomed hundreds of thousands of immigrants to the U.S. Westside member Jeff Rodriguez will discuss this exhibit, and explain why the themes it explores are so relevant to UUs today.

**February 19** - *Are We Getting Better?* with Dr. Russell Elleven. This reflection will come as a complete surprise, both to you and to Russell. Come to church this Sunday morning to see what he has to say.

**February 26** - *Farewell for Now!* with Dr. Russell Elleven. This is Russell's last reflection before leaving for six months. He has a couple of favors to ask you before he walks out the door. If you are able, please come to Westside this Sunday morning.

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### SUNDAY MORNING OPTIONS

## Sunday Services

**February 5** - *What Did You Expect?* with Bill Russell. How is happiness and emotional well-being influenced by our

*Beware the irrational, however seductive. Shun the 'transcendent' and all who invite you to subordinate or annihilate yourself. Distrust compassion; prefer dignity for yourself and others. Don't be afraid to be thought arrogant or selfish. Picture all experts as if they were mammals. Never be a spectator of unfairness or stupidity. Seek out argument and disputation for their own sake; the grave will supply plenty of time for silence.*

-Christopher Hitchens

## Westside UUC Service Project

Each month at Westside, our undesignated plate offerings are donated to a worthy recipient organization. The following table lists these organizations and our recent contributions to them.

December '11	South Central Alliance of Churches	\$1,096.25
November '11	Unitarian Universalist Service Committee	\$730.07
October '11	Child Study Center	\$643.42
October '11	UUA Association Sunday	\$149.00
September '11	InReach Fund	\$1,071.26
August '11	Free the Slaves	\$1,030.91
July '11	Samaritan House Dinner Fund	\$1,082.64
June '11	Mental Health Mental Retardation Vision	\$819.52
May '11	South Central Alliance of Churches	\$1,010.67
May '11	Mobile Recreation Summer Day Camp	\$148.00
April '11	UUA/UUSC Japan Relief Fund	\$960.25
April '11	National Transplant Assistance Fund	\$634.41
March '11	PFLAG	\$754.69
February '11	Aids Outreach	\$1213.74

## Forum

February is the month of birthdays of two of the greatest men in history, Abraham Lincoln and Charles Darwin, both on the same day, February 12, 1809. In celebration of these two incredible contributors to a better world, Forum will review and honor their memory. Fans of Forum are encouraged to add those bits of learning most appreciated or perhaps lesser known to the occasion. The 5th and 19th of the month are set for open discussions of Current Events, and February 26, we shall view and discuss "The Culture of the Roman Republic," Lecture 19 of THE FOUNDATIONS OF WESTERN CIVILIZATION. If you would like to get weekly announcements of Forum please forward your email address to [trice933@att.net](mailto:trice933@att.net) Child care is available if reserved by the previous Wednesday; contact Diane Jones at 817-733-0807.

## CRE News

### Connect with CRE

January was a month for beginnings. The big news this month is the start of K-1 OWL and the start of our Youth Group. This year's OWL class has four students. Teaching our class this time around are Brenda McKeon, Tricia Bowes, Jessica Zinn and Mark McMurry. These teachers commit for eight weeks to teach this important class. Most of our OWL teachers have also completed a rigorous 3-day OWL teacher training. These folks are dedicating time to a program that saves lives! Thanks teachers!

Our Youth group has gotten off to a great start. They have had two meetings so far. The kids have discussed the format

for decision making in the group, how often they want to meet, what kinds of activities they would like to engage in together, and who they want as youth advisors. They envision the youth group as a safe and accepting environment for sharing, a place to plan service projects, a group for advocating for youth issues in the congregation and, of course, a place for fun. The next step is to find volunteer youth advisors for the group. I think these amazing youth are on their way!

### Upcoming Events:

**Feb.5** - CRE Valentine's Party

**Feb. 11** - Westside Teacher Appreciation Dinner

**Feb. 13** - CRE Council meeting

**Feb. 24-26** - CongrUUity Middle School Social Justice conference

### More Info:

Join the conversation and get important CRE information at our Google group by going to [groups.google.com/group/westsidere](https://groups.google.com/group/westsidere) and click the link to apply for group membership. If you have any questions you can contact Andrea Petty at [dre@westsideuu.org](mailto:dre@westsideuu.org)

*The Westside Story*  
February 2012

*My stories run up  
and bite me in the  
leg -- I respond by  
writing them  
down -- every-  
thing that goes on  
during the bite.  
When I finish, the  
idea lets go and  
runs off.*

-Ray Bradbury

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## IN & AROUND WESTSIDE

## Where's Russell In February?

Well, it is here...my last month before taking off for sabbatical until the first Sunday of September. I will be in attendance at Westside all four Sundays this month. On the first Sunday, February 5, I will visit with our young ones during

*Guard well within  
yourself that  
treasure, kindness.  
Know how to give  
without hesitation,  
how to lose without  
regret, how to  
acquire without  
meanness.*

-George Sand

*The Westside Story*  
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their Gathering about what a sabbatical is and answer any questions they may have about me or Westside. I will facilitate Joys and Concerns each time and deliver reflections on the 19th and the 26th.

There are no conferences, retreats, or out-of-the-ordinary meetings I must attend this month. So, February appointment times will look like this:

**Thursday, February 2nd, 9:00 am to 1:00 pm**  
**Tuesday, February 7th, 9:00 am to 1:00 pm**  
**Thursday, February 9th, 9:00 am to 1:00 pm**  
**Tuesday, February 14th, 9:00 am to 1:00 pm**  
**Thursday, February 16th, 9:00 am to 1:00 pm**  
**Tuesday, February 21st, 9:00 am to 1:00 pm**  
**Thursday, February 23rd, 9:00 am to 1:00 pm**

During appointment times I meet with Westsiders in my church office, in their homes, in a coffee shop, at a restaurant, sometimes in their places of work, or whatever best fits our schedules. In order to set a time to meet during these hours, just shoot me an email at [relleven@gmail.com](mailto:relleven@gmail.com) for the quickest response. Otherwise give me a call at home (817.370.2171) and I'll get back to you as soon as my schedule allows.

Remember, Mondays are my day off so emails or calls on those days often receive a slower response.

*Peace! -Russell*

## **A Shining Light**

This is what Westside provides, and it is part of our new t-shirts. Please order and pay for your t-shirt, or sweatshirt from one of our Social Justice Committee members. We will have a table set up each Sunday for you to place

your order. We will probably continue until the end of February. Also, take a look at the Social Justice bulletin board to see how the new shirt will look. They come in color choices of blue and purple, and prices start at \$10.

## **Highlights from the December 21 Board Meeting**

The Board decided/approved the following:

Approved new Childcare Coordinator job description. This job description will be used for the advertisement of the new position, as well as form the basis for an eventual employment contract.

Discussed possible Westside representation at the new Texas UU Legislative Ministry meeting in Austin. Board also approved paying the travel expenses of representatives to attend the conference.

Discussed candidates for working on a small Needs Assessment team to perform a needs assessment for the church space. This is part of the Financial Feasibility Study Group work. In order to determine financial feasibility for a new or expanded property, first we need to determine our space needs based on our current and future programming needs.

Discussed the Dick Smith Award recipients.

Reviewed proposed by-law amendments and discussed additional modifications.

Approved minutes from the Board

*Once plants and animals were raised together on the same farm -- which therefore neither produced unmanageable surpluses of manure, to be wasted and to pollute the water supply, nor depended on such quantities of commercial fertilizer. The genius of American farm experts is very well demonstrated here: they can take a solution and divide it neatly into two problems.*

*-Wendell Berry*

meeting, as well as the monthly financial statements are always available for review in the church office. Finally, members are always welcome to observe Board meetings, which are usually scheduled for the 3rd Wed. of every month.

*-Gwen Gipson, President of Westside Board of Directors*

## **Inclement Weather Policy**

1. During the work week, the church will follow the policy of the Fort Worth ISD. Any day the schools are closed due to bad weather, all church meetings and activities will be canceled.

2. During the weekend, the decision about whether to cancel church activities or Sunday services will be made by the Board President. The Board President shall make this decision after consulting with the Sunday speaker, the worship leader, DRE (or designated replacement for the day), and chair/organizer of an activity scheduled that day.

3. Once the decision has been made to cancel services and/or activities, the Board President shall send an email to the membership mailing list announcing the closure and have an announcement posted on the church's web site. The Board President shall also have the church's voicemail message updated. The Board President may delegate other capable individuals to carry out these tasks.

4. In the event that the Board President is out of town or otherwise unavailable,

the Vice President shall assume these responsibilities. In the event that the Vice President is unavailable, the Board Secretary shall assume these responsibilities.

5. If there is no cancellation announcement on the web site, sent via email or on the church voice mail, members may conclude that the activities or services will be held.

6. Members should keep in mind that this policy cannot cover every possible scenario. Therefore, members are welcome to use their own judgment as to whether it is safe to be on the roads.

7. The Chaplain Corps will ensure that a poster will be displayed during the winter season by the welcome desk stating our policy. Likewise, the Chaplain Corps will ensure that reminder notices of this policy will be published during the winter season in the OOS announcements, Weekly Web, and newsletter – with language similar to that of the poster.

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### **OPPORTUNITIES TO LEARN & SERVE**

## **Humanists of Fort Worth**

We meet on the second Wednesday evening of each month. The next one is February 8, 7:00 pm at the church. Program to be announced. For more information contact Gene Gwin, Chair of HOFW at [hofwchair@gmail.com](mailto:hofwchair@gmail.com)

*The Westside Story  
February 2012*

*A poet should  
be of the*

*old-fashioned  
meaningless brand:*

*obscure, esoteric,  
symbolic, --*

*the critics  
demand it;*

*so if there's a  
poem of mine*

*that you do  
understand*

*I'll gladly explain  
what it means*

*till you don't  
understand it.*

*-Piet Hein*

## Quilting/Handiwork Group

Westside quilting and handiwork will meet on February 19, after potluck. We have seven quilts finished and hope to donate them to the children of Samaritan House before then. We already have several more under way. Everyone is invited to join us. Bring whatever you would like to work on or come to help with the quilts. We share our tools and our skills and great conversations. For more information or to be added to our email reminder list, call Debby Rake at 817-473-2414 or dsrake@gmail.com

*I dreamt that my  
hair was kempt.  
Then I dreamt  
that my true love  
unkempt it.*

*-Ogden Nash*

*Men shout to  
avoid listening to  
one another.*

*-Miguel  
de Unamuno*

*A writer must  
refuse to allow  
himself to be  
transformed into  
an institution.*

*-Jean-Paul Sartre*

## Seventh Principal Notes- Green Sanctuary

The Green Sanctuary Committee hopes your New Year's resolutions included efforts to reduce your impact on the planet. We invite you to attend the next Green Movie Night at Westside, Friday, February 10, 2012, to see No Impact Man, the adventures of one man who tried to eliminate his impact on the environment for one year. Since this man lived in a walk-up apartment in Manhattan with his wife and two-year-old daughter, his no impact pledge didn't include no impact on his family.

In other news, the Green Sanctuary Committee continues to work on the Energy Blast project (if you haven't visited the museum and provided us with your commentary, please try to do so soon) and prepare for our March 4, Worship Service on Air Quality. Our next meeting will be after church on February 12, 2012. Everyone is welcome to attend.

And in preparation for our Air Quality

Worship Service, here are drive-wise suggestions from the Environmental Protection Agency website, courtesy of Shelley Stonecipher:

Transportation consumes about 25 percent of the total energy used in the United States. Driving releases harmful chemicals and other air pollutants into the air. When, where, how, why and what you drive all play an important role in affecting air pollution. Here are some suggestions on how to be more environmentally friendly when you need to get somewhere:

**Drive less, especially during peak traffic periods or hot days; plan ahead and combine your errands into one trip.**

**Use public transportation, walk, or ride a bike.**

**Shop by phone, mail or Internet.**

**Telecommute; even one day a week will make a big difference.**

**Carpool; sharing rides reduces emissions.**

**Avoid idling engine longer than absolutely necessary.**

**Avoid waiting in long drive-thru lines; park your car and go in.**

**Accelerate gradually, maintain speed limit and use cruise control on the highway.**

**Get regular engine tune ups and car maintenance checks (especially for the spark plugs).**

**Ask before your car is serviced and consider patronizing a shop which recycles old tires and used fluids.**

**Replace your car's air filter and oil regularly.**

**Keep your tires properly inflated and aligned.**

**Repair all vehicle leaks promptly.**

**Fill gas tank during cooler evening hours to cut down on evaporation. Avoid spilling gas and don't "top off" the tank. Replace gas tank cap tightly.**

Look for the most efficient, lowest-polluting model of vehicle; visit the Green Vehicles Guide Web page: [epa.gov/greenvehicles/](http://epa.gov/greenvehicles/)

## **Vegan Potluck Saturday February 25th!**

Have you ever wanted to eat in a healthier way but didn't know where to start? Have you ever wanted to eliminate animals and animal products as a way of eating more compassionately? Have you ever wanted to eat lower on the food chain so as to be kinder and gentler to the Earth? Have you ever wanted to hang out with others who want these same things? If you answered "yes" to any of these, please consider joining the Monthly Vegan Potluck group. We will hang out together, eat good food and exchange recipes. Vegan Potlucks will take place on the fourth Saturday of each month at 5:00 p.m.

You can sign up on our [meetup.com](http://www.meetup.com/Vegan-Potluck-WUUC/) website located at: <http://www.meetup.com/Vegan-Potluck-WUUC/>

Here's how the potluck will work:

Please arrive early (4:30 p.m.) if possible so you can help set up tables and chairs

Bring a VEGAN dish

Bring the recipe for your VEGAN dish (or be prepared to email it to others)

In place of a prayer, we will light a chalice and join in a Responsive Reading before the meal

Eat and enjoy

Talk with other potluckers

Look for dishes you like

Help clean up...

**COME BE WITH US!!**

Contact Russell Elleven, Laurie Hagstrom or Andrea Petty if you have any questions about the Monthly Vegan Potluck!

## **Chaplains Report on a Caring Community**

The Chaplains Corps, working with Russell, has been contacting various members whom we've missed seeing or hearing from. If you know of anyone that has been sick or in the hospital, or is having a difficult time, please let Russell or a chaplain know. You may contact us at [Chaplain@westsideuu.org](mailto:Chaplain@westsideuu.org).

If you cannot attend church, and want one of your Joys or Concerns mentioned during that portion of the Sunday morning service, let us know, and we will try to get it included.

In December, Monika and Peter Bagley celebrated their 8th anniversary.

Mary Cretsinger welcomed a new grandson, born December 15 - Liam Tate Cretsinger.

*The Westside Story*  
**February 2012**

*Wandering in a  
vast forest at night,  
I have only a faint  
light to guide me.  
A stranger appears  
and says to me: 'My  
friend, you should  
blow out your  
candle in order to  
find your way more  
clearly.' The strang-  
er is a theologian.*

*-Denis Diderot*

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Mike West celebrated a birthday  
December 19.

Bob Vann celebrated a birthday on  
December 21.

On New Year's Day, Mary Noer lost a  
dear friend to lymphoma.

Linda and Myron Ice are pleased to  
report that Lee and Cletis Ice, after recent  
hospital and rehabilitation stays, are back  
home with a professional care team.

Congratulations to Ethan Mitchell, who  
earned first place in his school AND  
district Science Fair!

Those on the Chaplains Corps are Beverly  
Archibald, Caroline Nixon, Diane Jones,  
Paul Maginnis, and Myrtle McMahan.  
Please give us a call or e-mail us with any  
concerns you may have.

*My own experience  
and development  
deepen every day  
my conviction that  
our moral progress  
may be measured  
by the degree in  
which we sympa-  
thize with indi-  
vidual suffering  
and individual joy.*

*-George Eliot*

*To be capable of  
embarrassment is  
the beginning of  
moral conscious-  
ness. Honor grows  
from qualms.*

*-John Leonard*

## Contemporary Books

The Contemporary Book Group will  
meet February 26. to discuss The Angel's  
Game by Carlos Ruiz Zafon. Join us!

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### OUR WIDER COMMUNITY

## Bring Food For SCAC in March

March is Westside's month to help  
replenish the food pantry at South  
Central Alliance of Churches (SCAC).  
The suggested list of goods needed are

as follows: oatmeal, grits, rice, beans (dry  
or canned), corn, green beans, mixed  
vegetables, soup, noodles, pancake mix  
(add water), pop tarts, milk (powdered or  
shelf life carton), tuna and tuna helper,  
spaghetti and sauce (canned/pkgs-not  
glass), Jello, canned fruit, Kool-Aid  
(sweetened), peanut butter & jelly,  
macaroni, Crystal Light, crackers and  
canned meat (Chili, Vienna sausages,  
stew, chicken, fish).

Please check the sell by dates, and be  
sure the food is in the unopened original  
package. The pantry cannot accept any  
diet foods. You may put your contribu-  
tions in the red cart which will be by the  
door as you enter each Sunday. Watch the  
sales, and pick up food to help the hungry  
in our neighborhood. If you prefer to  
make a cash donation, you may put your  
check in the offering basket on Sunday  
with SCAC in the memo line at the  
bottom of your check.

SCAC meets the third Monday of each  
month at 1:30, at Southside Church  
of Christ, located a few blocks north  
of Westside, 2101 Hemphill. Anyone  
who has an interest is always welcome  
to attend. Questions? Contact Beverly  
Archibald, or Jay and Suzie Lotven.

## WhaleCoast Alaska 2012

Have you always dreamed of visiting  
Alaska? Are you curious about the  
lifestyles of Alaskan UUs? Do you enjoy  
getting to know your fellow travelers? If  
so, WhaleCoast Alaska 2012 is for you!  
Four Alaskan UU fellowships invite you to  
experience our eco-cultural and spiritual  
program this summer as we celebrate our



15th year! See Alaska through the eyes of local UUs in Anchorage, Fairbanks, Juneau, and Sitka with friendly homestays and unique tour activities. See wildlife, including moose, bear, whales, bald eagles, seals, and caribou. Visit Denali National Park. Experience Native Alaskan culture. Enjoy all that our beautiful state has to offer. Programs led by Dave Frey, member of the farthest north UU congregation. To find out more about your Alaskan trip of a lifetime, visit [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org), email [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org), or call 907-322-4966. We would love to share our Alaska with you!

*-Dave Frey, Co-director*

WhaleCoast Alaska  
675 Gold Vein Rd. Fairbanks, AK 99712  
907-322-4966  
[www.whalecoastak.org](http://www.whalecoastak.org)

## Alzheimers Information Course

### The Savvy Caregiver Series

A one time \$10 donation is requested to cover the cost of materials.

Caring for someone with Alzheimer's is a specialty requiring specific skills that contribute to the well being of both the caregiver and the person with the disease. This 10-hour (5 week) course trains family caregivers in how to assess the abilities of a person with dementia and feel more confident in the skills of caregiving at the various stages of the disease.

### The Savvy Caregiver: Taking Charge of Memory Loss Series Developed by the Alzheimer's Association

This workshop includes power point and group discussion time which takes 5 weeks to complete. Participants must sign up for the entire 5 week series to attend this course. The fifth module consists of review of the four lessons, review of the homework assignments given, and time for questions and answers from participants. The modules include

- Introduction to Dementia and Caregiving
- Minimizing Confusion and Taking Charge
- Activities and Loss of Abilities
- Providing Structure and Support
- Decision Making Tools

Community Unitarian Universalist Church  
2875 Parker Road Plano, Texas  
Wednesdays: Feb. 1,8,15,22,29  
7:00 p.m. - 9:00 p.m.

## Are you a new member?

In order to keep the pictorial directory fairly current, we schedule picture appointments on an on-going basis. Pictures for the directory are taken by Mary Cretsinger, a professional photographer and a member of Westside UU, at no charge to you. For more information and to set a time for your photo contact Mary at 817-292-7766, or [marycret@yahoo.com](mailto:marycret@yahoo.com), or [www.marycret.com](http://www.marycret.com)

*The Westside Story  
February 2012*

### Your Westside Story Staff:

**Cindy Fountain,**  
Editor In Chief

**Eric Stevens,**  
Designer

**Sharon Salih,**  
Distribution

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*Email submissions to our Editor Cindy Fountain at [vanessa4907@sbcglobal.net](mailto:vanessa4907@sbcglobal.net).  
The deadline for submissions to the newsletter is the 15th of the month.*

## Our Board

**President:** Gwen Gipson

**Vice President:** Caroline Nixon

**Treasurer:** Bob Rake

**Secretary:** Suzie Lotven

**Directors:** Diane Jones, Bill Russell, Stuart Cheney, Jane Palmer, Jessica Zinn, Don Jackson

## December 2011 Attendance

	Adults	Kids	Total
Dec 4	113	31	144
Dec 11	123	26	149
Dec 18	116	27	143
Dec 25	95	17	112
Average	111.75	25.25	137



This congregation has taken part in the UUA Welcoming Congregation Program to become more inclusive towards bisexual, gay, lesbian, and/or transgender people.

## The 7 UU Principles

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- **The inherent worth and dignity of every person;**
- **Justice, equity & compassion in human relations;**
- **Acceptance of one another and encouragement to spiritual growth in our congregations;**
- **A free & responsible search for truth & meaning;**
- **The right of conscience & the use of the democratic process within our congregations and in society at large;**
- **The goal of world community with peace, liberty, and justice for all;**
- **Respect for the interdependent web of all existence of which we are a part.**

# Westside Unitarian Universalist Church

901 Page Avenue, Fort Worth, TX 76110

## How are we doing?

Do you feel that our church is doing something right? Should we be doing more or less of something? Should we be doing something different? If so, let the Committee on Ministry (COM) know. The committee also wants to know if you have a criticism, concern, or question. Look for us after the service, call us, or email us at [COM@westsideuu.org](mailto:COM@westsideuu.org).

## Committee on Ministry

Jeff Rodriguez - Chair, Linda Hanratty, Joy Counts, Lonnie Goins, Scott Paulson

When you have finished reading your Westside Story, share it with a potential UU.