

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.

January 1, 2019

Number 390

Worship

January 6

Threads: Earth Centered Religions

The Reverend Annie Foerster

Our Unitarian Universalist sources list 'earth-centered religions' as one of the fonts of our faith. It makes sense that people of faith would begin by praising what they know best—the small island in space they call home.

January 13

Decades Service

Member Led Service

Join us for our annual Decades service, in which members of our congregation will each share their own "Hopes and Dreams for the Future of First Jefferson". As our congregation begins to look forward to what our church will look like in the coming years, we invite you to hear what some of us would like to see. Please come, bringing your thoughts about our collective future and see what others are thinking. You don't want to miss this!

January 20

March: Verb, Walk with deliberation

The Reverend Annie Foerster

The Women's March takes place in Fort Worth on this day. Not everyone can or wants to attend, so services will take place as usual. But it's a good time to explore why we march, what it accomplishes and what the alternatives might be. We might even explore 'marching to a different drummer.'

January 27

Jumping in On Time

The Reverend Annie Foerster

Last August I was asked to be the keynote speaker at the summer NTUUC gathering. I talked about the most difficult aspects of being a Unitarian Universalist and likened them to the accelerated list of skills you encounter when you learn to jump rope. Even if you've never been a jump-roper, you can relate to the skills required to be an excellent and active UU.

February 3

What Next?

The Reverend Annie Foerster

That's a lament you might hear after a series of discouraging events and you find yourself at the end of your proverbial rope. Or you might shout it out after an exhilarating series of adventures you hope to continue. Let us share what preceded the question.

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

Congregation President's Message

Dear fellow congregants and friends,

I hope all are well and had a happy holiday, whatever holiday you may embrace. I am very happy to say that with the new year, came better health, for that I am truly grateful. As we get older it seems like we don't take health for granted. With the new year many of us take on the tradition of adopting New Year's Resolutions. Making promises, deals, plans to ourselves, or others, to make our life, our family, our community or our planet better. I have made a few. This year's are actually not only possible but probable. One may always be on my list. To live up to my name. Irene means serene and Ruthai my middle name, means heart. I want to live up to my name, serene heart.

As the board gets ready for the coming year, one of the things we do is ask "What do we want to accomplish in the coming year?". In many ways it's the board coming up with our church's new year's resolution. So, I ask what would you like to put on our list? What would you like us to accomplish? How do you see us growing, changing, blossoming? I would like to see us grow in number, to see the halls filled with laughter, voices and faces of new families. I would like to see us become more inviting to everyone, have a minister to guide us, people greeting newcomers, helping in the kitchen or with coffee hour, or pot luck. I want to see us standing up and being heard for social justice. I want us to be the UU's I know we can be. How do you see us growing? I, we the board of trustees, would like to hear your thoughts and ideas. Please share them!

Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams." I believe in the beauty of our faith, I believe in the beauty of our church and its congregants. I am sure you do too. So, the future is ours! So, put on your shades, because our future is bright and waiting for us!

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

Caring & Sharing

Please keep the family of Lewis Morris in your thoughts and prayers after the passing of Lewis' mother, Mary Morris on December 28, 2018.

Marianne Hermann would like everyone to keep her in your thoughts and prayers.

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.

First Jefferson is a community of folks who gather for worship and/or other activities within the congregation. One of the functions of a healthy community is to care for one another during good times and bad. Therefore, we will be 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.

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:

January 22 - *The Return: Fathers, Sons and the Land in Between* by Hisham Matar [memoir]

February 26 - *Where the Crawdads Sing* by Delia Owens [fiction]

March 26 - *The Library Book* by Susan Orlean [nonfiction]

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.

Calling All Quilters

We will resume our weekly meetings on Tuesday January 8 at 1 pm in Jagers Parlor. We're starting a new quilt project to aid California wildfire relief, especially the town of Paradise. We welcome all returning members to our group and invite new members to join us, as well. Hope to see you there!

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 will be February 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

Meets monthly, first Sunday, from 1-3pm in the John Adams Room. Business meetings held third Saturdays from 12-2pm in the John Adams Room. 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

January 12, 7pm , Sanctuary Welcoming all drummers, dancers, spinners (no fire as we're indoors), 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!

Zo Andragogy Pedagogy Organization (ZAP): The Mission Is Heaven!

Alonzo Reed will be holding spiritual awareness classes the 2nd and 4th Sunday of every month.

2nd Sunday: Supreme Ultimate Andragogy Pedagogy Tai Chi Chi Gong and Taoist Internal Alchemy.

Attain a deeper sense of physical, mental, and spiritual self awareness by partaking in one of the greatest gifts Far East spirituality; Tai Chi AKA Supreme Ultimate.

4th Sunday: ZAP—The Greatest Teachers: Tehuti AKA Thoth, Hermes/Mercurius Trismegistus.

Atlantean Priest King and Precursor to the contemporary spiritual philosophy Hermeticism; the primary texts and scriptures are The Kybalion, The Divine Pymander, Corpus Hermetica/Hermeticum, The Emerald Tablets of Thoth the Atlantean. October 28th, the class will review The Kybalion. There's a book in the Jagers' library as well as a downloadable PDF online, its highly recommend for you to read prior to the class.

To stay updated on the ZAP Organization, check out Instagram and YouTube—The Original Geek Nerd Villain.

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. We will meet on January 22, 2019. 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.

Potluck Sunday

Sunday, January 6, 12:15pm, Coleman Hall
Bring a dish to share or just join in and help us share the food, fun and fellowship.

Child & Youth Religious Education

Religious Education Council Chairs:

Mary West and Julia Sexton

All Ages Social Action Sunday

Coleman Hall, 9:45am – 10:45am

Join us for All Ages Religious Education this Sunday in Coleman Hall. We'll talk about the upcoming Fort Worth Women's March (January 20th), how to make change, history of marches, and (of course) a craft to round it out.

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

January 6: Mary Kirwin and Nan Terry will talk about the Credo Choir and the choir's trip to Vietnam.

January 13th: Paula Luna will talk about a new legislative campaign of the Citizens' Climate Lobby.

January 20th: "What to Expect from a More Conservative Supreme Court!" Don Jackson will talk about political and legal changes of the past year.

January 27th: Dana Austin will talk about her career as a forensic anthropologist and how she works with the Medical Examiner's Office.

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

Adventures in Religion—

July 8, 2018, through July 14, 2019

The Thirteen Principal Upanishads

Adventures in Religion, John Adams Room, 9:30 am. Adventures in Religion is a round-table discussion group about world religions. We discuss The Thirteen Principal Upanishads, Translation by F. Max-Müller, revised by Suren Navlakha, with an introduction and notes by Suren Navlakha. Hertfordshire: Wordsworth Editions Limited; 2000. ISBN-10: 1-84022102X. ISBN-13: 978-1840221022. Paperback. (Please be sure to get either of the ISBNs cited here, so that we will all have the same edition.)

Hindu scripture. Composed in Sanskrit between 900 and 600 BC, the Upanishads presented here are by far the oldest and most important of those that exist. Remarkable for their meditative depth, spirit of doubt and intellectual honesty, the Upanishads are concerned with the knowledge of the Brahman, the Ultimate Reality, and Man's relationship with it. (Wordsworth Editions Limited)

This Month's Estimated Preview

Maitrayani Upanishad

Chandogya Upanishad

Outreach

Let's Get Outside These Walls!

Women's March 2019

The Third Annual Women's March will be held around the nation during the weekend of January 19-20. In Fort Worth, the March is on Sunday January 20th in downtown Fort Worth at 10:00am. The Worship Arts committee invites everyone to attend the March with us, and let us worship by being a part of something much bigger than us. If you would like to car pool from church, we will meet at 9 am. If you want to meet up downtown, we'll gather at the horse statue on the southeast corner of the courthouse lawn at 9:30am. For more information, please contact Julie Hevelone.

SWUW Conference 2019

February 22 - 24, 2019, Little Rock, AR

Keynote Speaker:

Kathy Webb,
Vice-Mayor,
Little Rock, AR

Musician:

Cassie Lea Ford
www.cassieleamusic.com

Minister:

Rev. Jan K. Nielsen,
UU Church of Little Rock

Conference info updated regularly at:
www.swuuw.org.

Save the Date!

Mark Your Calendar: March 20, 2019

Texas UU Justice Ministry

Legislative Action Day in Austin

The Texas UU Justice Ministry invites you to come to Austin to join other Unitarian Universalists from around the state at the state capitol for a day of social action and meetings with our elected representatives. We'll provide more details as they develop in the new year.

Mary Kirwin and Pamela Cox

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

January 2018

Calendar of Events

Tue Jan 1, 2019

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

Wed Jan 2, 2019

7pm Men's Covenant Group, Jagers Parlor

Thu Jan 3, 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 Jan 5, 2019

10:30am Gentle Yoga, Sanctuary

Sun Jan 6, 2019

9:45am All Ages RE Social Justice Class, Coleman Hall
12:15pm Potluck Sunday, Coleman Hall
12:30pm The Kindred, John Adams Room

Tue Jan 8, 2019

12pm Women's Alliance, Coleman Hall
1pm First Jefferson Quilters, Jagers Parlor

Sat Jan 12, 2019

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

Sun Jan 13, 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

Mon Jan 14, 2019

6:30pm Finance Committee Meeting, Church Office
1pm First Jefferson Quilters, Jagers Parlor
7pm Trans-cendence Meeting, Coleman Hall

Wed Jan 16, 2019

7pm PFLAG Board Meeting, Library

Thu Jan 17, 2019

6pm Worship Arts Committee, Jagers Parlor
7pm LGBTQ S.A.V.E.S., Library

Fri Jan 18, 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 Jan 19, 2019

10:30am Gentle Yoga, Sanctuary

Sun Jan 20, 2019

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

Tue Jan 22, 2019

1pm First Jefferson Quilters, Jagers Parlor
7pm Book Discussion Group, Jagers Parlor
7pm Evensong Women's Covenant Group, Contact Mary Alice Williams, (817)683-3062

Thu Jan 24, 2019

6pm The Kindred, Jagers Parlor

Sat Jan 26, 2019

10:30am Gentle Yoga, Sanctuary
12:30pm Knitting Group, Jagers Parlor
2:30pm Service Auction Event, Jagers Parlors

Tue Jan 29, 2019

10am Courier Deadline, Email: administrator@firstjefferson.org
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 & 3rd Thursday of each month, 7pm Jagers Parlor/Library 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, Jagers 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

Courier #390, January 2018

First Jefferson Unitarian Universalist Church
1959 Sandy Lane, Fort Worth, TX 76112-5412

Congregation President
Irene Forrester
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Membership
Jude Olson, Peggy Portman,
Mary Alice Williams
membership@firstjefferson.org

Minister Emerita
Rev. Marjorie Montgomery

Child & Youth Religious Education Coordinator
Thomas Earthman
re@firstjefferson.org

Church Office
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Church Website
www.firstjefferson.org

Find Us On Facebook
www.facebook.com/FirstJefferson

Next Courier, Issue #391

Submission Date
Tuesday, January 29, 10am
Send edited articles to
publicize@firstjefferson.org