

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – March 12, 2020

Greetings from River of Grass Unitarian Universalist Congregation. Here are this week's upcoming events and opportunities. Our hope is that you will find something that interests you and helps you make a connection with the congregation beyond what is possible on a Sunday morning.

Unsubscribe - If you do not wish to receive this weekly email, please send an e-mail and we will remove you from the mailing list, office@riverofgrassuu.org.

To see all of the upcoming events at River of Grass, please visit the calendar on our website at riverofgrassuu.org/calendar.html.

Upcoming Events -This Sunday:

Sunday, March 15, 2020

Choir Rehearsal at 9:00 am –Gayle Giese ChoirDirector@riverofgrassuu.org

Sunday Service at 10:30 am – Karen Gonzalez “Celebrating 80 years of UUSC: Brave Legacy, Bold Future”

*This Sunday we'll be celebrating the 80th anniversary of our Unitarian Universalist Service Committee by learning of the brave legacy of those Unitarians who established this life-giving force for good and collecting a special offering to ensure it's bold future. If you are unable to make it to our services this Sunday, please consider making your own donation via Vanco. On your smart phone, you can text 844-948-1153 with the amount you wish to donate followed by one space then the word “special”, example: **25.00 special**. If you would prefer to use our website, please contribute on the “Special Collection” line: [River of Grass Online Donation Page](#).*

Faith Forward Inquirers Series at 12:00 pm – Zena Tucker, Membership@RiverofGrassUU.org

Covid-19 Planning Meeting at 2:00 pm via Zoom – Scott May, President@RiverofGrassUU.org

Outside Rental 6:30 pm-8:15 pm – Ken Bresnahan, Rentals@RiverofGrassUU.org

The Faith Forward Inquirers Series will meet at 12:00 pm on Sunday, Mar 15th. The series is a rotation of 8 conversations about our congregation and Unitarian Universalism. It is designed for visitors and newcomers who are looking for a general introduction, and yet the sessions are appealing to veteran members who want more information about our beloved community. Attend 5 classes and win a chalice pin! Classes are not mandatory for membership but are highly recommended! Our class topic is **FF Inquirers#6: Social Action & Community Service**.



Covid-19 Planning Meeting Sunday Mar 15th at 2:00 pm, via Zoom - Covid-19 is top of mind for all of us. The speed and amount it will spread is uncertain, as new information arrives daily, so it is paramount that we do what we can to help keep our members, friends, guests, and renters safe during this situation. All leaders are asked to join a Covid-19 Planning Meeting this Sunday at 2:00 pm via Zoom, if possible <https://zoom.us/j/131010524>. During this meeting, teams will identify and share key actions planned to help keep everyone safe, including the real possibility of reduced or eliminated face-to-face contact. Although this may never happen, having a plan in place will help reduce anxiety and enable us to be better prepared. Please reach out to Scott May with feedback and ideas, as we all in this together - president@riverofgrassuu.org 954-646-0234. We will keep you up to date as we go. If you are feeling anxious, which is normal in such a volatile time, please reach out to someone you trust – River of Grass, Covenant Group, Rev. Amy -- whomever you feel can best support you at this time.

From Davie-Cooper City Chamber of Commerce:

The Davie-Cooper City Chamber of Commerce has made the decision to serve the community with **FREE virtual or telehealth visits on Baptist Health Care On Demand**. They want our community to stay safe. If you or someone you know has cold or flu-like symptoms, use Baptist Health Care On Demand to find guidance and/or peace of mind – 24/7, nationwide. Please share with your contacts and networks so that they are aware of this free medical resource. **Free visit code: CARE19**

Choose digital first. Download and Sign-up for Care On Demand today

Blog + Video: [How Baptist Health uses Telehealth during Coronavirus – Dr. Mishkin \(3/5/20\)](#)

Basic Protective Measures Against the New Coronavirus

River of Grass Unitarian Universalist Congregation

Your leadership at River of Grass are taking every precaution against the new coronavirus here at River of Grass and in the wider community we share. River of Grass is adhering to the following recommendations from the World Health Organizations.

Stay aware of the latest information on the COVID-19 outbreak, which is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Be aware of those in our midst with compromised immune systems.

Take care of your health and protect others by doing the following:

1. Regularly and thoroughly CLEAN YOUR HANDS with an alcohol-based hand-rub or washing with soap and water, especially – after coughing/sneezing; when caring for the sick; before, during, and after you prepare food; before eating; after toilet use; when hands are visibly dirty – and when they are not; after handling animals or animal waste.
2. Maintain social distancing -- 3 feet between yourself and anyone coughing or sneezing.
3. Even if well, try to maintain a distance of 3-6 feet from others and when greeting, instead of elbow and fist bumps (no handshakes or hugs), consider placing your hand over your heart as a gesture of welcome and hello.
4. Avoid touching eyes, nose, and mouth to avoid transfer of viruses from contaminated surfaces.
5. Practice respiratory hygiene: 1) Cough/sneeze into your elbow, 2) If you use tissues, dispose of them immediately, then clean your hands.
6. If you have fever, cough, and difficulty breathing, seek medical care promptly.
7. If you feel unwell, stay home, even with mild symptoms like headache and runny nose.
8. Stay informed, and follow any guidelines from your healthcare advisor.

How to cope with stress during this coronavirus outbreak:

1. It is normal to feel sad, stressed, confused, scared, or angry during any crisis.
2. Talk to people you trust, and contact your friends and family.
3. If you must stay home, maintain healthy lifestyle with proper diet, sleep, exercise, and social contact with loved ones via email, phone, etc.
4. Avoid use smoking, alcohol, and other drugs to deal with your emotions.
5. Get the facts from credible sources such as the World Health Organization or local/state health agencies.
6. Limit worry and agitation through lessening time you spend watching media and internet.
7. Draw on coping skills that have helped you in the past.
8. If you feel overwhelmed, talk to a health worker or counsellor, and have a plan to seek help for physical and mental health needs if required.

Telehealth + Coronavirus (COVID-19)

How our online doctors can help.

The CDC recommends seeing a doctor online as a first line of defense to screen for COVID-19.

Through the Baptist Health Care On Demand App, you can have a video visit 24/7 with our doctors who will assess your condition and determine the best course of action.

**Free visit*
Code CARE19**

Baptist Health **CARE ONDEMAND**

SEE A DOCTOR NOW

Download the app

*Restrictions apply, see website for details.

The advertisement features a dark blue background with white and yellow text. It includes the Baptist Health logo (a pineapple) and the CARE ONDEMAND logo. A circular inset image shows a woman sitting on a couch, looking at her smartphone. A yellow button with the text 'SEE A DOCTOR NOW' is positioned above the image. Below the image, there is a 'Download the app' section with Apple and Android icons.

Capital Foundation Doings:

Our Capital Fund investments were moved into very short-term notes three days before all the stock market gyrations. Our Fund has gone up slightly while many other investments have not. If you have questions, please contact Kip Barkley, Foundation Treasurer.

GA 2020: Rooted, Inspired, & Ready!

June 24-28, Providence, RI - The theme for [General Assembly](#) in June 2020 is **Rooted, Inspired, & Ready!** We are in touch with our theological roots, we are engaged in transforming our faith and we are fired up to take action in the wider world.

Early Bird Registration Ends Soon! [Early Bird Registration](#) is open through Mar 15th. Full-time registration rates are \$400 for adults, \$250 for high school youth and retired and candidate ministers, or \$150 for off-site participants.

Housing Reservations - GA Housing Reservations are now open. The UUA room block consists of major hotel chains, boutique and historical properties, as well as multi-bedroom dorm suites and single dorm rooms. Learn more [here](#).

2020 General Assembly Ware Lecturer - Naomi Klein. Naomi Klein is a climate activist, an award-winning journalist and *New York Times* bestselling author of *On Fire: The (Burning) Case for a Green New Deal*. She is Senior Correspondent for *The Intercept*, a Puffin Writing Fellow at Type Media Center and is the inaugural Gloria Steinem Endowed Chair in Media, Culture and Feminist Studies at Rutgers University.

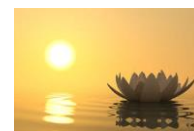
Attending General Assembly can be a very uplifting and moving experience, as it's an opportunity to witness the broad impact of our faith. Plus, GA can be accessed online, making it within reach of nearly everyone. River of Grass is allotted 3 member "delegates", who are authorized by the board to vote at GA on behalf of our congregation. It's a honor and a responsibility to be a delegate. In addition to our allotted member delegates, Ministers and highly credentialed Religious Education professionals are also delegates. If you're interested in going to GA and/or being a delegate, please reach out to Scott (president@riverofgrassuu.org) or any board member. Some funding is available.



UUA GENERAL ASSEMBLY

Other Events:

Flowing River Sangha - We will meet on **Tuesday, Mar 17th at 7:30 pm**. This is an open-ended, drop-in group for all levels of meditation experience. For further information, please contact Gary Gonzalez at meditation@riverofgrassuu.org.



JAM & ALL - This month, JAM & ALL Interfaith is re-directing it's Davie Monday Mar 23rd meetup to the **Tequesta Solstice Drum Circle on Thursday, Mar 19th**. Folks on many spiritual paths come together to celebrate the beginning of Spring at Hugh Taylor State Park, (A1A and Sunrise) from 7:00 - 11:00 pm. \$15 at the gate. Bring your own drum (or not) and help celebrate the first day of Spring. Information at Moonpathcircle.org.



Full Moon Daughters - Come romp in the swamp with the Full Moon Daughters on **Saturday, Mar 21st!** All women and girls are invited to a unique up-close look at the western Everglades during a nature walk through **Big Cypress National Preserve Reserve**. Our leader: our own Christy Schultz, an environmental educator and veteran swamp walker. We will start down the trail at **10:00 am** from a location about 90 minutes from River of Grass. We will hike about two hours over a moderate, mostly dry trail that will be okay for adults and girls who can walk distances on unpaved surfaces with occasional large rocks. Please email fullmoondaughters@riverofgrassuu.org for more details or to sign up. **Be aware:** Outing plans may change, or the trip could be cancelled, as The River's leadership determines how to best respond to the covid-19 virus. This event should have less than 25 participants and will be completely outdoors, but we trust people will consider if they want or need to limit their social interactions before deciding to attend.



River of Grass Café cancelled for the next two months - Due to evolving Coronavirus (COVID-19) concerns, the River of Grass Cafe', after consultation with the scheduled artists, has decided to cancel the next two concerts: Mar 21st (Kiya Heartwood) and Apr 18th (Kat Eggleston). Please stay tuned for more information on the May 16 (Zoe Mulford) concert.



YUUnG Adult Pizza Party - Millennials, Gen Xers, and Gen Zs, are welcome to come to the YUUnG Adult Pizza Party **after service on Sunday, Mar 29th**. We will be discussing ideas for future events and gatherings while communing with pizza, or with each other if you prefer. We are an intentional community of young adults that uplift and inspire each other. We seek to grow together while enjoying life to the fullest. Let us know in advance if you require childcare. Please see Linda Lathroum, or Bruce Ngo, or email youngadults@riverofgrassuu.org if you have any questions.



Passover Service – On Sunday, Apr 5th, at 10:30am our River of Grass Passover service by Rev Amy will be followed by a 'taste of Passover' with lots of delicious, traditional foods! If you would like to provide a dish to share, help set up or help clean up please look for the sign-up sheets after service, or you can email seder@RiverofGrassUU.org to know available items to sign-up for. Passover is an important holiday in the Jewish tradition about liberation for all those who are oppressed. Come and celebrate!



SSJGT, Service and Social Justice Green Team, Green Tip of the Week: *Plant native drought resistant plants and trees. Conserve water and protect the environment with native Xeriscape landscaping. Trees absorb carbon dioxide for energy, and produce oxygen for us to breathe. Ensuring only native plants preserves our local ecosystem.*

Service is one of the pillars of our congregational life.

A special thank you this week for the **Worship Service Participants**

SERVICE LEADER – KAREN GONZALEZ
SERVICE HOST – BARBARA RATCHFORD
MUSICIANS – BRENDA PARKER, PIANO; GARY GONZALEZ, GUITAR AND VOCALS
CHALICE LIGHTER – MARINA DEMORAES
STORY TELLER – KAREN GONZALEZ
RIVER GUIDE – LINDA MORGAN CRAIN
FLAG RAISERS – KALLIE LEFEVER AND LINDA LATHROUM
POWERPOINT – SHERYL CATTELL
A/V TECH – BENNETT LORMAN
USHERS – KRISTINE BARKLEY AND AHYSA BOUTRON
HOSPITALITY – DEB GIBLIN-DAVIS AND GERI MIKULSKI
WELCOME TABLE – JEANNE MASTEN

Announcements to be sent out in the weekly congregation-wide update should be e-mailed or called into the congregation's office 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.

The Faith Forward Inquirers Series meets at 12:00 pm on Sunday mornings in the Multi-



INQUIRERS SERIES

It is a rotation of 8 conversations about our congregation and Unitarian Universalism. The series is designed for visitors and newcomers who are looking for a general introduction, and yet the sessions are also appealing to veteran members who want more information about our beloved community. New members and inquirers are encouraged to attend. Classes are not mandatory for membership but are highly recommended! For more information see Zena Tucker, Membership Committee Chairperson, membership@riverofgrassuu.org

We currently have the following classes scheduled:

Date	Event
3/15/2020	FF Inquirers#6: Social Action & Community Service
4/5/2020	FF Inquirers#7: Pastoral Care and Small Groups
4/19/2020	FF Inquirers#8: Membership 101 & Congregational Life
5/17/2020	FF Inquirers#1: Q&A with Minister
5/24/2020	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
6/7/2020	FF Inquirers#3: Campus Tour & Orientation
6/21/2020	FF Inquirers#4: Faith Development for Children and Adults

For more info see Zena Tucker or call 954.663.4628 or email membership@riverofgrassuu.org