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 – September 17, 2020

Rivers of Grace: 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, to consider the meanings of water in our lives -- travel, movement, change, resilience, weather, wellsprings, cleansing. We'll be serious and silly and contemplative and clever.

Oh, and one more thing, please also be prepared to bring an ice cube to the zoom screen for this service!

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 20, 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/ab3E9]Rtb9

Upcoming Virtual Events - This Sunday:

Sunday, September 20, 2020

Virtual Sunday Service at 10:30 am – Rev. Amy Carol Webb - Rivers of Grace: Annual Water Ingathering 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 our Faith Development classes, we'll begin our monthly discussions on creating a more just and fair world by renewing our committeent to dismantling a white supremacy culture and actively becoming anti-racist. This begins with noticing and celebrating our differences, and listening to black and brown voices. We'll engage in conversations that give us practice with speaking truths, and we'll delve deep in our hearts to begin change. I hope to see your children and youth join us in our quest. Contact Karen Gonzalez at ReligiousEducator@RiverofGrassUU.org for more information.

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 20**th **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.

Proposed Change in Policies and Procedures

The Board reviewed and approved a proposed change in our Policies & Procedures, adding the following paragraph. In accordance with our Policy on Policies, we need to have a congregational review before making the change.

Proposed Change in red and articles following this change will be renumbered.

9. Membership

- A. The Minister is the only person authorized to sign up new members in the membership book except for person(s) specifically authorized by the Minister, or in the absence of the Minister, the Board President.
- B. In the absence of the Minister for a prolonged period, the President or Vice-president will have the responsibility of signing up new members.
- C. A signed new member document, approved by the minister, is a suitable substitute for signing the membership book. Name(s) and date of membership will be annotated in the Membership Book as the date the form was received by the Office Administrator.

Please review and send any recommendations for change to <u>Board@riverofgrassuu.org</u> by Oct 17th.

FUTURE HOME CAPITAL CAMPAIGN IS BEGINNING!

The Capital Campaign will begin on Sep 27th and ends on Nov 1st!

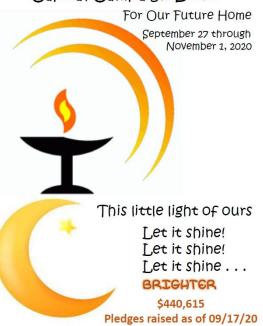
We are now actively searching for a permanent home in West Broward County. The Future Home Team is working with a local agent to find accommodations that might work for us. As you recall, we gave up our location of almost ten years on Route 84 in Davie at the end of July when it made no sense to keep our rental contract for a space we could no longer utilize. All was packed up and is being stored waiting for the right time and the right space to be together again!

During the Campaign, you will be personally contacted by Campaign Stewards, friends of yours at River of Grass, to talk about your financial commitment to our New Home. Please welcome their calls. Your pledge can be paid in two or three year's time. Please check this space for further information in the coming weeks.

If you would like to be on the Steward Team, please email Kathy Jens-Rochow <u>CapitalCampaign@riverofgrassuu.org</u> or call 954-531-9540.



Capital Campaign Drive



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.



Be a Trusted Voice for Safe and Fair Elections!

Here's one very important thing that you can do to help assure safe and fair elections: Make sure the people you know have the information they need to vote.

Between emails, texts, calls, and social media posts about the election, everyone is bombarded with information daily, and many people understandably shut down and tune out. Whose email will they open? One from someone they know and like and trust. That's you! Please reach out to friends and family to check that they have the voting information they need.

- Contact your friends and family in Florida and tell them to check their voter registration status, or register if they're not registered to vote, by October 5. <u>Click here for a sample email to Florida voters</u>.
- Contact your friends and family in other states to let them know where they can find voter information. <u>Click here for a sample email to voters in any state</u>.

Do please personalize your email. People are much more likely to act on your message if they feel that you are reaching out to them as individuals. **And if you haven't requested your Florida Vote-by-Mail ballot yet, please do so today here --** https://www.browardsoe.org/ -- don't miss your chance! You can avoid Post Office delays by dropping your Vote-by-Mail ballot in a secure drop box during Early Voting. 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; Zoom link for Thursday night at 6 pm

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

The River of Grass Men's Group is open to all men. The Men's Group Men's Group meets via Zoom every 1st and 3rd Thursday of the month at 7:00 pm. **TONIGHT**, **Sep 20th at 7:00 pm we will meet on Zoom** and discuss our topic: "The Shadow Side." Consider that every organization has a formal structure which it publicizes. Then there is a second structure by which work gets done. https://us04web.zoom.us/j/670022402 The Meeting Room opens up at 6:30 pm before the Host arrives. Click on the link to download the Discussion Sheet. For more info, please contact Kip Barkley mensgroup@riverofgrassuu.org.

Flowing River Sangha – We will meet online on **Tuesday, Sep 22nd 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 more information, please email Gary Gonzalez at meditation@riverofgrassuu.org.

Light the way for others by facilitating our Inquirers Series! Make new friends, share your story and enthusiasm for our beloved community. We need UU to shine a light, make a way and support those who want to learn more about Unitarian Universalism and River of Grass. The series is on Wednesday evenings. Training is available. See Zena Tucker or email membership@riverofgrassuu.org to sign up.

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 23rd and is FF Inquirers Worship Liturgical For information, email Tucker, #5: Year. more Zena membership@riverofgrassuu.org. Zoom link for our session is: ZOOM Link for RoG Inquirers.

Date	Time	Event
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
10/28/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
11/4/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
11/11/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
12/2/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
12/9/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
1/6/21	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
1/13/21	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Change your car's air filter the next time you change the oil. Over time, air filters get clogged causing your engine to work harder - creating more greenhouse gas emissions and lowering your fuel economy. Save money on gas by spending money on a new air filter.

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 <u>Facebook</u> (LIKE us) and <u>Twitter</u> (FOLLOW Us). For more information, please contact <u>communityawareness@riverofgrassuu.org</u>.

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.