River of Grass

Unitarian Universalist Congregation 11850 W State Rd 84, Ste A9, Davie, FL 33325

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

River of Grass Weekly Update – May 23, 2024

MASK ALERT!

Just when you thought it might be time to put away that mask!

We are experiencing a flu/cold outbreak in the congregation. Several people have been struck down and even one in the hospital.

So the word for the next few days is "Self Care",

If you are sick or are feeling kind of punky, please stay home, rest, hydrate, and heal.

If anyone in your household is sick, please, rest, and hydrate. Wear a mask if you go out.

And if you are fortunate to be well, take care. Be cautious and we recommend wearing a mask outside.

Sunday, oh what to do?

Yes, we will have an in-person service as well as streaming out virtually.

It is up to you to decide whether to attend in person or online. If you do attend in person, we recommend you wear a mask, just to protect yourself and others in the congregation who may be vulnerable.

Thank heaven for *Musicians!*

I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by.

No matter what culture we're from, everyone loves music.

- Billy Joel

I have always said that we have the absolute best people in this congregation.

With almost all of the Sunday service crew struck down with the flu, Gary Gonzalez & Cecelia Roy (and maybe others) are pulling together a music service (Bless their hearts!).

Be sure to attend whether in person or virtually. There will be music and music, and music.

PS While you may be inclined to sing along, please do. It is healing. Remember that singing without a mask can also spread more germs than speaking.

Come as you are at 10:30 this Sunday morning – either in person at our new location in Davie (info below) or virtually on Zoom and Facebook Live. Come a bit before and we can chat prior to the service. We'll be watching for you!

In person at:

- 11850 W State Road 84, Suite A9, Davie, FL 33325 (Click for Directions)
- Service will begin at 10:30 AM
- Childcare will be provided.

Use the Zoom link below to gather with us virtually in Zoom. Catch us on Facebook live on our <u>Facebook</u> <u>page</u>.

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/ab3E9IRtb9

Upcoming In-Person or Virtual Events - This Sunday:

Sunday, May 26, 2024 - 10:30 AM

River of Grass UU Congregation - "Thank heaven for Musicians!" - Worship and Music Teams

https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViOT09

Faith Development for Kids and Youth:

This week in our Faith Development program for children and youth, we'll share an excerpt from the movie, Forrest Gump and talk about what it means if "Life is like a box of chocolates". We'll consider how a positive outlook on life can make a difference, how gratitude can help in developing that positive outlook, and explore ways in which we all create our own destinies through either a positive or negative outlook on life. And, of course, there'll be chocolate! For more information about our FD program for River of Grass Kids, reach out to Ms. Karen at ReligiousEducator@RiverofGrassUU.org.

Flowing River Sangha meditation on Sunday Mornings

The Flowing River Sangha meets on Sunday mornings at **8:30 AM via Zoom**. Come learn and practice the cultivation of present-moment awareness with an experienced meditator and group facilitator. Gary Gonzalez has been leading mindfulness meditation groups since 2014. Join us via Zoom at the following link: <u>Flowing River Sangha Zoom Link</u>. We look forward to seeing you there. Peace.

Auction Event POSTPONED – **An Enchanted Afternoon with Cecilia Roy!!** Unfortunately, a large number of our congregation have come down with the Flu. We are postponing our Auction Event "An Enchanted Evening with Cecilia Roy" to a future date. We will **NOT** be holding the concert this Sunday afternoon, May 26. If you have any questions you can contact Kristine Barkley at krsbarley@gmail.com. Further information about this event will be posted when a new date and time have been determined. If you have any questions, please contact the Auction Team, Auction@RiverofGrassUU.org

Office Holiday Hours: The office will be closed on Friday, May 24th, and Monday, May 27th, in observance of Memorial Day. Please email Sandy if you have any questions (office@riverofgrassuu.org).

Other Events:

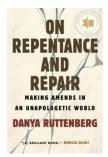
Free "Mindfulness for Today's World" weekly online sessions:

Thursdays 6:00 - 7:00 pm for adults, zoom link for Thursday at 6 pm

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

Unitarian Universalist Association Common Read 2023-24: *On Repentance and Repair* by Rabbi Danya Ruttenberg

When we do a UU Common Read together, we share in reflection, learning, and action. A UU Common Read can take us on a powerful journey into what it means to be human and accountable in a world filled with both pain and joy. Karen and Gary Gonzalez will lead us through a **3-session discussion on May 29th**, **Jun 5th**, **and Jun 9th from 7:00 – 9:00 pm** at River of Grass (11850 W State Road 84 Ste A9, Davie, FL). RSVP to ReligiousEducator@RiverofGrassUU.org.



You can purchase <u>On Repentance and Repair</u> by Rabbi Danya Ruttenberg from <u>InSpirit, the UUA Book and Gift Shop</u>. An audiobook, narrated by Shelly Sheckell, is available from <u>Libro.FM</u> and other sources.

This Common Read offers a glimpse into one of our faith's foundational sources, Judaism. Readers explore the call to accountability in our personal and public lives as we follow Rabbi Ruttenberg into a framework for making amends offered by the 12th-century Jewish physician and scholar, Maimonides.

On Repentance and Repair invites readers of any faith to explore practices for accountability that can bring us into wholeness and make a difference in our personal, our community, and our national relationships.

Article II Sessions - Amplifying the Charge

In preparation for the next stage of the UUA bylaws adoption process, and with a desire to extend opportunities for adult faith formation, and to support congregations to deepen their personal, communal, and denominational grounding, we are offering a 2-session discussion series: **AMPLIFYING THE CHARGE.**

The second session is on **Jun 2nd after service**. If you can't make it in person, we'll also be on Zoom. Just click the Zoom link or call the number below to join the meeting. We hope to see you there! Join Zoom Meeting: https://zoom.us/j/91267195729. Meeting ID: 912 6719 5729; One tap mobile: +13052241968,,91267195729# US.

RoG Men's Group - We will meet Thursday, Jun 6th. We are meeting **in person or Zoom at 7:00 pm in Suite A9, 595 Park of Commerce:** The official address is 11850 SR 84, Suite A9, Davie, Fl 33325. Our optional pre-meeting dinner will be at **Lester's Diner: 1393 NW 136th Ave, Sunrise, FL 33323**. We'll meet there at 5:30 pm. We are a lay-led group that looks to our members for discussion topics. All who identify as male are invited to join us! **Our next meeting is on Jun 6th from 7:00 to 8:30 PM**, in person or via **Zoom Meeting**. If you're joining us for dinner, please email Ken Bresnahan, group facilitator, so that he can coordinate space.) For questions: contact Ken; at mensgroup@riverofgrassuu.org.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Use efficient lighting. Resist temptations to buy "old fashion" light bulbs, and instead replace bulbs with compact fluorescent or LED. It may cost more upfront, but they use less electricity, produce less heat, reduce your electric bill, and often last year's longer.

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

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 wishing to be sent out in the weekly congregation-wide update should be e-mailed to WeeklyEmail@RiverofGrassUU.org by noon 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.

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