

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 – April 4, 2024

If Music Be the Food of Faith: A Spring Sing Service!

*Take a music bath ... and you will find that it is to the soul
what the water bath is to the body.*

– Oliver Wendell Holmes (Unitarian)

Oh, y'all, we're gonna celebrate our first Spring Sing in too long this Sunday with River of Grass musicians of every age and era! Come jump in a music bath with us as we revive our souls with joy and beauty in this season of renewal and rebirth!

Gather with us as we begin April's theme of Beauty this Sunday at 10:30! – either in-person at our new location, 11850 W State Road 84, #A9, or virtually on Zoom and Facebook Live. Come a bit before and we can chat prior to the service... then stay for coffee and conversation after. See you then!

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, April 7, 2024 - 10:30 AM

River of Grass UU Congregation – “If Music Be the Food of Faith: A Spring Sing Service” - Rev. Amy Carol Webb

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

Faith Development for Kids and Youth:

This Sunday, our 4th - 6th graders will participate in their first and second OWL (Our Whole Lives Sexuality Education) lessons, beginning at 10:30 and running until 1:30. You'll see them briefly at Hospitality, as they enjoy

their lunch break between sessions. Their topics this week include Sexuality and Values and Images in Popular Culture.

All other kids will get to enjoy the rollicking music service with the adults. Children under 5 are welcome in the cozy nursery. For more information about our Faith Development program, contact our Director, Karen Gonzalez at ReligiousEducator@RiverofGrassUU.org.

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.

ANNUAL PLEDGE DRIVE – OPENING DOORS TO TOMORROW – March 3 – March 31

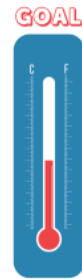


...and the total keeps rising!

\$187,720



GOAL \$225,000



We have received pledges from 58 Members and 4 Friends for this Campaign!

Way to go!

And wasn't the Easter worship service in our new space just exhilarating?

All information is on our [website's Homepage](#). The [digital pledge card](#) is the preferred way to let us know your wishes. With a few clicks, you are done! If you have questions, we can be reached at stewardship@riverofgrassuu.org.

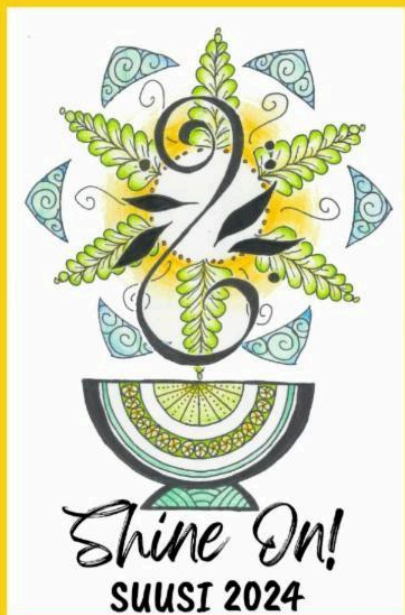
Leana Bresnahan and Rita Cherubini, Your 2024-25 APD Co-Chairs

Note to UUs and UU friendly folks!

We would love to invite you to join us at **SUUSI** this summer, July 21-27 in Radford, VA, a fantastic week-long adventure with some of the most favorite people you will ever meet.

The Southeast Unitarian Universalist Summer Institute is an intentional community of UUs and kindred spirits, including all ages and races, LGBTQIA+ friendly, singles, families, adventures from outdoor hikes to board game to nightlife to crafts to worship. We come together to explore our interconnectedness, delight in nature in the Blue Ridge Mountains, enjoy music, art, and learn new ways of seeing ourselves, our world and each other.

Visit SUUSI.org, and please sign up [here](#) to get our latest information. You may also follow us on [Facebook](#) and [Instagram](#)!



SUUSI 2024

July 21-27
Radford University
Radford, Virginia

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 or Scott@InsightInstituteLLC.com, or visit <http://www.insightinstitutellc.com/>

RoG Men’s Group – We will meet the first Thursday in April – April 4th. We will continue to meet **in person at 7:00 pm in Suite A9, 595 Park of Commerce:** The official address is 11850 SR 84, Suite A9, Davie, FL 33325 (GPS will get you to the 4-building complex. We're in the 1st Building, middle suite.) 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 Apr 4th, from 7:00 to 8:30 PM,** in person or via [Zoom Meeting](#). **Our topic tonight: Who Is Keeping Score.** If you're joining us for dinner, please email Ken Bresnahan, group facilitator so that he can coordinate space.) The Zoom Meeting Room will open at 7:00 pm— For questions: contact Ken; at mensgroup@riverofgrassuu.org.



The Women’s Group will be meeting this **Sunday, Apr 7th at 7:00 PM.** We will be multi-platform, meeting both in person and virtually. Our new location: **11850 W State Road 84, Ste A9, Davie, FL 33325.** ([Click for Directions](#)) Our definition of “women” is expansive and includes anyone who feels that they belong in this space, including those who identify as nonbinary. The purpose of this group is to deepen our personal connections through shared discussions. Listening to each person’s experience. For more information or to obtain the Zoom link, contact Kathy Jens-Rochow at womensgroup@riverofgrassuu.org.

“Spring Cleaning” for our overly busy minds:

A FREE 4-Week "Intro to Mindfulness Course" starts **Apr 10th via Zoom and in-person** (West Melbourne, FL). Tap into your inner resources and participate in lively discussions. A variety of meditation practices and mindfulness activities will be shared, such as mindful movement, breath meditation, compassion practice, and more! Register today to hold your spot. Use the QR Code in the image below or email Scott@insightinstitutellc.com. Free to all because we believe it is that important in today's world. Carolyn Sant Angelo and Scott May



Intro to Mindfulness
Free 4-Week Course

A "Spring Cleaning" for our overly busy minds

- Take time for yourself
- Clear out what doesn't serve you anymore
- Discover more peace

Wednesdays
5:30 - 7pm ET

April 10 - May 1

via Zoom

Scan QR or email to register



Scott@insightinstitutellc.com
 954-646-0234

MUUies - April title is "The Trial of the Chicago 7". Directed by Aaron Sorkin. [Available on Netflix](#). **We will meet on Wednesday, Apr 10th at 7:00 pm to discuss this mUUvie.** [River MUUvies Zoom Link](#)

The film is based on the infamous 1969 trial of seven defendants charged by the federal government with conspiracy and more, arising from the countercultural protests in Chicago at the 1968 Democratic National Convention. The trial transfixed the nation and sparked a conversation about mayhem intended to undermine the U.S. government.

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.



BUUKies April Read - "Home Front" by Kristin Hannah. **We will meet on Wednesday, Apr 17th at 7:00 pm to discuss this bUUK.** [River BUUKies Zoom Link](#)

In this powerhouse of a novel, Kristin Hannah explores the intimate landscape of a troubled marriage with this provocative and timely portrait of a husband and wife, in love and at war. All marriages have a breaking point. All families have wounds.

Meeting ID: 926 5701 7488; Passcode: 746613

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

BUUKies will discuss "Home Front" on Wednesday, Apr 17th at 7:00 pm.

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



SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Check your attic insulation. Over time insulation can compress and redistribute, limiting its effectiveness. A quick inspection may identify spots where a radiant barrier and/or additional insulation is needed. The small inspection fee may easily be offset by reduced electric bills, and you are helping 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.

River of Grass UU Congregation
6650 Griffin Rd, Davie, FL 33314 (Sunday Morning Service Location)
11850 W State Rd 84, Ste A9, Davie, FL 33325 (Office & Mailing Location)
954.723.7877 - office@riverofgrassuu.org