

WELLNESS MINISTRIES - Linking Lives for Health and Wholeness

MIND, BODY, SPIRIT NEWSLETTER

July 2026, Volume 12, Issue 7

Spiritual, Mental, and Physical Wellness are Justice Issues

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August 10th, 6:30 – 7:30, Topic: Care for the Caregivers and general discussion
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REFLECTION – Incline Us O God!

Incline us O God, to think humbly of ourselves,
to be saved only by the examination of our own conduct,
to consider our fellow-creatures with kindness,
and to judge all they say and do with the charity
which we would ourselves desire from them. Amen.

Jane Austen

AN IDEA TO PROMOTE KINDNESS – How would you answer?

Why are we promoting acts of kindness?

- An act of kindness increases a sense of well-being for both the provider and the recipient.
- Like a single stone thrown into a pool of water, it can initiate a series of ripples as a series of recipients pay it forward.

The *United States of Kindness* campaign to promote kindness is sharing questions that encourage us to think and talk about Kindness.

How do you define Kindness?

What Kindness did you do this week?

There are no right answers to either of these questions. What do you think?

- Did you lead a small-group discussion where participants could share their thoughts?
- Could you share an answer or an example from your interactions within your Wellness Ministries?
- We want to hear what you think. [e-mail to:WellnessMinistries@UCC.org](mailto:WellnessMinistries@UCC.org) Or share your thoughts with us at [Wellness Ministries Newsletter](#). If you wish, we will keep your identity anonymous.

WELLNESS MINISTRIES FOCUS – Staying safe in the Heat

People of all ages, when exposed to extreme heat in their home or while playing or working in hot environments, are at risk of heat-related illnesses. Each of the links below will take you to more information and resources.

[Heat-related illnesses](#) include:

[Heat Stroke](#), the most severe heat-related illness, occurs when the body can't regulate its temperature, leading to a rapid rise in temperature, failed sweating, and an inability to cool. It can reach 104°F or higher in 10-15 minutes and may cause permanent disability or death without emergency treatment.

[Heat Exhaustion](#) is the body's response to an excessive loss of water and salt, usually through excessive sweating.

[Rhabdomyolysis](#) (rhabdo) is a serious medical condition associated with heat stress and prolonged physical exertion. That can lead to permanent disability or death. Rhabdo can look similar to heat-related illnesses and dehydration; only testing can tell the difference.

[Heat syncope](#) is a fainting episode or dizziness that usually occurs when standing for too long or when suddenly standing up after sitting or lying down. Dehydration and lack of acclimatization may cause it. If the person is not injured from fainting, have them lie in a cool area and drink cool fluids. If unsure, seek medical care

[Heat cramps](#) usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles cause painful cramps. Heat cramps may also be a symptom of heat exhaustion.

[Heat rash \(prickly heat\)](#) can develop on your skin when sweat becomes trapped under the surface. This link goes to information about ways you may become more comfortable.

Since [dehydration](#) is linked to these heat-related illnesses, more information about that condition is available.

The risk of ***Tick bites*** is also increased, spreading serious **Lyme disease and co-infections**. Updated and accurate information is available.

- [LymeDisease.org](#)
- [Lyme Disease Resource, Inc.](#)
- [Lyme Warrior](#)
- [Mother's Against Lyme](#)
- [Pennsylvania Lyme Resource Network](#)

When bitten, you can remove the tick and have it tested to see if it is carrying any of the disease. When an infected tick bites it doesn't take long for you to be infected.

- [Tick Report](#)
- [TickCheck.com](#)

[NATIONAL WELLNESS ASSOCIATED COMMUNITY RESOURCES](#) – We provide this information about national health-related educational activities in July so you have time to choose a topic and gather resources to share in August.

- **Children's Eye Health and Safety Month:** Prevent Blindness developed an online "National Center for Children's Vision and Eye Health." Fact sheets, videos, infographics, and resources are free to download and print in English and Spanish. <https://preventblindness.org>

And along those same lines...

- **Sports Eye Safety Awareness Month** is in September, but sports happen all summer, and fall school sports begin in August. This was founded by the American Academy of Ophthalmology and aims to educate people about the prevention and treatment of sports eye injuries. The best resources are available on the Prevent Blindness website above.
- **International Overdose Awareness Day – August 31:** “The campaign raises awareness of the overdose crisis and stimulates action and discussion about evidence-based overdose prevention and drug policy.” <https://www.dea.gov/oad> for free to download/print fact sheets, with drug facts and resources in English and Spanish.
- **National Immunization Awareness Month:** is an annual observance held in August to highlight the importance of vaccination for people of all ages. <https://www.cdc.gov> and search immunizations for free to download/print vaccine basics, recommended schedules for all ages, and current Vaccine Information Statements (VIS). This schedule remains the current recommendations, based on court-ordered “stays” on any changes.
- **Reminder to parents and guardians** - Check whether your child who wants to join a team needs a sports physical. These are state-mandated and are typically required every 2 years, though each state has different requirements.

UPDATE FROM THE UCC WELLNESS MINISTRIES LEADERSHIP TEAM –

- **Mark your calendar – 2nd Monday in August, August 10th** - Wellness Ministries Affinity Gathering - 6:30 – 7:30 pm ET. Topic - ***Care of the Caregivers***.
- **Are you a chaplain?** – Rev. Melinda Love, a member of the Wellness Ministries Leadership Team, has developed and is leading a CHHCM Chaplaincy Special Interest Group bi-monthly meeting. [E-mail: mlove7@msn.com](mailto:mlove7@msn.com) to learn more.
- Are you familiar with the ***Just Eating*** program? It is a seven-session program that focuses on eating as a practice of faith. Have you used it in your Wellness Ministry? Are you interested in learning more?
- Are you familiar with ***Companionship Connections***? Rev. Craig Rennebahm, UCC developed the ***Companionship Model*** of mental health ministry that focuses on mutuality, direct presence, and building a community rather than immediately trying to “fix” a person’s situation.

Please share your thoughts and ideas: e-mail WellnessMinistries@UCC.org

CONNECTING AND SUPPORTING ONE ANOTHER - Our Circle of Colleagues Grows

- Every month, we welcome more contacts on our social media sites.

Ministry is often lonely work. Know that you have a network of colleagues who will support you and your ministry.

Connect with us through:

- **Facebook** - [Wellness Ministries UCC](#)
- **Instagram** - [wellness.ministries.ucc](#)

- **Linked-In – [Wellness Ministries UCC](#)**

Please send information to post or questions to Debbie Ringen, MS, FCN, wellnessministries@ucc.org

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even as the UCC remains principally committed to unity in the midst of our diversity.*