



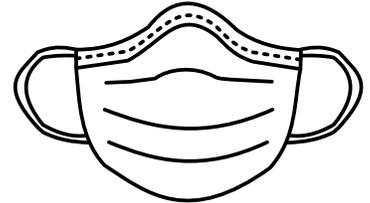
## Newsletter for June 2022

June programs coordinated by Terry Crewse

### Special Note

Until further notice, we only have two scheduled monthly programs—the 2<sup>nd</sup> and 4<sup>th</sup> Sundays.

Attendees must wear a face covering that covers both the mouth and nose.



### June 12 The Obesity Code

Terry will review the book *The Obesity Code: Unlocking the Secrets of Weight Loss* by Jason Fung. Doctor Fung argues that the obesity epidemic currently results from a severe misunderstanding of its cause. Rather than counting calories or restricting carbohydrates, weight loss can be achieved by controlling insulin levels through intermittent fasting. Although Terry is somewhat hopeful, a skeptical approach will not be discouraged.

Hymn 114

Reading 558

Sunday Service is at 10:30 am.  
Coffee and visiting at 10:15 am

135 E. Harrison  
Porterville, CA 93257

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## Newsletter for March 2022

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### June 26 Frauds and Scams

Chriswell Hamilton will speak on the subject of Fraud and Scams of seniors. Feel free to invite anyone who is interested in this subject.

Hymn 405

Reading 562

This Unitarian Universalist community welcomes and celebrates the presence and participation of people who are lesbian, gay, bisexual, transgender, and/or queer.

### **UU Monthly Board Meeting**

Meets Sunday, June 12, 12:00 p.m.  
(shortly following service)

President: Marilyn Pankey

Vice-President: Merrily Davies

Treasurer: Steve Summers

Secretary: *vacant*

Social Justice: Jen Piersol

Program Coordinator: Terry Crewse

Religious Education: Jen Piersol

## **Mission Statement**

The Unitarian Universalist Fellowship of Porterville is a welcoming congregation promoting individual spiritual growth and open to people of all backgrounds and beliefs.

We are dedicated to growing the fellowship through community education about Unitarian Universalist values.

### **As a Unitarian Universalist congregation, we affirm and promote:**

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.