



unitarian universalist fellowship of waco

love is the doctrine of this fellowship

THE BIG *BLUE PHROG* NEWSLETTER

VOLUME 56 – JUNE 23, 2022

UNITARIAN UNIVERSALIST FELLOWSHIP OF WACO

4209 N. 27TH ST., WACO, TX 76708

www.uuwaco.org

CALENDAR OF EVENTS

SING, HUM OR STRUM ALONG THIS SATURDAY

SATURDAY, JUNE 25 – 7 PM – DERRICK FELLOWSHIP HALL

Musicians/singers/listeners are all welcome. Adult beverages and snacks are allowed.

WORSHIP WITH US ON SUNDAY

SUNDAY, JUNE 26, 11:00 TO NOON

Join us on Sunday to hear Dr. Kim Obenoskey speak on “*Perfectly Imperfect*,” based on the book by author Brene Brown, PhD, “*The Gifts of Imperfection*.” Becky Warren will be our Celebrant. Childcare is available for anyone needing it. Join us for snacks after church. To watch the service from home, link to the church’s Facebook Live event (you’ll see a notification: UUFW Live Streaming Service).

FINAL “SHARE THE PLATE” OPPORTUNITY FOR CARITAS

SUNDAY, JUNE 26

We’ll ask for a final contribution this Sunday - via Share the Plate - or by direct donations to the “*Caritas Fan Club*.” Let’s help our community’s neighbors stay cool during this record-setting Texas heat wave by helping purchase fans or providing assistance with electric bills. Meanwhile, remember that EVERY Sunday is Cereal Sunday. Bring cereal or non-perishable items, placing them in the bin in the foyer.

MEDITATE & AGE GRACEFULLY

WEDNESDAY, JUNE 29 – NOON TO 1 PM

Find your personal mantra with Becky Warren and friends. We meet in the Sofa Room outside of the Derrick Fellowship Hall. All newcomers are welcomed!

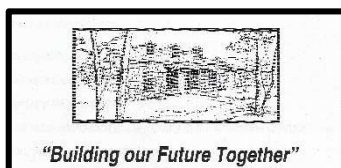
WORSHIP TEAM MEETING

WEDNESDAY, JUNE 29 – 6:30 PM

Contact the Worship Team director help plan and execute Sunday worship programs @ sara.hudson@uuwaco.org . Existing team members, please join us then.

1ST SUNDAY INFORMATION SESSION

SUNDAY, JULY 3 – AFTER CHURCH



Curious or downright interested in knowing more about our Fellowship? Look for this sign, grab a snack, and sit down at a table with some of our elders to informally discuss our history, our people, our traditions ... or anything else you’d like. Look for the

"HOMECOMING & ICE CREAM SOCIAL"

GET IT TOGETHER WITH US , SATURDAY, JULY 9 – 2 PM



Invitations are being mailed next week to current friends and members – and many former friends - for fun, games & reminiscing. Circle the date on your calendar and bring your kids and grandkids ... old folks, too! RSVP to info@uwaco.org ASAP. Also contact info@uwaco.org if you can help the Party Team plan and execute a good time for all. Let's Party People!

CAKES FOR THE QUEEN OF HEAVEN RESUMES

WEDNESDAY, JULY 13 – 6:30 PM



Mark your calendars for the fifth and final session of *Cakes for the Queen of Heaven*, which will be co-led by Jane Kittner and Becky Warren. This rich discussion will focus on "*Reclaiming Women's Heritage of Peace*." Please join us even if you have missed some sessions. Bring a snack if you wish. We plan to take a hiatus in August from Cakes, but we'll begin anew in September with a new series, titled "*On the Threshold*." All women are invited!

"BECOMING UU" INFORMATION SESSION

SATURDAY, JULY 23 - 9:30 AM TO NOON

Have you been thinking about joining our "Welcoming Congregation" at UU Waco? You'd certainly be welcomed to join us for a half-day information session called "Becoming UU". Please sign up in advance c/o anita.knight@uwaco.org.



THANKS TO OUR KITCHEN CREWS!

WE APPRECIATE THE HOSPITALITY YOU PROVIDE AFTER CHURCH SERVICES !

RECRUITING TEAM MEMBERS FOR THE ICE CREAM SOCIAL & FOR EACH SUNDAY IN JULY.

SIGN UP IN THE KITCHEN. OR CONTACT info@uwaco.org.

DO YOU REMEMBER THIS FROM OUR MAY PHROG ISSUE:

BE CAREFUL OF YOUR WORDS, TONE OF VOICE, AND INTENT.

BE KIND AND COMPASSIONATE ...

EVEN IF YOUR OWN PATH IS ROCKY.

PEOPLE WILL REMEMBER YOUR MESSAGE TO THEM.

MAKE IT POSITIVE



SO, LET'S DISCUSS THE SOCIAL DETERMINANTS OF HEALTH (SDOH)

These are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOH can be grouped into 5 domains:

- ✚ Economic Stability
- ✚ Education Access and Quality
- ✚ Health Care Access and Quality
- ✚ Neighborhood and Built Environment
- ✚ Social and Community Context

SDOH's have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- ✚ Safe housing, transportation, and neighborhoods
- ✚ Racism, discrimination, and violence
- ✚ Education, job opportunities, and income
- ✚ Access to nutritious foods and physical activity opportunities
- ✚ Polluted air and water
- ✚ Language and literacy skills

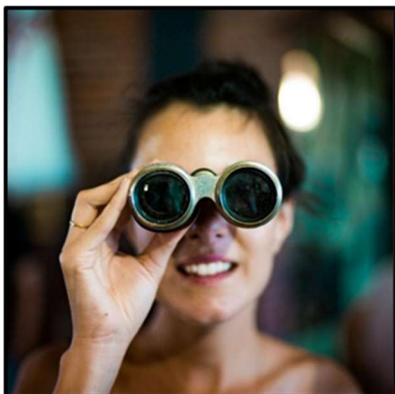
Social Determinants of Health also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods. Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

ARE YOU THINKING: Yes, I agree that public health organizations and their partners in sectors like education, transportation and housing need to take action. However, I think that is so important that we as individuals take action too to improve the conditions in people's environments.

SO YOU MAY BE ASKING: What can I do? I am just one individual. **THINGS DO NOT HAPPEN. THINGS ARE MADE TO HAPPEN. WHAT DO YOU THINK?**

<https://health.gov/healthypeople/priority-areas/socialdeterminants-health>

*Laura Farley, LMSW-IPR/CCM
Friend of UU Fellowship of Waco*



DEAR READERS: We're always looking for stories, announcements, trivia, and articles for the Big Blue Phrog Newsletter. AND we're looking for a newsletter writer or apprentice. Contact ANITA.KNIGHT@UWACO.ORG.