

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

Sing to the Power

Sing to the Power by Rev. Lynn Ungar, a new *Tapestry of Faith* program, is ready for congregations to offer fourth/fifth graders this fall. This 16-session leadership development curriculum uses a metaphor of the powers of earth, air, fire, and water as participants discover a variety of ways to express justice and love in the world.

The children learn to both practice and appreciate different kinds of power, from “connection,” an earth power, and “stillness,” an air power, to “passion” (fire) and “gathering” (water). Stories from a variety of our Sources and cooperation-based activities for all kinds of learners promote teamwork, belief in one’s power to make change, and resonance with the interconnected web of life.

Browse [Sing to the Power](#) online and download to adapt for your congregation.

Contact fieldtest@uua.org to apply as a field test site for the 2012-13 congregational year.



One Useful Tool

The Perils of Constant Connectivity

When your alarm goes off, do you reach over and check your email? Are you loading your Facebook app one last time before you go to bed?

As religious professionals, we’re expected to be connected and ready to roll 24/7. But constant connectivity is bad for us. Research shows that we **develop habits that border on addiction**, and constantly being “on” is a **drain on creativity**--not to mention the **social implications of compulsively checking our phones** without regard for the world around us.

Here are a few suggestions from Evan Sutton, Communications Director at the New Organizing Institute:

- **Set start and end times.** *I don’t check my phone until I’m on the Metro every morning. That gives me at least an hour at the beginning of the day that I can use to mentally prepare before a work day. I’m not as good at enforcing the 30 minutes before bed rule, but I’m trying.*
- **Honor thy lunch and dinner.** *I’m not allowed to be on my phone during meals. OK, so maybe you just HAVE to post a picture of that culinary wizardry, but don’t go back to see who’s commented on it until the meal is done. Unplug for 30-60 minutes at lunch to give your brain space to refocus for the afternoon.*
- **Make a few sacred spaces.** *You don’t need to check email at the gym. Facebook can wait until you’re done grocery shopping. Find some predictable spaces, and set those aside to disconnect.*

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. [Subscribe/Unsubscribe](#)

