

River of Grass

Unitarian Universalist Congregation

3225 N Hiatus Rd, Unit 452485, Sunrise, Florida 33345

WELCOME TO OUR RIVER OF GRASS FAMILY. WELCOME TO OUR WARMTH. WELCOME HOME!

River of Grass Weekly Update – January 6, 2022

Living with Intention Through Adversity and Resilience

Come and be curious together in community as Sheryl Cattell, our guest speaker and member of River of Grass, looks at how living with intention manifests in adversity and resilience. Learn about the struggle of the butterfly to escape the cocoon and what it can teach us about our own life struggles and why they are a necessary part of our growth.

Come as you are to gather with us for this Sunday's love-streamed service, remembering only the medium is virtual; the connections, the love, the spirit are real. Following the service, we will share virtual Hospitality time with a live chat and small groups where we can relish each other's beautiful faces and voices together once again.

Follow the link below to join us in Zoom – or if you'd like, we'll be simulcasting on our Facebook page at <https://www.facebook.com/riverofgrassuu/>. Tune in there for the service, then log onto our Zoom link for hospitality time afterward.

We welcome you on Sunday morning at 10:30. Come a bit before and we can Chat prior to the service... See you then!

Topic: Worship January 9, 2022

Join Zoom Meeting

<https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViQT09>

Meeting ID: 961 564 350; Password: 873805

Find your local number: <https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViQT09>

Upcoming Virtual Events - This Sunday:

Sunday, January 9, 2021

Virtual Sunday Service at 10:30 am –

Living with Intention Through Adversity and Resilience - Sheryl Cattell -

<https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViQT09>

Faith Development: Dragonflies 9:30am; Teens 12:00pm; Mockingbirds 1:30pm

Living with intention is not easy. That's why so many people have trouble keeping those New Year resolutions! This Sunday in our Faith Development classes for kids, we'll talk about how it takes persistence and patience to live intentionally. We'll practice with some origami and see how taking baby steps can help us to manage big challenges. For more information about our FD program, contact our Director, Karen Gonzalez at ReligiousEducator@RiverofGrassUU.org.

8TH PRINCIPLE TEAM MESSAGE:

Some think that the proposed 8th Principle [below] is covered by the existing Seven UU Principles. However, African American Unitarian Universalists feel that the existing Seven Principles have not served them adequately since they still suffer from pervasive white supremacy in all sections of our society. The current Seven Principles have not helped them. The 8th Principle would be a lens through which to look at the other seven. Black UUs need the Eight Principle so they can fully be UU.

“We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

The adoption vote of the 8th Principle will be held on May 15, 2022 at the Congregational Annual Meeting. Members of the Team are Lou DeSantis, Rita Cherubini, Tanya Gustafson and Steve Jens-Rochow. More information to come! Questions? Reach out to: 8thPrincipleTeam@RiverofGrassUU.org.

Congratulations River of Grass!

Our Service Committee, the UUSC, has just announced that we won two awards for 2021! River of Grass became a Creating Justice Banner Society because 25 to 49% of our members contributed to UUSC! And we won the James Luther Adams Award because we contributed \$1 per member in our Annual Budget to the UUSC! Thanks to everyone who contributed to the recent Guest at Your Table Drive. You rock! If you have any questions please contact Steve Jens-Rochow SSJGT@riverofgrassuu.org.

Heritage and Hope:

Heritage – Whitney Moore Young Jr. (July 31, 1921 – March 11, 1971) was an American civil rights leader. Trained as a social worker, he spent most of his career working to end employment discrimination in the United States and turning the National Urban League from a relatively passive civil rights organization into one that aggressively worked for equitable access to socioeconomic opportunity for the historically disenfranchised.



In 1950, Young became president of the National Urban League's Omaha, Nebraska chapter. In that position, he helped get black workers into jobs previously reserved for whites.

In 1954, he took up a position as the first dean of social work at Atlanta University. There, Young supported alumni in their boycott of the Georgia Conference of Social Welfare in response to low rates of African-American employment within the organization. In December, 1954, Young and his wife Margaret were the first blacks to join the United Liberal Church (since 1965, named the Unitarian Universalist Congregation of Atlanta). Due in part to the Youngs' influence, the church stopped having its annual picnics at segregated parks and became "integrated not just desegregated."

In 1961, at age 40, Young became Executive Director of the National Urban League. Young served as President of the Urban League until his death in 1971.

The Urban League had traditionally been a cautious and moderate organization with many white members. During Young's ten-year tenure at the League, he brought the organization to the forefront of the American Civil Rights Movement. He both greatly expanded its mission and kept the support of influential white business and political leaders. Young expressed the mission of the Urban League not as ground-level activism in itself but as the supplement and complement of the activities of all other organizations; he states, "we are the social engineers, we are the strategists, we are the planners, we are the people who work at the level of policy-making, policy implementation, the highest echelons of the corporate community, the highest echelons of the governmental community – both at the federal, state and local level – the highest echelons of the labor movement."

In his eulogy upon the death of Young, President Richard Nixon stated that Young's legacy was that "he knew how to accomplish what other people were merely for". Young's work was considered instrumental in breaking down the barriers of segregation and inequality that held back African Americans.

Source: [Wikipedia](#)

Hope – Paula Cole Jones - After working with UU congregations on racial and social justice issues for over 15 years, Paula Cole Jones realized that a person can believe they are being a “good UU” without ever thinking about or dealing with racism and other systems of oppressions. This gave birth to the current effort to adopt an 8th Principle.



Paula Cole Jones is the founder of ADORE (A Dialogue on Race & Ethnicity), a former president of DRUUMM (Diverse and Revolutionary Unitarian Universalist Multicultural Ministries) and an independent consultant specializing in multicultural competencies and institutional change. She lives in Washington, D.C. She served as an Interim Congregational Life Consultant for the Central East Region from 2018-2020.

She is a co-creator of the proposed 8th Principle.

Journeying toward spiritual wholeness by building a diverse, multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Other Events:

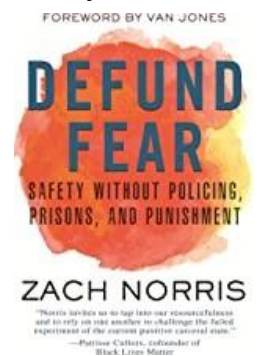
Free “Mindfulness for Today’s World” weekly online sessions:

Thursdays 6:00 - 7:00 pm for adults, [zoom link for Thursday night at 6 pm](#)

For more information or to register contact Carolyn@InsightInstituteLLC.com or Scott@InsightInstituteLLC.com, or visit <http://www.insightinstitutellc.com/>

RoG Men’s Group: We meet the first and third Thursday each month from 7:00 to 8:30 pm. We will meet on [Zoom at Meeting ID 670 022 402](#) for the foreseeable future. We gather and do check-in where we share our day. Then a discussion topic is presented. We read aloud the premise and questions and then discuss it all until 8:30 pm. The goal is that the sharing moves from head to heart. **The Jan 6th topic is: “Technology Overload.” Maybe it is not just you?** The Topic Description will be online at KipBarkley.com/topic/. There we post past topics and links to the UU Small Group Ministry Network. We are a lay-led group and look to our members for future topics and the direction we take. Do come out and join us. The Meeting Room opens up at 6:30 pm before the Host arrives. If you have any questions please contact Kip Barkley; mensgroup@riverofgrassuu.org; RoG Men’s Group Facilitator.

BUUkies announce the Common Read for January 2022: “Defund Fear” by Zach Norris: Rev. Amy Carol Webb will facilitate the January meeting of BUUkies where we will discuss the 2021-22 UUA'S Common Read. [Defund Fear: Safety Without Policing, Prisons, and Punishment](#) by Zach Norris. Zach Norris shifts the conversoperty anation about public safety away from fear and punishment and toward growth and support systems for our families and communities. In *Defund Fear*, Norris explores what has gone wrong, and why, and who has been most impacted by repressive and racist policing systems. He offers a new blueprint for public safety that holds people accountable while still holding them in community.



BUUkies will meet with Rev. Amy on Wednesday, Jan 19th at 7:00 pm. The book is available on Amazon or Beacon Press: <http://www.beacon.org/cw/Search.aspx?k=defund+fear>.

Zoom Meeting: <https://zoom.us/j/92657017488?pwd=VFc2TVByMnJFUGdRQXVZUkt1dVd0QT09>

Meeting ID: 926 5701 7488; Passcode: 746613

One tap mobile: +13017158592,,92657017488#,,, *746613# US (Washington DC)

If you have any questions, please contact Steve Jens-Rochow buukie@riverofgrassuu.org.

Mindfulness-Based Stress Reduction (MBSR) - Is there a better time to learn mindfulness?

Covid refuses to go away, so consider starting 2022 with mindfulness to build resilience and skills to respond more easily to life's daily ups and downs, keeping perspective, and being less stressed.

MBSR is an experiential 8-week research-based program developed at the UMass Medical School Stress Reduction Clinic in 1979. It cultivates your skills and strategies for handling stress and building resiliency, based on foundations of awareness, curiosity & compassion.

Mindfulness-Based Stress Reduction program (MBSR):

- Tuesdays 5:30-8pm, January 18th to March 8th
- Plus Saturday February 26th, 9am-3pm.
- Free – Live & online
- [Click Here to Register](#)
- Carolyn Sant Angelo and Scott May are trained thru Univ California San Diego
- Take time for you, your self-care, and your well-being

Start the Year with Mindfulness
MINDFULNESS-BASED STRESS REDUCTION (MBSR)

- Cultivate your resources & strategies to reduce stress & build resiliency, with foundations of awareness, curiosity, & compassion.
- Participate in this research-based mindfulness program developed at the University of Massachusetts Medical School Stress Reduction Clinic in 1979.

MBSR – 8 Weeks – Live Online
 Tuesdays 5:30-8pm ET, January 18th to March 8th 2022
 Plus Saturday February 26th, 9am-3pm ET
 – FREE –

Register: www.insightinstituteLLC.com/Classes
 More Info: www.insightinstituteLLC.com
 Email: info@insightinstituteLLC.com

Got Stress?

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Insulate your water heater. Wrap the tank with an exterior insulation kit and insulate exposed pipes. It will reduce electricity costs and save money. Also consider installing a solar water heater. This alone may cut your electric bill by a third or more - saving electricity and saving you money!

Drive to the Finish: Capital Campaign - Our Future Home Search Team is diligently looking for our new home. There are many ways we can go, either find an existing church, find a building we can use and build out to suit our needs, or even purchase and build our church ourselves.

We need your help in order to be better prepared when the right opportunity presents itself. Those of you who made your pledge during our campaign last fall, thank you for your commitment. We have received about 65% of the total amount pledged.

In order to get a handle on our finances, **we would like to know when you plan to complete your contribution.**

And we are always open to new pledges and contributions. Go to our website, riverofgrassuu.org, scroll down to the [click on the link to make your pledge](#).

With gratitude and hope, Your Capital Campaign Team, capitalcampaign@riverofgrassuu.org.

Capital Campaign Contributions

We have set up several methods for you to make your pledges/contributions to the Capital Campaign. The table below details the various methods, including charges that the River accrues when this payment method is used. We are here to help with any questions you may have. Feel free to contact our office administrator, Sandy Blair Chibnick, via email at office@riverofgrassuu.org.

Monetary Donations		
Method	How	Processing fees paid by River of Grass
Check	Write CC on memo line Mail to River of Grass: 3225 N Hiatus Rd, Unit 452485 Sunrise, FL 33345	\$0
Checking account via Vanco	Set up payment on our Donations page . Designate on the Capital Campaign line	\$0.45 per transaction plus processing fee 1%

Credit Card via Vanco	Set up payment on our Donations page . Designate amount on the Capital Campaign line.	\$0.45 per transaction plus credit card processing fee: American Express: 3.5% Visa/MasterCard: 2.75%
PayPal	https://www.paypal.com/paypalme/my/profile In the notes write "Capital Campaign"	Varies based on method of payment
Zelle	Use your bank to set up \$ transfer. Send Zelle payment to CapitalCampaign@riverofgrassuu.org .	\$0
Securities	<p>Any questions contact Northstar Financial Planners: <i>Allen Giese, Steve Tepper, or Stacy Saavedra at (954) 693-0030</i></p> <p>Securities should be transferred per instructions from the donor's brokerage or advisor using the following DTC and A/C numbers as the destination</p> <p>#0188 - TD Ameritrade Institutional A/C #944110334</p> <p>RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION, INC.</p> <p>The donor should notify the CC Team and the Office Administrator of the details of the donation by emailing CapitalCampaigh@riverofgrassuu.org.</p>	

Interim Recommendations from the RoG COVID-19 Re-Emergence Team

Team: Deb Buehler Ely, Karen Gonzalez, Susan Juncosa, Jeanne Masten (COVIDTeam@RiverofGrassUU.org)

Purpose of Team: To review guidelines for congregational and smaller group gatherings in order to provide recommendations to the Board to be used for official River of Grass meetings and events.

These recommendations are:

For: only for official, River of Grass - sponsored outdoor and indoor small group gatherings.

Fluid: new information comes out all the time and the recommendations could change.

Inclusive: all attendees should be able to attend physically or virtually.

Protective: considers first those who are most at risk.

Science-based: follow the directives according to the experts.

Sources:

UUA: <https://www.uua.org/safe/pandemics/covid-19>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>

Johns Hopkins: <https://coronavirus.jhu.edu/us-map>

UU Reston Covid-19 Guidelines: <https://www.uureston.org/covid>

MEETINGS IN THE TIME OF COVID

RIVER OF GRASS COVID-19 TEAM RECOMMENDATIONS TO THE BOARD: updated November 4, 2021

This is a living document that will be regularly reviewed and updated.

River of Grass COVID-19 Re-Emergence Team is monitoring Broward County's risk level of transmission. The level of risk used by the River of Grass UU Congregation shall be as measured on [Broward County, Florida \(FL\) - COVID Vaccine & Risk Tracker - Covid Act Now](#). Risk levels are **low**, **medium**, **high**, **very high**, and **severe**.

In-person/hybrid Worship services, large group concerts, fundraisers, other large events (with 50 or more participants) shall occur while the COVID risk is at low, medium, or high levels. According to the Updated Gathering Guidance from UUA.org, "In areas where transmission risk is very high or severe, suspend all large in-person (indoor and outdoor) gatherings such as worship, concerts, or fundraisers." As such, in-person worship services and other large gatherings shall be suspended if the level of risk for Broward County is and has been very high or severe for two or more weeks. The level of risk, as reported on the COVID Act Now website, will be monitored by the Re-Emergence Team, which will alert the Board and Worship Team if the risk level changes to or from very high or severe and stays at that level for two weeks.

Further, all attendees of in-person gatherings, small or large, are strongly encouraged to be vaccinated as possible based on eligibility by age. Vaccination or recent negative COVID test is strongly encouraged for in-person gatherings. Facial coverings/masks are required for large indoor in-person gatherings and strongly encouraged for other groups to protect the most vulnerable, including unvaccinated babies and young children. Small groups are encouraged to set-up and enter into their own covenants, using the guidance herein, regarding COVID-19 safety procedures.

If protocols at rental facilities are more restrictive, their guidelines will be followed.

To see all of the upcoming events at River of Grass, please visit the calendar on our website at riverofgrassuu.org/calendar.html. **River of Grass UU Congregation** is on [Facebook](#) (LIKE us) and [Twitter](#) (FOLLOW Us). For more information, please contact communityawareness@riverofgrassuu.org.

Unsubscribe - If you do not wish to receive this weekly email, please send an email and we will remove you from the mailing list, office@riverofgrassuu.org.

Announcements to be sent out in the weekly congregation-wide update should be e-mailed or called into the congregation's office by 12 pm Wednesday. All announcements will pertain to congregational life and affiliated groups and will be for activities or events occurring within two weeks of the e-mail. Outside groups and individuals, wishing to use this vehicle of congregation-wide communication, must have the approval of the Board of Trustees.