

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 – September 5, 2024

The Labor of Love (cont.)

“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 on this second Sunday of our new Congregational Year to consider together what it means to keep love at the center of our lives as we celebrate the wonder that is our congregation and the good work we do in the world! Remember always that the good work of our beloved community is the sum of what each one of us is able to do and the amazing synergy that is created by our work together, BY OUR LOVE.

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. AND we invite you to arrive a bit before to begin our time together with our Morning Sing (which begins at 10:20). We'll be waiting to welcome 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 8, 2024 - 10:30 AM

River of Grass UU Congregation – “The Labor of Love (cont.)” - Leana Bresnahan

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

Faith Development for Kids and Youth:

This Sunday, in our Faith Development Program, we will begin our Kindler of the Flame lessons. We weren't able to bring new Chalice Lighters into our worship experience in recent years, so we're excited to get those little flames lit!

Families are asked to register their children for a new year of Faith Development using the link below. Classes begin on September 8th.

[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.

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 \(pdf\)](#)

Upcoming Events:

- Thursday, Sep 5 - Mindfulness for Today's World at 6:00 pm
- Thursday, Sep 5 - UU the Vote/Yes on 4 Virtual Phonebank from 6:00 - 7:30 pm
- Thursday, Sep 5 - No Men's Group this week. We will reconvene on Thursday, Sep 19
- Sunday, Sep 8 - Flowing River Sangha Meditation at 8:30 am
- Sunday, Sep 8 - Sunday Service at 10:30 am
- Wednesday, Sep 11 - Virtual Admin Drop in with Sandy from 10:30 am - 12:00 pm
- Wednesday, Sep 11 - MUUvies for a Change at 7:00 pm
- Saturday, Sep 14 - Full Moon Daughters Brand New Year Brunch at 10:00 am
- 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 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 is partnering with Insight Institute to provide MBSR on a sliding scale. Register at www.insightinstitute.com or use QR code above.

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=Ka6B9096Uyl90Q7wRsacYtb5VxbqsY.1>

MUUies – September title is "The Other Shore". We will meet on Wednesday, Sep 11th 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 if you will attend the Discussion.



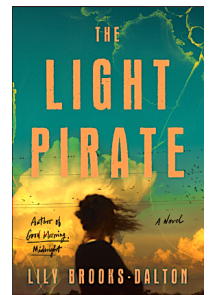
Full Moon Daughters - Brand New Year Brunch: If you love nature, being outdoors and the good company of other women and girls who feel the same, come join the Full Moon Daughters at their Brand New Year Brunch from 10:00 am to noonish, Saturday, Sep 14. We will meet new friends and reconnect with old ones, and make plans for our new congregational year. Our goal is to build bonds through sharing activities like nature walks, kayaking outings, camping trips, visits to botanical gardens, etc. We plan monthly outings that can accommodate a wide range of abilities. The brunch will be in a member's home in northwest Broward. All food and drink will be provided. Women, girls and those who identify as female are invited. To sign up and/or to receive more details, please email: fullmoondaughters@riverofgrassuu.org.



BUUKies September Read – "The Light Pirate" by Lily Brooks-Dalton. We will meet on Wednesday, Sep 18th 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 18th at 7:00 pm.

Please reply to Steve Jens-Rochow BUUKies@riverofgrassuu.org if you will attend the Discussion.

RoG Men's Group – We will meet on Thursday, Sep 19th. 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 5th 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: Going on vacation? Be sure to close blinds that face the most intense sun, and adjust your thermostat. Also, turn off your water heater if you will be gone a week or longer. These will save money and help to protect our planet.

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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954.723.7877 - office@riverofgrassuu.org