

# River of Grass

Unitarian Universalist Congregation  
PO Box 452485, Sunrise, Florida 33345

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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 – December 29, 2022

### New Beginnings

“Toto, I have a feeling we're not in Kansas anymore.”

- From “the Wizard of Oz,” by L. Frank Baum

OOS LINK: <https://riverofgrassuu.org/uploads/3/5/1/8/35180936/riverofgrass-oos230101.pdf>

The link for this service only is:

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

Welcome to 2023 and Happy New Year! Today’s pre-recorded service is available at the above link anytime on January 1<sup>st</sup>.

Sunday’s worship service focuses on exploring and celebrating New Beginnings. Are all beginnings, by their very nature, new? Is a beginning simply an ending, which then wipes the slate clean and we can write a new story in that space? Or is a new beginning what rises as a shared experience, crisis, or the desire to embrace change? Maybe you will remember that you, too, have had many New Beginnings!

This worship service is presented by the Wildpines Covenant Group. It’s one of several groups at River of Grass where people gather once monthly or more to engage in reflective discussions and personal exploration with hopes of fostering deeper connections. For more information or to join a covenant group, please email: [covenantgroups@riverofgrassuu.org](mailto:covenantgroups@riverofgrassuu.org).

REMEMBER: On 1/8/23 we will be meeting at the Old Davie Schoolhouse at 2:00 pm. Questions: [worship@riverofgrassuu.org](mailto:worship@riverofgrassuu.org).

### *Membership Matters – New Member/Friend Directory*

As we look forward to 2023, and so many new and exciting things for our beloved community, we are working hard to publish an updated version of the member/friend directory. This will make it so much easier for everyone to get in touch with each other!

Once completed the new directory will be sent to you by email and also posted to the password-protected Members' Section of the River of Grass webpage, to which Friends of the Congregation also have access. The published directory will have just phone numbers and emails.

Please be on the lookout for a separate email with easy instructions for how to provide updated information. The deadline for providing information is January 2, 2023 to [membership@riverofgrassuu.org](mailto:membership@riverofgrassuu.org).

If you have had no changes since the last directory (from January 2020), and/or we receive no update from you, we will include the information we have on file from that directory.

*Looking for Help:*

Love babies? You're in luck! The River has been attracting quite a few, lately. Our new location in January will include a paid staff position for the nursery. If you know someone who might be interested in caring for our babies and kids for 3 hours each Sunday, please contact our Faith Development Director, Karen at [religiouseducator@riverofgrassuu.org](mailto:religiouseducator@riverofgrassuu.org). We are also looking for some items to fill this space. Let Karen know if you can contribute any of the following: extra-large baby gate, high chair, and play items such as stacking blocks, cars and puzzles.



***Be part of the greater UU Community Go to General Assembly!***

**Say "Yes"**

We are a part of a much larger association of Unitarian Universalists.

Learn and participate in the greater community by attending General Assembly.

General Assembly is the annual gathering of Unitarian Universalists, where we conduct business of the Association through the democratic process, explore the theological underpinnings of our faith, and lean fully into our mission and principles. Participants worship, witness, learn, and connect. **Anyone may attend.**

This is an exciting GA as delegates will elect the new UUA president.

Join us June 21 - 25, 2023 online or in-person in Pittsburgh, Pennsylvania. General Assembly 2023 will be a multiplatform event, with registration options for in-person and/or virtual participation. In-person registration

includes access to events scheduled to take place in Pittsburgh, as well as everything available to virtual registrants. Full virtual registration includes access to the GA app, as well as all on-demand programming, live webinars, and live-streamed events. For more information about attending and/or being a delegate, please contact Kathy Jens-Rochow at [president@riverofgrassuu.org](mailto:president@riverofgrassuu.org).

### *UUSC Year End and Guest at Your Table Fundraising Drive*



As we celebrate the end of the Guest at Your Table Holiday Season we have less than one week to go to raise the critically needed resources that fuel UUSC's partners' essential work for social justice throughout the world.

- Assisting communities who are being displaced by the climate crisis,
- Providing resources to families on the move as they seek safety from violence,
- Supporting human rights advocates who are working for systemic change on the international level, and more!

To multiply our collective impact for justice, gifts of \$150 or more will be matched one-for-one by the UU Congregation at Shelter Rock.

Go to

[https://donate.uusc.org/give/453140/#!/donation/checkout?preset1=100&preset2=150&preset3=250&preset4=500&utm\\_source=fy23-fund-YE-W2-donor2-email2&utm\\_medium=email&utm\\_campaign=fy23-fund-YE](https://donate.uusc.org/give/453140/#!/donation/checkout?preset1=100&preset2=150&preset3=250&preset4=500&utm_source=fy23-fund-YE-W2-donor2-email2&utm_medium=email&utm_campaign=fy23-fund-YE) to give. UUSC Advancing Human Rights Around the World

### *8<sup>th</sup> Principle Action Team - Be The Change*

Our 8th Principle Action Team wants YOU to take action in your committee or small group! See the links below for more information about microaggressions and white supremacy culture and then identify one thing you can do or one change you can make to be more inclusive and anti-racist or more of an ally to BIPOC and other oppressed groups. As a key part of keeping the River going, growing and flowing, we need YOU to make our 8<sup>th</sup> principle a real part of our congregational life. Please include what you have done or changed in your committee in your January or February Board Report, or for small groups, send a note to the board ([board@riverofgrassuu.org](mailto:board@riverofgrassuu.org)) in January. We look forward to hearing from you!

[https://www.uua.org/files/pdf/m/microaggressions\\_by\\_derald\\_wing\\_sue\\_ph.d..pdf](https://www.uua.org/files/pdf/m/microaggressions_by_derald_wing_sue_ph.d..pdf)

[https://drive.google.com/file/d/1yk411vUztwA47x6kYpNL5sC6\\_WBpNFHB/view](https://drive.google.com/file/d/1yk411vUztwA47x6kYpNL5sC6_WBpNFHB/view)

### *Other Events:*

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

Thursdays 6:00 - 7:00 pm for adults, [zoom link for Thursday night 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 Men's Group:** We'll next **meet on Thursday Jan 5<sup>th</sup> from 7:00 to 9:00 pm**. We meet in person and via [Zoom Meeting](#). Our meeting location is at The Transformation Project: 4431 SW 64th Ave Ste 109, Davie, FL 33314. All who are able can meet early for dinner at 5:30 pm at Uncle Al's, 8200 Griffin Rd, Davie, FL 33328. (If you're joining for dinner, please email Ken, group facilitator, so he can coordinate space.) All who identify male are invited to join. We are a lay-led group and look to our members for future topics and the direction we take. Do come out and join us. The Zoom Meeting Room will open up at 7:00 pm and we will begin at 7:15 pm. If you have any questions please contact Ken Bresnahan; [mensgroup@riverofgrassuu.org](mailto:mensgroup@riverofgrassuu.org); RoG Men's Group Facilitator.

"Mindfulness for the New Year" is a great way to strengthen our resilience, well-being, and mindfulness habits. These two 8-week programs begin in January and are **offered on a sliding scale starting at \$0!** Mindfulness-Based Stress Reduction (MBSR) will be offered on **Monday evenings from 6:00 - 8:30 pm beginning on January 9<sup>th</sup>, 2023.** The Center for Mind-Body Medicine Skills Group will be offered on **Wednesday afternoons from 3:00 - 5:00 pm beginning on January 11<sup>th</sup>, 2023.** Please use the QR code to register or for more info contact [carolyn@insightinstitutellc.com](mailto:carolyn@insightinstitutellc.com).



**Mindfulness for the New Year**  
MIND & BODY Wellness  
Online 8-Week Programs

**MONDAYS (MBSR)**  
6 PM - 8:30 PM  
Jan. 9 - Feb. 27, 2023

**WEDNESDAYS (CMBM)**  
3 PM - 5 PM  
Jan. 11 - Mar. 1, 2023

**MBSR**  
Mindfulness-Based Stress Reduction includes a variety of mindfulness practices, resilience strategies, + gentle movement

**CMBM**  
Center for Mind-Body Medicine focuses on expressive arts, community building, and mindfulness practices

beginners welcomed

Provided by trained mindfulness facilitators on a Sliding Scale from \$0-\$320

Registration and Info

[www.insightinstitutellc.com](http://www.insightinstitutellc.com)

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Please remember to **Smile when you shop at Amazon.com**. When you use the River of Grass link while shopping on Amazon, our community receives a .5% donation as one of their eligible charitable organizations. The direct River of Grass Amazon link is: <http://smile.amazon.com/ch/65-0791653>. River of Grass has received \$2,135.76 since we signed up with AmazonSmile. This holiday season you can help support River of Grass while online shopping with Amazon.



**SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Try to reuse holiday gift packaging. Boxes, bags, and styrofoam peanuts can be reused throughout the year. Before throwing packaging away, think about what can be reused. And if it can't be reused, please recycle :).

## ***Interim Recommendations from the RoG COVID-19 Re-Emergence Team***

**Team:** Karen Gonzalez, Susan Juncosa, Jeanne Masten ([COVIDTeam@RiverofGrassJU.org](mailto:COVIDTeam@RiverofGrassJU.org))

**Purpose of Team:** To review guidelines for congregational and smaller group gatherings in order to provide recommendations to the Board to be used for official River of Grass meetings and events.

### **These recommendations are:**

For: only for official, River of Grass - sponsored outdoor and indoor small group gatherings.

Fluid: new information comes out all the time and the recommendations could change.

Inclusive: all attendees should be able to attend physically or virtually.

Protective: consider first those who are most at risk.

Science-based: follow the directives according to the experts.

### **Sources:**

UUA: <https://www.uua.org/safe/pandemics/covid-19>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>

Johns Hopkins: <https://coronavirus.jhu.edu/us-map>

UU Reston Covid-19 Guidelines: <https://www.uureston.org/covid>

## **MEETINGS IN THE TIME OF COVID**

### **RIVER OF GRASS COVID-19 TEAM RECOMMENDATIONS TO THE BOARD: Updated October 16, 2022**

*This is a living document that will be regularly reviewed and updated.*

COVID-19 is moving from pandemic to endemic status – it is always circulating in the community but the number of infected people varies from community to community. Individuals should take appropriate precautions based on their personal risk. River of Grass will follow the following measures for community gatherings based on CDC Guidelines and the Broward County risk levels.

Remember, you may choose to wear a mask and maintain social distancing at any time. If you have symptoms, a positive test or have been exposed to someone with COVID-19, you should wear a mask.

Our COVID Team is monitoring the Broward County status weekly and will promptly advise if the status changes.

### **Community Level LOW: Current Broward County Status**

- Individuals may elect to wear masks and socially distance at all times.

### **Community Level MEDIUM:**

- Wear face masks for indoor gatherings.
- Choir will wear singing masks.
- Unmasked speakers and the Minister must test negative with a rapid test the previous evening.

### **Community Level HIGH:**

#### In person Worship Services – Inside

- Masks required for all, special requirements for speakers
- Masks should be KN-95
- Unmasked speakers and Minister must test negative with a rapid test the previous evening
- No singing except the Minister (humming OK!)
- Social distancing between family groups
- No food or drinks
- All attendees sign in

#### After service Hospitality – Outside

- Maintain social distancing

#### Meetings – inside and outside

- Group leader will inquire if anyone in the group wants the meeting to be masked. If everyone is not comfortable, masking and social distancing should be maintained.
- Food and drinks – determined by the group.
- All attendees sign in.

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 to be sent out in the weekly congregation-wide update should be e-mailed to [WeeklyEmail@RiverofGrassUU.org](mailto:WeeklyEmail@RiverofGrassUU.org) by 12 pm 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.*

## River of Grass UU Congregation

January 1, 2023 – 10:30 am

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Diane Lade

# New Beginnings

River of Grass – January 1, 2023 – Order of Service

**Oh, Let Us Gather**

**Welcome**

**Call to Worship**

**Theme Hymn** – “Morning Has Broken” Words: Eleanor Farjeon; Music: Gaelic melody; Performed by: Gary Gonzalez

**Chalice Lighting** – “The End is the Beginning” by: Katie Gelfand

*We call forth the life of our faith by igniting our chalice.*

*This spark of new beginnings invites us into a sacred space  
to reflect where we have been and where we are going.*

*Even knowing that this particular flame will intentionally end  
with our ritual extinguishing, we fear not its end...*

*For we know, with brave hearts,  
that from every ending of our lives,*

*We are sent forth to make a new beginning.*

**Covenant**

*Love is the spirit of this congregation and service is its law.*

*This is our great covenant:*

*to dwell together in peace, to seek the truth in love, and to help one another.*

*El Amor es el espíritu de esta congregación, y el servicio su ley principal.*

*Esta es nuestra gran promesa:*

*vivir juntos en paz, buscar la verdad a través del amor, y ayudarnos mutuamente.*

**Music** – “Return Again” Words & Music: Shlomo Carlebach; Performed by: Gary Gonzalez

**Wisdom Story** – “Starting Over” by Judith C. Campbell; Read by: Diane Diaz

**Message - Part 1** – “Chapter One” by: Diane Lade

**Music** – “Holy Now” Words & Music: Peter Mayer; Performed by: Gary Gonzalez

**Message - Part 2** – “Life in the Slow Lane” by: Bev Kaufman

**Offering Hymn** – “On the Road to Find Out” Words & Music: Cat Stevens; Performed by: Gary Gonzalez

**Offering** – <http://riverofgrassuu.org/donations.html>

**Closing Words**

**Extinguish Chalice**

**Birthday Video**

**Announcements**

**Carrying the Flame**