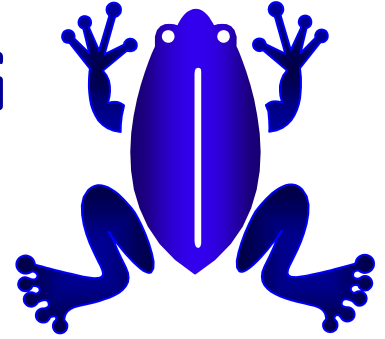




THE BIG BLUE PHROG



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)

Our Core Values:

COMPASSION, INCLUSION, SPIRITUAL GROWTH, INQUIRY, AND CELEBRATION

The Big Kahuna—Thinking Out Loud with Reverend Nathan L. Stone

It looked like a packed dance hall. I'm talking about our Fellowship Hall after services on Sunday, July 4. The food was great, of course. The worship service was filled with patriotic songs and flag waving. But it was July 4 and I just knew folks would be hither and yon for the holidays. But a bunch of them were congregating with us.

Many of them were first time visitors or repeat visitors. Some were family from out of town. All I know is that there were lots of people talking, eating, smiling, laughing, discussing, hugging: doing all the things that a community of love is supposed to be doing.

I wondered if the good turnout was the result of the 8-page article in the Wacoan magazine all about UUWaco receiving this year's "Green Business of the Year" from the organization called "Keep Waco Beautiful."

I wondered if the good turnout was the result of everyone taking seriously the brand new Mission Statement the people have crafted, voted on, and now own. The Mission Statement that says:

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 congregational vote, May 23, 2010)

I wondered: maybe the people are taking that to heart. Maybe they are "reaching out" and maybe they are taking seriously the idea of being "an inclusive spiritual community."

Or, I wondered, maybe they're just practicing owning their Core Values of COMPASSION, INCLUSION, SPIRITUAL GROWTH, INQUIRY, and CELEBRATION.

Maybe just a combination of all of it.

I was mesmerized by the spirit and energy of the dance hall-scene. I sensed nothing toxic in the room. I was speechless and grateful and realized how lucky I am to be able to serve these people as minister.

Then it all came together with words when steady visitor Nancy Terry sent me this mini-essay from out of the blue. It dawned on me that I was *gazing upon goodness* and that maybe the thing going on in that dance was that people were *seeing the good in all*.

Gazing Upon Goodness

The Importance of Seeing the Good in All

It is important to see the good in all as there are blessings in every aspect of our reality, and the potential for grace exists in all beings.

(Continued on page 3)

Upcoming Sundays at a Glance

August 1 - "The Human Roots of Evil" - J. P. DeMerrit, (American Red Cross, Emergency Services)

August 8 - "Quantum Quackery or Serious Science: Can Mental Effort Affect the Body/Brain?"
- Susan Pantle, PhD. (Clinical Psychology)

August 15 - "The Shadow Side of Innocence" - Ingrid Martine (Certified Life Coach)

August 22 - "Letting Go: Easy for You to Say" - Rev. Nathan L. Stone, minister

August 29 - "On Saving Souls: UU View" - Rev. Nathan L. Stone, minister

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, middle column of this page)

Choir Practice:
Sundays, 10:00 am

(Occasionally on Fridays—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)

Contact Information

Children's RE (Religious Education):
tracy.villanueva@uuwaco.org

Youth Group: youthgroup@uuwaco.org

Phrog Editor: phrog@uuwaco.org

Right Relations:
ingrid.martine@uuwaco.org

Staff

Minister—Rev. Nathan L. Stone,
753-3995, nathan.stone@uuwaco.org

Board Members

President—Jane Derrick
jane.derrick@uuwaco.org

President-Elect—Joy Hayes
joy.hayes@uuwaco.org

Secretary—Kris Cervantes
kris.cervantes@uuwaco.org

Treasurer—Joe Ahlers

At-Large Director 1—Liz Turnage

At-Large Dir. 2—Claudia McLatcher

At-Large Director 3—Bruce Allen

At-Large Director 4—Anita Knight

Team Chairs

Care Team—Jim and Donna Myers

Finance—Joe Ahlers

Hospitality—Open (Contact
liz.turnage@uuwaco.org)

House & Grounds—Claudia McLatcher
claudia.mclatcher@uuwaco.org and
Fanny Rendtorff

Membership—Robyn Morrison
robyn.morrison@uuwaco.org

Ministry—Joy Hayes

Mission/Vision—Anita Knight

P.R.—April Hull and Brian Gates

R.E.—Tracy Villanueva

Right Relations—Ingrid Martine

Social Action—Becky Warren

Waldo's—Jane Kittner
jane.kittner@uuwaco.org
and David McLatcher
david.mclatcher@uuwaco.org

Worship Team—Becky Fox

For more: Church leaders see Leadership Roster on our website (log in first). Otherwise contact Membership for Members/Friends List.

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)

(Continued from page 1)

Our perception shapes the lives we lead because the universe adjusts itself almost instantly to our expectations. When we look for negativity, we are bound to come across it in abundance. Conversely, we create positive energy when we endeavor to see the goodness around us. As easy as it is to criticize the people and situations that frustrate or hurt us, we do ourselves a disservice in the process. It is important to see the good in all as there are blessings hiding in every aspect of our outer-world reality, and the potential for grace exists in all human beings. When our lives are flooded with challenges, grief, and pain, we may be tempted to believe that some individuals or incidents are simply bad. But if we look for the good in all, good reveals itself to us, easing our doubts and reminding us that the universe is a place of balance.

There is a perceptible energetic shift that takes place when we choose to see the good in all. The unnecessary tension that came into being when we dwelled on negativity fades away and is replaced by sympathetic tolerance. We can forgive those that have wronged us because we recognize in them traits we admire, and we may even discover that we can bring out the good in one another. Though loss still grieves us, we recognize the beginning of a new phase of existence that abounds with fresh opportunities. Each new challenge becomes another chance to prove ourselves, and we learn to show great patience in the face of difficulty. There are few pleasures greater than gazing outward and seeing beauty, wisdom, and harmony. These are the attributes of the universe that help us to cope when we encounter their opposing forces.

Since you create your reality, you make your world a better place each time you acknowledge the good in your circumstances and in the people you encounter. As you draw attention to the positive aspects of the world around you, your understanding of the affirmative nature of all existence will grow. There are few lessons you will learn in this life that will prove as instrumental to your happiness and satisfaction. In appreciating the all pervasive goodness that exists in the universe, you internalize it, making it a lasting part of your life.

(From DailyOm.com "The Importance of Seeing the Good in All," <http://www.dailyom.com/articles/2010/24151.html>)

Do I think that everyone in the "dance hall" knew that this was going on? Of course not. More often than not you and I can be practicing healthy behavior or, as we call it around here, right relations, without actually having a script to follow. We just do it because there is a spirit of life and love busily at work in and among us.

Does all this make you as happy as it makes me?

HAPPY MINISTER,

Rev. Nathan L. Stone

FROM YOUR BOARD PRESIDENT

The UUFW, over the last year and a half, has identified our values, adopted a mission statement which defines us as an organization based on these values, and developed vision statements to actualize our mission. How does this relate to me? For example:

We Value Spiritual Growth: We seek to honor that which is sacred in our lives and in each other.

Mission: 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.

Vision Statement: People of all ages at the Unitarian Universalist Fellowship of Waco experience lives of deepening commitment to our core values and to one another, through spiritual growth on our chosen paths.

For me it means that I am searching for a spiritual practice that will keep me grounded, centered, and joyful. I attend the Humanist Covenant Group where I share my search and where we recently watched the Bill Moyers interview with Buddhist nun Pema Chödrön which spoke to me. I am reading the book *You Can Heal Your Life* by Louise Hay on the recommendation of a covenant group member and am incorporating the ideas that are meaningful to me. I have established a daily routine of journaling and exercise to keep me grounded. I resist the temptation to start the day at the computer and to stay up until all hours of the night. I am saying affirmations and thinking positive thoughts. I am going to Yoga.

I encourage each of you to make our values, mission and vision your own, personally and in the role that you play in the Fellowship.

Jane Derrick,
Board President

Treasurer's Report

Our deficit got a bit worse in June so now we are down by \$ 6,800 instead of the \$ 5,200 we had hoped for.

Receipts for the year are \$ 900 below the budget and expenses are \$ 700 above the budget.

To repeat last month's comment, the expenses are higher than budget because of the Mission Vision expenses that we did not know about at budget-writing time.

Our bank balance is \$ 46,000.

Joe Ahlers,
Treasurer

Worm Theology?

*“Man cannot make a worm,
yet he will make gods by the dozen.”*
– Montaigne

Worm Composting a Success!

Two vermicomposting workshops were hosted by the social action team in July. Both were sold out!

Approximately 60 visitors learned about worm composting, were set up with bins and worms, and left happy with their new pets. Many thanks to head worm wranglers Suzie Seibel and her sons and Carla Carr. Thanks also to wrangler helpers Terri Jo Ryan, Anita Knight and Becky Warren. A waiting list has begun for a 3rd workshop, date TBD. This was a very successful attempt at community outreach within the social action team’s focus on ecology and the interdependent web.

Becky Warren,
Social Action Chair

What are CROP Hunger Walks?

They are community-wide events sponsored by Church World Service and organized by local congregations to raise funds to end hunger at home and around the world. For the first time, UUFW will participate in this Interfaith Community Event. Be looking for additional information on how to participate... coming to you soon!

Becky Warren,
Social Action Chair

Not Just Back to School...!

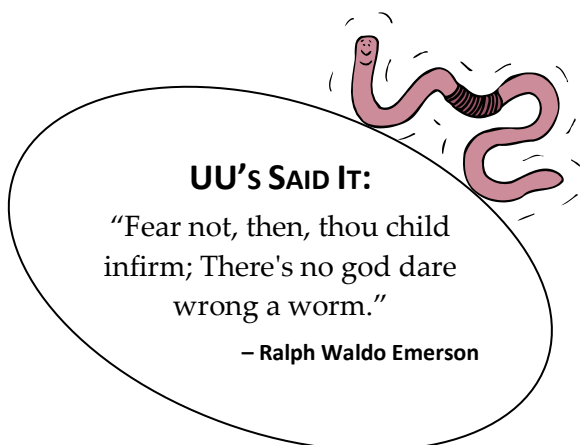
Back to RE Supplies

This year when you're out purchasing school supplies for your child's classroom, why not pick up a few extra items for the RE classrooms? Our children's and youth RE will be using four different classrooms this year (wow, are we growing!). Each classroom will need to be stocked and ready to go by the middle of September.

I have made a list of some supplies that I know we need, and we would appreciate any donations you might be able to provide:

- 3 staplers and staples for each
- 3 refillable tape dispensers and rolls of tape for each
- Glue Sticks for all four classrooms
- 3 pencil sharpeners
- 3 reams of copy paper
- 4 reams of white card stock
- Colored construction paper for 3 classrooms
- Rulers for all 4 classrooms
- Sharpies (all colors)
- Markers (fat not thin)

Thanks!
Tracey Villanueva,
RE Chair



UU Advertising Changes

The UUFW has been struggling with budget shortfalls this year. Unfortunately due to this shortage of funds we will be pulling the UUFW Ad in the *Waco Tribune Herald* (hopefully only temporarily) and only advertising on NPR. The NPR ads sound great - check them out some time. They are on right before “Speaking of Faith” at 6am and at 2pm on Sundays. In addition, ads are played during morning and afternoon drive-time during the weekdays. We are hopeful that in the future we will be able to reinstate our *Waco Tribune Herald* ad as funds become available.

April Hull,
PR Team Co-Chair

PR Team Report

The PR Team has prepared the Promote Your Event Guidelines and Checklist below for promoting events sponsored by UUFW. It will be available on the website soon, in more or less final form.

As PR Co-Chair, I want to thank Cheryl Foster for

the work she put into the guidelines and Dustin Morrow for editing the Phrog last month. I should also thank Rob and Kris Cervantes for their ongoing efforts with the website, April Hull for her work as PR Co-Chair, Anita Knight as liaison, and well... when it comes to PR, *we*, everyone who is part of UUFW, *are* the PR Team. Thank you all!

Brian Gates, PR Team Co-Chair

Promote Your Event Guidelines & Checklist

The Public Relations (PR) Team will promote events and activities that are sponsored or co-sponsored by UUFW, or are for UUFW members and friends. Those of personal interest may be posted in Milestones & Millstones section of the UUFWaco.org website.

Send your questions or request with attached info., blurb, article, or flyer to publicrelations@uufwaco.org.

Basic Information required:

- Name of Event or Activity
- Where
- When - Date & Time
- Contact Name and Contact Information
- Description of Event
- Event articles submitted should be 200 words or less. Please spell-check your document.
- Pictures should be jpg or gif, 300 to 500 Kb in size, and include photo credits
- **Everyone in the photo must agree to have their photos published, or have parental consent**
- Rooms should be reserved with the House & Grounds Team through claudia.mclatcher@uufwaco.org

Internal Advertising Options:

- Blue Phrog - must be submitted by midnight on the Sunday before the last week of the month
- Website Story - send to publicrelations@uufwaco.org
- Website Banner - Banner height: .83", Banner width: 6.5" (or 3.25" for non-header banners), 72 dpi maximum, png format
- Posters/Flyers (cannot be posted on the website)
- Sunday Bulletin Insert - UUFW Calendar
- UUFW Website Calendar
- UUFW Facebook Page

External Advertising Options:

- NPR Radio Spot – 10 second spot, must be submitted 1 month prior to the event
- City of Waco/CVB calendar
- Craigslist
- Notify interested community organizations
- Other promotional material (t-shirts/pens/etc.) Contact the PR Team for a catalog.

Brian Gates & April Hull / Co-Chairs, Cheryl Foster & Dustin Morrow / Members

**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/>



Covenant Groups

**INTERESTED IN MAKING
CONNECTIONS?**

Join a Covenant Group!

“Reading Circle”

Kris Cervantes
kris.cervantes@gmail.com
Second Mondays, 6:30 pm

“Let’s Go To the Movies”

John Nobis (756-4653)
3rd Wednesdays

“Humanism Interest Group”

Jane Derrick (753-6920)
Every 4 (±1) weeks, more or less
Next meeting Aug. 18th, 6:30pm

uuwaco.org



Put mailing label here

UUFW Calendar 2010

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

Area UU Upcoming Events

SWUUSI (Southwestern UU Summer Institute), **August 1-6** in Wagoner, Oklahoma.

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

Recent story: Broken Buddha <http://www.uuworld.org/spirit/articles/168671.shtml>

Blogs: UU Parenting, <http://blogs.uuworld.org/parenting/>
General Assembly, <http://blogs.uuworld.org/ga/>

Linked to: “Tikkun Daily” on GA <http://www.tikkun.org/tikkundaily/2010/07/09/>

“SOF Observed” GA video on “What is a Unitarian Universalist?”
<http://blog.speakingoffaith.org/post/823219123/what-is-a-unitarian-universalist-nancy-rosenbaum>

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.