

# 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 29, 2024

### The Labor of Love

*“Where there is great love, there are always miracles.”*

- Willa Cather

What do you do for love? What do we, and shall we, do for love? Join us this first Sunday of our new Congregational Year to consider together what it means to keep love at the center of our lives and work as we celebrate Labor Day and the good work at hand this coming year!

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, September 1, 2024 - 10:30 AM**

**River of Grass UU Congregation** – “The Labor of Love” - Rev. Amy Carol Webb

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

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

This Sunday, our children and youth will bring their backpacks (or guitar case :) to service to receive a blessing for the new school year. We'll then gather for games and treats and some reconnecting fun. Families are asked to register their children for a new year of Faith Development at the link below. Classes begin on September 8<sup>th</sup>.

[REGISTER FOR FAITH DEVELOPMENT 2024-25](#)

*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.

### **Office Closed on Labor Day:**

The River of Grass office will be closed on Monday, Sep 2<sup>nd</sup> for Labor Day. Sandy will be available again on Tuesday during business hours from 10:00 am - 3:30 pm. If you have any questions please email our Office Administrator, Sandy Blair Chibnick, at [office@riverofgrassuu.org](mailto:office@riverofgrassuu.org).

### **2023-24 River of Grass Annual Report**

Want to take a peek at last year before our new congregational year begins?

[2023-24 River of Grass Annual Report \(pdf\)](#)

## **Making New Ways for New Times: Office Administration Plan for Fall 2024-2025**

As you will recall, when our Office Administrator, Sandy, needed to move her family to the Orlando area, we drafted a plan for a hybrid on-site and remote work schedule. With our first monthly assessment of the efficacy of this plan, we continue to expect it is workable as we modify strategies to cover the needs of our office, leadership, and the congregation as a whole. We will be assessing and adjusting monthly going forward.

### **How the calendar works:**

- Sandy works on-site second and fourth weeks, Tuesday through Thursday, keyed to the 2<sup>nd</sup> Tuesday Finance meeting to be on site to generate the correlating reports and attend the meeting.
- First and third weeks, plus the Monday and Friday of on-site weeks, Sandy works from her home office.

### **Important to note:**

- Office Hours: 10:00am – 3:30pm, Monday – Friday.
- Phone calls: While the River of Grass office phone will forward to Sandy in her home office, it is important that callers leave a voice mail if their call is missed. This helps our office work in a few ways, for tracking phone traffic, and being certain calls are legitimate RoG business (yes, we get the same junk calls everybody gets), returned in a timely manner, and requests or issues addressed.
- Task organization and scheduling underway, prioritizing on-site essentials

### **New!**

- To cultivate connection, Sandy will be hosting a **“Virtual Admin Drop-in” zoom call every Wednesday, 10:30 am - 12:00 noon**, during both on-site and remote weeks. Feel free to log on to chat, check in, ask a question, or just say Hi! Here’s the info:
  - Topic: In the Office with Sandy
  - Time: Every week on Wednesday at 10:30 AM Eastern Time (US and Canada)
  - Join Zoom Meeting:  
<https://us02web.zoom.us/j/88206328735?pwd=Ka6B9096Uyl90Q7wRsacYtb5VxbqsY.1>

**Heads-up!** Watch the Weekly Email for forthcoming announcements and strategy developments, and reminders for on-site office days!

### **Upcoming Events:**

- Thursday, Aug 29 - Mindfulness for Today’s World at 6:00 pm
- Saturday, Aug 31 - A9 Work Party at 9:00 am
- Sunday, Sep 1 - Sunday Service at 10:30 am
- Sunday, Sep 1 - Women’s Group at 7:00 pm
- Monday, Sep 2 - Office closed for Labor Day
- Wednesday, Sep 4, Virtual Admin Drop in with Sandy from 10:30 am - 12:00 pm

- Thursday, Sep 5 - UU the Vote/Yes on 4 Virtual Phonebank from 6:00 - 7:30 pm
- Thursday, Sep 5 - Men's Group at 7:00 pm
- Wednesday, Sep 11 - MUUVies for a Change at 7:00 pm
- Wednesday, Sep 18 - BUUKies at 7:00 pm

### 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/>

### ROG - A9 Work Party Request 4 Help

Many hands make light work. **We will meet at A9 (11850 W State Road 84, Suite A9, Davie, FL) at 9:00 am** for some organizing and facilities project. Anyone that wants to come is welcome and if your children need service hours for school and can help out bring them along. If you have any questions please contact Ken Bresnahan at [facilities@riverofgrassuu.org](mailto:facilities@riverofgrassuu.org).

**Virtual Admin Drop In with Sandy** - Have a question for our Office Administrator? Come on and drop in any time between **10:30 am - 12:00 noon every Wednesday on Zoom**.

Join Zoom Meeting: <https://us02web.zoom.us/j/88206328735?pwd=Ka6B9096UyI90Q7wRsacYtb5VxbqsY.1>

### 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!

**RoG Men's Group – We will meet next Thursday, Sep 5<sup>th</sup>.** We are meeting **in person or via 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 Sep 5<sup>th</sup> 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](mailto:mensgroup@riverofgrassuu.org).

### 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

**MUUies – September title is "The Other Shore". We will meet on Wednesday, Sep 11<sup>th</sup> at 7:00 pm to discuss this mUUvie. [River MUUvies Zoom Link](#)**

**How Drive and Determination Can Make the Impossible Happen for a Grandmother.** Follow legendary 63-year-old swimmer Diana Nyad as she comes out of a 30 year retirement to pursue a perilous goal: swimming from Cuba to Florida without using a protective shark cage. A documentary. Directed by Timothy Wheeler. Available on Amazon and Netflix.

Meeting ID: 844 1859 3114; Passcode: 537288;

One tap mobile: +16465588656,,84418593114# US (New York)

Please reply to Steve Jens-Rochow at [mUUvies@riverofgrassuu.org](mailto:mUUvies@riverofgrassuu.org) if you will attend the Discussion.



**BUUKies September Read – "The Light Pirate" by Lily Brooks-Dalton. We will meet on Wednesday, Sep 18<sup>th</sup> at 7:00 pm to discuss this bUUK. [River BUUKies Zoom Link](#)**

**Within one woman's lifetime: What South Florida will become as temperatures and sea levels rise rapidly.**

Set in the near future, this hopeful story of survival and resilience follows Wanda—a luminous child born out of a devastating hurricane—as she navigates a rapidly changing world as hurricanes increase and temperatures and sea levels rise rapidly. Set in the fictional town of Anchor on the SE coast of Florida, Wanda grows as humanity regresses and Florida unravels. "The Light Pirate" is a spectacular story of humanity, of what it means to be human and to experience the raw emotions and suffering that accompany being alive as the world around you changes rapidly.

Meeting ID: 926 5701 7488; Passcode: 746613

One tap mobile: +13017158592,,92657017488#,,, \*746613# US (Washington DC)

**BUUKies will discuss "The Light Pirate" on Wednesday, Sep 18<sup>th</sup> at 7:00 pm.**



Please reply to Steve Jens-Rochow [BUUKies@riverofgrassuu.org](mailto:BUUKies@riverofgrassuu.org) if you will attend the Discussion.

***SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Insulate your water heater. Wrap the tank with an exterior insulation kit and insulate exposed pipes. It will reduce electricity costs and save money. Also consider installing a solar water heater. This alone may cut your electric bill by a third or more - saving electricity and saving you money!*

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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