

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 27, 2020

Nature; the heart of our 7th principle

Come and join us this Sunday as we reconnect to nature with stories of how our lives and fates are inextricably intertwined with all living things, whether through churning hearts or other shared biological processes. Nature is at the heart of our 7th principle which respects the interdependent web of all existence of which we are just a part.

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 30, 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 30, 2020

Virtual Sunday Service at 10:30 am – Rob Giblin-Davis - **Nature; the heart of our 7th principle**

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

Faith Development: 12:30: Pre-K - 1st graders; **1:30 pm:** 2nd - 6th graders; **3:00 pm:** teens

This Sunday, in their Faith Development classes, our children will learn and articulate what it means to be compassionate - toward others and toward ourselves. We'll turn that compassion into action as we begin our compassion projects and work together to make our corner of the world a happier place. 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 30th 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 last week of summer study leave and will return to the pulpit on Sep 6th. 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 the members of the 2019-2020 Board of Trustees** for being there for the River and so effectively solving issues and the transparency as they communicated to the congregation.

Scott May, Susan Juncosa, Linda Lathroum, Brit Lundel, Marilisa Lawless, Riley Cothran, Rick Tucker, Linda Morgan Crain, and youth member Marina DeMoraes.

And a second big **Thank You** to the members of the Board who are continuing to serve on the Board. Susan Juncosa, Linda Lathroum, Riley Cothran, Linda Morgan Crain, Rick Tucker.

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

Auction

For over 15 years, the River has raised funds to support our work in the community with a fun and fabulous themed event. Luau's, Oscar's, and more!

Your 2020 auction team is trying to determine if we should continue our annual tradition in a new way... Like everything else, there is an online option! Before we invest in this service, we would like to get your input on donations that you could provide. Parties, art, jewelry, timeshares, services, etc. It's time to think outside the box!

Please contact the team at auction@RiverofGrassUU.org and let us know how you can contribute!

MOVED TO / WITHIN FLORIDA?

Did you or someone you know move to Florida in the past two years? If you've moved to Florida since the last election and haven't had a chance to register to vote in Florida yet, please make time to do it today! Make sure you can have your say about who represents you. You can register online here: registertovoteflorida.gov. The deadline to register to vote for the upcoming election is October 5, 2020.

If you've moved *within* Florida since the last election, it's also very important to update the address on your voter registration. If you've moved and aren't sure whether you updated your voter registration address, please take a moment to go online and check / update it at registertovoteflorida.gov so you can vote in your local election in November.

Help spread the word to others – if you know someone who has recently moved to or within Florida, please share this voter registration link with them, and make it possible for them to exercise their right to vote in Florida in the November election.

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, Sep 1st 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.

Faith Forward Inquirers Series is back! The Faith Forward Inquirers Series meets on Wednesdays 7:30 – 8:30 pm on Zoom, see the updated schedule below! Faith Forward Inquirers Series is a rotation of seven 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! Our next class is scheduled for **Sep 2nd and is FF Inquirers #1: Q&A with Rev. Amy.** For more information, email Zena Tucker, membership@riverofgrassuu.org. Zoom link for our session is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
9/2/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
9/9/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
9/16/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
9/23/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
9/30/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
10/7/20	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
10/14/20	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life
10/21/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
10/28/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
11/4/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
11/11/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
11/18/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
12/2/20	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
12/9/20	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life

***SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Skip the bottled water when grocery shopping. Resist the urge, and instead refill bottles at home. You save money, you help the environment, and you send a message that reuse is the way to go. Be green!*

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.