



First Jefferson Unitarian Universalist Church **Courier**

We are a liberal religious community of diverse individuals. We nurture spiritual growth, encourage lifelong education, work for social justice, serve the larger community, and celebrate life's gifts together through meaningful worship. We welcome and support others in their expression of religious freedom.

April 1, 2019

Fort Worth, TX

Number 393

The Foerst Word

from Annie Foerster

As soon as they entered school and learned how to read and write, I put my children in charge of their own finances. They got an allowance as their share of family income and responsibilities, but if they wanted a raise, they had to submit an annual budget. When she was seven, my daughter wrote, "Raise my allowance 5¢ a week so I can put 3¢ away every week for a trip to Hawaii." She collected that money faithfully for years, reading everything she could get her hands on about that magical group of islands. She talked about Hawaii every chance she got and when she was thirteen, her grandparents decided to vacation there and they took her with them. All three of them fell in love with the 50th state. My parents moved to the big island two years later and my daughter followed the year after that, living with them until she was of age. She didn't return to the mainland until her own son was ready to start high school.

That's the power of budgets. They help you focus your dreams and then fund them and bring them to fruition.

Focus→Funding→Fruition.

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Eighteen months ago you focused on your dreams for First Jefferson when we went through a series of revisioning exercises. I have a three-page list of your collected dreams, which include, in general categories, more members, more children, financial stability, better organization, more programs (religious education for both children and adults), more social activities, renovations to improve the look and function of the building, social justice activities, community involvement, an RE director and a full-time minister. We've got a little bit of that going on already, but it's time to submit a budget that will support it all.

Our annual spring Stewardship Campaign will kick off on Sunday, April 7. The entire Board is directing the campaign and I'll be very much involved. We have a new draft budget that takes into consideration your dreams for the future and a plan to put it into motion. The future will come whether we plan it or not. You're in charge of whether it will come to fruition and include your dreams or not.

We ask for pledges in order to create realistic budgets, which, in turn, create satisfying results. Start thinking of what you'll contribute. Five cents doesn't go as far as it did when my daughter was young. You might want to change that ¢-sign to a \$-sign. If every member and friend added \$5 a week to their current pledge, what a future we could start building.

2019 Board Of Trustees

President, Irene Forrester

Vice President, David Winkowski

Treasurer, Dan Sexton

Secretary, Mary West

Member-at-Large, Betty Churchman

Member-at-Large, Della Purdin-Hall

Member-at-Large, Jo Burnham

Committee on Ministries: Bob Portman, Julia Sexton, Mary Alice Williams

Worship

April 7

A Different Kind of Tomorrow
The Reverend Annie Foerster

April 14

The Reverend Dr. Aija Duelm

Rev. Aija Duelm possesses a doctoral degree in ministry from Brite Divinity School, Fort Worth, TX. Her work experiences include healthcare chaplaincy in both adult and pediatric settings and a pastoral leadership in a congregation in St. Louis, MO.

April 21

Easter: A Season of Hope

The Reverend Annie Foerster

Chocolate bunnies and colored eggs? Or serious theological values? As far as I know, bunnies don't lay eggs, so let's get serious and talk about why this is a universally important, value-laden holiday. It doesn't mean we can't enjoy the bunnies and eggs.

April 28

Is Emerson Still Relevant?

The Reverend Annie Foerster

Ralph Waldo Emerson's name is so tied up with the history and theology of Unitarianism, it is practically a heresy to ask such a question. But, perhaps it's a good way to remind ourselves of our theological path and where it's taking us in the future.

Sunday Schedule

9:15 am Nursery: Infants thru Age 3

9:30 am Choir Gathering, Choir Room

9:30 am Adventures in Religion, John Adams Room

9:45 am Adult Forum, Jagers Parlor

9:45 am Child & Youth Religious Education, Religious Education Wing (August-May)

11 am Worship Service, Sanctuary

Spring Choral Service

The First Jefferson choir is planning to present the *Requiem* by Gabriel Faure at the regular service on May 5. The words of the mass, or service, for the dead of the ancient church have fascinated and challenged composers of all generations. Much wonderful and inspirational music has been composed based on these words.

Gabriel Faure, famous French composer 1845-1924, began work on his Requiem in 1885 "purely for the pleasure of it" It is speculated, however that the recent deaths of his parents had an influence. The specific texts that he chose emphasize rest and peace, and ignore those dealing with the day of judgment.

Here we find music of wonderful beauty that has graced concert halls and churches throughout the world. Please come sing with us if you can, or plan to join us at the service on May 5.

Caring & Sharing

If you would like a pastoral note to be shared with the congregation during Sunday service, please write it in the Book of Memory and Hope in the vestibule.

One of the functions of a healthy community is to care for one another during good times and bad. We are developing a Caring and Sharing ministry among the congregation. Some of the activities will include sending cards (get well, sympathy, thank you, congratulations, etc.), making telephone calls and visiting folks who are in the hospital or home-bound, and making casseroles that can be frozen and used when needed. If you are interested in doing some or all of this, you can contact Betty Churchman at caringsharing@firstjefferson.org.

Congregation President's Message

Dear fellow congregants and friends,

Happy *No Rooz* (Persian New Year). No Rooz falls on the first day of spring. What I love about being multi-cultural is that I can have several new year's Mulligans in a year. Should I need another later this year, there always is *Songran* (new year celebrated by many southeast Asian countries such as Thailand, Laos, Cambodia etc.).

With Spring comes spring cleaning for many people. Spring cleaning is often much more than a super cleaning job, airing out mattresses, rugs and such. It is also a lot of *reflecting*. We reflect on things such as: What's next? What expectations do we have for ourselves? How will we get there? What do we keep? What do we throw away? And often more.

Why do I bring up spring cleaning? What does this have to do with church? Well, other than the obvious, that we do need a deep cleaning, garden pruning and prepping, and building repairs, there is more. Bear with me as I continue with my metaphor. When we do spring cleaning we often stop and think about what things do we keep, and what do we throw away. So, I ask you to reflect and share with our community, the church board and committees, what do you like about our church? What is important to keep? What changes do you think we need? What might we need to discard, or put aside for a while? We need to put things back where they belong, we organize our belongings. So as a church we need to do some organizing as well, a bit of "spring cleaning". I am asking everyone to help us with this, in all aspects—those I have mentioned and a few more—to help us get organized, know where we all want to go, how to allocate our precious resources: time, money, space and people. We are calling on all committees to fill out a committee form, more information will be going out to committees. All classes to fill out a class request form, we are asking this form to be used for all future classes, and current classes (this also pertains to all groups such as covenant, social, and affinity groups). The forms will be located in a box in the cubby space by the office.

I mentioned that spring cleaning also is a time of reflection. What do we want? Where do we want to go? How will we get there? This takes reflection and thought. It also takes funding. As we kick off the stewardship campaign. Please reflect on these thoughts. What are you willing to give of yourself and your/our resources to meet these hopes, ideals and dreams? As you are approached during this stewardship drive. Please share your thoughts with us. Please take time and fill out the pledge form. We are all stewards of our church, and our faith. How would you like your, our stewardship to look? I look forward to hearing your hopes, and dreams.

*With dreams in my eyes, hope in my heart
and faith in tomorrow,
Irene*

Church Council

Quarterly Meeting of Church Council Called for April 10

The All-Church Council is a way of coordinating church business, keeping everyone in the loop of what's going on and making sure that volunteers have the support they need to carry out their work.

The next Council meeting will be held on April 10 at 7pm. The meeting will be convened by Board Vice President David Winkowski and the program will be presented by Rev. Annie Foerster. We will discuss Organization, Recruitment and Self-Care of Volunteers. We have some committees that are currently unstaffed, some volunteers who feel unable to 'retire' from committees they have served for years and a lack of coordination among and between committees and the Board. Let's see if we can begin to fix this.

Please try to be there if you are currently serving in some capacity of church work or would like to.

~David Winkowski and Annie Foerster

New Members Profile

Meet Paul and Christine Schattman

Paul was born in 1947, the second of four siblings. He was raised in Ft Worth where he attended and graduated from Nolan High School. His father, a plaintiff's attorney, specialized in Tort Law. His mother was a homemaker. Both parents were very liberal politically active Democrats. Paul attended UTA off and on between 1965 and 1974 when he graduated with a BA in history. He describes himself as one of the long haired hippie types and fondly remembers when he and about a dozen friends scraped together \$300 to buy an old potato chip delivery truck in a group effort to take themselves to Woodstock. The truck broke down mid trip, so the truck and Woodstock were both abandoned. At seventeen in an act of youthful rebellion Paul tried to join the military service but was refused in turn by the US Marines, Navy, Army and Air Force. Ironically, shortly afterward he was called up for the draft but failed the physical three times so was only eligible for service in a national emergency. Afterwards Paul became very active in the antiwar movement at UTA.



In 1970 Paul met Christine in San Francisco during one of his many "breaks" from college. They married in 1973. and Paul was certified as a teacher at UT Austin in 1976. He started his career teaching high school in Lindsay, Texas known for its beer, barbeque and Catholicism. Paul started graduate school at UTA in 1980 but received a full ride scholarship to Tulane in 1981 where he graduated with an MA and PhD in Political Science. He held Assistant Professor positions at various universities and colleges during his career living in places around the country including New Orleans, Akron Ohio, South Dakota, West Virginia, Lubbock, Fort Worth and Arlington. Paul is a self confessed "politics and news junkie." His favorite book subjects are histories, personal memoirs of ordinary people from the American Revolution and the US Civil War, bloody British murder mysteries and historical novels. Once a year he reads his favorite novel, *Pride and Prejudice*. A sometime cartoonist he still draws despite arthritis cramping his style. On most days he "noodles around" on the computer but religiously avoids social media.

Christine, born in San Francisco in 1950, is the eldest of three sisters. Her mother was British and married a Yank fighter pilot at the end of WWII. PTSD ended the marriage when Christine was two years old. Christine's mother married again and had two more daughters. Together with the family Christine lived in Denver Colorado, Bexhill England, and Phoenix Arizona. After the second marriage broke up Christina and her sisters lived in Los Angeles with their mother.

After high school Christine attended Los Angeles City College, San Francisco State, and after moving to Texas with Paul she attended TCC, UT Austin and NTSU majoring in History. She worked clerical jobs as they moved to Paul's various teaching posts. And although Christine never got her degree Paul proudly boasts, "She is much smarter than I am." Health problems intervened. Christine suffered from renal disease for more than ten years and was on dialysis for almost three years before receiving a kidney transplant in 2011. She values her new life despite the exams, tests and constant monitoring her condition requires. She enjoys reading, especially a good mystery or biography, working puzzles, knitting and listening to music. Christine has acquired a large collection of cookbooks which she mines for new recipes especially those that feature vegetables.

Regarding religious backgrounds Christine said that growing up, "We went to whichever church was closest to our house. Usually that was Baptist." She did not care for the rigid doctrines she often encountered and remained unaffiliated. Paul's grandfather was Jewish but his father was raised Catholic because of the dying wish of his Catholic mother. Paul and his siblings were raised Catholic, but says he bounces around somewhere on the Theist to Atheist continuum. During graduate school at Tulane after a long night gab fest a fellow student said to Paul, "You are a Unitarian." About a decade later Paul and Christine found First Jefferson the old fashioned way. They looked in the phone book. A gap in their FJUUC membership resulted both from caring for their aging parents and from battling severe medical conditions, most of which now have been resolved in their favor. They are happy to be back at First Jefferson which now also includes a family connection since Paul is Virginia Thornton's uncle.

New Member Interviews by Peggy Portman

What Do Your Dreams Mean?

The Journal-Writing class that was created from an offering to last fall's service auction has agreed they would meet periodically to continue exploring who they are through in-depth journaling. The next class will meet on Saturday, April 27, from 12:30 to 2:30, to explore dream interpretation. The class is open to anyone who wants to join us, whether you took the original class or not.

Psychologists, scientists and journalers agree that only you can interpret your own dreams because you are the one who created the symbolism that makes up those fantasy pictures and conversations.

Here's what you can do right now. Keep paper and pencil by your bedside and write down your dream as soon as you waken, and as completely as you can before it fades. You can invoke dreams and dream recall by telling yourself when you go to bed, "I am going to remember my dreams tonight." The more dreams you can remember, the more gold you'll find as you pan through them. Bring them to the class along with a notebook and writing implements (laptops are permissible).

I'm suggesting a free-will offering of \$5-\$10 for the church. See you in with your dreams.

~Annie Foerster

Small Group Programs

Book Discussion Group

Meets monthly on the fourth Tuesdays, 7pm, Jagers Parlor We read and discuss a variety of books: fiction, non-fiction, classics, mysteries, historical, etc. Suggestions encouraged. For information, contact Joan Carey 817-217-5905.

Upcoming Titles:

April 23—*The Nightingale* by Kristin Hannah [fiction]

May 28—*White Fragility: Why It's So Hard for White People to Talk About Racism* by Robin J. DiAngelo [nonfiction]

June 25—*The Overstory* by Richard Powers [fiction]

July 23—TBA

August 27—*Lost Children Archive* by Valeria Luiselli [fiction]

Choir

Rehearses Sundays, 9:30-11:00am All voices are needed and welcomed. If you are unsure if you want to join, come and visit a rehearsal any Sunday with no obligation. We would be very glad to have you.

Gentle Yoga

Saturdays, 10:30am, Sanctuary Gentle Yoga is a form of physical and spiritual practice designed for beginning students and anyone who continues to get older every year. It focuses on three aspects of the body-flexibility (reaching and bending), core strength

(spine and tummy) and balance (to prevent falls). It also emphasizes relaxation and proper breathing. You'll need a yoga mat, clothes that will bend with you and a willingness to try. If you have trouble getting down on the floor (or up, once you're down), you can do many of the postures from a chair. If you aren't trim and buff like the pictures in the yoga magazines, Gentle Yoga is for you. If you can't stand on one foot without toppling, Gentle Yoga is for you. If you can't bend and touch the floor, Gentle Yoga is definitely for you.

Knitting Group

Meets 2nd & 4th Saturdays, 12:30pm, Jagers Parlor Whether you are an experienced knitter or want to learn how to knit, you are welcome! Bring your needles and yarn and join us. For more information, contact Charlotte Bailey at charlibailey@gmail.com.

First Jefferson UU Quilters

Meets weekly, Tuesdays, 1-3pm, Jagers Parlor or Library We have a long history of producing quilts for fundraising, outside charities, and keeping people and buildings warm. Please consider joining us, regardless of your skills or experience. Contact Mary Kirwin, 817-714- 1796 for more information.

Interweave

Meets monthly, 3rd Friday, 6 :30 pm, No Frills Grill, 1550 Eastchase Pkwy., Arlington Fun and fellowship. Nationally the group advocates on behalf of gay, lesbian, bisexual, transgender and their allies. This group is for everyone regardless of sexual orientation. For information, contact Michael Zepeda at 817-706-3614 mrzep@charter.net.

Women's Alliance

Meets monthly, second Tuesday during the school year. Next meeting is March 12. All women welcome!

UU Metaphysical Research Group

Meets monthly, third Sundays, 12:30pm, Library An open forum created to reflect, discuss, investigate and research topics vary from mysteries of our existence, paradoxes in reality, puzzling questions of origin and first principles to studying individual philosophers and famous Unitarian Universalists. Contact: Joel Bailey

The Kindred

If the Kindred has a central principle that defines this group, it would be that we seek to understand and apply our shamanic heathenry to commune with the World Tree, Yggdrasil, in order to root ourselves into the dreaming intelligence of the Earth. We do not discriminate based on race, gender, sexual orientation, etc. We operate within the guidelines of the 7 Unitarian Universalist principles. We will not tolerate hate or abuse of any kind. We openly refute and will not congregate with groups that use hate in the name of the Gods. We support declaration 127. Contacts: Betty Churchman.

Groove Shack Drum Circle

April 13, 7pm , Sanctuary Welcoming all drummers, dancers, spinners, music lovers—all people! Don't have a drum? No worries, we have something you can use to join in! We have plenty of room, with comfortable chairs and a great floor for dancing. Beverages provided. Come get into the groove!

Friends Covenant Group, A Women's Group

Meets monthly, the third Friday, 4 pm, Jagers Parlor. We welcome new women to join! Contact: Connie Nolen

Men's Covenant Group

Meets monthly, the first Wednesday, 7pm, Jagers Parlor

Evensong, Covenant Group for Women

Meets monthly on the third Tuesday, usually in a member's home. Contact Mary Alice Williams for more information at maryalicewilliams.18@gmail.com.

Covenant of Unitarian Universalist Pagans (CUUPS)

Meets monthly on the 2nd Sunday, 1pm, John Adams Room Contact Rosalind Dugan 817-447-9240/rosalind.dugan@yahoo.com or Charlotte Bailey, charlibailey@gmail.com.

Child & Youth Religious Education

Religious Education Council Chairs:

Mary West and Julia Sexton

Our Curriculum

This year the Children and Youth Religious Education program focuses on our Unitarian and Universalist Heritage and teachings.

Pre-K through 1st grade youth will explore these themes using Spirit Play, a Montessori Method of story telling.

Second through 4th grades will be using our Toolbox of Faith to help understand how our faith calls us to action.

Fifth through 8th grades will discuss issues of faith using a Hogwarts theme.

High school aged youth will use a curriculum entitled Our Name is Earl which uses concepts from the television show "My Name is Earl" where the main character, Earl Hickey, goes on a spiritual quest to become a better person.

Nursery

The Nursery provides care for children through age 3 during the 9:30am-10:45 education time.

At this point the Nursery also includes the younger elementary children, our Chalice Children, for free play after they attend the beginning of worship.

Become Part of Our Program

If you are interested in teaching, or have any questions, comments, concerns, etc. about the religious education program for children and youth, please see Mary West or Julia Sexton.

Adult Spiritual Exploration

Adult Forum

Sundays, 9:45 am, Jagers Parlor

April 7th: Brian Skinner will show some YouTube videos and we will discuss them.

April 14th: Carla Morton will talk about being a better consumer of online information.

April 21st: Lorraine Levine will facilitate a discussion of current affairs.

April 28th: Brian Skinner will show some more interesting videos.

Coordinator: Lorraine Levine. Got something interesting to say? Let Lorraine Levine know. We have openings in the months to come.

Adventures in Religion—

March 17, 2019, through December 22, 2019

The Bibles

Adventures in Religion, John Adams Room, 9:30 am. Adventures in Religion is a round-table discussion group about world religions. We discuss discoveries of scriptures (Nag Hammadi Codices and the Dead Sea Scrolls), the criteria for including scriptures in the Bible, the Bible's many official versions, and scriptures excluded. For complete program, see Adventures in Religion at firstjefferson.org.

This Month's Estimated Preview

The Dead Sea Scrolls

How Was The Bible Compiled?

The Bible and Its Many Official Versions

April 2019

Calendar of Events

Tue Apr 2, 2019

1pm First Jefferson Quilters, Jagers Parlor
7pm Trans-cendence Meeting, Coleman Hall

Wed Apr 3, 2019

7pm Men's Covenant Group, Jagers Parlor
7pm New UU Class, Library

Thu Apr 4, 2019

6pm LGBTQ S.A.V.E.S Board Meeting, Jagers Parlor
7pm PFLAG, Coleman Hall
7pm PFLAG/LGBTQ S.A.V.E.S Youth Group, Jagers Parlor

Sat Apr 6, 2019

10:30am Gentle Yoga, Coleman Hall
3:15pm Stewardship Training, Jagers Parlor

Sun Apr 7, 2019

12:15pm Potluck Sunday, Coleman Hall
2pm The Kindred, John Adams Room

Mon Apr 8, 2019

6:30pm Finance Committee Meeting, Church Office

Tue Apr 9, 2019

12pm Women's Alliance, Arlington Library
1pm First Jefferson Quilters, Jagers Parlor

Wed Apr 10, 2019

7pm Church Council Meeting, Coleman Hall

Thu Apr 11, 2019

7pm LGBTQ S.A.V.E.S., Library

Sat Apr 13, 2019

10:30am Gentle Yoga, Sanctuary
12:30pm Knitting Group, Jagers Parlor
7pm Drum Circle, Sanctuary

Sun Apr 14, 2019

12:30pm Religious Education Council, Religious Education Office
1pm Covenant of UU Pagans (CUUPs) Meeting, John Adams Room
1:30pm Astrological Society of North Texas, Jagers Parlor

Tue Apr 16, 2019

1pm First Jefferson Quilters, Jagers Parlor
7pm Evensong Women's Covenant Group, Contact Mary Alice Williams, 817-683-3062
7pm Trans-cendence Meeting, Coleman Hall, John Adams Room, HS Room

Wed Apr 17, 2019

6pm Worship Arts Committee, Jagers Parlor
7pm New UU Class, Jagers Parlor
7pm PFLAG Board Meeting, Library

Thu Apr 18, 2019

7pm LGBTQ S.A.V.E.S., Library

Fri Apr 19, 2019

4pm Friends Covenant Group, A Women's Group, Jagers Parlor
6:30pm Interweave Get Together, No Frills Grill, 1550 Eastchase Pkwy., Suite 1200, Fort Worth 76120

Sat Apr 20, 2019

10:30am Gentle Yoga, Sanctuary

Sun Apr 21, 2019

12:30pm Metaphysical Research Group, Library
1pm Board Meeting, Jagers Parlor

Tue Apr 23, 2019

10am Courier Deadline, Email: administrator@firstjefferson.org
1pm First Jefferson Quilters, Jagers Parlor
7pm Book Discussion Group, Jagers Parlor

Sat Apr 27, 2019

10:30am Gentle Yoga, Sanctuary
12:30pm Knitting Group, Jagers Parlor

Sun Apr 28, 2019

2pm The Kindred, Jagers Parlor

Tue Apr 30, 2019

1pm First Jefferson Quilters, Jagers Parlor

Hosted at First Jefferson

PFLAG

1st Thursday of each month, 7:00 pm PFLAG provides opportunity for dialogue about sexual orientation, and acts to create a society that is healthy and respectful of human diversity. More info at www.pflagfortworth.org or contact Mark & Lisa Daly mark.daly@tx.rr.com.

LGBTQ S.A.V.E.S.

Meets 1st, 2nd & 3rd Thursday of each month, 7pm
Jaggers Parlor

Vision: A community where ALL youth are safe.

Mission: LGBTQ S.A.V.E.S. fosters the well-being of LGBTQ youth and allies.

- provide safe spaces for social and personal development;
- promote supportive learning environments;
- and•provide resources to youth and their families.

Trans-cendence

First & Third Tuesdays of each month, 7pm, Coleman Hall Trans-cendence works to support transgender and gender diverse people of all ages and sexual orientations. They also support the spouses, partners, parents, friends and allies of gender diverse people and are a resource for those who work closely with transgender people like counselors, educators, law enforcement, etc.

Astrological Society of North Texas

Second Sundays, 12:30 pm, Jaggers Parlor The Astrological Society of North Texas is a non-profit whose purpose is to share astrological information and to offer education in the science/art of astrology.

Spectrum Concert Series

Spectrum Chamber Music Society is devoted to sharing diverse and exciting chamber music with local community. Our annual series of six unique concert programs take place at two local churches, First United Methodist Church of Fort Worth (downtown) and First Jefferson Unitarian Universalist Church (eastside). The group features musicians of the Fort Worth Symphony Orchestra, joined by musicians from all over North Texas and beyond. For questions concerning Spectrum concerts, please contact Dan Sigale by phone at (817) 938-5492 or via email at spectrumchambermusic@gmail.com

Next Concert is May 13 @ 7:30pm

Courier #392, March 2018

First Jefferson Unitarian Universalist Church
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Church Website
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Next Courier, Issue #394

Submission Date
Tuesday, April 23, 10am
Send edited articles to
publicize@firstjefferson.org