



MIND, BODY, SPIRIT

Linking Lives for Health and Wholeness



UCC Wellness Ministries Newsletter

February 2023, Volume 8, Issue 2

REFLECTION: But I am only one...



Daily we learn of yet another tragedy affecting an individual, a family, a group, or the community. This constant barrage can cause us to feel overwhelmed and perhaps inadequate because there

is so much need. It helps to then take a step back, pray for strength and guidance, and recall the words of E.E. Hale:

I am only one, but still I am one.
I cannot do everything, but still I can do something;
And because I cannot do everything,
I will not refuse to do the something that I can do.

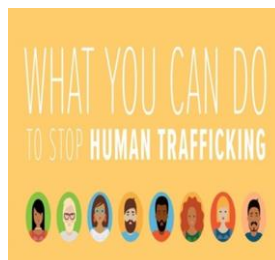
A TIMELY HEALTH TIP

Are you feeling sad?

Many of us experience a winter pattern of seasonal affective disorder (SAD). This is a type of depression that begins with mild symptoms in the fall and becomes more severe as the winter months progress. In most cases we gradually feel better with the longer daylight hours of spring. However, if the mood changes are affecting how you feel, think, or handle daily activities there are things that can help. The National Institute of Mental Health has a valuable resource [Seasonal Affective Disorder](#) that provides information and direction. There is a brochure available in English and Spanish to share with others.



WELLNESS MINISTRIES FOCUS



Addressing Human Trafficking

How does this topic relate to the educational programming of Wellness Ministries?

When shopping, at work, traveling, or even attending church we may unknowingly come in contact with an adult or child who is a victim of human trafficking. It is an issue of the here and now. The [Human Trafficking Hotline](#) and information site received more than 50,123 calls, texts, and tips in 2021. Below are some resources developed for faith-based groups so that we can learn about this topic and then make a difference in the lives of others.

- [Faith-Based and Community Toolkit](#) – Ideas and materials provided to help spread information
- [Interfaith Toolkit to End Human Trafficking](#) – From UNICEF USA more than 12 ways to help
- [Faces of Human Trafficking](#) – Victims share their stories in videos and on posters
- [Human Trafficking: Working With Faith-Based Groups](#) – How 135 churches in CT partnered
- [Human Trafficking Prevention Month](#), is observed in January but it is an issue year-round

LINKS TO THIS MONTH'S NATIONAL HEALTH-RELATED TOPICS

Follow these links to find information from reputable sources that you can use for worship bulletin inserts, bulletin board displays, and newsletter articles.

For February:

- [American Heart Month](#) – Practicing self-care for our hearts
- [HealthyChildren.org](#) – Current information in English & Spanish for parents
- [Low Vision Awareness Month](#) - Understand vision impairment and rehabilitation
- [National Children's Dental Health Month](#) - Oral health is necessary for total health
- [Teen Dating Violence Month](#) - Teen dating violence affects nearly 10% of teens

For those who like to plan farther ahead here are some for March:

- [Colorectal Cancer Awareness Month](#) – Recommends screening from age 45
 - [Developmental Disabilities Awareness Month](#) - Provides links to state resources
 - [National Kidney Month](#) - Information & links to local events
 - [National Poison Prevention Week March 14-20](#) - People of all ages are at risk of poisoning
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WEB-BASED EDUCATIONAL PROGRAMS

[The Insurance Board](#) provides a number of free educational videos on its website that address topics of health and safety. Have a concern or confronted with an issue? See what they offer. For example, as churches resume in-person activities [Getting Back to the Basics of Abuse Prevention Post COVID](#) becomes important.



WELLNESS MINISTRIES LEADERSHIP TEAM

Monthly Meetings Updates:

Those serving on your Leadership Team meet via Zoom at 3:30 on the second Thursday of the month. The main items we addressed this past month were:

The Toolkit:

The final steps in preparing the web-based version of our Toolkit are in process. An announcement will be made when it is ready!

The downloadable version in a more traditional book format contains the same links and will also be made available later this spring.

After viewing the Exemplars we look forward to receiving your submissions to add to this living resource.

Any questions about the Toolkit contact peggyatteson@cox.net.



Will you be going to Synod?

Making
all things
New
Isaiah 43:18-19



The theme is “Making All Things New” June 30th -July 4th, in Indianapolis, IN.

- **Voice Without Vote:** When the National Setting of the UCC holds the Synod gathering this summer there is the opportunity for accreditation and seating of non-delegates having voice without vote. We have submitted an application for this status so that two representatives from Wellness Ministries will be able to speak to issues of wellness and health care justice.
- **Workshops at Synod:** When the call for workshops at Synod is posted we will be responding. What do you think are the relevant topics? Please let us know wellnessministries@ucc.org.
- **Exhibits:** As in past Synods, Wellness Ministries will have an exhibit that assists in the understanding and organizing this circle of care within their congregation

We Responded to Requests from Pastors and Lay-leaders

During the past 4 weeks members of our Leadership Team have responded to 6 requests for information and guidance.

Would you like to speak with your Wellness Ministries Leadership Team? Before the next meeting E-mail wellnessministries@ucc.org and make your request?

KEEP CONNECTED



Visit our [Facebook](#) and [LinkedIn](#) pages:
Post comments or share information
about your health ministries; join in
conversations.

An invitation from the Editors:

- Do you have something you want to share with colleagues?
- Do you have an innovative way you've provided wellness ministries?
- Have a question about health and wellness ministries?

Let us hear about it – you could be featured in an upcoming issue of the newsletter.

Contact us at wellnessministries@ucc.org



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