

# River of Grass

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

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

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## River of Grass Weekly Update – August 22, 2024

### Theodore Parker – The Outcast Hero

*“Be ours a religion which, like sunshine, goes everywhere; its temple, all space; its shrine, the good heart; its creed, all truth; its ritual, works of love; its profession of faith, divine living.”*

Theodore Parker

Parker gave of himself, of what he knew and thought, unstintingly, to preaching, to reforming, to ministering, to politicking, to helping the poor and oppressed, to socializing with a wide range of friends, to letter-writing to correspondents all over the country.

Despite these many directions in his life, Theodore Parker had two major roles that have made their mark in history, in addition to having been one of the greatest and most popular orators of his time, a time when oratory was one of the great entertainments for all groups of people. His Twenty-Eighth Congregational Society in Boston numbered 7,000 members, with perhaps 2,000 attending every Sunday.

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 25, 2024 - 10:30 AM**

**River of Grass UU Congregation – “Theodore Parker – The Outcast Hero” -Kathy Jens-Rochow**

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

***Faith Development for Kids and Youth:***

River of Grass kids have fun all summer long! Over the summer, Faith Development has been offering activities and a children's fellowship every Sunday during worship. This Sunday will be our last Summer Fun session for 2024, as we resume our regular Sunday school next month. Thanks to all the wonderful Summer Fun volunteers: Mindy Lawless-Coker, Andy Perez, Linda Lathroum, Kechi Mourer, Dora Font, Kathy Jens-Rochow and Geri Mikulski. We appreciate you!

If you have questions about this Sunday or our summer program, contact Summer Fun coordinator Diane Lade at 954-673-3465 or [dlade@bellsouth.net](mailto:dlade@bellsouth.net).

**Coming up this Summer Fun Sunday:** Last Day of Summer School celebration with Miss Karen! We will play games and talk about the favorite things we did this summer.

### *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.

### *Special Thanks to the Spiritual Artists at River of Grass:*

Steve Jens-Rochow is filled with joy as he lit many candles for all of our Spiritual Artists who created the banners and hung them. Thanks to:

Susan Juncosa  
Dora Font  
Tony Font  
Rachel Malca and her son  
Theo Lucas  
Bev Kaufman  
Ken Bresnahan  
Andy Bunce  
Milton Carp



Our Banners are the spiritual essence of River of Grass and Unitarian Universalism. If you have any questions about the Spiritual Artists group please email Steve Jens-Rochow at [spiritualart@riverofgrassuu.org](mailto:spiritualart@riverofgrassuu.org).

### *These New UU Values Will Guide Us*

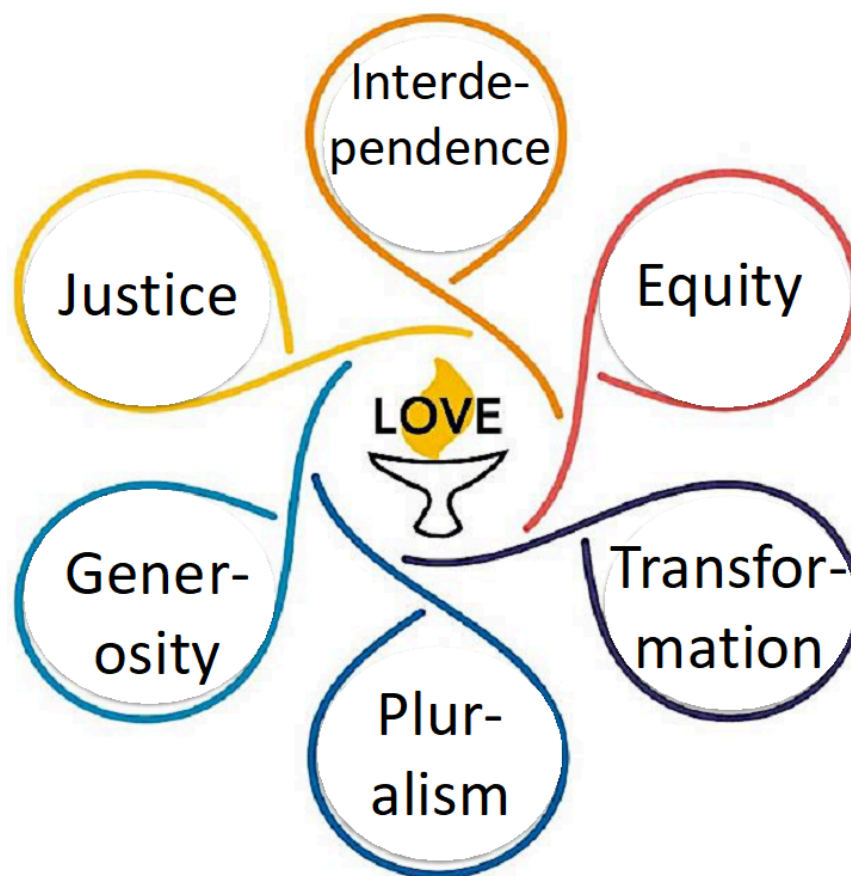
At the recent General Assembly in June these new Values were adopted, subject to a second vote at next year's GA. They are replacing the 8 Principles as our statement of faith; they are an expression of what we are; what we believe in. Notice that Love is in the center of the 6 spokes. Similarly, Love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

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

**Vote Yes on Amendment 4!**

Amendment 4 to the Florida Constitution would limit government interference with abortion, returning healthcare decisions to pregnant people and their doctors. Voting Yes on 4 this November is the only way to end Florida’s extreme abortion ban. Florida currently is under a near-total abortion ban with no real exceptions for rape, incest, or a woman’s health. It bans abortion before most women and girls realize they are pregnant. River of Grass and the Unitarian Universalist Association are supporting this Amendment. [Learn more here.](#)

- **The August Super Saturday event has been moved to the 24<sup>th</sup>.**
- It has also changed locations to a yet-to-be-determined place in Deerfield.
- The sign-up link is below. This is a door-to-door canvass event because this approach is known to be the most successful way to reach voters. Canvassers will be given Yes on 4! T-shirts.
- If you'd prefer to (or would also like to) write postcards, Karen Gonzalez will have bundles to give away at River of Grass on Sunday.

### [Super Saturday August 24<sup>th</sup> Sign up link](#)

#### **UU the Vote / Yes on 4 Virtual Phonebank – Sep 5<sup>th</sup>, 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. 12<sup>th</sup> from 9:00 am - 3:00 pm (often a highlight for participants!)*

[Register here](#). Email [carolyn@insightinstitutellc.com](mailto: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 is partnering with Insight Institute to provide MBSR on a sliding scale. Register at [www.insightinstitute.com](http://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](http://www.themountainrlc.org/lodging-spaces)

If you are interested in being a premier workshop leader, vendor, or visiting artist, please email our farm manager Raileigh Duschen at [farm@themountainrlc.org](mailto: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 (3<sup>rd</sup> to 5<sup>th</sup> grade) - October 18-20

Intermediate CON (6<sup>th</sup> to 8<sup>th</sup> grade) - November 1-3

Senior High CON (9<sup>th</sup> to 12<sup>th</sup> grade) - November 15-17

Learn more and register at: [www.themountainrlc.org/youth-conferences](http://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](http://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](mailto: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](http://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](mailto: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](http://gfwcplantationwomansclub.com)

For more info email  
[gfwcplantation@gmail.com](mailto: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: Use reusable food storage containers made of glass instead of single-use plastic baggies or plastic wrap. It's cheaper and healthier to reheat food in a glass container in the microwave.*

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 wishing to be sent out in the weekly congregation-wide update should be e-mailed to [WeeklyEmail@RiverofGrassUU.org](mailto: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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**11850 W State Rd 84, Ste A9, Davie, FL 33325**  
**954.723.7877 - [office@riverofgrassuu.org](mailto:office@riverofgrassuu.org)**