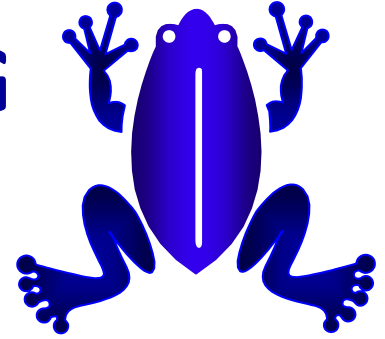




THE BIG BLUE PHROG



Mission Statement: The Unitarian Universalist Fellowship of Waco is an inclusive spiritual community that reaches out and inspires people to live meaningful, joyful lives of service toward the creation of a more just and loving world.

(Adopted by UUFW on 5/23/10)

Core Values:

COMPASSION, INCLUSION, SPIRITUAL GROWTH, INQUIRY, AND CELEBRATION

Board President's Update

Grandfather,
Look at our brokenness.

We know that in all creation
Only the human family
Has strayed from the Sacred Way.

We know that we are the ones
Who are divided
And we are the ones
Who must come back together
To walk in the Sacred Way.

Grandfather,
Sacred One,
Teach us love, compassion, and honor
That we may heal the earth
And heal each other.

From the Ojibwa Indians of North America
(Singing the Living Tradition #518)

← Margaret Borden shared this poem/prayer with us at the Healing Conversations Session on January 15, 2011. Thank you to everyone who attended! Past President Jane Derrick has provided a report on page 5.

This poem/prayer really spoke to me. It reminds me of our Covenant of Right Relations in that we must "come back together to walk..." together. We must never give up.

We all "walk" this path differently. Please be patient with one another. Please be kind to one another.

Please let me know if I can answer questions or help you in any way.

In Hope and Peace,

Joy Hayes,
Board President,
president@uuwaco.org

Unitarian Universalism:
Revelation is continuous and open.

Upcoming Sundays

February 6 - "Brigit of the Celts - Her Inspirational Message for Today" - Jan Snyder

February 13 - National Standing on the Side of Love Day - wear pink, red or rainbow

February 20 - "Where Are We Going? (40 years later)" - Paul Derrick

February 27 - "Stirring Our Souls Through Art: Ralph Waldo Emerson, Marsden Hartley and Me" - Randy Culp

Unitarian Universalist Fellowship of Waco

4209 N. 27th Street
Waco, TX 76708
254-754-0599

uuwaco.org

Web Manager/Contact:
brian.gates@uuwaco.org

Sunday Services: 10:45 am-12:00 pm

Nursery care provided


Snacks for all before and after in the Fellowship Hall

Youth and Children's Religious Education:
Approx. 11:20am-12pm
(See Contact Information, R.E. Children's and Youth Group, third column of this page)

Choir Practice:
Sundays, 10:00 am

(See [Calendar](#) at uuwaco.org, or contact Music Director Jane Kittner at jane.kittner@uuwaco.org)

Our Affirmation

 *Love is the doctrine of this Fellowship, the quest for truth is its sacrament and service is its prayer. To dwell together in peace, to seek knowledge in freedom, to serve others in community to the end that all souls shall grow into harmony with creation; thus do we covenant with each other.*

An Official Disclaimer

The opinions expressed and the ministries described on our website or newsletter do not necessarily represent the opinions of all members of the church, nor the organizations with which it affiliates, but if you are a Unitarian Universalist, you already know that.

(Adopted by UUFW Board on 1/15/06)

Covenant of Right Relations

We, the members of the Unitarian Universalist Fellowship of Waco, adopt this covenant for the purpose of being in right relationship with one another.

Through this covenant, we make a commitment to act with mutual trust and support in this liberal religious faith community.

We covenant to:

- listen deeply and speak with openness, caring, and respect;
- engage newcomers, youth and young adults in the life of the congregation;
- contribute time, ideas, and income in support of our mission and our community outreach, according to means and abilities;
- foster stable congregational growth by drawing on new people and new ideas while maintaining the best of our Unitarian Universalist traditions;
- resolve conflicts in a timely manner with compassion, dignity, and empathy
- communicate clearly about leadership activities and decisions; and
- create, communicate, and follow clearly-defined congregational policies.

Our true covenant will show by our actions. May this covenant deepen our connections with one another and guide us through conflict with dignity and respect for one another. We sometimes fall short of peacefully resolving our misunderstandings and difficulties. When this happens, we will strive to repair relationships and recommit to these covenants.

This is a living document, intended to reflect the needs of our congregation as it changes and grows, revisiting it as needed.

(Adopted by UUFW on 5/31/09)

Contact Information

Board Members

President—Joy Hayes

president@uuwaco.org

President-Elect—Kris Cervantes

president.elect@uuwaco.org

Secretary—Michael Davis

secretary@uuwaco.org

Treasurer—Marty Van Wagner

treasurer@uuwaco.org

(Joe Ahlers continues as Treasurer until Jan. 31 - joe.ahlers@uuwaco.org)

At-Large Director 1—Liz Turnage

atlargedirector1@uuwaco.org

At-Large Dir. 2—Vacant/Phasing out

At-Large Director 3—Bruce Allen

atlargedirector3@uuwaco.org

At-Large Director 4—April Hull

atlargedirector4@uuwaco.org

Team Chair or Contact

Care Team—Kris Cervantes

kris.cervantes@uuwaco.org

Choir—Jane Kittner

jane.kittner@uuwaco.org

Finance—Marty Van Wagner (pro tem)

marty.vanwagner@uuwaco.org

Hospitality—Carolyn Foster

carolyn.foster@uuwaco.org

House & Grounds—Rob Cervantes

rob.cervantes@uuwaco.org

Membership—Kris Cervantes (pro tem)

kris.cervantes@uuwaco.org

Ministry—Joy Hayes

joy.hayes@uuwaco.org

P.R.—Kris Cervantes

kris.cervantes@uuwaco.org

R. E. Adult Programs—Bruce Allen

bruce.allen@uuwaco.org

R.E. Children's—Tracey Villanueva

tracey.villanueva@uuwaco.org

Right Relations—Executive Team

joy.hayes@uuwaco.org

Social Action—Becky Warren,

becky.warren@uuwaco.org

Waldo's—David McLatcher

david.mclatcher@uuwaco.org

Worship Team—Becky Fox

becky.fox@uuwaco.org

Youth Group: youthgroup@uuwaco.org

For more: Church leaders see Leadership Roster on website (log in first) or contact Membership for current list.

Rules to Promote Rational Thinking

By: Martha Davis, Ph.D.; Elizabeth Eshelman, M.S.W.; & Matthew McKay, Ph.D. (Copied from Dwight Brown Leadership Experience (DBLE) notes, 2007 (not 2008.))

Evaluate your self-statements against these six rules, or guidelines, for rational thinking.

The situation doesn't do anything to me.

It doesn't make me anxious or afraid. I say things to myself that make me anxious or afraid.

Everything is exactly the way it should be.

The conditions for things or people to be otherwise don't exist. To say things should be other than they are is to believe in magic. They are what they are because of a long series of causal events; including interpretations, responses from irrational self-talk, and so on. To say that things *should* be different is to throw out causality.

All humans are fallible creatures.

This is inescapable. If you haven't set reasonable quotas of failure for yourself and others, you increase the prospects for disappointment and unhappiness. It becomes all too easy to attack yourself and others as worthless, bad, and so on.

It takes two to have a conflict.

Before beginning a course of accusation and blame, consider the 30 percent rule. Any party to a conflict is contributing at least 30 percent of the fuel to keep it going.

The original cause is lost in antiquity.

Trying to discover who did what first is a waste of time. The search for the original cause of chronic painful emotions is extremely difficult. The best strategy is to make decisions to change your behavior now.

We feel the way we think.

This is the positively stated principle behind the first statement in the list. This statement reinforces the idea that events don't cause emotions - our interpretations of events cause emotions.

INSIGHT

Recognize that there are three levels of insight necessary to change:

1. Knowledge that you have a problem, and awareness of some of the events that may have caused the problem.
2. Seeing clearly that the irrational ideas you acquired early in life are creating the emotional climate you live in now, and that consciously or unconsciously you work fairly hard to perpetuate them.
3. The strong belief that after discovering these two insights, you will still find no way of eliminating the problem other than steadily, persistently, and vigorously working to change your irrational ideas.

Treasurer's Report

UUFW ended the year with a bank balance of slightly more than \$41,000.

Pledge receipts exceeded the budget by about \$800. Total receipts were short of the budget by \$1,200, mostly due the large drop in Birthday giving and interest rates going south.

Expenses were \$2,000 over the budget. While many categories came in under the budget, two did not. There was an unbudgeted \$2,100 Mission/Vision expense and a portion of the Minister's retirement pay (\$3,200) had not been budgeted.

We ended the year with a \$10,000 deficit compared to the \$6,800 we had budgeted for.

This is my last Treasurer's Report so let me say I have enjoyed my tenure as your accounting guy. I wish Marty much success as the new Treasurer. I have assured her I will be available to assist in any transition questions she may have.

Joe Ahlers,

Treasurer, joe.ahlers@uuwaco.org



Open Mike Night!
Saturday, Feb. 19th, 7pm
UUFW Sanctuary.

Save the date for a musical evening at the UUFW! If you would like to perform, tune up and get your act ready. If you aren't into performing, come for an evening of music and fun with your neighbors. \$5 minimum donation requested. There will be a raffle for a \$50 Johnny Carino's gift certificate.

All proceeds go to the UUFW Music budget.

No child care or refreshments provided.

Contact leevanwagner@yahoo.com for more details.

← As promised last month, six rules to promote rational thinking. Any irrational thinking that remains after intently reading, understanding, and practicing these is clearly not your fault.

Brian Gates,

Phrog Editor, phrog@uuwaco.org

"To behave is better than to believe, and to be honest is better than to be baptized."

—J. D. Shaw (1841–1926),

(Waco Methodist Minister turned Freethinker, quoted in Terri Jo Ryan's sermon, "The Scandalous J.D. Shaw: An Early Freethinker in Waco's History")

UUFW a UUSC Banner Society

The Unitarian Universalist Service Committee has recognized UUFW for its support of our mutual mission: to advance human rights and social justice throughout the world. The framed proclamation is now hanging in the church foyer. The "Creating Justice Banner Societies" recognize congregations with 25-49% holding membership in UUSC. To become a member, go to www.uusc.org.

UUFW's Souper Bowl of Caring

Hunger isn't just a Third World problem. One-in-six Americans (including an appalling one-in-four children) live in food insecure households, according to the U.S. Department of Agriculture. The term "food insecure" means that you literally don't know where your next meal is coming from.

To combat the problem in our own Greater-Waco community, UUFW's Social Action Team is calling on all UUs and friends to **come dine with us at noon, Feb. 6 in the P.T. Barnum Fellowship Hall.** Feb. 6 is not only Super Bowl Sunday, but also the Souper Bowl of Caring, and do-gooders will be sharing a bounty of soups, home-made breads and tempting desserts—**an All-You-Can-Eat buffet to raise funds and/or canned goods for Caritas.**

Soups that will be served include: Seafood Chowder, Tomato Tortellini with Spinach; Chili; Cream of Jalapeno, Split Pea, Sausage and Bean. Likely additions to the soup menu will be Chicken Tortilla and Beef Noodle with Vegetables. Others will be baking hearty breads to go with the soups, and still others will be providing a tempting array of treats—so save some room!

The luncheon will follow the morning service that day, which addresses IMBOLC—the pagan festival of slowly-awakening Mother Nature. The food- and fund-raiser will help Caritas re-stock its larder after the winter holidays.

Tell all your friends to come join in supping soup for a great cause.

For more information, write to the Social Action Team—sa@uuwaco.org

"Doing nothing is very hard to do... you never know when you're finished."

— Leslie Nielsen, actor (1926 - 2010)

UUFW Social Action Team presents a new monthly article highlighting the Unitarian Universalist Service Committee in action. This month:

Haiti One Year Later: Cultivating Creative Solutions for Recovery

January 11th marked the one-year anniversary of the devastating magnitude 7.0 earthquake. Haiti remains in crisis. More than 1.5 million people are still homeless and living in camps for the displaced, increasing their vulnerability to new challenges—the recent cholera outbreak, November flooding from Hurricane Tomas, and violence from the contested elections at the end of November. Although the crisis continues, Haitians at the grassroots are working in countless ways to change their conditions for the better.

UUSC has engaged and will continue to engage in the following:

- Provide grants and technical assistance to grassroots organizations in Haiti
- Lift up the voices of Haitians on Capitol Hill
- Support grassroots advocacy
- Offer volunteer opportunities in Haiti for our members

UUSC prioritizes the needs of marginalized people who are overlooked by mainstream aid efforts. Our priorities include the following:

- Supporting survivors who fled to rural areas and their host families access to livelihoods and education
- Helping survivors in the camps whose security is threatened develop mechanisms of protection and restore their livelihoods
- Helping Haitian partners participate in the vision of reconstruction

With grassroots partners, UUSC

- Provided emergency food and clothing to thousands of displaced Haitians
- Offered temporary employment to more than 2,000 displaced people in rural areas
- Trained 80 Haitian community activists in trauma response
- Organized economic training to get 200 women street vendors back on their feet
- Created child-protection committees in 10 camps
- Mobilized and trained 100 community activists to work against gender-based violence in Port-au-Prince camps
- Supported organizations to ensure a just rebuilding of Haiti

On Capitol Hill, UUSC

- Promoted a Haitian-led recovery as an active member of the Haiti Advocacy Working Group
- Lifted up Haitian voices through travel and translation assistance for Congressional Black Caucus briefing
- Promoted Rep. Maxine Waters' Debt Relief for Earthquake Recovery in Haiti Act, which became law in summer 2010
- Promoted the Haiti Empowerment, Assistance, and Rebuilding (HEAR) Act to guide U.S. aid and policy priorities

Watch the UUSC video to find out how you can get involved:

http://www.uusc.org/haiti/video_integrated_approach_in_haiti

Healing Conversations, Jan. 15, 2011 Report

On January 15, 2011, Southwest UU Conference Consultant Margaret Borden led Healing Conversations scheduled from 1 - 3 pm and 3 - 5 pm at the Fellowship in the sanctuary in a circle format. The first session was attended by 20 congregants and the hearing assistance system was used. The second session was attended by 6 congregants. I attended both sessions, so there were 25 unduplicated attendees.

The format of the conversations, after reviewing the relevant part of our covenant, was for the facilitator to ask a question and then give the participants an opportunity to respond one at a time without interruption. The facilitator then repeated back to the participant what she heard, to get confirmation, and wrote down the response.

Here are facilitator questions and participant answers from the sessions:

Q: What are you feeling?

A: Anger, sad, resentment, disappointed, frustrated, out of place/alienated, anxious, upset, damaged, disturbed, wounded, insulted, judged/blamed, misunderstood, fear of the unknown, worried about community survival, cheated, burdened, grief/loss, put upon, destructive negativism, impatient, ambivalence, missed "family" here, resignation, lonely, want to flee, hopeful, stuck, victimized, disrespected, victim of friendly fire, confused, felt ugly, pain, guilty, cut off, shut out, dead, difficult to forgive, hard to understand, hard to let go, hard to see the good in this, uncertainty, weary, ready to move on, catharsis, confidence in Board/UUA

Q: What do you need?

A: Apology, acknowledgement of what I had to give up, of consequences and of damages, understanding, let's pull together/comfort each other/live our values, a maypole (a new minister), an interim minister, group trust/love, to have fun together again, a tenor, a plan, direction, sense of continuity, more volunteers/involvement, money, how to keep visitors, positive/nourishing experiences, time away from reminders, progress with vision, rekindle the fire, spiritual leadership, confidence in our ability to heal, meaningfully contemplate what it means to live our covenant. (Another need expressed, but not in answer to the question, was to know who has left, so that we don't keep getting hit with losses.)

Q: What have you learned?

A: I am not alone/as alone as I thought, no simple solution, still a lot of healing to be done, hope because so many participated, it's in our hands/we can do it, understand feelings better (especially different gender reactions), understand spectrum of feelings, nice to hear some ready to move on, acknowledge "guts," appropriateness of Serenity Prayer, appreciation for people attending/sharing, Board position an advantage (further down roller coaster of change), grateful for Derricks/Board, glad not on Board last year!

Q: What can you do to promote healing?

A: Be kind to one another, assume good will, make a conscious decision to get past anger, pull together, reduce expectations for now—reprioritize, live our commitments to our covenant and to each other, remember the joy, ritual of healing and forgiveness, keep singing, do the work I signed up to do, sign up for something, listen/accept, remember we're not all in same place/stage, show up/not become alienated.

Jane Derrick, Past-President, jane.derrick@uuwaco.org

(With first session participant answer additions by Brian Gates, Phrog Editor, phrog@uuwaco.org)

So who ARE those people with the yellow name-tags?

New year, new ideas, new... name-tags? You elected them a few months ago, and now you may be wondering what those yellow-name-tagged Board members of yours are up to.

For the short answer, of course, you can check out our Policies & Procedures (P&P) manual, available online at www.uuwaco.org: scroll down to the "Administration" menu on the left side of the page and find all the dry details you'll probably ever want about what the President, President-Elect, Secretary, Treasurer, and At-Large Directors do. For a longer answer, you can just ask any one of us—we'll be happy to tell you. (No guarantees you won't regret asking, though!) You can also read Board Meeting minutes online—just register and log in.

Another way to know what we're up to is to attend Board meetings. They're held after church on the third Sunday of each month, and they're open to all members, with a few exceptions—we do hold occasional closed sessions to discuss personnel or otherwise sensitive matters (that's in the P&P, too). Board meetings are generally held in the Oliver Wendell Holmes boardroom—we did try one in the Sanctuary, but the grand turnout of observers was zero. Time is reserved at the end of meetings for members to briefly voice concerns or questions, and of course Board members are happy to receive your concerns via email (see the Leadership roster, also available online [when logged in] or in the January *Phrog*) or in person.

And of course, the best way to keep an eye on your UUWaco Board members is to become one yourself! The Nominating Team will be looking for eager participants starting next fall.

Kris Cervantes, President-Elect, president.elect@uuwaco.org

**Unitarian Universalist
Fellowship of Waco, Texas**

4209 N. 27th Street
Waco, TX 76708

Phone: 254-754-0599

Email: brian.gates@uuwaco.org

Website: <http://uuwaco.org/>



mailing label goes here

Covenant Groups & More

“Reading Circle CG”

[Kris Cervantes](mailto:kris.cervantes@gmail.com)

kris.cervantes@gmail.com

Second Mondays, 6:30 pm

“Let’s Go To the Movies CG”

John Nobis (756-4653)

3rd Wednesdays

“Humanism Interest CG”

Jane Derrick (753-6920)

Every 4 (±1-3) weeks, more or less

Next meeting Feb. 9th, 6:30pm

UUFW Calendar:

See [Calendar of Events](#) at UWaco.org for most up-to-date calendar and email Claudia McLatcher at claudia.mclatcher@uuwaco.org to schedule events at UUFW facilities.

UU Web:

NEWS: "Dunning celebrates persistence in repeal of DADT," by Jane Greer, 1.24.11
Zoe Dunning, a retired Navy commander and Unitarian Universalist, stood by President Obama’s side as "Don't Ask, Don't Tell" was repealed.

http://www.uuworld.org/news/articles/174934.shtml?utm_source=n

Browse the Winter *UU World*—<http://uuworld.org/>

Leaders check out the *Monthly Bulletin for Congregations* at [UUA.org](http://www.uua.org):

<http://www.uua.org/leaders/announcements/congregationalmonthly/index.shtml>.

Interested in Social Justice? See <http://www.uua.org/socialjustice/>.

Sisters On A Journey is an eclectic group of women exploring feminist, earth-centered spiritual paths who consider Unitarian Universalism a nice umbrella to call home. Next meeting Feb. 9th, potluck meal 6-7PM, book study 7-8PM. Contact: Joy Hayes, joy.hayes@uuwaco.org

uuwaco.org



Unitarian Universalist Principles

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

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