

# River of Grass

Unitarian Universalist Congregation

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

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

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## River of Grass Weekly Update – September 10, 2020

### On Finding the New... Again

Renewal is a tricky word, though. It has two parts: “new,” of course, but also the prefix “re”, which suggests repetition. That’s kind of a paradox, right? How can something be new... again?

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 September 13, 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, September 13, 2020**

**Virtual Sunday Service at 10:30 am** – Amy Horton-Tavera - **On Finding the New... Again**

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

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

This Sunday in our Faith Development classes, we’ll use the metaphor of water to remind us how intricately we’re connected to others and how nourishing our church community can be for us. We’ll learn the history of our UU Water Communion ritual and be renewed by being together! For more information, contact Karen Gonzalez at [ReligiousEducator@RiverofGrassUU.org](mailto:ReligiousEducator@RiverofGrassUU.org).

**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, Sep 13<sup>th</sup> 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](mailto:youngadults@riverofgrassuu.org) if you have any questions and to obtain the zoom details.

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## Welcoming Congregation

For more than twenty years, the Welcoming Congregation Program has helped Unitarian Universalist congregations become more welcoming and inclusive of people of all sexual orientations and gender identities. River of Grass was recognized as a Welcoming Congregation in June 2002, after completing the tasks required by the UUA.

So much has changed in the lives of the LGBTQ+ peoples, the UUA thought it would be good to offer the opportunity to congregations to review, update and renew their commitment. This last year, our Welcoming Congregation Renewal Team has worked for this renewal. At our Annual Meeting, we voted unanimously to ask for recognition of our renewal to the Welcoming Congregation efforts.

Our application was approved and **we are a renewed Welcoming Congregation** as recognized by the UUA!

A big thank you to the Welcoming Congregation Team - Kathy Jens-Rochow, Steve Jens-Rochow, Marjie Loring, Esther Sampol, Kallie LeFever, Lou DeSantis, Rita Cherubini. And to the 29 people who registered for and participated in the Transgender Inclusion program.

*Congratulations River of Grass - our beloved renewed Welcoming Congregation.*



### ***VIRTUAL WATER INGATHERING NEXT SUNDAY, SEPT 20th!***

Beloveds, the time has come for our annual Water Ingathering. Each year we gather in September to mingle waters symbolizing our connections to one another, to the Earth we share with all living things, and the learnings of our life's journeys in body and in spirit. **On Sunday, September 20th**, we will share a Virtual Water Ingathering in this unprecedented time we're living through together. For a part of this time of service, you are invited to offer a video or photo of yourself, your beloveds, your family with, in, on, partaking, celebrating, appreciating, marveling at that life-giving waters of your life, in advance, and get it to us to prepare for the service. Share with us your ...

waters of abundance or scarcity

- waters of travel, movement, change
- waters of life's storms, worries, frustrations, losses
- waters that form the wellsprings of your life

Get creative. Be serious or silly. In a boat on the sea or a kayak on the river? On a unicorn float in the pool or toes in the dew-drenched grass at dawn? Simply enjoying a cold glass on a hot day or watching the steamy rainfall? Drinking from the garden hose or a prehistoric waterfall? A quench straight from your kitchen tap or scooped up from afar? Show us what life-giving water means to you. Most of all, we want to see your faces and be assured once more of the bonds of Beloved Community.

Send your videos, photos, art, poems – whatever speaks best for you – to [minister@riverofgrassuu.org](mailto:minister@riverofgrassuu.org) – **by Tuesday, Sep 15<sup>th</sup>**.

Oh, and one more thing, please also be prepared to bring an ice cube to the zoom screen for this service! Till then, Shine on! ~ RevAmy

### ***Don't Lose Your Right to Vote in Florida: Check Your Voter Status by October 5!***

Did you know that if you're registered to vote but didn't vote in the past two national elections you may have been removed from the voting rolls? In Florida, if you don't vote in one national election and don't return voter address confirmation mailers, you can be marked as an "inactive voter," and—depending on your county—after two elections without voting you may be marked as an "ineligible voter," and removed.

Thankfully there's a simple fix: Go to [registertovoteflorida.gov](http://registertovoteflorida.gov) and check your voter registration status. If you don't show up in the system as a registered voter, you can register online immediately. But you must do it before October 5 -- the deadline to register and be eligible to vote in the 2020 election.

Three other important reasons to go to [registertovoteflorida.gov](http://registertovoteflorida.gov) before October 5:

- If you haven't registered to vote before and want to vote for the first time.
- If you've moved or changed your name since you last voted.
- If you just want to make sure—sometimes voters have been flagged for removal because of a computer error.

Don't lose your right to vote in the 2020 election! Your vote is your voice. Go to [registertovoteflorida.gov](http://registertovoteflorida.gov) to register or to update your registration today. 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](mailto:FairElections-FL@eldersaction.org).

### ***Other Events:***

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

Thursdays 6:00 - 7:00 pm for adults; [Zoom link for Thursday night at 6 pm](#)

For more information or to register contact [Carolyn@InsightInstituteLLC.com](mailto:Carolyn@InsightInstituteLLC.com) or [Scott@InsightInstituteLLC.com](mailto:Scott@InsightInstituteLLC.com), or visit <http://www.insightinstitutellc.com/>

**Flowing River Sangha** – We will meet online on **Tuesday, Sep 15<sup>th</sup> 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](mailto: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 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 16<sup>th</sup> and is FF Inquirers #4: Faith Development for Children and Adults**. For more information, email Zena Tucker, [membership@riverofgrassuu.org](mailto:membership@riverofgrassuu.org). Zoom link for our session is: [ZOOM Link for RoG Inquirers](#).

| Date     | Time           | Event  |
|----------|----------------|--|
| 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:** Visit [OptoutPrescreen.com](http://OptoutPrescreen.com) to stop unsolicited credit card offers. This website is run by the 3 credit agencies (Experian, Equifax, and TransUnion) and is supported by the Federal Trade Commission. In just 3 minutes you can stop this junk mail, saving you hassle and reducing landfill waste.

### **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](http://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](mailto: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](mailto: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.*