



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.

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.

Mary Noer was in a serious car wreck and is recuperating at home. She's limited in the physical activities in which she can participate while she heals, but is upbeat and hopes to return to all activities in a couple of months. We actually welcomed Mary back to church recently.

Shelly Hattan and family unexpectedly lost a long-time friend, Colin Swards.

Linda Hanratty's daughter lost her brother-in-law; the family is benefiting from services at The Warm Place.

Deborah McCawley is pleased to be back from Pennsylvania with her granddaughter, after having to appear before a judge regarding visitation rights.

Audrey Weil continues to have pain from her hip and knee injuries; she is receiving treatments from Tom Woods. Due to the heat, she probably won't see us at church until after summer, but enjoys hearing from friends.

Lin Wells, who has been out doing his thing as a claims agent in the recent weather related disasters, has been having some health problems recently, related to his congestive heart failure. Being away from Fort Worth, he has had some difficulty getting help, but this is the news from Lin as of yesterday: "I started the process with the VA, but it is going to be a challenge. I may have to fly back to Fort Worth to get my warfarin levels measured. Death stalks us all, but I always hoped that it would kill my brain before my kidneys and liver."

Linda McConathy is home again in Midland after her ongoing battle with cancer, culminating with a month at Baylor in Dallas where they "killed" her immune system and surgically implanted her own harvested stem cells. She is in exceedingly good spirits and, except for extreme fatigue, is suffering no ill effects from her treatments. She has been told to stay away from crowds for the next three months, so is pretty much house bound. Her primary physician is in Midland once a month, which is a blessing for Linda. She welcomes contact with the "outside world".

We enjoyed seeing Mignon and Bob Vogel at church after Mignon's extended stay in physical rehab.

Charlie Boren has surgery scheduled on July 6. He is still not feeling very well. Charlie and Louise will be moving to Austin, closer to their daughter and son-in-law. They are still working on all the legal work to donate their farm to the City of Burleson to be used as a museum.

The Westside Story

July 2011

Monthly Newsletter of Westside Unitarian Universalist Church

901 Page Avenue Fort Worth, TX
11:00 AM • www.WestsideUU.org

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.

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.

Dick Trice. Jesus, Mithras, Krishna, Dionysus and a few dozen other saviors have managed the trick, so why not we UU's? Tom Woods and Bob Rake have pushed aside the gravestones and, Lo and Behold, our second and third Presidents will arise to captivate us with their brilliance and greatness. Warning: if you don't come, we'll resurrect Joseph McCarthy next time.

Sunday Services

July 3 - An Independence Day Reflection with Dick Trice. Breaking News! Two great giants in U. S. history have been chosen to appear at our Independence Day program on July 3. Thanks to the miracles of persuasion and credulity, we have resurrected Presidents John Adams and Thomas Jefferson, two of the greatest participants in the birthing of our nation, to be interviewed by

July 10 - Buddhism in America with TCU Professor, Andrew Fort. "Have you ever wondered why there are many different forms of Buddhism? Or, about how they got to and appear in America?" Please join us as Andrew Fort explores the many aspects of Buddhism's journey to and manifestations in the West.

Experience is not what happens to a man; it is what a man does with what happens to him.

-Aldous Huxley

Everything you add to the truth subtracts from the truth.

-Alexander Solzhenitsyn

The root of all superstition is that men observe when a thing hits, but not when it misses.

-Francis Bacon

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.

May 2011	South Central Alliance of Churches	\$1,010.67
May 2011	Mobile Recreation Summer Day Camp	\$148.00
April 2011	UUA/UUSC Japan Relief Fund	\$960.25
April 2011	National Transplant Assistance Fund	\$634.41
March 2011	PFLAG	\$754.69
February '11	Aids Outreach	\$1213.74
January '11	Southern Poverty Law Center	\$759.29
January '11	Fund for Nelwyn Schnell	\$768.58
December '10	Tarrant County Foster Parents Assn.	\$1437.45
November '10	South Central Alliance of Churches	\$1228.86
October '10	UUA Association Sunday	\$847.23
October '10	UUA Pakistan Relief	\$528.29
September '10	Samaritan House Dinners meat budget	\$1,229.22
August '10	Planned Parenthood of North Texas	\$1,526.07
June '10	Presbyterian Night Shelter	\$1,006.35
July '10	InReach Fund	\$1,171.60
May '10	South Central Alliance of Churches	\$1687.29
April '10	Trinity Habitat for Humanity	\$900.10
April '10	UU Women's Federation	\$276.05
March '10	Americans for the Separation of Church & State	\$1291.94
February '10	Safe Haven of Tarrant County	\$1092.63
January, '10	UUSC Haitian Relief Fund	\$1751.35
January, '10	Tarrant Area Food Bank Pet Food Division	\$763.61
December, '09	South Central Alliance of Churches (SCAC)	\$852.53
November, '09	Westside InReach	\$1305.01
October, '09	UUA Now is the Time Campaign	\$766.05
September, '09	Samaritan House Food Account	\$876.77

July 17 - Gird Your Loins with Dr. Elleven. Congratulations! Your Dallas Mavericks are the basketball champions of the universe, and I'm sure we all played a major role in this great accomplishment. Many of us enjoy sports immensely. But can sport really teach us anything? Russell will share his thoughts this Sunday.

July 24 - Choosing to Be Happy with Dr. Elleven. We've all met them. Perhaps we have been accused of being one of them. There are people who seem to be perpetually happy. They are never down. Everything goes well for them. What's up with that? Russell will give you his view this day whether he is happy or not...

July 31 - A MUUSIC Sampler: Unitarian Universalist Principles in Song and Verse. In this service, we turn to music for sources of UU inspiration. Westside's own musicians have found a variety of artists who incorporate UU principles in both their songs and in their personal lives. Join us for a Sunday morning full of performances, sing-alongs and surprising insights.

Upcoming CRE Events

July 6 - CRE meeting at 6:30p at the church

July 24 - Service Project Birthday Bags for SCAC

July 18-22 - Hogwarts Academy of Fun at First Jefferson UU

More Info: Join the conversation and get important CRE information at our Google group by going to www.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@westside.org

New Faces

Meet Joe Hardy

Joe is originally from Athens, Georgia and resides in Fort Worth with his wife of eleven years, Carla. He has two

daughters from a prior marriage. Joe enjoys hiking, sailing and is a "computer geek". He has a Masters Degree in Systems Management and has worked for Telecom for twenty years as a Project Manager. Joe is a retired U.S. Army Commissioned Officer and Vietnam veteran helicopter pilot.

He specifically likes our Westside Minister and members.

Forum

Video lectures on the "Foundations of Western Civilization" alternate Sundays with Current Events.

The schedule for July:

July 3 "The Greek Polis---Sparta" The political, social and cultural development of Sparta

July 17 "The Greek Polis---Athens" One of the most free-wheeling democracies the world has ever seen

July 31 "Civic Culture--- Architecture and Drama" Contributions of the Greeks to aesthetics, literature and philosophy

July 10 and 24 Current Events Forum is from 9:30-10:40 with child care available.

CRE news

Connect with CRE

This month's CRE community service project is making "birthday bags" for SCAC to give out to families in need. A birthday bag is just what the name implies---everything you need for a birthday party in a bag. Each bag will contain:

- 1 Box cake mix
- 1 Can of icing
- 13 x 9 disposable aluminum cake pan
- Matching set of child-themed paper plates and napkins
- 2 packs of 8-count party favors
- 2 rolls of crepe paper streamers

The Westside Story July 2011

You only have power over people as long as you don't take everything away from them. But when you've robbed a man of everything, he's no longer in your power -- he's free again.

-Alexander Solzhenitsyn

An individual human existence should be like a river: small at first, narrowly contained within its banks, and rushing passionately past rocks and over waterfalls. Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being.

-Bertrand Russell

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The CRE will assemble the bags during Sunday school time on July 24. The congregation can help us with this project by donating any of the above items. You can bring items to the church and leave them in the designated box outside the CRE workroom in the fellowship hall. Thank you for your support of this project!

or ???) a side dish (salad, veggie, dessert etc.) and BYOB for adult beverages (we will provide iced tea, lemonade, coffee and water).

Parking will be a problem, so please car-pool if you can. If needed we will provide "valet parking". Call or e-mail if you plan to attend so we can be sure to have enough utensils, etc.

Beverly Archibald - 817-346-3303 bev-anfw@charter.net

in & around westside

Family Circle Supper

Call or email Elizabeth Murphy at emurphywa@aol.com, or 817-576-3193, if you would like to host or attend the next "Family Circle Supper" on Saturday, July 23. This is a fun way to get to know other families in an informal, potluck setting at a member's home.

*When we try to
pick out anything
by itself, we find it
hitched to every-
thing else in the
universe.*

-John Muir

*How far you go in
life depends on your
being tender with
the young, compas-
sionate with the
aged, sympathetic
with the striving
and tolerant of the
weak and strong.
Because someday in
life you will have
been all of these.*

*-George Washing-
ton Carver*

*In nature there are
neither rewards
nor punishments;
there are conse-
quences.*

*-Robert Green
Ingersoll*

Building Your Own

Theology

BYOT is a UU curriculum aimed at people who may want to think more deeply about what it is they believe about the world and humanity. The class will meet monthly (8 months) at the church and be facilitated by Rev. Elleven. No matter your current theological orientation you are welcomed to participate. The second meeting is Monday, July 18 at 7:00 pm.

Giving Thanks!

I would like to offer my thanks to the Westsiders I have worked with very closely over the last year or two who have served on the Committee on Ministry or the Chaplain Corps. Kay Kubala and Tom Woods have served the COM extremely well. Mary Alice Cretsinger is completing her time on the COM and is concluding her term as an excellent chair of the committee. Jane Hansen has retired from the Chaplain Corps after almost two years of offering her heart and ears to Westsiders.

My sincerest thanks to each of you!

- Russell Elleven, Westside Minister

August Circle Supper

- Hosted by Reed Bilz and Beverly Archibald

The Summer Circle Supper will be a repeat of the one held last August. It will not be limited to a small group, but is open to all Westside adults, starting at 6:30 PM at Villas on the Bluff Clubhouse, 5234 Bryant Irving Rd on Saturday, August 13. Bring something to grill (steak, hot dogs, hamburgers, veggie burgers, Portobello mushroom, chicken

Spirit in Practice

Ten sessions, starting Sunday, July 10, 7 p.m.

Drawing on a model developed by the Zen Mountain Monastery in Mount Tremper, New York, for the training of its students, Spirit in Practice focuses on eight spheres of holistic and wholehearted spiritual practices. These eight spheres are:

Personal spiritual practices
Communal worship practices
Spiritual partnerships
Mind practices
Body practices
Soul practices
Life practices
Justice practices

You can think of the eight spheres model as a spiritual analogue of the USDA's Food Pyramid. To be well balanced in nutrients, you must eat from all of the different food groups in the food pyramid, yet not every meal need include food from every group. Similarly, engagement with each of the eight spheres over time can lead to a well-balanced spiritual life. To continue with the "food pyramid" analogy, our UU tradition will not tell you specifically what foods you should eat, but the collective wisdom of the world's religions and the insights of modern psychology do point to a general outline of a "healthy diet" for spiritual well-being.

Spirit in Practice program builds on the concept of the eight spheres. Explore new ways to discover and strengthen your spiritual core.

All are welcome, and committed participation enhances the experience for everyone. For more information contact Amy Youngblood at ybwest@sbcglobal.net.

Nominating Committee

New board members and Committee on Ministry members are listed at the end of the newsletter. The new nominating committee is Jeffrey Bullock, Reed Bilz, Laurie Hagstrom, Myron Ice and Bill Russell.

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, or www.marycret.com

Where's Russell in July?

After having visited North Carolina, Maine, and Pennsylvania, I am back in the Lone

Star State...for a little bit. Bring your family and join me at the Southwest Unitarian Universalist Summer Institute (get info at www.swuuc.org) which will take place close to Tulsa, Oklahoma towards the end of the month. After that, summer travel is over for me (I think) and, with the arrival of August, my schedule starts to become a bit more "normal." I will, of course, continue to make appointments and meet with Westsiders while I'm in town. We can often meet in my church office, in your home, in a coffee shop, at a restaurant, in your place of work, or whatever works best for our schedules. In order to set a time to meet, just shoot me an email at 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.

So, with all this travel, appointment times will look like this:

Tuesday, July 5th, UNAVAILABLE
Thursday, July 7th, UNAVAILABLE
Tuesday, July 12th, 9:00 a.m. to 1:00 p.m.
Thursday, July 14th, 9:00 a.m. to 1:00 p.m.
Tuesday, July 19th, 9:00 a.m. to 1:00 p.m.
Thursday, July 21st, 9:00 a.m. to 1:00 p.m.
Tuesday, July 26th, UNAVAILABLE
Thursday, July 28th, UNAVAILABLE

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

Remember Westside in Your Estate Planning!

Many Unitarian Universalists are great planners. They have everything planned out from what they will eat for lunch on Tuesday to what they will wear to the office on casual Friday next week. Others of us are less skilled in planning for the future. For instance, we all know we should have a will made out long in advance of ever needing it. Others have a will but need to have it updated. Well, if you have you ever planned to name Westside UU Church as a beneficiary of your estate, but haven't yet put pen to paper, have we got a deal for you! Dori Boon-Costantino, a Westside member

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Every age is fed on illusions, lest men should renounce life early and the human race come to an end.

-Joseph Conrad

In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.

-Bertrand Russell

The notion of making money by popular work, and then retiring to do good work, is the most familiar of all the devil's traps for artists.

-Logan Pearsall Smith

who is also an attorney, has volunteered to help you with your documents free of charge. In order to take advantage of this service, Westside must be named as one of the beneficiaries of your estate. Church members benefit from expert advice, and Westside benefits when the time comes for your will to be executed...everybody wins!

You can contact Dori through her email address at dori@dbcfamilylaw.com.

Board Minutes Available to Westsiders

Copies of the minutes of all regular Westside Board meetings, from the beginning of FY 2009 to the present, may be found in a binder in the church office. Some attachments, such as reports from church committee meetings, are not yet included, but should be added very soon. Where available, there are also copies of the financial reports provided to the board by Westside's treasurer. Please do not remove the binder or its contents from the office.

Thanks. Suzie Lotven, Board Secretary

If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful after all.

-Michelangelo Buonarroti

Avoid the necessity of those overgrown military establishments, which, under any form of government, are inauspicious to liberty, and which are to be regarded as particularly hostile to republican liberty.

-George Washington

Eat food. Not too much. Mostly plants.

-Michael Pollan

opportunities to learn & serve

Westside needs a new Newsletter Distributor

The newsletter distributor mails hard copy newsletters to those who do not receive it online. You will be emailed the newsletter and have access to the list of addresses from which to print mailing labels. You will email the newsletter to a copy center (Kinko's used in past), then pick the newsletters up, label and mail them. Also, bring some extra copies to church for the Welcome Table. You will be reimbursed for copies, stamps, labels, etc. More detailed in-

structions are available for anyone who is interested in helping out Westside with this important job. Contact: Cindy Fountain at vanessa4907@sbcglobal.net, or 817-648-0441.

Humanists of Fort Worth

We continue to meet the second Wednesday of each month at 7 p.m. The program for the 13th will be determined and communicated as soon as possible.

Quilting/Handiwork Group

The Westside quilters group is changing its regular meeting time from the second Sunday of the month to the third. We will be meeting from 1:00 to 4:00 after Potluck from now on. Everyone is invited; no skills are required. Bring a sewing machine and tools if you have them; we are happy to share. You can help make small quilts for the children of Samaritan House or work on our own project. If you have any questions talk to Debby Rake at 817-473-2414 or dsrake@gmail.com.

Contemporary Books

The Contemporary Book Group will meet July 24 at church, after church, to discuss *When Harlie Was One* by David Gerrold. This is a sci-fi book, circa 1974.

Green Sanctuary Report

May 14, the intrepid Meghan Foster led a hardy band of Westsiders into the wilds of Buffalo Ridge Park in Haltom City for the first annual Westside UU Picnic and Litter Pickup. The event was a howling success. The nine participants, 5 adults and 4 children, the latter ranging in age from 4 to 11, spent a little less than three hours at the park and picked up over a dozen 13-gallon trash bags worth of litter, not to mention one rusty shopping cart, heroically fished from the creek at great personal peril by Colin and Chloe Finn. Everyone had a lot of fun on that beautiful day and took great pride in creating a safer and clean-

er park for our neighbors. Maryanne Murphy even told her Mom that she wants to bring trash bags with her every time she visits a park now. This is a fantastic way to put our principles in action and enjoy the fellowship and community which Westside so lovingly provides. The Green Sanctuary committee recommends continuing this as a Westside annual event, and/or partnering with the city of Fort Worth during their annual Cowtown Great American Cleanup (<http://www.fortworthgov.org/kfwb/>).

Bring Toiletries for SCAC

in August

Each year we are given two months in which to help South Central Alliance of Churches replenish their supplies of food and toiletries. August is our month for toiletries. The needs are listed below. Please get full sized items (not the travel size - these are for families) and bring them to the church any Sunday during the month of August. Put them in the big red cart which will be by the entrance door. At this time SCAC, especially needs toilet tissue, shampoo, feminine pads and shaving cream, but the needs may have changed by August.

A complete toiletry pack is listed below:

Family (regular) size:

Shampoo

Tissue (2rolls)

Soap (2bars)

Deodorant

Razors (2)

Shaving cream

Toothpaste

Pads, lotion, toothbrushes are extra items kept on hand when requested

If you would like to donate an entire toiletry pack, that would be appreciated, however, individual donations of the needed items are always appreciated.

Watch the sales, clip coupons, and help out by replenishing the shelves at SCAC. Believe me, our efforts are really appreciated, both by the clients and by Tiel Jenkins, the Director of SCAC.

Energy Blast

Mark your calendar for Sunday, July 17, and plan to join Green Westsiders at the Museum of Science and History after potluck to view and review the Energy Blast exhibit and see everything else the museum has to offer as well. Some sponsorships will be available. For more information, contact Linda Jenkins.

our wider community

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 reliven@gmail.com or go to www.rke.cc.

Today's Green Tip

from the Sierra Club's online newsletter

Don't fall for fake food "All-natural," "wholesome," and even "organic" don't necessarily mean "environmentally responsible." So look to Food Alliance, the USDA, and other trustworthy labelers for certified edibles. Let us know if you have other sources of information on truly healthy foods.

The Westside Story
July 2011

Your Westside Story Staff:

Cindy Fountain,
Editor In Chief

Eric Stevens,
Designer

Sharon Salih,
Distribution

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

Westside Unitarian Universalist Church

Our Board

President: Gwen Gipson
Vice President: Caroline Nixon
Treasurer: Bob Rake
Secretary: Suzie Lotven

Directors:
Diane Jones, Michael Munoz, Bill Russell, Stuart Cheney, Jane Palmer, Jessica Zinn

By The Numbers

May	11am adults	11am kids	Total
May 1	105	32	137
May 8	116	30	146
May 15	108	32	140
May 22	119	35	154
May 29	93	20	113
Average	108.2	29.8	138



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 and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and 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.

Committee on Ministry

Linda Hanratty
Jeff Rodriguez
Joy Counts
Lonnie Goins
Scott Paulson

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