

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 – August 15, 2024

Imagination – The Fifth Dimension

“You unlock this door with the key of imagination. Beyond it is another dimension: a dimension of sound, a dimension of sight, a dimension of mind.”

Rod Serling

“There is a fifth dimension, beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition. . . This is the dimension of imagination. You're traveling through another dimension -- a dimension not only of sight and sound but of mind. A journey into a wondrous land whose boundaries are that of imagination.” (Introduction to the Twilight Zone).

Join us this Sunday as Ed Lewis explores the life and times of Rod Serling – an American screenwriter and television producer best known for his television series “The Twilight Zone’ - another UU hero!

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 [Facebook page](#).

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 In-Person or Virtual Events - This Sunday:

Sunday, August 18, 2024 - 10:30 AM

River of Grass UU Congregation – “Imagination – The Fifth Dimension” - Ed Lewis

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

Faith Development for Kids and Youth:

River of Grass kids have fun all summer long! During our Summer Fun Faith Development program, we are offering fun activities and a children's fellowship every Sunday during worship through Aug. 25. These sessions take the place of regular Sunday school, which will return in September. For more information, contact the Summer Fun coordinator Diane Lade at 954-673-3465 or dlade@bellsouth.net.

Coming up this Summer Fun Sunday: This Sunday our children in Faith Development will have fun with Miss Kathy!

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: [Flowing River Sangha Zoom Link](#). We look forward to seeing you there. Peace.

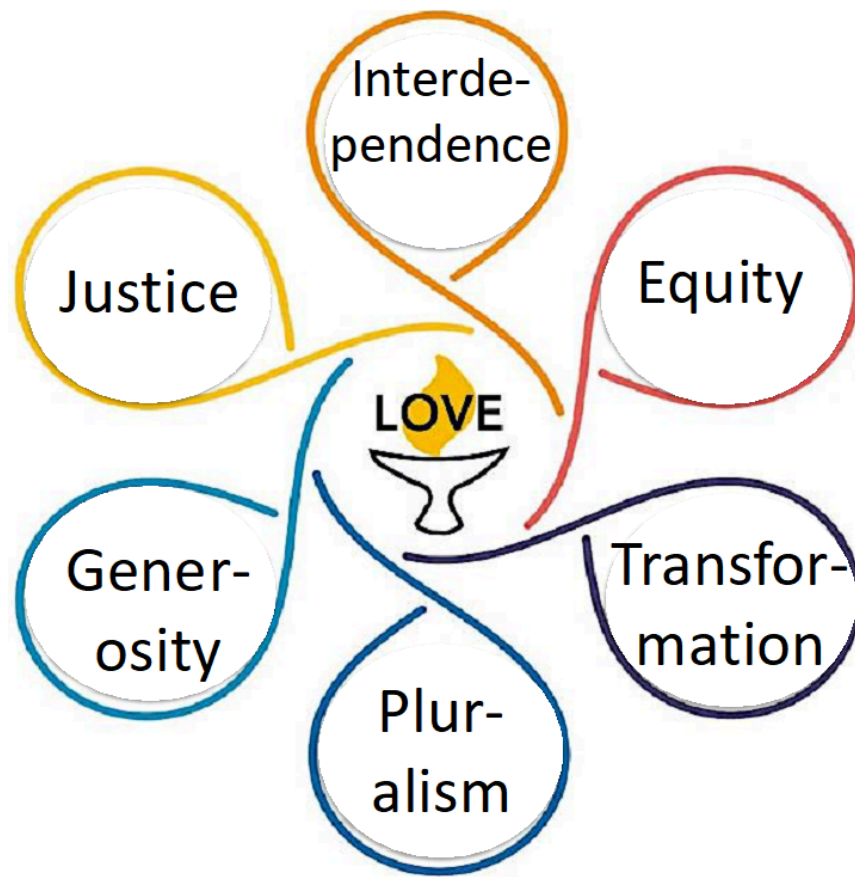
These New UU Values Will Guide Us

At the recent General Assembly in June these new Values were adopted, subject to a second vote at next year's GA. They are replacing the 8 Principles as our statement of faith; they are an expression of what we are; what we believe in. Notice that Love is in the center of the 6 spokes. Similarly, Love is the first word of our Covenant, "Love is the Spirit of our Congregation."

The UUA says that these Values will guide us as "we transform the world through liberating Love." "You belong. You are not alone."

Notice how the 8 Principles have been folded into the new 6 Values:

- **Interdependence.** We honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it. We covenant to protect Earth and all beings from exploitation. We will create and nurture sustainable relationships of care and respect, mutuality and justice. We will work to repair harm and damaged relationships.
- **Pluralism.** We celebrate that we are all sacred beings, diverse in culture, experience, and theology. We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect.
- **Justice.** We work to be diverse multicultural Beloved Communities where all thrive. We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large.
- **Transformation.** We adapt to the changing world. We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.
- **Generosity.** We cultivate a spirit of gratitude and hope. We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.
- **Equity.** We declare that every person has the right to flourish with inherent dignity and worthiness. We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.



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/>

UU the Vote / Yes on 4 Virtual Phonebank – Sep 5th, 2024, 6:00 - 7:30 pm Eastern

Register here: <https://mobilize.us/s/QZjUD4>

UU folks, join Yes on 4 for our weekly virtual phone bank session where you will connect to voters via phone call to invite them to take action and support Yes on 4 this election cycle. No experience is necessary, we will provide training and support to you while you make calls from anywhere! Help us grow our movement to limit government interference with abortion!

Strengthening Your Mind, Body, and Heart, 8-week MBSR program

[Insight Institute](#) is offering an 8-week online mindfulness program called, "Strengthening Your Mind, Body, and Heart" (on a sliding scale \$0-\$350 & possible stipend). This Mindfulness-Based Stress Reduction (MBSR) course is based on the program created by Jon Kabat-Zinn at UMASS.

Classes are live online: Tuesdays from 5:30 - 7:30 pm Eastern Time

September 10 - October 29, 2024

Online Retreat Day on Sat. Oct. 12th from 9:00 am - 3:00 pm (often a highlight for participants!)

[Register here](#). Email carolyn@insightinstitutellc.com if you have any questions.

Each class covers different topics and mindfulness practices that build on the previous weeks, so please try to attend all eight weeks. Topics include:

- meditation practices - breathing, gentle movement, mindful eating, body scans, imagery, and more
- talks on the science of mindfulness, stress management, dealing with emotions, communication skills, etc.

- lively invitational discussions
- humor, poems, and stories

**Strengthening Your Mind,
Body, and Heart**

*Mindfulness-Based Stress Reduction
(MBSR) 8-week Online Course*

Tuesdays 5:30-7:30 pm (EST)
Sept. 10 - Oct. 22, 2024 Retreat Day on Oct. 12 9 am-3 pm

Students enrolled in this course have the opportunity to optionally participate in research on mindfulness-based training being conducted by the University of California, Davis and can earn up to \$230 for doing so.

MINDFUL KIDS MIAMI
www.mindfulkidsmiami.com

Insight Institute

Mindful Kids Miami is partnering with Insight Institute to provide MBSR on a sliding scale. Register at www.insightinstitute.com or use QR code above

The Mountain items for this month:

Farm Fest - September 1

Join the Many Hands Peace Farm for a day of family-focused fun and educational workshops on sustainable farming and regenerative agriculture. Enjoy fresh treats from our local farming community, live bands, and engaging programs to inspire you and your family to cultivate your own home garden and kitchen traditions.

Make a weekend of it and book a stay in one of our cabins! It's a great way to enjoy Farm Fest and spend time exploring the natural beauty of the Blue Ridge Mountains.

Learn more and book your stay: www.themountainrlc.org/lodging-spaces

If you are interested in being a premier workshop leader, vendor, or visiting artist, please email our farm manager Raleigh Duschen at farm@themountainrlc.org.

Fall YouthCONS

Youth CONS are weekend gatherings of Unitarian Universalist youth, Peer Advocate Leaders (PALs), and advisors from congregations all over the southeast and beyond. It's a great opportunity for our UU youth to join together for tons of fun, connection, reflection, and spiritual growth. Activities include workshops, a dance, and the Coffee House where youth can showcase their talents. Participants stay in our cozy cabins and join together in our Dining Hall for delicious meals suited to individuals' dietary needs. CONS are planned by youth for youth and provide great opportunities for youth leadership and empowerment.

Elementary CON (3rd to 5th grade) - October 18-20

Intermediate CON (6th to 8th grade) - November 1-3

Senior High CON (9th to 12th grade) - November 15-17

Learn more and register at: www.themountainrlc.org/youth-conferences

Fall PAL Planning Weekend - September 20-22

Join Peer Advocate Leaders (PALs) and Mentors (Age 16 & up) for an amazing youth leadership experience as we

gather to plan our upcoming Youth CONs. The focus of this weekend is to build a program for all ages that is aligned with our Unitarian Universalist values as a supplement to congregational Religious Education programs. Space is limited to 25 registrants for the weekend and please register only if you plan on attending one or more of the Youth Conferences during the season.

Learn more and register at: www.themountainrlc.org/youth-con/fall-pal-planning-weekend

Sunday Gatherings - Every Sunday through October

You're invited to join us at the Many Hands Peace Farm at The Mountain Retreat and Learning Center for our Sunday Gathering. Enjoy a full day of events, communing with nature, as well as learning more about the native plants and flowers that nurture our mind and body. We will also enjoy a community potluck lunch so be sure to bring a dish to share!

- Mindful Movement & Meditation
- Food Forest Sound Bath & Foraging
- Community Potluck Lunch
- Herbal Tea & Sacred Circle
- Group Garden Cultivation

RSVP and join our community newsletter by emailing farm@themountainrlc.org

And make it a fun weekend of it and book a stay with us! Call 828-526-5838 or visit www.themountainrlc.org/planning-a-retreat for more info and to make your reservations.

Connect With Us:

Mountain newsletter: sign-up at the bottom of the home page: <https://www.themountainrlc.org/>

<https://www.facebook.com/TheMountainNC/>

<https://www.instagram.com/themountainrlc/>

Not Your Mama's Craft Fair – This November, the non-profit GFWC Plantation Woman's Club will be holding its two-day NOT YOUR MAMA'S CRAFT FAIR at Plantation's Volunteer Park Community Center located at 12050 West Sunrise Boulevard from 9:00 am to 5:00 pm on Saturday and 10:00 am to 4:00 pm on Sunday, **Nov 9 & 10**. Proceeds from this event will support numerous local charities and service organizations as well as scholarships. The craft fair will be indoor and outdoor featuring seasonal artisan products, handmade jewelry, clothing and other wearables, kitchen and garden craft plus a host of other unique items. Delicious homemade food will be available for purchase. **ADMISSION AND PARKING ARE FREE**. There is a free door prize ticket with the postcard ad. For more information email: gfwcplantation@gmail.com

 GFWC Plantation Woman's Club
Presents
NOT YOUR MAMA'S CRAFT FAIR
Filled with unique handmade
and seasonal treasures

November 9th-10th 2024
Saturday 9-5 • Sunday 10-4

gfwcplantationwomansclub.com

For more info email
gfwcplantation@gmail.com

Free Entry - Free Parking Volunteer Park Community Center
12050 W. Sunrise Blvd. Plantation, FL 33323

**BRING THIS CARD
FOR A FREE DOOR
PRIZE TICKET**

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Irrigate during the early morning hours when temperatures and wind speeds are the lowest. This reduces water loss through evaporation. Also, position sprinklers to put all the water on your lawn and landscape, not onto paved areas nearby. This weekend: Please take a few minutes, check your sprinkler system timing and positioning...and live our 7th principle.

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 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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