

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 30, 2020

Drive by and Farewell today from 7:00 - 8:00 pm!

As you know, with the ongoing virus in our midst preventing our meeting in person, your Leadership negotiated vacating our lease on State Road 84. So, it is that this week one chapter of River of Grass' life closes as another opens, as the last truck carried our furnishings to be kept safely in storage until we secure the forever home we've sought so long.

The time has come to say a grateful farewell to this place that supported the life of our Beloved River of Grass Community for the last nine years. Please join us for a "Drive By Farewell" -- **TODAY, THURSDAY, July 30 from 7:00 – 8:00 pm!** Here's what you do!

- ★ Drive to our "old" address at 11850 West State Rd. 84,
- ★ Turn RIGHT into the complex,
- ★ Circle around the back of the building,
- ★ Then turn left toward the front again, so your driver-side faces our "old" front door,
- ★ You'll see many of your beloved leaders and me at that front door,
- ★ Open your driver-side window/s
- ★ We'll use poles to hand you a token to remember this moment we move into our bold and brave future,
- ★ Cheers and tears galore!
- ★ Then drive on through as we send you with virtual hugs and a "Shine On!" shout!
- ★ Feel free to make posters and decorate your car for the farewell.

How about it?! Here it is in brief:

What: RoG Drive-By Farewell to State Road 84

When: TODAY THURSDAY, July 30 -- 7:00pm

Where: 11850 West State Rd. 84, Davie, FL

Who: You, Beloved -- you!

Starting Over

This Sunday we explore the power of intention. By directing our efforts in small, but important ways, we can transform the landscape of our lives.

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. And now that we have a larger Zoom space ready to welcome all who will join us from over this world – who will we meet this week?

Sunday morning, gather with us at the River – on your computer, your tablet, your phone (with video or only audio if you like, we'll miss your face!) -- just click or dial into our River of Grass Meeting Room at the link or numbers below. We'll be watching for you!

Topic: Worship August 2, 2020

Join Zoom Meeting

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

Meeting ID: 961 564 350

Password: 873805

Find your local number: <https://zoom.us/u/ab3E9JRtb9>

Upcoming Virtual Events -This Sunday:

Sunday, August 2, 2020

Virtual Sunday Service at 10:30 am – Kechi Mourer - **Starting Over**

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

Summer Children's Virtual Fellowship at 12:30 pm – Children and parents: Join us at 12:30 pm this Sunday as we build our beloved community with online fun and games in our virtual children's fellowship. Come reconnect with old friends and meet new ones! Bring your open mind, your loving heart and your sense of humor! For more information, please leave a message for our Director of Faith Development, Karen Gonzalez, ReligiousEducator@RiverofGrassUU.org.

Young Adults are meeting every Sunday, at 6:30 pm virtually on Zoom – Millennials, Gen Xers, and Gen Zs, are welcome to tune in to the YUung Adult Virtual Coffee Hour on **Sunday, Aug 2nd at 6:30 pm**. Our purpose is to foster an inclusive, diverse and intentional community that inspires spiritual growth and connection. Please email youngadults@riverofgrassuu.org if you have any questions and to obtain the zoom details.

Auction 2020!

With our current situation with COVID19, you may have thought we couldn't have an auction this year. Well, with the miracle of technology, we can. (I know, to us old people, tech is a miracle. All you young people, tech is just a matter of fact). We can have an on-line auction! There are several platforms that we can choose from. And, we can create all kinds of things people can bid on. And we are creative! Like on-line games, "contactless" services can be offered (like oil changes, a special dessert, a special meal for the family), on-line concerts, jewelry, baskets of goodies. We are getting together a team to make this happen. If you would like to be part of this new version of our old tradition, please contact Kathy Jens-Rochow at president@riverofgrassuu.org. And you don't have to be especially tech savvy. We need your creativity and energy.

Member Info Update and Emergency Contacts Requested:

Rev. Amy and the Caring Team ask all members to provide an emergency contact and update their personal information using the link below. Alternatively, you can email your info to office@riverofgrassuu.org.

Click Here → [Member Contact Information Update Form](#) ← Click Here

While this data is optional, having an emergency contact is important especially when we are not able to reach a member in poor health who doesn't have family in the area. Moreover, hurricane season and pandemic concerns make this data even more vital. The emergency contact information will only be available to Rev Amy, our Office Administrator and our Caring Team leaders. Rev. Amy and the Caring Team asks all members to **respond to this data call by TODAY, July 30**. Negative responses requested. If you have any questions email caring@riverofgrassuu.org.

Transgender Inclusion In Congregations:

Transgender Inclusion in Congregations is a module for everyone for our Welcoming Congregation Renewal. River of Grass UU Congregation has made a commitment to be welcoming to people of all sexual orientations and gender identities. We became a UUA recognized Welcoming Congregation on June 4, 2002. Throughout this past congregational year, the Welcoming Congregation Renewal Team has taken intentional steps to renew our commitment of being welcoming.

The Welcoming Congregation Team is now offering the module "Transgender Inclusion in Congregations." This course is for congregations who want to take their knowledge and skills to the next level in terms of trans identity and learn how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity.

All members of River of Grass are invited to participate in this vital part of our Welcoming Congregation Renewal Process. Each of this course's six sessions includes a 45- to 60-minute pre-recorded lecture from trans activists Mykal and Alex, a number of resources that help take the learning deeper, reflection questions, and a quiz. You will deeply explore the intersection of trans identity, spirituality and faith community and gain the grounding, context and skills to transform yourself and our congregation.

This is a vital part of our renewal process and we need participation by our members in order to make an impact on our congregational life. Yes, we are already pretty welcoming, but with awareness of the multi-layers of identity we can make critical and subtle changes to improve our welcome to all.

This module is very deeply moving. Many people will like to process and discuss what they have learned. We will be scheduling Zoom sessions for anyone who wishes to participate. You can participate even if you have only done one or two sessions.

Instructions to register, email Welcoming@riverofgrassuu.org and Steve Jens-Rochow will send you the details on how to enroll!

Other Events:

Free "Mindfulness for Today's World" weekly online sessions:

Thursdays 6:00 - 7:00 pm for adults;

<https://us02web.zoom.us/j/551319571?pwd=TDdRdmhML3FoVVEvbnRXRC9qRlJPQT09>

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

Faith Development – Parents Having Coffee Online - Let's come together in conversation about how we parent in these trying days. Parents Having Coffee Online meets at **10:00 on Saturday morning, Aug 1st at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

August Book Discussion - Join us each Saturday in August for a discussion on the book *White Fragility - why it's so hard for white people to talk about racism* by Robin Diangelo. The book will be available through the [UUA bookstore](#), [Inspirit](#) and you may also be able to get it at the library. **We'll meet beginning this Saturday, Aug 1st at 3:00 pm** and cover as many chapters as we can each week. Contact Karen Gonzalez at uugonzo1@gmail.com to sign up for the Zoom link (or sign up in our [Facebook event](#)).

Congregational Quarantine Karaoke! - Have you ever wondered how much fun doing Quarantine Karaoke with other UU's would be? ALL of River of Grass is invited to join the YUUnG adults for Quarantine Karaoke on **Saturday, Aug 1st at 7:00 pm**. Pick some songs from YouTube, and invite your friends. Please email youngadults@riverofgrassuu.org for Zoom details. Come ready to sing, have fun, and even just "be the audience" if you prefer not to sing. Linda made a promo video about this fun night. Watch it here on YouTube: <https://youtu.be/jpAtRm1Ru1M>.

Flowing River Sangha – We will meet online on **Tuesday, Aug 4th 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 further information, please contact Gary Gonzalez at meditation@riverofgrassuu.org.

Invitation to the Science of Well-Being Study Group

Sheryl Cattell just completed the Science of Well-Being Course and is officially inviting anyone in the congregation to join this study group. This study group is for those who are taking, have taken, or plan to take the [Science of Well-Being course](#) offered online for free from Yale University. The class is a self paced online class that you take at your own pace and on your own time. Enrollment is online [here](#).

This study group is separate and we meet weekly to discuss the class topics, habit making requirements and to offer encouragement, support and ideas on how to improve our well-being. This group will meet on Wednesday nights from 6:00 - 7:00 pm. You will find the [Zoom information](#) below.

If you want to join the study group you only need to do 3 things:

1. Enroll in the free class: <https://www.coursera.org/learn/the-science-of-well-being>
2. Take the 2 happiness assessments/surveys and send your scores to [me](#) (only the class average will be shared).
3. Put the Zoom info below on your calendar starting **Wednesday, Aug 5th for 11 Wednesdays**.

Please feel free to share this invitation with anyone that you think might be interested and hope to "see" you in August.

Topic: The Science of Well-Being Study Group

Time: This is a recurring meeting Meet anytime

[Zoom Meeting](#)

Meeting ID: 799 0846 9859

One tap mobile

+16465588656,,79908469859# US (New York)

Find your local number: <https://us02web.zoom.us/j/79908469859>

[Join by Skype for Business](#)

***SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Going on vacation? Be sure to close blinds that face the most intense sun, and adjust your thermostat. Also, turn off your water heater if you will be gone a week or longer. These will save money and help to protect our planet.*

COVID-19 Response Update

Our River of Grass faithful is actively responding to COVID-19. All face-to-face gatherings of any kind are suspended or moved on-line, and we have left our building. Numerous meetings and gatherings have transitioned online via Zoom. Welcome to our new norm!

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 contacting' 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 the New Coronavirus

Your leadership at River of Grass are taking every precaution against the new 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.

Faith Forward Inquirers Series will be on hiatus for the rest of the summer. Starting in September we will meet on Wednesdays from 7:30 – 8:30 pm on Zoom. Faith Forward Inquirers Series is a rotation of seven conversations about our congregation and Unitarian Universalism. The series is designed for visitors and newcomers who are looking for a general introduction, and yet the sessions are also appealing to veteran members who want more information about our beloved community. New members and inquirers are encouraged to attend. Classes are not mandatory for membership but are highly recommended! For more information, email Zena Tucker, membership@riverofgrassuu.org. The Zoom link for our Sep - Dec sessions is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
9/2/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
9/9/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
9/16/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
9/23/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
9/30/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
10/7/20	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
10/14/20	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life
10/21/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
10/28/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
11/4/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults

11/11/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
11/18/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
12/2/20	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
12/9/20	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life

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 e-mail 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.