

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 13, 2020

Marjory Stoneman Douglas

Are you really wishing to take a trip again? Please join us this Sunday as we visit the Everglades through the words of Marjory Stoneman Douglas. We will explore the majesty and importance of THE River of Grass and reflect on how our congregation, also called River of Grass, compares in its complexity, diversity And harmony.

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 16, 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 16, 2020

Virtual Sunday Service at 10:30 am – Service and Social Justice Green Team - **Marjory Stoneman Douglas**

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

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

This Sunday, in their Faith Development classes, our children will revisit the concept of renewal by honoring our First Principle (affirming the inherent worth and dignity of all people) and celebrating their own unique selves. We'll investigate fingerprints and use them to show and share our passions. Join us as we grow our faith by following our bliss! Contact Karen Gonzalez at ReligiousEducator@RiverofGrassUU.org for more information.

Parents, it's time to register your children for this year's Faith Development Program. Please click on your personal link in an email from our Director, Karen Gonzalez, dated August 7th.

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 16th 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 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.

From the River of Grass Board of Directors:

We like to show appreciation for those who feed and fuel this Beloved Community. There are so many who contribute so much of their time to our congregation. This week we give a big **Thank You to Janet Schwartz & Ken Bresnahan** for organizing and driving our move from the 595 facility. They spent probably every day for the month of July at the campus, organizing, arranging for special items to be stored at member's homes. In addition, scheduling the helpers so that social distancing was possible.

Moreover, all the helpers who did so much - packing, repairing, and cleaning.

David Henkel, Corey Fleming, Rick & Zena Tucker, Reece Chibnick, Lucy Harty, Riley Cothran, T Egan, Sandy Blair Chibnick, GL Franklin, Eva Ainsley, Holden Chibnick, Karen Gonzalez, Karrie Jacks, Kip & Kristine Barkley, Mallory McLaren, Marilisa Lawless, Aaron & Audrey Stang, Brit & Maureen Lundell, Deb Giblin-Davis, Ed Lewis, Diane Lade, Elly Keane, Esther Sampol, Susan Juncosa, Jorge Rodriguez, Steve Jens-Rochow

You didn't have to do what you did but you did, and we THANK YOU!

Stamp Out Hunger Virtual Food Drive

For 20 years River of Grass has participated in the Annual Stamp Out Hunger Food Drive to benefit LifeNet4Families by volunteering at a local post office to box up several tons of food that letter carriers brought in from their routes. This year due to COVID-19 the drive is virtual. And this year the need is greater because of increased food insecurity due to the pandemic. Please go to <https://www.lifenet4families.org/portal/> and donate.

Seeking facilitators for our Inquiries Series

Our weekly sessions to orient newcomers to our beloved community needs dedicated River members. Facilitating is an excellent way to get to know new people, learn more about the River and serve the congregation. Facilitation guides make it easy! See Zena Tucker or email membership@riverofgrassuu.org.

Seeking Zoom hosts for Sunday Worship

Zoom Hosts are needed for worship services. Be a part of the behind the scenes team that makes our Sunday Experience so great! Learn new skills in Zoom as a bonus! See Zena Tucker or email membership@riverofgrassuu.org.

Vote by Mail Primary Deadline

Is it too late to use my Vote By Mail (VBM) ballot for the August 18 Primary? While it's too late to put your VBM ballot in the mail and be sure it will arrive at its destination in time to be counted (it must be RECEIVED--not just postmarked--by 7 pm on the day of the primary), you can still drop off your VBM ballot at your County Supervisor of Elections (SOE) office until 7 pm on August 18 -- [click here to look up the address for your county's SOE](#).

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>

Flowing River Sangha – We will meet online on **Tuesday, Aug 18th 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: *Shade windows with direct light. If you have windows facing east or west consider adding landscaping or an awning. Or consider window tinting, or simply a pull down shade. These options will keep your home cooler and reduce your electric bill, saving money and the environment.*

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.