

Reflections

A MONTHLY NEWSLETTER FROM THE RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION
DAVIE, FLORIDA NOVEMBER 2015



CHEW
Rev. Amy Carol Webb

“Thirty-three times,” Grandmother could be heard to declare over any given meal. “You’ve got to chew each bite thirty-three times!”

And the three generations at her table would dutifully attempt it; Though if truth be told, most of us grandkids watched each other, poised to pounce, should one of us appear to fall short of that magic thirty-three. “You only did twenty, I counted!”

To which my grandmother would admonish, “Mind your own,” between her meticulously masticated mouthfuls.

As an adult studying Macrobiotics, no less than fifty chews are recommended, one hundred preferred. And for all the bodily benefits we’ve come to understand. It would make sense to remind ourselves to chew as we head into the Winter holiday season known for tables groaning beneath the bounty of the harvest this November. For the sake of our digestive tracts and immune systems, not to mention the weight management challenges presented by the likes of mashed potatoes and pie.

But that’s not what I’m thinking about. Actually, our physical health may be the least important benefit, possibly even a mere side effect of a successful chewing practice. The greater value may be in the fact that it makes us stop. And pay attention. To bring ourselves into the moment. Fully present. Which boosts our other immune system -- the spiritual one, where peace and calm await us if only we could pause long enough to notice.

That’s a message we sorely need on the threshold of this season that too often bears down upon us--body and soul-- with as much stress, as celebration. Take a moment. Breathe. Chew.

But there’s another way chewing an extra moment can help preserve our health: the moment we’d do well to consider not what’s going into our mouths, but what’s coming out.

Sometimes a family holiday dinner serves up greater challenges than spreading the table and getting folks to gather around it. Sometimes we find ourselves biting down on something besides hot rolls. Sometimes it’s not the tang of cranberries but the stab of a snarky retort lingering on our lips--or a thoughtless tease, or a bitter resentment--that wells up between the sweet potatoes and the pea salad. Sometimes it’s a stubborn pain still gnawing at us from deep inside, or a looming secret we are still struggling to hold down that makes everything else hard to swallow.

Perhaps, then, the best time to remember to chew is when what lands on our tongue would serve not to heal but to harm, not to feed but to fight, not to warm but to wound. Brother pokes your political sore spot again with his radical views? Chew. Mom gives you a

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OUR SUNDAY LOCATION

11850 W. State Road 84, Suite 1, Davie, FL 33325

EVERY SUNDAY

Worship Service: 10:30 to 11:30 am. **Hospitality Hour:** 11:30 am to 12:30 pm.

Faith Development Classes: 11:00 am to 12:00 noon

FRIENDLY REMINDERS FOR OUR MEMBERS

There is plenty of parking outside the sanctuary, but please leave the closer parking spaces for our guests and physically challenged worshippers.

All meetings are held at 11850 W State Road 84, Suite 1 in Davie unless otherwise noted.



River of Grass

UNITARIAN UNIVERSALIST CONGREGATION

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OUR PRINCIPLES

We, the member congregations of the Unitarian Universalist Association, covenant to 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;

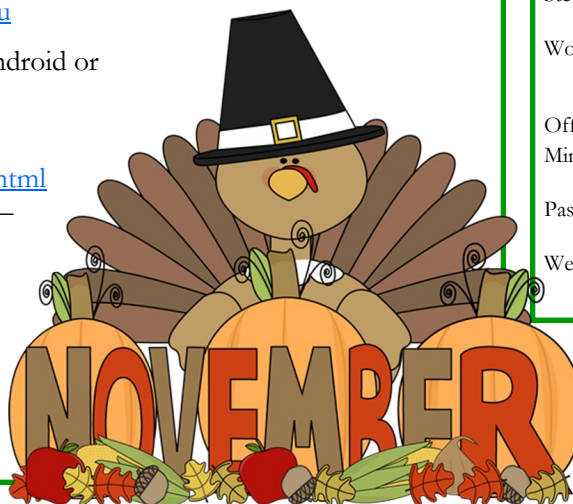
The goal of world community with peace, liberty, and justice for all;

Respect for the interdependent web of all existence of which we are a part.

STAY CONNECTED!

In between issues of *Reflections* you can stay connected to the River of Grass Congregation the following ways:

- ◆ Sign up for our **weekly email** with events and news that changes each week: send an email to office@riverofgrassuu.org
- ◆ Visit our **Facebook page**: www.facebook.com/River-of-Grass-Unitarian-Universalist-Congregation-105801379441441
- ◆ Follow us on **Twitter**: @RiverOfGrassUU or www.twitter.com/riverofgrassuu
- ◆ Try out the **ROG App** for your Android or iPhone: my.yapp.us/RR94DQ
- ◆ Visit our **calendar**: www.riverofgrassuu.org/calendar.html (or go to: www.riverofgrassuu.org – click on Events – Calendar.)



FROM THE BOARD PRESIDENT

Zena Tucker



Remember in grade school when we did the nuclear attack drills and we had to get under our desks and put our head between our legs? Well in that case, the preparation was probably more show than substance, although such a drill could save you from hurling debris caused by a tornado or hurricane. Nonetheless, having a motto of “Safety First” is always the best approach and “failing to plan is planning to fail.” I thought it would be wise to apply this to our beloved home and put “Safety First” to work here at River of Grass. Let’s get started with some basics:

Where are the fire extinguishers? By the exits, in the podium and just outside the kitchen. And if those aren’t enough, we also have a fire blanket under the podium.

Where are the first aid kits? First aid kits are located in kitchen on top of the refrigerator and in the multi-purpose room bookshelf.

Where is the defibrillator? Right outside the bathrooms, and we recommend you call 911 if you have never operated one before to make sure you don’t do more harm than good.

How do I operate the defibrillator? Easy instructions are included with the device, or you can call 911 for someone to walk you through the steps.

Where are the exits? Two in front (side by side near the soundboard and in the hospitality area), two in back (by the bookshelf outside the nursery and one inside the nursery). It is also possible to exit from the storage bay by releasing the overhead door and rolling it up.

Emergency Equipment

(Continued on page 4)

-  Fire Extinguisher
-  Fire Blanket
-  Defibrillator
-  First Aid Kit



FROM THE BOARD PRESIDENT

(Continued from page 3)

Where are the muster areas if we need to evacuate for a fire? If there is a need to evacuate, please make your way to the area Southeast of the back doors or near the dumpster for those who are directionally challenged (most need a landmark).

If an evacuation is required, will the teachers be responsible for evacuating my children? Yes, they will escort them immediately to the muster area, where you will need to go to find them. Please do not leave before checking out your children with a teacher, so we don't spend time looking for someone who has already departed.

If you have any questions about our plans, or if you would like to help enhance our emergency response checklists, please see **Zena Tucker** or email president@riverofgrassuu.org.



BOARD MATTERS

Toni Cattell, Board Secretary

The River of Grass Board of Trustees approved a proposal by **Deb Giblin-Davis** for **River of Greens Plus! River of Greens**, the organic produce Buying Club, has morphed into *River of Greens Mini Fresh Market*, which partners with *Out of the Ashes Foundation*. *Out of the Ashes Foundation* operates a working farm, and has been reconnecting youth with nature throughout the TriCounty area since 1996. Working with area youth helps to create a tie between where natural healthy food comes from, and promotes responsibility.



This once-a-month market will be set up in front of our River of Grass home on the 4th Sunday of each month, right after service, starting Sunday October 25th! The market will offer organic produce and eggs for a suggested donation, to our members and the community at large. All proceeds will go to *Out of the Ashes Foundation* to support their mission to reconnect youth with nature and to heighten their level of responsibility, promote self-sustainability, and build leadership skills.



The Board also approved a proposal presented by **Michael Richardson**, the chair of the Installation Task Force, which is charged with planning and implementing **Reverend Amy Carol Webb's** formal Installation as full time minister of River of Grass Unitarian Universalist Congregation. **The board approved the use of FAITHIFY** as a fundraising tool to help fund the December 6th Installation.

Faithify.org is a UU crowdfunding site where "passionate people FOLLOW, SHARE, and FUND Unitarian Universalist ministries." This will allow people outside of and in addition to, River of Grass UU members, to support our installation and celebration of **Rev Amy**. (For additional information, see page 7.)

SUNDAY SERVICES – 10:30 AM

Nov. 1, **Amy Carol Webb**, *Music Sunday – Singing our History: Día de los Muertos: Ancestor Sunday*

Nov. 8, **Carey MacDonald**, TBD

Nov. 15, **Amy Carol Webb**, *Multi-Generational Hunger Communion/Guest at Your Table* (6:00pm, Neshamah evening meditative service)

Nov. 22, **Amy Carol Webb**, *For this Precious Day (Gratitude)*

Nov. 29, TBD



CHEW

(Continued from page 1)

hard time about your new tattoo? Chew. Cousin uses the meal blessing to once more to call you back into the family's religious tradition? Chew. Fairly vibrating with the urge to point out to each the error of their ways in meticulous detail, backed up with citations from the latest research and quotations from most enlightened and evolved leaders? Chew.

At least thirty-three times.



SEA LEVELS ARE RISING, AND SO ARE WE! MAKING OUR VOICES HEARD FOR CLIMATE JUSTICE

by Scott May and Carolyn SantAngelo



River of Grass members and other South Florida UUs participated in the People's Climate March in Miami on October 14th, along with over 1000 other concerned citizens.

Fighting for climate justice aligns with our 7th Unitarian Universalist principle: Respect for the interdependent web of all existence of which we are a part.



The march provided a venue to bring attention to this "Inconvenient Truth" and the devastating impact of sea level rise.

The march organizers posted, "It's time our communities and government came together to prepare for the impact of climate on our homes, neighborhoods, livelihoods and health. Join our growing movement as we build power and demand real climate action from every level of government."

As Unitarian Universalists and people of faith, our voices need to be heard, especially as we rally our government to take a proactive stand during the United Nations Climate Change Conference, which will be held in Paris from November 30th to December 11th.

INSTALLATION CEREMONY

by Pixie Wright



The River of Grass Installation Task Force cordially invites all members of River of Grass to attend the **Installation Ceremony of Reverend Amy Carol Webb as Settled Minister of River of Grass**, to be held on Sunday December 6, 2015 at River of Grass. This special ceremonial service recognizes **Rev. Amy** as our minister and reaffirms the bond between minister and congregation. In **Rev. Amy's** own words:

“This will be a celebration the way we do celebrations at the River! I only intend to have one Installation in my ministry, so this is indeed special. That said, in some circumstances, an Installation becomes a vehicle through which the minister and congregation express a need to mutually impress one another. This is not the case for us. Rather, this Installation will be a way we express our love for one another and for this

faith, as together we cross this most crucial threshold into Settled Ministry after deep, intensive, and extensive time of work and discernment in Beloved Community.”

Faithify, a Unitarian Universalist crowdfunding site, has been approved by our board as a vehicle to raise funds for this important event. Your contribution of any amount is greatly appreciated. (See link below.)

We have been meeting and working individually since September on this historic event for River of Grass and for **Rev. Amy**. We held the first group task force meeting on Oct. 11, 2015. Members of the task force team include: **Michael Richardson** as lead, **Rev. Amy**, **Kristine Barkley**, **Maureen Lundell**, **Jody Dowgray**, **Carolyn Moore**, **Janet Schwartz**, **Rick Tucker**, **Zena Tucker**, **Deb Giblin-Davis**, **Gayle Giese**, and **Pixie Wright**.

If you would like to participate in any of the events leading up to the installation, or provide home hospitality or rides, or contribute financially, please see one of the following people:

- ◆ **Michael Richardson** – financing, contributions, Faithify, hospitality
- ◆ **Maureen Lundell** – food services
- ◆ **Rick Tucker** – logistics: set-up and clean-up, parking, seating, greeting, ushering
- ◆ **Deb Giblin-Davis** – decor, flowers

It is the hope of the Installation Task Force that all members of River of Grass will be able to participate and be present at this very special and joyful Installation Ceremony. We need your help to make it so. You should receive your invitations by the end of October. As we get closer to Dec. 6, we will have additional information--in the December newsletter and in a special announcement to the congregation.



We need YOUR help to make this happen!
To donate to Rev. Amy's Installation Ceremony via the UUA fundraising site, Faithify, please click [here](#).

LEADERS AND VOLUNTEERS NEEDED

Rick Tucker, Service and Social Justice Chair

The ROG SSJC is looking for leaders and volunteers for our proposed effort to improve the dining



room and other related work at LifeNet4Families. We're applying for a grant through Broward College's Martin Luther King Service Day initiative, and we decided to apply the grant money to improve LifeNet by making it a more welcoming and friendly place. If the grant is awarded, we need leadership to help get this work done.

We need people who can do light construction and interior improvements to head this up, as well as volunteers to help and assist. If the grant is awarded to us, we need to move fairly quickly, because all the work must be done by the 18th of January.

We also need someone to lead our effort to participate in the Martin Luther King march in Fort Lauderdale on the 18th of Jan. 2016. Last year we had a tremendous turnout, and this year we hope to have even more participants. We need someone to organize this year's effort. The leader will organize volunteers to decorate a vehicle and coordinate volunteer transportation issues.

Those interested in leading and volunteering in these events, please contact **Rick Tucker** at ssjc@riverofgrassuu.org.

HAPPY VETERAN'S DAY

by Zena Tucker

What's your Veteran's Day story? Stories of bravery, of honor, of service, of tragedy, of triumph, and of heartbreak are here in our midst, if we take a moment to find them.

I was honored to hear a River of Grass member's story right here in our hospitality corner. I listened while WWII Veteran **John Judy** (deceased) quietly spoke of the austere conditions of the Pacific Theater, and I was amazed to hear about his encounters with Japanese citizens when his unit arrived in their country. The experience changed **Mr. Judy**, and I think fueled his drive to make the world a better place for the rest of his days. Seeing now his beautiful family, his exceptional career, and his commitment to charitable causes, I think **Mr. Judy did** make this world better, and we are the richer for it.



I have few small stories from my own days in the US Air Force. Like the time I convinced the test engineers that the weather was the reason they were not getting the required lift from their new aircraft, and I forced them to add weather considerations on all future tests. One day, the helicopter pilots waited until I came in to get their pre-flight weather. "Which valleys have fog?" they asked, as if I could really know. There were no weather sensors deep in the mountains of wintertime Bosnia-Herzegovina. I honestly think they trusted me to answer them, not because I had 100% accurate observations and forecasts, but because they knew I cared.

Recently I got to know a retired Air Force Weather Reconnaissance Officer. He flew missions during the Vietnam War, reporting weather conditions to support operational plans—back in the days when satellite pictures were few and of poor resolution. He jokingly spoke about the time his aircraft was directed inadvertently off-course and consequently nearly ran out of fuel over the Arctic. He laughs about it now, but I'm betting that crew was sweating even in the cold, before they landed safely.

I'll bet you have some stories to share on this Veterans Day, either your own or those of family or friends. I know of a few Veterans here at River of Grass: **Ken Bresnahan**, **Tom Carol**, **Katrin Forster-Csvany** and **Tom Robinson**. Let's take some story moments during this day dedicated to honoring our Veterans. Not only will these stories enrich our lives with appreciation, but the stories will honor the veterans' commitment and service. Shine On, Veterans!

MEMBERSHIP MATTERS

Deb Kitner, Membership Committee Chair

The Fall Frolic picnic is fast approaching! This event will be held on Sunday, November 15, from 12:00 until 4:00. **John** and **Liz Perez** have again graciously opened their home for the yearly picnic. Be ready to swim and enjoy great food and fellowship, rain or shine. Burgers, hot dogs, veggie burgers, breads and condiments are provided. Sign up sheets for side dishes, drinks, and paper goods are located in the back of the sanctuary.



FULL MOON DAUGHTERS HOST CAMPING TRIP

by Diane Lade

The gentle sound of the ocean . . . the best sunsets in the Florida Keys . . . songs and s'mores around the campfire.

Yes, it's time again for the Full Moon Daughters' camping trip to Bahia Honda State Park, near Big Pine Key. Women and girls are invited to join the fun on Nov. 7th through Nov. 9th. Our campsites are directly on the ocean, and you can spend your days kayaking, biking, snorkeling or just chilling. We'll have fabulous communal meals, activities, and spiritual circles.

Hotels are available in nearby Marathon or Big Pine Key for those who aren't crazy about sleeping on the ground but still want to participate. Camping fees will be determined by how many people attend, and usually run between \$20 to \$35 for both nights.

Full Moon Daughters is the outdoor spirituality group for women and girls at River of Grass, as well as their female family and friends. This trip is open to gals of all ages. Reservations are required and must be made by Nov. 2. Cancellations after Nov. 3 will incur a \$17 fee. To sign up, email: fullmoondaughters@riverofgrassuu.org.



See you on the water, along the trail, and under the stars.



SAVE THIS VERY IMPORTANT DATE!!

SATURDAY FEB 27, 2016

Mark your calendars for River of Grass UU's biggest fundraiser of the year – the Annual Auction!

This year we are having a Luau!

Details to come, but go to your calendars right now, and **SAVE THE DATE!!**

For the latest auction event news, go to riverofgrassuu.org/auction-2016



JOIN FULL MOON DAUGHTERS IN SUPPORTING NAMI WALK

by Gayle Giese

Join Gayle Giese and Full Moon Daughters at the NAMI Walk to raise funds for the National Alliance on Mental Illness in Broward and Dade Counties! The Walk is Saturday, November 14th at Tradewinds Park in Coconut Creek. Walk with us for a critical local cause that touches us all. Registration is at 8:30am; walk starts at 9:30am. To donate (thank you) and/or join our very own Team TsuNAMI, Raising Awareness and Crushing Stigma, follow this link:

<https://securewalks.nami.org/registant/TeamFundraisingPage.aspx?teamID=640532#&panel1-2>



I ordered extra very-cool **Team TsuNAMI** t-shirts! Note that you can register as a *virtual* walker if you can't be there, and if you raise \$50 or more, NorthStar Financial Planners will buy you a cool t-shirt!

RIVER OF GRASS CAFÉ

MICHELLE AND SCOTT DALZIEL

SATURDAY, NOVEMBER 21ST, 8:00 PM

The fresh and soulful sounds of Michelle and Scott Dalziel's voices, combined with their high energy performance, memorable and meaningful songwriting, and instrumental finesse, put them in a category all their own. Acoustic Rock or Folk genres could very well hold them, but not completely. They dip down into R&B, jazz, roots, and blues showing the versatility of this duo. Since their Kerrville Folk Festival and South West Regional Folk Alliance debuts in 2004, they are gaining recognition and respect from not only audiences, but from venue owners and established artists alike.



The Dalziels will caress your mind and your heart with their songs of people and places that exist in all of our minds. You will feel as though you too have seen Topanga Canyon, been a Sea Faring Man leaving a family behind and the yearning of that young crush while you are Waiting for the Revolution. They are without a doubt one of the most talented songwriting teams and musicians that have ever graced our stage.

– Kim, Monson, Two Harbors Folk Festival, Two Harbors, MN

Suggested Ticket Donation Price: \$18 in advance, \$23 at the door.

WELCOME TO SWIM 2015

By Candy Gale, SWIM Director 2015



SWIM, the Southeast UU Winter Institute in Miami (sometimes), is delighted to invite you and yours to join us for a week of joy, adventure, and community from December 26 through January 1. Now in our 42nd year, SWIM brings many opportunities to share yourself with other Unitarian Universalists and friends. We invite you to play and learn and worship and just be – as we come together yet again.

SWIM is an intergenerational camp that will be gathering this year at Cloverleaf 4-H Camp in Lake Placid, Florida! (<http://florida4h.org/camps/cloverleaf/>) We have workshops, music, worship, trips, dancing, games, canoeing, and teen and children's programming, all ending in a wonderful New Year's Eve party. We will have some amazing activities. You will find it all on our website www.swimuu.org.

We are happy to announce that there will be NO INCREASE in the cost of SWIM this year. Plus, there is a \$40 per person reduction for anyone who camps in a tent or RV all week. Special rates are also available for UU ministers and daytimers.

For those arriving early, and locals, there will be a Christmas Dinner at the historic Columbia Restaurant www.columbiarestaurant.com, 2117 E 7th Ave, Tampa, FL 33605 (813) 248-4961, in Ybor City at 6:00 PM on Christmas Day. No need to pay ahead of time, but if you are planning to come, let Candy know director@swimuu.com, so we can make sure to have reservations for everybody. If you would like to know more, please go to our website www.swimuu.org or contact Candy Gale director@swimuu.com or Jerry Elsenrath registrar@swimuu.org.

UU FLORIDA SOUTHEAST CLUSTER ANNUAL MEETING

Carey McDonald, the UUA's Outreach Director, will be the featured speaker at the UU Florida SE Cluster Annual Meeting on November 7: *Tending & Growing our Congregations; Advancing UU Values in the World.*



Carey will speak on growth, marketing, and the future of our faith. How can we reshape our faith to attract Millennials? How can we create a culture of growth? The Rev. CJ McGregor, of the First Unitarian Universalist Congregation of the Palm Beaches, will be working with Carey McDonald during the afternoon session and in a workshop. Hands-on workshops later in the afternoon include "Social Media" [bring your smart phones, tablet or laptop], "Creating a Welcoming Environment," and "Best Practices and How to Structure Vibrant Committees."

This exciting annual meeting, *Tending & Growing our Congregations*, will be at the Unitarian Universalist Fellowship of Boca Raton, 2601 St. Andrews Blvd, Boca Raton, FL 33434 on Saturday, November 7, from 9:45 AM to 4 PM. Registration, which includes continental breakfast and lunch, is \$15 in advance and \$20 at the door. For advance PayPal registration go to <http://www.uuflorida.org/annual/>

For information contact Steve Jens-Rochow at seucluster@gmail.com

WOMEN'S GROUP

Sheryl Silverman, Coordinator

The Women's Group meets the fourth Monday of each month. The topic question for the November 23rd meeting is "What are some peaks and valleys in your past?" womensgroups@riverofgrassuu.org



FAITH DEVELOPMENT NEWS

Mary Warner, Faith Development Coordinator

Autumn is a second spring when every leaf is a flower. – Camus

October was a spirited month as the children and youth discussed what it means to be spiritual. Both our primary and secondary/teen classes learned about spirits of different religions, with a focus on religions that celebrate spirit animals. We brought out our animal side, or spirit, as we created animal masks that we shared at our October Intergenerational Service: Animal Blessings.

Guest at Your Table, volunteering, and celebrating. November brings us into the start of the holiday season. We are encouraged to think about the ways we are blessed, what we are thankful for, and how we can help others. This month our children and youth will be starting the preparations for this year's Holiday Pageant and putting together our social justice project for the holiday season. Further details to come.



Volunteers Needed for Upcoming Events!

November/December

- ◆ Holiday Movie Night
- ◆ Holiday Gathering and Crafts

January/February

- ◆ Valentines Mystery Mail (formerly known as *Secret Pals*)

Please contact Mary at fdcoordinator@riverofgrassuu.org if you are interested in volunteering.

SECOND HELPING SUNDAYS

Carolyn Sant Angelo, Worship Committee Chair



Join us for Second Helping Sundays in November! Second Helping Sundays is a chance for adults to connect and deepen our faith, with a second, lovin' spoonful gathering after service. Topics for the month of November are:

- ◆ Nov 1: "Sex in the Scripture: Everything You Always Wanted to Know but Were Afraid to Ask!" Guided by [Rev. Amy](#)
- ◆ Nov. 22: "Scheduled Happiness: Surviving the Holidays" Guided by [Kip Barkley](#)

Bring a bag lunch (and a second to share with a visitor if you like!) and join the gathering at the River. Parents – sign up in advance, and childcare will be provided.

For more information, see [Rev Amy](#), [Zena Tucker](#) or [Carolyn Sant Angelo](#), or email worship@riverofgrassuu.org.

