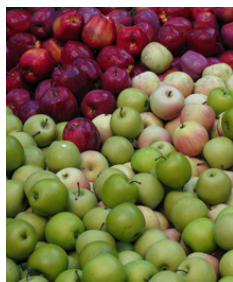


One and One



One Action and One Tool from the UUA Ministries and Faith Development Staff Group

One and One is produced by the UUA Ministries and Faith Development Staff Group. In this simple weekly brief, busy Unitarian Universalist Professionals will find one exciting thing going on at the UUA, and one useful tool. Please submit content ideas or feedback to one-and-one@uua.org.

One Thing Going On

UUA Health Plan - BLOG!

The UUA Health Plan has launched its new wellness blog, **Choose Health!** We are urging UUAHP members to become empowered by increasing their awareness of their own health.

Our blog seeks to:

- highlight the most current news in wellness, nutrition and fitness;
- create a forum for UUAHP members, Unitarian Universalists and congregations to engage in thoughtful health and wellness discussions;
- share information with UUAHP members and congregations regarding plan improvements and news.

In order to create this forum for thoughtful health and wellness discussions we are counting on YOU — so, comment, comment, comment! We will be blogging once or twice a week, so sign up for email alerts and start talking!

The UUAHP is a self-funded health plan that was established on January 1, 2007 to help foster a mutually beneficial partnership in which eligible staff of Unitarian Universalist (UU) congregations, UU organizations and the Unitarian Universalist Association's staff band together to share in its stability, accessibility, and affordability. The Plan is guided by its Purpose and Value Statement that sites "Justice, Fairness and Equality" as its primary principle and UU congregations across the country are benefiting from health coverage they previously could not access.

One Useful Tool

Free Webinar Classes

The Central East Regional Group* offers free on-demand **webinar classes**, and is adding new ones monthly. The webinars are set up on the Moodle learning platform and consist of videos, voice-over-slide presentations and links to related articles, books and other resources.

Current offerings:

Congregational Polity for the Indifferent Lay Leader
An engaging and playful overview of congregational polity, including history, theological foundations and modern practices.

Drawing the Line: Disruptive Behavior Policies and Procedures

Sometimes the idea of "freedom of belief" is misinterpreted to mean "freedom from accountability." Learn how to design and implement policies and practices to address disruptive and other behaviors that hurt our congregations.

Other titles include:

- *Basic Safety Policies & Tips*
- *Creating Meetings That Matter*
- *Committees on Ministry: An Overview*
- *Powerful Pathways to Membership!*

* The Central East Regional Group (CERG) is a cooperative arrangement between the Joseph Priestley, Metro New York, Ohio Meadville and St. Lawrence Districts.

About One and One

One and One is published weekly by the Ministries & Faith Development Staff Group at the Unitarian Universalist Association, 25 Beacon Street, Boston MA 02108.

