

# 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 – July 8, 2021

### "Until Love Wins"

## UUA General Assembly -- First Universalist Church of Minneapolis

During our Summer Series of River of Grass Classics, we will be refreshing some favorite services that took place in the past year. As Rev Amy is away for the summer months, we have nine more weeks to explore some old and new experiences on Sunday morning. Some lay led, some from Rev Amy and, yes, there will be an opportunity for you to join other congregations on Sunday mornings to experience their worship services. A full schedule is on the [River of Grass website](#).

On July 11, join us virtually for the largest gathering of UUs joining in worship. Recognizing the importance of shared ministry and the many innovative approaches to worship created by congregations during the pandemic, the First Universalist Church of Minneapolis served as worship leaders for this year's General Assembly Sunday Service.



First Universalist has been a model of shared ministry and what it means to put the work of dismantling white supremacy and building anti-racist, anti-oppressive practices at the center of their ministry. They have been on the front lines, bringing spiritual care and moral leadership in the wake of George Floyd's murder by police and the important uprisings for justice that followed. Children and families are a vital part of their ministry, and they have been using creative approaches to engage all ages in worship during the pandemic. Their leadership exemplifies some of the best practices for the creativity, spiritual depth, and moral leadership that is possible when we embrace the work of shared ministry rooted in love and justice.

## Summer Worship Series at River of Grass

Date	Time (EST)	Service
6/20	10:30AM	Kitty Oliver: "Rising In Stillness"
6/27	10:30AM	Rev Amy Carol Webb: "How Heavy The Stone"
7/4	11:00AM	UU Congregation of Atlanta*
7/11	10:30AM	UUA General Assembly: "Until Love Wins"
7/18	10:30AM	Rev Amy Carol Webb: "Great Turning"
7/25	10:30AM	UU Church of Silver Spring**
8/1	10:30AM	Rob & Deb Giblin-Davis: "Nature - The Heart of Our 7th Principle"
8/8	10:30AM	Wild Pines Covenant Group
8/15	10:30AM	Rev Amy Carol Webb: "Show Me Your Mug"
8/22	10:30AM	Unitarian Society of New Brunswick***
8/29	10:30AM	Amy Horton-Tavera: "On Finding The New - Again"

### Important Access Information:

\*UU Congregation of Atlanta:

[Click Here](#) for the livestream on YouTube.

\*\*UU Church of Silver Spring:

[Click Here](#) to access the YouTube channel; click 'Premiere' video.

\*\*\*Unitarian Society of New

Brunswick: Be sure to sign into the [Zoom Room](#) by 10:15am to fill out a brief security form before services.

## Summer Fun Program: All Ages 12:30 pm

Faith Development just wrapped up our theme of Play for the month of June, and we are now starting Summer Fun Under the Sea! This Sunday, we will learn more about penguins, how they adapt and how they work together as a community to take care of each other during challenging times. What might we have in common with penguins, and what can we learn from them? We will have a story and make cute UU penguin crafts too! Parents will receive an email with a list of needed supplies for our lesson and Zoom information. New families are welcome. If you need the Zoom info, or have any questions, please email: [faithdevelopment@riverofgrassuu.org](mailto:faithdevelopment@riverofgrassuu.org). (Summer Fun will be held at 12:30 pm every Sunday through Aug 29<sup>th</sup>. [For a full schedule and more information, click here](#))



**Young Adults** are now meeting on the 2<sup>nd</sup> Sundays, at 7:30 pm virtually on Zoom – Millennials, Gen Xers, and Gen Zs, are welcome to tune in to the YUng Adult Virtual Coffee Hour on **Sunday, Jul 11<sup>th</sup> at 7:30 pm**. Our group's purpose is to foster an inclusive, diverse and intentional community that inspires spiritual growth and connection. Please email [youngadults@riverofgrassuu.org](mailto:youngadults@riverofgrassuu.org) if you have any questions and to obtain the zoom details.

### *Living Our UU Principles:*

**Then -- Roger Nash Baldwin (1884–1981)** was one of the principal founders of the American Civil Liberties Union, “Social work began in my mind in the Unitarian Church,” he wrote, “when . . . I started to do things that I thought would help other people.”

Although often linked to the political left, Baldwin and the ACLU championed causes across the political spectrum, from workers’ rights to unionize to Henry Ford’s right to critique unions. By representing the least sympathetic defendants, like the Ku Klux Klan, Baldwin believed that the ACLU would help America embody the democratic principles of its founding documents.

Under Baldwin’s leadership, the ACLU took part in landmark legal cases, including the 1925 trial of Tennessee teacher John Scopes (convicted of teaching evolution), and challenges to the WWII incarceration of Japanese Americans. Though these cases were lost, they succeeded in shifting national debates and public opinion. The ACLU prevailed in other Supreme Court decisions, including *Brown v. Board of Education* (supporting the NAACP), *Miranda v. Arizona* (guaranteeing suspects be informed of their rights before police questioning), and *Obergefell v. Hodges* (affirming the freedom to marry in every state).

“Never yield . . . your courage to fight, to resist . . . to be free.”

**Now -- The Rev. Nathan Woodliff-Stanley** is the executive director of the American Civil Liberties Union of Colorado. He is also a volunteer community minister at First Unitarian Society of Denver.

“Among many values, Unitarian Universalism affirms justice, democratic process, and the worth and dignity of every person, leaving no one out. The ACLU seeks justice, protection of democracy, and constitutional rights that are real for everyone, leaving no one out. I know that because of the work of the ACLU in Colorado alone, there are thousands of people who are not in solitary confinement, not in ice detention, or not in jail because of being too poor to afford a fine. That feels like UU ministry to me, and even more so in the world we face today.

I find hope in the way people are waking up and stepping forward, from the enormous turnout at the Women’s March to the airport protests against the Muslim travel ban to the people joining the ACLU and supporting other key resistance organizations.” (*UU World*)



## *River of Grass Unitarian Universalist Congregation: Minister's Annual Report 2021*

Rev. Amy Carol Webb

June 30, 2021

### **We Did That!**

Beloveds, this was one for the ages.

This is the year we navigated a deadly pandemic for twelve solid months, with emergence only now coming on a nearer but uncertain horizon. This is the year we look back and say – “we did that!”

This is the year we realize all our systems, our thinking, our identity as a congregation, our patience, our resilience, our ingenuity, and our determination to build Beloved of Community against all odds were challenged in every way -- and say “we did that!”

This is the year we review 52 consecutive superior Virtual Worship services that reached people across the United States and across the sea -- and say, “we did that!”

This is the year we remember, more than a little astonished, that we did our sacred Christmas Eve candle lighting across the world over zoom – and that you pulled together to do it under emergency circumstances when your minister fell to pneumonia in the wee hours the night before – and say, “we did that!”

This is the year we marvel at learning to make technology serve us and our work in this world in ways only necessity can teach with Tech wizards among who declared “we can do that!” -- and say, “we did that!”

This is the year we kept one another and our community safe through a pandemic virus ravaging the world in every way, with a Caring Group second to none tending us in body and in spirit, as we comforted one another in loss and grieved together while we also realize that we lost not member of this congregation to this virus – and say, “we did that.”

This is the year we cheer our Faith Development leaders and families keeping together with every conceivable celebration and milestone shared by every possible means -- and say, “we did that!”

This is the year we watched a crew move us out of our building and our stuff into storage, as we set up all operations in staff and volunteer homes, with our Office Admin running our office while COVID-schooling kids without missing a beat and – and say, “we did that!”

This is the year we cultivated new ways to make justice and live love into our world, joining with justice seekers across our faith movement to get out an historic vote in these United States -- and say, “we did that!”

This is the year we saw the veils pulled back from our systems and institutions under reckoning and began to realize our own accountability as a faith and as a congregation and deepened our resolve to build the world we dream of – and say, “we did that!”

This is the year we brought the budget aright – again – and raised substantial money toward a forever home, in the midst of global pandemic, even as the future looms large and uncertain -- and say, “we did that!”

This is the year we set out for a new home and found more virtue in patience and determination under the most difficult of scenarios, only to learn again that “not yet” does not mean “never,” and adjusted our expectations while still aiming for the dream -- and say, “we did that!”

This is the year we looked every challenge in the face and found again that we not only survive but thrive when we keep our vision and mission before us, our principles grounding us, and our community surrounding us – and say, “we did that!”

This is the year we more deeply understood that “thrive” does not mean ignoring our need for rest and respite for the flesh and for the spirit, that when we feel it’s all too much it likely is, that we are not alone, and that asking for help is its own heroism – and say, “We did that!”

Whatever may come in the days and years ahead for this beloved River of Grass Unitarian Universalist Congregation, let the generations beyond us look back on our time and say we met this historic year bound together with courage, driven by hope, and anchored in love as we served this great faith to build a new way for a new day.

Beloveds, this was one for the ages. We did that!

Shine on!

Rev. Amy

### 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](mailto:Carolyn@InsightInstituteLLC.com) or [Scott@InsightInstituteLLC.com](mailto:Scott@InsightInstituteLLC.com), or visit <http://www.insightinstitutellc.com/>

**Flowing River Sangha** – We will meet online on **Tuesday, Jul 13<sup>th</sup> at 7:00 pm**. Every Tuesday night we will meet via Zoom: <https://zoom.us/j/201911385>. We will meet from 7:00 - 8:30 pm. This is an open-ended, drop-in group for all levels of meditation experience. For more information, please email Gary Gonzalez at [meditation@riverofgrassuu.org](mailto:meditation@riverofgrassuu.org).

**MBSR with Carolyn Sant Angelo and Scott May starting Jul 20<sup>th</sup>!** Carolyn Sant Angelo and Scott May are offering Mindfulness Based Stress Reduction (MBSR) online for Free starting Jul 20<sup>th</sup>. It has positively impacted their lives, and they wish to share it with others!

MBSR is an 8-week research-based program developed at the UMass Medical School Stress Reduction Clinic in 1979. It helps to cultivate participant’s discovery of their own resources and strategies to reduce stress, plus builds foundations of awareness, resiliency & compassion.

Here are the details:

- **Tuesdays 5-7:30pm, July 20-Sept 7**, and Saturday August 28, 9am-3pm.
- Free
- Registration link: [MBSR Registration](#)

**MINDFULNESS-BASED STRESS REDUCTION (MBSR)**

- Research-based mindfulness program developed at the University of Massachusetts Medical School Stress Reduction Clinic in 1979.
- Cultivates participant’s discovery of their own resources and strategies to reduce stress, & build foundations of awareness, resilience & compassion.

**MBSR – 8 Weeks – Live Online**  
Tuesdays July 20<sup>th</sup> - September 7<sup>th</sup>, 5:00-7:30pm ET,  
Plus Saturday August 28<sup>th</sup>, 9-3pm ET  
— FREE —

Register: [www.insightinstituteLLC.com/Classes](http://www.insightinstituteLLC.com/Classes)  
Questions: [Info@InsightInstituteLLC.com](mailto:Info@InsightInstituteLLC.com)

**SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Shade windows with direct light. If you have windows facing east or west consider adding landscaping or an awning. Or consider window tinting, or simply a pull down shade. These options will keep your home cooler and reduce your electric bill, saving money and the environment.

**Drive to the Finish: Capital Campaign** - The Future Home teams have estimated we will need \$2-2.2 million to purchase the property, renovate, and furnish our new home when we find it. As your Capital Campaign Team members look for creative ways to reach that objective, we have launched a Drive to the Finish to reduce the amount we will need to finance. *Great news! Any new or increased pledge of \$3,000 or more will be doubled by an anonymous donor.* Go to our website, [riverofgrassuu.org](http://riverofgrassuu.org), scroll down to the



Drive to the Finish information and [click on the link to make your pledge](#). For more information, contact [capitalcampaign@riverofgrassuu.org](mailto: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](mailto: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 <a href="#">Donations page</a> . Designate on the Capital Campaign line	\$0.45 per transaction plus processing fee 1%
Credit Card via Vanco	Set up payment on our <a href="#">Donations page</a> . 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	<a href="https://www.paypal.com/paypalme/my/profile">https://www.paypal.com/paypalme/my/profile</a> In the notes write "Capital Campaign"	Varies based on method of payment
Zelle	Use your bank to set up \$ transfer. Send Zelle payment to <a href="mailto:CapitalCampaign@riverofgrassuu.org">CapitalCampaign@riverofgrassuu.org</a> .	\$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><b>#0188 - TD Ameritrade Institutional</b> <b>A/C #944110334</b></p> <p><b>RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION, INC.</b></p> <p>The donor should notify the CC Team and the Office Administrator of the details of the donation by emailing <a href="mailto:CapitalCapaign@riverofgrassuu.org">CapitalCapaign@riverofgrassuu.org</a>.</p>	

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

**Team:** Deb Buehler Ely, Karen Gonzalez, Susan Juncosa, Jeanne Masten

**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: February 2021

#### Small Group Meeting COVID Requirements

The CDC has released guidelines which allow meetings of fully-vaccinated\*\* people. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

In accordance with these guidelines, Official River of Grass meeting protocols have been updated to reflect the differences in the make-up of meeting attendees. \*\*People are considered fully vaccinated for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen). This meeting protocol has been developed and can be found on our web ([RiverofGrassUU.org/teams-committees--small-groups.html](http://RiverofGrassUU.org/teams-committees--small-groups.html)). Contact Susan Juncosa at [vicepresident@riverofgrassuu.org](mailto:vicepresident@riverofgrassuu.org) for more information.

#### Frequently Asked Questions - Small Group Meetings

##### 1. Can I meet with my RoG friends?

- That is your choice at all times. These recommendations are only for official River of Grass – sponsored gatherings.

##### 2. What's the first thing to consider when organizing an in-person event?

- Is it necessary that the gathering be in person? Can the same purpose be achieved by meeting on Zoom? Is there a reason to meet other than the fact that we want to be together?

##### 3. My small group has some people who are not vaccinated. Can we meet in person?

- Small groups with unvaccinated attendees can meet outdoors. Follow the procedure for such meetings and sign the covenant.

+ If any members of the group do not want to attend in person, provision must be made for attendance by Zoom or other application.

##### 4. My group has all been vaccinated with all shots and have waited the recommended times. Can we have an in-person meeting?

- Yes, if you take these actions:

+ follow the procedure for such meetings and sign the covenant.

+ If any members of the group do not want to attend in person, provision must be made for attendance by Zoom or other application.

##### 5. What about an indoor meeting?

- Yes, see question four.

##### 6. Can children come to the gathering?

- At this time, there is no vaccine approved for children. They would have to maintain social distance and masking, etc. This might be a group decision.

#### Meetings with all attendees fully-vaccinated (INDOORS AND OUTDOORS)

##### Meeting Leader will do the following:

- + send the covenant to attendees prior to the meeting;
- + determine, with group members, if proof of vaccination must be provided;
- + collect signed covenants or procure signed covenants at the start of meeting;

##### Actions Prior to a Gathering

A covenant shall be developed and sent to attendees which includes the following:

- + attendee states they have been fully vaccinated and will provide card if requested;
- + attendee will comply with any contact tracing which may ensue; and
- + has not tested positive for COVID-19 in the prior 10 days and is not experiencing any COVID-19 symptoms.

##### Actions During a Gathering

- + attendees will give meeting leader the signed covenant or sign a copy at the start of meeting;

- + Meeting attendees do not have to wear masks or social distance
- + Meeting attendees may share food or drink.

### **Fully-Vaccinated Small Group Gathering Covenant**

We; the members, friends, and visitors of the River of Grass Unitarian Universalist Congregation acknowledge the role we play in keeping ourselves, each other and our community safe from the spread of COVID-19. With that in mind, we agree to adhere to the following protocols when gathering in small groups in or out-of-doors:

- o We have been fully vaccinated against COVID-19.
- o We have not tested positive for COVID-19 in the prior 10 days and are not experiencing any COVID-19 symptoms.
- o We will comply with any contact tracing following our gathering, if needed.

### **Meeting with some attendees unvaccinated/not fully vaccinated (OUTDOORS ONLY)**

#### **Meeting Leader will do the following:**

- + send the covenant to attendees prior to the meeting;
- + set up space and have sanitizer/hand washing supplies available;
- + collect signed covenants or procure signed covenants at the start of meeting;
- + locations of outdoor gathering will be chosen with the physical needs of the attendees in mind and alternative Zoom links will be offered if needed;
- + review masking and social distancing.

#### **Actions Prior to a Gathering**

A covenant shall be developed and sent to attendees which includes the following:

- + agrees to follow social distancing and masking protocols; and
- + has not traveled internationally in past two weeks; and
- + attendee will comply with any contact tracing which may ensue; and
- + is not experiencing any COVID symptoms.

#### **Actions During a Gathering**

- + attendees will give meeting leader the signed covenant or sign a copy at the start of meeting;
- + Meeting attendees will follow masking and social distancing guidelines;
- + Meeting attendees will not share food or drink.

#### **Actions after a Gathering**

- + Meeting leader will keep the covenants collected for two weeks;
- + Attendees will inform the meeting leader if they have Covid symptoms and/or a positive Covid test within two weeks after the meeting. Meeting leader will inform all attendees.

### **Small Group Outdoor Gathering Covenant**

We; the members, friends, and visitors of the River of Grass Unitarian Universalist Congregation acknowledge the role we play in keeping ourselves, each other and our community safe from the spread of Covid-19. With that in mind, we agree to adhere to the following protocols when gathering in small groups out-of-doors:

- o We will wear masks at all times and keep 6 feet from persons who do not reside in our households.
- o We will not partake of food or drink.
- o We are not experiencing any Covid-19 symptoms.
- o We have not traveled out of the country in the past two weeks.
- o We will comply with any contact tracing following our gathering, if needed.

#### **Factors Considered in forming the Guidelines:**

All guidelines depend on both the public and the personal.

The public – the surrounding community – must meet certain standards for daily new cases, infection rate, test positivity percentage, contact tracing in place and hospital capacity.

Personal – each individual's state of health.

### **Scope of Recommendations:**

At this time, the recommendations are only for small gatherings in **indoor and outdoor** spaces depending on who is vaccinated in the group.

### **Format of Recommendations:**

The team will develop a FAQ (Frequently Asked Questions) document to be posted on the web site and added to the weekly e-mail, which will be updated as needed.

### **Meeting Leader will do the following:**

- + send the covenant to attendees prior to the meeting;
- + set up space and have sanitizer/hand washing supplies available;
- + collect signed covenants or procure signed covenants at the start of meeting;
- + locations of outdoor gathering will be chosen with the physical needs of the attendees in mind and alternative Zoom links will be offered if needed;
- + review masking and social distancing.

### **Actions Prior to a Gathering**

A covenant shall be developed and sent to attendees which includes the following:

- + agrees to follow social distancing and masking protocols; and
- + has not traveled internationally in past two weeks; and
- + attendee will comply with any contact tracing which may ensue; and
- + is not experiencing any COVID symptoms.

### **Actions During a Gathering**

- + attendees will give meeting leader the signed covenant or sign a copy at the start of meeting;
- + Meeting attendees will follow masking and social distancing guidelines;
- + Meeting attendees will not share food or drink.

### **Actions after a Gathering**

- + Meeting leader will keep the covenants collected for two weeks;
- + Attendees will inform the meeting leader if they have Covid symptoms and/or a positive Covid test within two weeks after the meeting. Meeting leader will inform all attendees.

### ***COVID-19 Response Update***

Our River of Grass faithful is actively responding to COVID-19. Any face-to-face gatherings of any kind must follow the new small group protocols that were recommended to the Board by the COVID Re-Emergence Team. Otherwise, all gatherings are suspended or moved on-line, while we search for our forever home, continue to keep ourselves and our community safe, and prepare for congregational life after COVID.

We are grateful that many many members and friends are in self-quarantine, doing their part to protect themselves as well as reduce the spread of the virus, and only venturing outside when absolutely necessary.

Our extended Caring Team has coordinated a 'network of contact' to help ensure our community has communication and is cared for..... and our Covenant Groups are a large part of this.

There is deep gratitude for the way our community cares for each other, remains flexible, and is diligent in responding to this unprecedented situation!

Take a deep breath. Allow any feelings and thoughts to be as they are. Know you are supported. Stay safe!

### ***Basic Protective Measures Against Coronavirus***

Your leadership at River of Grass are taking every precaution against coronavirus here at River of Grass and in the wider community we share. River of Grass is adhering to the following recommendations from the World Health Organizations.

Stay aware of the latest information on the COVID-19 outbreak. Most people who become infected experience mild illness and recover, but it can be more severe for others. Be aware of those in our midst with compromised immune systems.



### **Take care of your health and protect others by doing the following:**

1. Regularly and thoroughly CLEAN YOUR HANDS with an alcohol-based hand-rub or washing with soap and water, especially – after coughing/sneezing; when caring for the sick; before, during, and after you prepare food; before eating; after toilet use; when hands are visibly dirty – and when they are not; after handling animals or animal waste.
2. Maintain social distancing – 6 feet between yourself and anyone.
3. Even if well, try to maintain a distance of 6 feet from others and when greeting, instead of elbow and fist bumps (no handshakes or hugs), consider placing your hand over your heart as a gesture of welcome and hello.
4. Avoid touching eyes, nose, and mouth to avoid transfer of viruses from contaminated surfaces.
5. Practice respiratory hygiene: 1) Cough/sneeze into your elbow, 2) If you use tissues, dispose of them immediately, then clean your hands.
6. If you have fever, cough, and difficulty breathing, seek medical care promptly.
7. If you feel unwell, stay home, even with mild symptoms like headache and runny nose.
8. Stay informed, and follow any guidelines from your healthcare advisor.

### **How to cope with stress during this coronavirus outbreak:**

1. It is normal to feel sad, stressed, confused, scared, or angry during any crisis.
2. Talk to people you trust, and contact your friends and family.
3. If you must stay home, maintain a healthy lifestyle with proper diet, sleep, exercise, and social contact with loved ones via email, phone, etc.
4. Avoid smoking or using alcohol and other drugs to deal with your emotions.
5. Get the facts from credible sources such as the Center for Disease Control, World Health Organization, or local/state health agencies.
6. Limit worry and agitation through lessening time you spend watching media and the internet.
7. Draw on coping skills that have helped you in the past.
8. If you feel overwhelmed, talk to a health worker or counsellor, and have a plan to seek help for physical and mental health needs if required.

To see all of the upcoming events at River of Grass, please visit the calendar on our website at [riverofgrassuu.org/calendar.html](http://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](mailto: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](mailto: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.*