



# The Big Blue Phrog

*UUFW Core Values:*

*Compassion Inclusion Spiritual Growth Inquiry Celebration*



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

Our good worship team is pursuing the idea of monthly themes for our Sunday services. The theme for May is Mental Wellness. Actually, May 2010 is [National Mental Health Month](#).

They have chosen themes for each month in 2010. What a creative team!

So let's think out loud a little bit about this matter.

As open as my birth family has always been—I thought their silence was telling when I was hospitalized twice in the 80s for bouts of clinical depression. No one ever asked me about it. The silence was deafening.

I never heard questions like: What was it like? What happened to you to cause this? What happened in the hospital? Any chance this is in our gene pool and could happen to us? Nothing. Only, "Good to see you."

Having just been through this brand new experience and mellowed-out on drugs it didn't matter to me at the time that things were silent.

But upon reflection—30 years later—I wonder. I wonder why mental illness gets the silent treatment. What are people not saying or not asking?

There is a certain mystery about mental illness. If I had my spleen or tonsils removed or a hip replaced I think there would have been questions and care galore. Maybe because there would be a scar or a limp and cane and walker. Visible things to talk about.

But with depression all you can "see" is maybe sadness or possibly some pill-induced "happiness". But beyond that it is mostly mystery.

Or maybe there is silence because folks fear that the "patient" may be fragile and any questions might exacerbate the situation. I don't know. I'm just asking. I'm just thinking out loud.

This is not a knock on my loving family. I think it reflects something of a cultural reality. Granted there are more and more TV and magazine advertisements about mental health and antidepressants than there were 30 years ago—but our culture is still mostly silent when it comes to mental health.

When depression visited again in 1995, the silence remained when I was discharged from DePaul Hospital.

I don't think it is just my family. I think that our culture still avoids the subject and either does not want to talk about it or does not know how to talk about it.

It seems to me that the perfect place to begin being open about this matter is in the church. Religious communities gather everywhere around the themes of love and compassion. Who needs love and compassion more than the person whose life has been interrupted by mental illness?

So I am delighted that the worship team has established this theme for May. And I like the fact that they have taken it in a more positive direction by calling it Mental Wellness. My hope is that UUFW will play an important part in de-stigmatizing mental illness—and championing mental wellness.

Here's to your health and mine.

*Nathan*

## Upcoming Sundays at a Glance

May 2 - "The Stigma of Mental Illness" — Rev. Nathan L. Stone

May 9 - "An Extraordinary Celebration for an Extraordinary Woman! Margaret Fuller, 1810-1850"  
— Joy Hayes and friends

May 16 - "Nurturing Mental Wellness" — Rev. Nathan L. Stone

May 23 - "Mental Wellness, Spiritual Growth, and Modern Mythology" — Brian Gates, Phrog Editor

May 30 - "Humanistics: A Homily on Hybrids" — Mark Pantle, Ph.D. Clinical Psychologist

## Unitarian Universalist Fellowship of Waco

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

[uuwaco.org](http://uuwaco.org)

Web Manager/Contact:  
[brian.gates@uuwaco.org](mailto: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](http://uuwaco.org), or contact Music Director Jane Kittner at [jane.kittner@uuwaco.org](mailto: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](mailto:tracy.villanueva@uuwaco.org)

Youth Group: [youthgroup@uuwaco.org](mailto:youthgroup@uuwaco.org)

Phrog Editor: [phrog@uuwaco.org](mailto:phrog@uuwaco.org)

Right Relations:

[ingrid.martine@uuwaco.org](mailto:ingrid.martine@uuwaco.org)

### Staff

Minister—Rev. Nathan L. Stone,  
753-3995, [nathan.stone@uuwaco.org](mailto:nathan.stone@uuwaco.org)

### Board Members

President—Jane Derrick

[jane.derrick@uuwaco.org](mailto:jane.derrick@uuwaco.org)

President-Elect—Joy Hayes

[joy.hayes@uuwaco.org](mailto:joy.hayes@uuwaco.org)

Secretary—Kris Cervantes

[kris.cervantes@uuwaco.org](mailto: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](mailto:liz.turnage@uuwaco.org))

House & Grounds—Claudia McLatcher  
[claudia.mclatcher@uuwaco.org](mailto:claudia.mclatcher@uuwaco.org) and  
Fanny Rendtorff

Membership—Robyn Morrison

[robyn.morrison@uuwaco.org](mailto: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](mailto:jane.kittner@uuwaco.org)

and David McLatcher

[david.mclatcher@uuwaco.org](mailto: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)

## OUR VOICES TOGETHER

After more than a year of living with our Core Values, as well as a wonderful experience with Building Our Future Together on March 20th, the Board met with District Consultant Joe Sullivan and used everyone's peak experiences to craft first drafts of our Mission and Vision Statements. Please read them, turn them over in your mind and heart, and then, if you have changes you'd like to suggest to our wordsmithing team, we want to hear them (we need to hear them, in fact!). We ask that all ideas be submitted no later than Sunday, May 9th. They can be submitted online; by writing suggestions down and placing them in the boxes below copies of the Mission & Vision statements, currently on display in the Fellowship Hall and entry space outside the Sanctuary. Or, of course, simply email to [anita.knight@uuwaco.com](mailto:anita.knight@uuwaco.com).

After your ideas have been integrated, a final version of the Mission & Vision Statements will be presented for your approval at a special (very brief!) congregational meeting on Sunday, May 23rd at 12:30 p.m.

As you read, please remember that the Mission & Vision statements are phrased in the language of the here and now, but express the here and now we heard about—our peak moments—in our workshops together. The Mission statement is intended to be an expression of "what difference we make, for whom." The Vision statements are intended to be "what we do to make the difference," and so they're expressed differently than the Mission statement. The Vision statements express our road to best embody that Mission, in three ways: individually (within), collectively or as a congregation (among), and outside our walls, in the larger community (beyond).

### DRAFT MISSION STATEMENT

The Unitarian Universalist Fellowship of Waco is an inclusive religious community that reaches out and inspires people to live meaningful, joyful lives of service, to create a more just and loving world.

### DRAFT VISION STATEMENT(S)

#### Individually (Within):

People of all ages at the Unitarian Universalist Fellowship of Waco experience lives of deep commitment to our core values and to one another, through:

- ~ working for a better world.
- ~ feeling welcomed, accepted and valued.
- ~ spiritual growth on our chosen paths.
- ~ openness to new experiences, viewpoints and people.
- ~ the experience and creation of beauty and peace.

#### Collectively (Among):

The Unitarian Universalist Fellowship of Waco is a vibrant, accepting and diverse community, where people of all ages:

- ~ feel deeply connected to one another through service and celebration.
- ~ respect and honor diverse beliefs, perspectives and people.
- ~ care for and are cared for in community.
- ~ share inspiration and celebration in joyful worship.
- ~ actively learn together to enrich faith journeys and personal and spiritual growth.
- ~ are equipped to be leaders who serve with creativity, commitment and passion.
- ~ deepen our connection to Unitarian Universalist traditions and the larger faith community & movement.

## From Your Board President

I am so proud of our UUFW congregation. We are living and learning in exciting times. As we live our core values and covenant of right relations we are finding better ways to be in accordance with them.

The Conflict Resolution Team has changed its name to Right Relations Team and is in the process of revising the conflict resolution procedures from lessons we have learned.

The Membership Team has revised the Path to Membership and Intent to Join documents, putting equal emphasis on the three methods of support of the Fellowship—pledging, presence and service—and they have developed a partner program to expedite making newcomers feel welcomed and connected.

Our At-Large Director over Hospitality has initiated a plan involving our entire Fellowship in supporting the popular refreshment time after the Sunday service.

The Religious Education Team is sending several people to OWL (Our Whole Lives) sex education training—a goal that we had in our last strategic plan.

And soon we will adopt a Mission and Vision (see "Our Voices Together" article, [this page](#)) to guide us in the development of a strategic plan for the next few years. Please join us in finalizing these documents, for we will be evaluating everything we do in terms of how it supports our Mission and Vision.

Jane Derrick,  
Board President

Wordsmithing Suggestions? Deadline Sunday, May 9<sup>th</sup>!

#### Community-wide (Beyond):

The Unitarian Universalist Fellowship of Waco is a visible leader and partner, making a positive impact in Waco and beyond:

- ~ We engage in courageous social justice actions in fellowship and in community partnership, and recognize commonalities and common values across faiths.
- ~ People of our larger community experience the impact of progressive religious values and voices, raised together for change.
- ~ Those we serve feel loved, empowered and accepted, regardless of their circumstances.
- ~ Seekers for a progressive religious community hear about and find us.

## Milestones and Millstones gets a Makeover

Sharing significant events in our lives can make us feel connected with others and provides us an opportunity to offer our support to each other. The UUFW continues to grow in numbers and there are many highs and lows to share. The Worship Team has given considerable time and energy to developing a new and creative way of sharing joys and concerns other than during our Sunday morning worship.

We recognize the importance of this ritual, and we think we have developed a creative and meaningful way to honor the milestones and millstones of our members and guests. For a trial period of several months beginning in June, there will be a board in the foyer where you can post your joy or concern and it will remain there for several weeks in order that others may see it and know what is happening with you. And although we will not line up and share our joys and concerns orally during Sunday morning service, we will still honor them by lighting candles on our chalice table. I welcome your comments, thoughts and feedback regarding these changes during the trial period.

Becky Fox,  
Worship Team Chair

## WELCOME! WELCOME! WELCOME!

From the Membership Team

The spring Becoming UU session held Sunday, March 28, was a huge success. The Membership Team wishes to thank all UUFW Members and Friends who helped with this event in various ways including providing food, set up and clean up, photography, child care, giving presentations, attending, and much, much more! Thank you so much for all of your help with this large event.

We had many people attend and benefit from this session. One of the attendees and newcomers has already joined officially as a Member! Please help me welcome Sherry Garrett as our newest Member! She attends regularly with her 13 year old daughter, Casey. And, we were fortunate to meet her husband, Stuart, on Easter Sunday.

All new Members will be recognized at our New Members Recognition Ceremony scheduled during the service on Sunday, May 16.

To all of our newcomers past and current, thank you for honoring us with your presence and all you bring to UUFW.

Here's wishing all of us beautiful friendships at UUFW and everywhere!

Robyn Morrison, **Becoming UU Spring 2010**  
Membership Chair Photo by John Hendry



## Religious Education For Children and Youth

Hogwarts School of Witchcraft and Wizardry

UUFW's Children's RE Team will be hosting the 2<sup>nd</sup> Annual Hogwarts School of Witchcraft and Wizardry, A Magical Summer Camp for Children. The camp will once again be filled with many fun and magical activities. **The camp will be held at the Unitarian Universalist Fellowship beginning Monday, June 14, through Thursday, June 17, 2010, from 5:30 P.M. – 8:30 P.M. each day. Enrollment is for children ages 6 – 12 and camp fee is \$50 per child.**

Many volunteer positions are available for adults as well as ages 13 and older. The amount of time anyone contributes help can be as long or brief as they choose. If you are interested and willing to help with the camp, please contact the Lead Camp Coordinator, Tracey Villanueva, a.k.a. Minerva McGonagall, Deputy Headmistress, at [tracey.villanueva@uuwaco.org](mailto:tracey.villanueva@uuwaco.org).

We appreciate all of your support!

Robyn Morrison,  
RE Team

## Treasurer's Report

For the 3 months ended March 31 our receipts are \$1,200 above the budget (which is good) and our expenses are \$1,600 below the budget (which is also good). Pledge receipts are beating the budget but remember that some folks pay all or most of their pledge in January. Just a cautionary note lest some think we are really flush.

Waldo's has profited us by almost \$700 so far and we had budgeted for breakeven so that helped a bunch. Mission Vision expenses projected for March won't happen until April so while it looks good this month we'll pay next month. Most expenses are in line with the budget with the exception of Utilities. The real winter we had hurt our estimate.

All told we have a \$1,400 deficit which is better than the \$4,300 deficit we had projected at this stage of the year.

Our bank plus CD balance is almost \$53,000.

Joe Ahlers,  
Treasurer

## Hospitality Teams

In the spirit of celebration, inclusion, compassion and spiritual growth, we are asking all members and friends of the fellowship to be a part of hosting our congregation after Sunday services. We all enjoy the snacks and conversation in the fellowship hall after the services, but it has become too large a task falling on too few people. As discussed in the April congregational meeting, everyone has been assigned a Sunday team. We have each been placed on 1 of 4 teams, each assigned to the same Sunday each month. There are 1st, 2nd, 3rd, and 4th Sunday teams. There are over 20 people on each team, which will make each person's task fairly simple. Feel free to trade as necessary if the team you're on doesn't work for you, but plan on being part of a consistent team each month. We all have busy schedules and may not be able to help our team on any given Sunday, but the teams are large enough to accommodate that, just plan on doing more the following month. This will be a process that evolves, if part of it isn't working let your team leader know and we'll work on how to improve it.

If you don't see your name on the list, let us know as we certainly want to include you. We have leaders for the 1st, 2nd, and 3rd Sunday teams—thank you Stephen Bailey, Terri Jo Ryan, and Claudia McLatcher! The 4th Sunday team is still looking for a leader—let me know if you're interested. This will begin on May 2nd with the 1st Sunday team, but we already have a schedule change for the 2nd Sunday team. Since it's Mother's Day, RE is hosting that Sunday and the "2nd Sunday team" will host the 5th Sunday in May. Your team leader will contact you with the list of specific tasks and coordinate everyone, so note who your leader is on the list of team assignments. I hope this will be another fun way of meeting some different people in the congregation as well as showing off our individual talents. And it's another way we can all contribute to keeping our congregation healthy, happy, and well-fed.

With gratitude,

Liz Turnage [liz.turnage@uuwaco.org](mailto:liz.turnage@uuwaco.org),

At-Large Director

### 1<sup>st</sup> Sundays:

Stephen Bailey  
 Joe Ahlers  
 Ingrid Martine  
 Bruce Allen  
 Natalie Allen  
 Betty Canning  
 Ed Canning  
 Kris Cervantes  
 Rob Cervantes  
 Lois Crook  
 JP DeMerritt  
 Jane Derrick  
 Paul Derrick  
 Carla Farley  
 Carolyn Foster  
 Cheryl Foster  
 Sarah Voyles  
 Richard Voyles  
 Ron Hagar  
 Cheryl Babers  
 Hager  
 Suzie Seibel  
 Guy Barey  
 Jaymi Furniss  
 John Nobis

### 2<sup>nd</sup> Sundays:

Terri Jo Ryan  
 John Moody  
 Randy Culp  
 Donna Myers  
 Jim Myers  
 Robyn Morrison  
 Myron Morrison  
 John Nobis  
 Billy Oliver  
 Mark Pantle  
 Susan Pantle  
 Fanny Rentdorf  
 Carol Schmidhauser  
 Dutch Schmidhauser  
 Moana Scala  
 Jan Snyder  
 Carla Carr  
 Jason Taylor  
 Michael Loudermilk  
 Joel Murry  
 Kylie Murry  
 Wini Giddens  
 Stacey Morrow  
 Dustin Morrow

### 3<sup>rd</sup> Sundays:

Claudia McLatcher  
 Becky Fox  
 Brian Gates  
 Joy Hayes Gates  
 Catherine Gordon  
 Christe Hancock  
 John Hancock  
 John Hendry  
 Judy Hendry  
 April Hull  
 Jane Kittner  
 Anita Knight  
 Iva Helen Lee  
 Linda Martan  
 David McLatcher  
 Shirlee Meadows  
 Bob Harvey  
 Melanie Witherspoon  
 Rachel Crawford  
 Richard Ferguson  
 Addison Terry  
 Nancy Terry  
 Sammie Hyden  
 Sherry Garrett

### 4<sup>th</sup> Sundays:

Jim Spencer  
 Pat Stone  
 Nathan Stone  
 Carla Tankersly  
 Cindy Tooker  
 Harry Tooker  
 Liz Turnage  
 Eleanor van  
 Domelen  
 Tracey Villanueva  
 Jose Villanueva  
 Becky Warren  
 Tanya Washington  
 Ferris Williams  
 Joan Britton  
 Jerry Colosimo  
 Janice Colosimo  
 Tanya Washington  
 Jim Harris  
 Dan Capps  
 Vivian Capps  
 Desiree Pagana  
 Lee VanWagner  
 Marty VanWagner  
 Kay Wilson

## Unitarian Universalist Fellowship of Waco, Texas

4209 N. 27th Street  
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Website: [www.uuwaco.org](http://www.uuwaco.org)



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### Covenant Groups

#### INTERESTED IN MAKING CONNECTIONS?

*Join a Covenant Group!*

“Reading Circle”

Contact Kris Cervantes

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

Second Mondays, 6:30 pm

“Let’s Go To the Movies”

Contact John Nobis (756-4653)

3rd Wednesdays, 7 pm

“Humanism Interest Group”

Jane Derrick (753-6920)

Every 3 or 5 weeks, more or less

Next meeting: May 12th, 6:30 pm

Spring UUWorld focuses on  
change: <http://uuworld.org/>.

For “UU Parenting” (this week, “The  
great mystery: Talking about death”)  
and other UU blogs, see

<http://www.uuworld.org/about/blogs.shtml>



### UUFW Calendar 2010

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

#### Area UU Upcoming Events

SWUUC Spring Conference and Annual Meeting: **April 23 - April 25**

Faith Development Training, All Souls Unitarian Church, Tulsa OK, **June 3 – 6**

General Assembly, Minneapolis MN, **June 23 - 27**

Primary Camp, U Bar U, **July 4 - 10**

Junior Camp, U Bar U, **July 11 – 17**

Senior Camp, U Bar U, **July 18 – 24**

Dwight Brown Leadership Experience, Glen Rose, TX, **July 25 - 30**

SWUUSI (Southwestern UU Summer Institute), **August 1-6** at Western Hills Guest  
Ranch in Wagoner, Oklahoma

**For more information on any of these (Area UU) events contact Jennifer Nichols  
([jnichols@uua.org](mailto:jnichols@uua.org)) or Connie Nolen ([swduua@aol.com](mailto:swduua@aol.com)) at the District Office at  
817-446-0099.**

### 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.