

River of Grass

Unitarian Universalist Congregation

3225 N Hiatus Rd, Unit 452485, Sunrise, Florida 33345

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

River of Grass Weekly Update – August 6, 2020

Sacred Play

Do you long for new spiritual experiences or to unleash your inner artist? Maybe you need – some playtime! This Sunday, we'll explore the ancient practice of "sacred play" and how it can enhance our lives. Children instinctively do this. And adults can, too.

Come as you are to gather with us for this Sunday's love-streamed service, remembering only the medium is virtual; the connections, the love, the spirit are real. Following the service, we will share virtual Hospitality time with a live chat and small groups where we can relish each other's beautiful faces and voices together once again.

Follow the link below to join us in Zoom – or if you'd like, we'll be simulcasting on our Facebook page at <https://www.facebook.com/riverofgrassuu/>. Tune in there for the service, then log onto our Zoom link for hospitality time afterward. And now that we have a larger Zoom space ready to welcome all who will join us from over this world – who will we meet this week?

Sunday morning, gather with us at the River – on your computer, your tablet, your phone (with video or only audio if you like, we'll miss your face!) -- just click or dial into our River of Grass Meeting Room at the link or numbers below. We'll be watching for you!

Topic: Worship August 9, 2020

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 Virtual Events - This Sunday:

Sunday, August 9, 2020

Virtual Sunday Service at 10:30 am – Diane Lade with Wild Pines Covenant Group - **Sacred Play**

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

Faith Development: 12:30: Pre-K - 1st graders; **1:30 pm:** 2nd - 6th graders

Our first source from which our tradition draws reminds us that wonder is a central source of renewal.

“Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.”

So what's one of the ways our faith guides us into becoming a people of renewal? It tells us to “Let wonder wash over you!” Join our Faith Development classes this Sunday as we wonder about things big and small. Contact Karen Gonzalez at ReligiousEducator@RiverofGrassUU.org for more information.

Transgender Inclusion Discussion - The Welcoming Congregation Renewal Team is hosting a discussion about Transgender Inclusion in our Congregation this **Sunday, Aug 9th, at 4:00 pm**. River of Grass UU Congregation has made a commitment to be welcoming to people of all sexual orientations and gender identities. This is a vital part of our Welcoming Congregation renewal process. Yes, we are already pretty welcoming, but with increased awareness

of the multi-layers of identity we can make critical and subtle changes to improve our welcome to all. We will deeply explore the intersection of trans identity, spirituality and faith community. To join the discussion, please email Steve Jens-Rochow Welcoming@Riverofgrassuu.org for the Zoom link.

Young Adults are meeting every Sunday, at 6:30 pm virtually on Zoom – Millennials, Gen Xers, and Gen Zs, are welcome to tune in to the YUUnG Adult Virtual Coffee Hour on **Sunday, Aug 9th at 6:30 pm**. Our purpose is to foster an inclusive, diverse and intentional community that inspires spiritual growth and connection. Please email youngadults@riverofgrassuu.org if you have any questions and to obtain the zoom details.

Summer Pastoral Care at River of Grass

Rev. Amy's is on her summer study leave until Labor Day in September. The care and support of this Beloved Community carries on through Rev. Amy's Summer leave time, with professional counselors and loving lay-leaders on hand should the need arise. For care and support, please contact the River of Grass Pastoral Care Team at pastoralcare@riverofgrassuu.org.

Auction 2020!

With our current situation with COVID19, you may have thought we couldn't have an auction this year. Well, with the miracle of technology, we can. (I know, to us old people, tech is a miracle. All you young people, tech is just a matter of fact). We can have an on-line auction! There are several platforms that we can choose from. And, we can create all kinds of things people can bid on. And we are creative! Like on-line games, "contactless" services can be offered (like oil changes, a special dessert, a special meal for the family), on-line concerts, jewelry, baskets of goodies. We are getting together a team to make this happen. If you would like to be part of this new version of our old tradition, please contact Kathy Jens-Rochow at president@riverofgrassuu.org. And you don't have to be especially tech savvy. We need your creativity and energy.

Transgender Inclusion In Congregations:

Transgender Inclusion in Congregations is a module for everyone for our Welcoming Congregation Renewal. River of Grass UU Congregation has made a commitment to be welcoming to people of all sexual orientations and gender identities. We became a UUA recognized Welcoming Congregation on June 4, 2002. Throughout this past congregational year, the Welcoming Congregation Renewal Team has taken intentional steps to renew our commitment of being welcoming.

The Welcoming Congregation Team is now offering the module "Transgender Inclusion in Congregations." This course is for congregations who want to take their knowledge and skills to the next level in terms of trans identity and learn how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity.

All members of River of Grass are invited to participate in this vital part of our Welcoming Congregation Renewal Process. Each of this course's six sessions includes a 45- to 60-minute pre-recorded lecture from trans activists Mykal and Alex, a number of resources that help take the learning deeper, reflection questions, and a quiz. You will deeply explore the intersection of trans identity, spirituality and faith community and gain the grounding, context and skills to transform yourself and our congregation.

This is a vital part of our renewal process and we need participation by our members in order to make an impact on our congregational life. Yes, we are already pretty welcoming, but with awareness of the multi-layers of identity we can make critical and subtle changes to improve our welcome to all.

This module is very deeply moving. Many people will like to process and discuss what they have learned. We will be scheduling Zoom sessions for anyone who wishes to participate. You can participate even if you have only done one or two sessions.

Instructions to register, email Welcoming@riverofgrassuu.org and Steve Jens-Rochow will send you the details on how to enroll!

Vote by Mail Primary Deadline

Put your Vote By Mail (VBM) ballot in the mail today! If you haven't already mailed your VBM ballot for the Aug 18th primary -- please locate it, fill it out, and drop it in the mail today. (Make sure to sign the envelope -- your ballot won't be accepted without your signature.)

Ballots for the primary must be RECEIVED (not postmarked) by 7:00 pm on Aug 18th.

It may seem like there's still plenty of time, but given COVID-19, voters are voting by mail in unprecedented numbers. That's really important for public health, but has given our Supervisor of Elections (SOE) a huge additional workload. Please help them manage the flow by getting in your ballot as soon as possible.

Even better, to avoid a possible delay in the mail and to guarantee your ballot gets to the polls on time, you can drop it off to your County SOE's office until 7:00 pm on Aug 18th -- [look up the address for your county's SOE here](#).

Please mail or drop off your VBM ballot today to make sure that you don't miss out on having your voice heard. To be involved in promoting safe and fair elections in 2020, contact the Elders Stand for Fair Elections Florida team at FairElections-FL@eldersaction.org.

Other Events:

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

Thursdays 6:00 - 7:00 pm for adults;

<https://us02web.zoom.us/j/551319571?pwd=TDdRdmhML3FoVVEvbnRXRC9qRlJPQT09>

For more information or to register contact Carolyn@InsightInstituteLLC.com or Scott@InsightInstituteLLC.com, or visit <https://www.insightinstitute.com>

The River of Grass Men's Group is open to all men. The Men's Group meets via Zoom every 1st and 3rd Thursday of the month at 7:00 pm. **TONIGHT, Aug 6th at 7:00 pm we will meet on Zoom** and discuss our topic: Our Need for a Tribe. We have a strong instinct to belong to small groups defined by clear purpose and understanding — "tribes." This tribal connection has been largely lost in modern society, but regaining it may be the key to our psychological survival. <https://us04web.zoom.us/j/670022402> The Meeting Room opens up at 6:30 pm before the Host arrives. For more info, please contact Kip Barkley mensgroup@riverofgrassuu.org.

Faith Development – Parents Having Coffee Online - Let's come together in conversation about how we parent in these trying days. Parents Having Coffee Online meets at **10:00 on Saturday morning, Aug 8th at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

Flowing River Sangha – We will meet online on **Tuesday, Aug 11th at 7:00 pm**. Every Tuesday night we will meet via Zoom: <https://zoom.us/j/201911385>. We will meet from 7:00 - 8:30 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.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Use recycled paper and reduce printing whenever you can. Ask yourself if you really need a hard copy. Print double-sided whenever your printer allows. The trees will thank you!

COVID-19 Response Update

Our River of Grass faithful is actively responding to COVID-19. All face-to-face gatherings of any kind are suspended or moved on-line, and we have left our building. Numerous meetings and gatherings have transitioned online via Zoom. Welcome to our new norm!

We are grateful that many many members and friends are in self-quarantine, doing their part to protect themselves as well as reduce the spread of the virus, and only venturing outside when absolutely necessary.

Our extended Caring Team has coordinated a 'network of contacting' to help ensure our community has communication and is cared for..... and our Covenant Groups are a large part of this.

There is deep gratitude for the way our community cares for each other, remains flexible, and is diligent in responding to this unprecedented situation!

Take a deep breath. Allow any feelings and thoughts to be as they are. Know you are supported. Stay safe!

Basic Protective Measures Against the New Coronavirus

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. 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 – 6 feet between yourself and anyone.
3. Even if well, try to maintain a distance of 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 a healthy lifestyle with proper diet, sleep, exercise, and social contact with loved ones via email, phone, etc.
4. Avoid smoking or using alcohol and other drugs to deal with your emotions.
5. Get the facts from credible sources such as the Center for Disease Control, World Health Organization, or local/state health agencies.
6. Limit worry and agitation through lessening time you spend watching media and the 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.

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 e-mail and we will remove you from the mailing list, office@riverofgrassuu.org.

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.