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 - November 18, 2021

HOLDING HISTORY, HOLDING HOPE - 2021

*Hard times, hard times, come again no more...*Stephen Foster wrote that in the year 1854.

These hard times we endure together now are not new in the passages of human history – they are new only to some of us. Yes – only to some of us – for the black, brown, poor, queer and others among us, they are nothing new even now. And it's not that our system is broken. No... actually, our system is working exactly as it was designed – to keep power and wealth in the hands of the few, while too many go hungry ... in body and in spirit. Things have not been getting worse, they have been getting revealed.

Let's think about those hard times, as Rev. Amy reflects on what has been revealed since we were together last year at this time. Rob Giblin-Davis will read Rev. Amy's message. Please bring a bit of bread or cracker to the Zoom Room, something that represents nourishment and communal sharing.

Please join us on Sunday at 10:30 am or a little before to chat. Join us as you are from wherever you are in Zoom or on FaceBook live for both our service, and Hospitality in Zoom following the service. (If you tune in on Facebook, c'mon over at Hospitality time with the link below!). We can't wait to see you!

Topic: Worship November 21, 2021

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/ab3E9IRtb9

Upcoming Virtual Events - This Sunday:

Sunday, November 14, 2021

Virtual Sunday Service at 10:30 am - HOLDING HISTORY, HOLDING HOPE - 2021 - Rob Giblin-Davis -

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

Faith Development: Dragonflies 9:30am; Teens 12:00pm; Mockingbirds 1:30pm

This Sunday in our Faith Development classes, our focus will be on "**Truth-telling**". We haven't always shared this country's honest and true stories with each other. By keeping some of our history hidden, we've caused pain to those who were at the center of those stories. This has not only caused pain for them but has also prevented their gifts from flowing out into the world. As part of our Unitarian Universalist faith, we want to resist and defy the racism in our country that wants to keep the truth hidden. We want truthful telling so that we can find the broken places, and let the beauty and healing emerge. If you'd like more information about our program, please contact our Director, Karen Gonzalez at ReligiousEducator@RiverOfGrassUU.org.

Rev. Amy's sabbatical: Rev. Amy's sabbatical began Monday, Sep 27th, and will end Tuesday, Nov 30th. She will be back in the pulpit on Dec 5th. For more information about her sabbatical, please read the information that Rev. Amy prepared. It is listed on our website: Rev. Amy's Sabbatical Page.

In-person Service:

We are making plans for being together on Dec 5th, Rev Amy's first day back from Sabbatical. Thanks to Rob Giblin-Davis for securing this space for us. It is handicap accessible.

- Sunday, Dec 5th at 10:30 am
- Seating is limited to 50 Inside the Main room and 30 Inside a Satellite room where the service will be live-streamed, all keeping socially-distanced.
- Our children will be meeting on a large, covered outdoor patio nearby.
- Location: University of Florida IFAS Satellite Building; 3205 College Ave, Davie, FL 33314
- **Masks are required for all attendees, inside or outside. Please, no exceptions. **

The service will also be live-streamed on Facebook and Zoom. Attendees will also be welcomed to watch the service outside on their own devices and for those who wish to remain at home, the Zoom Room will be just as it has been. Though no refreshments will be provided we'll have opportunities for conversation before and after the service. We are so excited to finally be together!



Please be aware that Dec 5th is the annual Christmas Toys in the Sun motorcycle run which causes a roadblock for drivers heading north on I-95 or west on I-595 on that Sunday morning from about 9:00 AM-1:30 PM.

Further information may be provided as the Covid-19 Task Force continues to meet and keep us safe. Reach out to worship@riverofgrassuu.org and check the weekly email for updates.

Transgender Day of Remembrance (TDOR) is an annual observance on Nov 20th that honors the memory of the

transgender people whose lives were lost in acts of anti-transgender violence. The number is rising – and likely far higher than we know. Transgender Day of Remembrance seeks to highlight the losses the community faces due to anti-transgender bigotry and violence. The need to fight for their rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people -- sometimes in the most brutal ways possible -- it is vitally important that those we lose are remembered, and that we continue to fight for justice.



- adapted from Transgender Day of Remembrance founder Gwendolyn Ann Smith

UUA - Transgender Day of Remembrance Service - Friday Nov 19th at 2:00 pm

2021 UUA Transgender Day of Remembrance Chapel -- Friday, November 19th @ 2:00pm-3:30pm ET

Special Guests: Rev. Ali KC Bell & <u>Imara Jones</u>
Register Here: https://tinyurl.com/2021UUATDOR

Please join the Unitarian Universalist Association on <u>Friday</u>, <u>Nov 19th</u> for a Transgender Day of Remembrance Service. 2021 has become the deadliest year for transgender and non-binary people. The barrage of anti-trans legislation that has been levied against the trans/non-binary community along with a culture of hate that is harming our children is directly responsible for these senseless killings and the dangers the trans community faces on a daily basis. In 2021, at least 45 transgender or gender non-conforming people were murdered--the majority of

which were Black and Latina transgender women. Many more transgender people lost their lives to suicide and those who have survived often experienced unprecedented hardship this year.

As Unitarian Universalists, we share the collective responsibility to build a world that affirms the inherent worth and dignity of all. **Our transgender siblings are sacred and divine.** Let us honor the inherent worth and dignity of trans people by remembering those we've lost and honoring those living among us. Let this day be a charge to embody justice, equity, and compassion in our relationships and institutions--love better, work harder, and fiercely affirm that transgender, genderqueer, non-binary, and other non-cisgender identities matter.

Saturday is Transgender Day of Remembrance. <u>Join the UUA on Friday, Nov 19th</u> to observe this day at our TDOR Service

Auction News!

The Non-Event Event -- 2021-2022 Online Auction -- December 5 thru December 12

It's almost here. We have some wonderful donations. Lots of gorgeous jewelry, including chalice jewelry, some parties, vacations, massages and even a beautiful piano!

We are looking for more donations! We will be publishing the catalog on Wednesday, Dec 1^{st} , before the auction starts so you can find the items you would like to bid on. We need your donation writeups by Sunday, Nov 28^{th} so we can include them in the catalog.



New or gently used items, gift baskets, gift cards, services, antiques, artwork and crafts. oh, and don't forget parties! We can meet face to face in small groups so we can have parties together again. For more information and/or donations, contact auction@riverofgrassuu.org.

Your Auction Team: Steve Jens-Rochow, Kallie LeFever, and Kathy Jens-Rochow

Project Angel Tree supporting ChildNet:

We have adopted 50 foster care kids for this holiday season. This year we are back to our joyous and generous selves with our most vulnerable population.

- This year we are asking you to choose a child and then purchase one of the requested gifts.
- Please attach a tag with the child's initials and their assigned number to each gift you choose to purchase.
- They can be delivered to Marilisa Lawless's home, as she is the lead on this project.
- Marilisa's address is 1975 SW 101st Ave, Davie, FL 33324. They can be mailed or delivered. She has a covered porch and they can be left out front whether she is home or not.
- We are asking that these are at her home by Saturday, Dec 4th.
- The Google Sheet can be viewed by <u>clicking here</u>. Please add your name and contact information to the green column to the right of the child (ren) you choose.

Thank you for always stepping up for River of Grass!

To find out more about ChildNet please check out their website: https://www.childnet.us/

ChildNet has been chosen by the Florida Department of Children & Families to serve as the Community Based Care (CBC) lead agency in both Broward and Palm Beach Counties. As such, it is the single private non-profit entity responsible for managing the local system of services and supports for the communities' most vulnerable children. Their system of care was developed with extensive input from local stakeholders and its effective implementation depends upon their continued support.

8th Principle Team Message

8th Principle Adoption - WHAT IS BELOVED COMMUNITY?

Beloved Community happens when people of diverse racial, ethnic, educational, class, gender, abilities, sexual orientation backgrounds/identities come together in an interdependent relationship of love, mutual respect, and care that seeks to realize justice within the community and in the broader world.

As a beloved community, we will be addressing specifically racial disparity and how it has happened over the decades in these United States. The wording of the 8th Principle...

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

The adoption vote of the 8th Principle will be held on May 15, 2022 at the Congregational Annual Meeting. In the meantime, the 8th Principle Team will be bringing forward historical perspectives and conversations through films, books and discussions that have been more recently revealed due to the killings of Black citizens. White supremacy affects all parts of our society. We are excited to begin this work!

Members of the Team are Lou DeSantis, Rita Cherubini, Tanya Gustafson and Steve Jens-Rochow. More information to come! <u>8thPrincipleTeam@riverofgrassuu.org</u>

UUMFE - Decolonizing Thanks Giving

UU Ministry for Earth Worship Service at 7:30 ET - Thursday Nov 18th

In observation of Native American Heritage Month, and the UUA commitments to reconsider our <u>denomination's</u> <u>heritage and cultural practices</u> related to the US holiday of Thanksgiving and to <u>address 400 years of white</u> <u>supremacist colonialism</u>, please join UU Ministry for Earth for the following programs:

Decolonizing Thanks Giving: a Virtual Worship Service Thursday, Nov. 18 at 4:30 PT / 5:30 MT / 6:30 CT / 7:30 ET

Unitarian Universalism's history, during the Civil War era, is directly connected to the creation of the mythos supporting the US Thanksgiving holiday and the historically inaccurate and harmful colonial narrative of "Pilgrims and the Indians," and the pageant traditions that perpetuate these harms. In recent years, UUs have made a commitment to reconsider the cultural and colonial foundations of this tradition, in counsel and relationship with First Nations and Indigenous communities. The <u>Harvest the Power program</u> and <u>Thanksgiving Reframed</u> worship service last year were a significant milestone in this effort, and the work of truth-telling, cultural healing, and transformation must continue. This virtual worship service, on Nov. 18th at 4:30 PT / 5:30 MT / 6:30 CT / 7:30 ET, intentionally crafted by centering Indigeous people and cultures, is an invitation to come together in that spirit. This service is presented by many Indigenous Unitarian Universalists in collaboration with Relations from local Tribal Communities, the UU Ministry for Earth & Side With Love.

Register HERE: https://bit.ly/DecolonizingThanksGiving

Un-learning Session at 4:00 ET on Nov $23^{\rm rd}$ Tuesday, Nov. 23 at 1-2:30 PT / 2-3:30 MT / 3-4:30 CT / 4-5:30 ET

Come experience an Un-learning session!

What's an Un-learning Session, you ask? Un-learning Sessions are an educational organic environment taking note of Indigenous perspectives as they are applied and adapted to various conversations. This will be done embracing Indigenous modalities, which means we are free to experience no outline and no agenda. Un-learning Sessions are not fixed, rather they're fluid and dynamic; no two sessions will be alike as the subject matter will be flexible and fluid based on participant input and participation.

Un-learning Sessions invite experiences of other ways of engaging learning and engaging each other as our time together will be guided by questions, thoughts, and participant input. Un-learning Sessions offer ways to access learning through a different lens, which activates a process about how we perceive, understand, and relate to cultures, knowledge, and traditions while we're learning.

Facilitated by Alan Lechusza Aquallo (Luiseno Nation & Maidu Nation)

Register HERE: https://us02web.zoom.us/meeting/register/tZAtdeyhqDMoGtA00hzELbBbjCfy5nGwLb7h

2021 National Day of Mourning Thursday, Nov. 25 - Beginning at 9am PT / 10 MT / 11 CT / 12pm ET Cole's Hill, Plymouth, MA (hill above Plymouth Rock)

Live streaming here

Hosted by the United American Indians of New England

An annual tradition since 1970, Day of Mourning is a solemn, spiritual and highly political day. Many of us fast from sundown the day before through the afternoon of that day. We are mourning our ancestors and the genocide of our peoples and the theft of our lands. NDOM is a day when we mourn, but we also feel our strength in action.

Over the years, participants in Day of Mourning have buried Plymouth Rock a number of times, boarded the Mayflower replica, and placed ku klux klan sheets on the statue of William Bradford, etc.

For those who live far away from Plymouth, you can still participate by <u>watching the live stream</u> of the days events &/or <u>making a donation</u>.

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 or Scott@InsightInstituteLLC.com, or visit http://www.insightinstitutellc.com/

RoG Men's Group: We meet the first and third Thursday each month from 7:00 to 8:30 pm. We will meet on Zoom at Meeting ID 670 022 402 for the foreseeable future. We gather and do check-in where we share our day. Then a discussion topic is presented. We read aloud the premise and questions and then discuss it all until 8:30 pm. The goal is that the sharing moves from head to heart. The Nov 18th topic is "Major Influences Impacting Our Lives." What major world influences, like Viet Nam, your birth culture, or the real estate crash of 2008 have impacted your life? The Topic Description will be online at KipBarkley.com/topic/. There we post past topics and links to the UU Small Group Ministry Network. We are a lay-led group and look to our members for future topics and the direction we take. Do come out and join us. The Meeting Room opens up at 6:30 pm before the Host arrives. If you have any questions please contact Kip Barkley; mensgroup@riverofgrassuu.org; RoG Men's Group Facilitator.

Broward Solar Co-op is still open: Thinking of going solar? You are in luck. The Broward Solar United Neighbors Co-op is still open, **it closes on Nov 30**th. With it you get the advantage of a fully vetted installer, a discounted group price, and their expertise. https://coops.solarunitedneighbors.org/coops/broward-county-2021-solar-co-op/

You're Invited! Compass: Navigating the Paths of Liberation Together – December 11 & 12 (registration fee will be reimbursed by River of Grass)

Dear Unitarian Universalist Leaders and Friends,

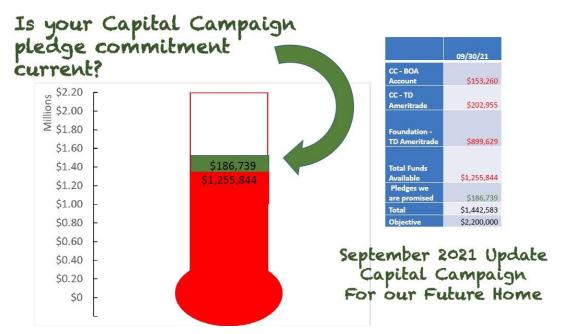
You are invited to reach into your spiritual toolkits and grab your "compass," your wayfinder, that inner voice that points you toward goodness, and join us in charting a path toward a deeper knowing of Unitarian Universalism. Please join us for *Compass: Navigating the Paths of Liberation Together*, a virtual event taking place on December 11th and 12th. Our very own <u>Article II Commission</u> will ask for your input on our ever-evolving Purposes and Principles. This is Unitarian Universalism, our living tradition, at its theological best: striving to change and be better in a changing world, bending its arc toward a greater inclusivity and a more profound justice for all.

This event is for: *lay leaders, religious professionals, adults, youth, members of congregations, and anyone else who is interested in diving into an exploration of interdependence in UU theology and practice.*

<u>Learn more about *Compass* and register today!</u> We hope to see you on December 11 & 12! In faith, Natalie Briscoe, Southern Region Lead

Young Adults are now meeting on the 2nd Sundays, at 7:30 pm virtually on Zoom – Millennials, Gen Xers, and Gen Zs, are welcome to tune in to the YUUng Adult Virtual Coffee Hour on **Sunday, Dec 12th at 7:30 pm.** Our group's 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.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: It takes over 50 years for leather shoes to break down in a landfill. Be sure to buy quality comfortable shoes, not just the latest fashion. And as they wear, take them to the shoe repair shop. In the long run, it will help your feet, save you money, and help the environment.



Drive to the Finish: Capital Campaign - Our Future Home Search Team is diligently looking for our new home. There are many ways we can go, either find an existing church, find a building we can use and build out to suit our needs, or even purchase property and build our church ourselves.

We need your help in order to be better prepared when the right opportunity presents itself. Those of you who made your pledge during our campaign last fall, thank you for your commitment. We have received about 65% of the total amount pledged. And a matching gift of \$25,000. In order to get a handle on our finances, we would like to know when you plan to complete your contribution.

With gratitude and hope, Your Capital Campaign Team. <u>capitalcampaign@riverofgrassuu.org</u> Go to our website, <u>riverofgrassuu.org</u>, scroll down to the Drive to the Finish information and <u>click on the link to make your pledge</u>.

Capital Campaign Contributions

We have set up several methods for you to make your pledges/contributions to the Capital Campaign. The table below details the various methods, including charges that the River accrues when this payment method is used. We are here to help with any questions you may have. Feel free to contact our office administrator, Sandy Blair Chibnick, via email at office@riverofgrassuu.org.

Monetary Donations		
Method	How	Processing fees paid by River of Grass
	Write CC on memo line Mail to River of Grass: 3225 N Hiatus Rd, Unit 452485	
Check	Sunrise, FL 33345	\$0
Checking account	Set up payment on our <u>Donations page</u> . Designate	\$0.45 per transaction
via Vanco	on the Capital Campaign line	plus processing fee 1%
		\$0.45 per transaction plus
		credit card processing fee:
Credit Card	Set up payment on our <u>Donations page</u> .	American Express: 3.5%
via Vanco	Designate amount on the Capital Campaign line.	Visa/MasterCard: 2.75%

	https://www.paypal.com/paypalme/my/profile	Varies based on	
PayPal	In the notes write "Capital Campaign"	method of payment	
	Use your bank to set up \$ transfer. Send Zelle		
Zelle	payment to CapitalCampaign@riverofgrassuu.org.	\$0	
Securities	Any questions contact Northstar F	Any questions contact Northstar Financial Planners:	
	Allen Giese, Steve Tepper, or Stacy Saave	Allen Giese, Steve Tepper, or Stacy Saavedra at (954) 693-0030	
	Securities should be transferred per instructions from the donor's brokerage or advisor		
	using the following DTC and A/C numbers as the destination		
	#0188 - TD Ameritrade In	#0188 - TD Ameritrade Institutional	
	A/C #94411033	A/C #944110334	
	RIVER OF GRASS UNITARIAN UNIVERSAL	RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION, INC.	
	The donor should notify the CC Team and the Office	The donor should notify the CC Team and the Office Administrator of the details of the	
	donation by emailing <u>CapitalCapaign</u>	donation by emailing <u>CapitalCapaign@riverofgrassuu.org</u> .	

Interim Recommendations from the RoG COVID-19 Re-Emergence Team

Team: Deb Buehler Ely, Karen Gonzalez, Susan Juncosa, Jeanne Masten (<u>COVIDTeam@RiverofGrassUU.org</u>)

Purpose of Team: To review guidelines for congregational and smaller group gatherings in order to provide recommendations to the Board to be used for official River of Grass meetings and events.

These recommendations are:

For: only for official, River of Grass - sponsored outdoor and indoor small group gatherings.

Fluid: new information comes out all the time and the recommendations could change.

Inclusive: all attendees should be able to attend physically or virtually.

Protective: considers first those who are most at risk.

Science-based: follow the directives according to the experts.

Sources:

UUA: https://www.uua.org/safe/pandemics/covid-19

CDC: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html

Johns Hopkins: https://coronavirus.jhu.edu/us-map

UU Reston Covid-19 Guidelines: https://www.uureston.org/covid

MEETINGS IN THE TIME OF COVID

RIVER OF GRASS COVID-19 TEAM RECOMMENDATIONS TO THE BOARD: February 2021

Small Group Meeting COVID Requirements

The CDC has released guidelines which allow meetings of fully-vaccinated** people. https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html

In accordance with these guidelines, Official River of Grass meeting protocols have been updated to reflect the differences in the make-up of meeting attendees. **People are considered fully vaccinated for COVID-19 \geq 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or \geq 2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen). This meeting protocol has been developed and can be found on our web (RiverofGrassUU.org/teams-committees--small-groups.html). Contact Susan Juncosa at COVIDteam@riverofgrassuu.org for more information.

Frequently Asked Questions - Small Group Meetings

1. Can I meet with my RoG friends?

- That is your choice at all times. These recommendations are only for official River of Grass – sponsored gatherings.

2. What's the first thing to consider when organizing an in-person event?

- Is it necessary that the gathering be in person? Can the same purpose be achieved by meeting on Zoom? Is there a reason to meet other than the fact that we want to be together?

3. My small group has some people who are not vaccinated. Can we meet in person?

- Small groups with unvaccinated attendees can meet outdoors. Follow the procedure for such meetings and sign the covenant.
 - + If any members of the group do not want to attend in person, provision must be made for attendance by Zoom or other application.

4. My group has all been vaccinated with all shots and have waited the recommended times. Can we have an in-person meeting?

- Yes, if you take these actions:
 - + follow the procedure for such meetings and sign the covenant.
 - + If any members of the group do not want to attend in person, provision must be made for attendance by Zoom or other application.

5. What about an indoor meeting?

- Yes, see question four.

6. Can children come to the gathering?

- At this time, there is no vaccine approved for children. They would have to maintain social distance and masking, etc. This might be a group decision.

Meetings with all attendees fully-vaccinated (INDOORS AND OUTDOORS)

Meeting Leader will do the following:

- + send the covenant to attendees prior to the meeting;
- + determine, with group members, if proof of vaccination must be provided;
- + collect signed covenants or procure signed covenants at the start of meeting;

Actions Prior to a Gathering

A covenant shall be developed and sent to attendees which includes the following:

- + attendee states they have been fully vaccinated and will provide card if requested;
- + attendee will comply with any contact tracing which may ensue; and
- + has not tested positive for COVID-19 in the prior 10 days and is not experiencing any COVID-19 symptoms.

Actions During a Gathering

- + attendees will give meeting leader the signed covenant or sign a copy at the start of meeting;
- + Meeting attendees do not have to wear masks or social distance
- + Meeting attendees may share food or drink.

Fully-Vaccinated Small Group Gathering Covenant

We; the members, friends, and visitors of the River of Grass Unitarian Universalist Congregation acknowledge the role we play in keeping ourselves, each other and our community safe from the spread of COVID-19. With that in mind, we agree to adhere to the following protocols when gathering in small groups in or out-of-doors:

- We have been fully vaccinated against COVID-19.
- We have not tested positive for COVID-19 in the prior 10 days and are not experiencing any COVID-19 symptoms.
- We will comply with any contract tracing following our gathering, if needed.

Meeting with some attendees unvaccinated/not fully vaccinated (OUTDOORS ONLY)

Meeting Leader will do the following:

- + send the covenant to attendees prior to the meeting;
- + set up space and have sanitizer/hand washing supplies available;
- + collect signed covenants or procure signed covenants at the start of meeting;
- + locations of outdoor gathering will be chosen with the physical needs of the attendees in mind and alternative Zoom links will be offered if needed;
- + review masking and social distancing.

Actions Prior to a Gathering

A covenant shall be developed and sent to attendees which includes the following:

- + agrees to follow social distancing and masking protocols; and
- + has not traveled internationally in past two weeks; and
- + attendee will comply with any contact tracing which may ensue; and
- + is not experiencing any COVID symptoms.

Actions During a Gathering

- + attendees will give meeting leader the signed covenant or sign a copy at the start of meeting;
- + Meeting attendees will follow masking and social distancing guidelines;
- + Meeting attendees will not share food or drink.

Actions after a Gathering

+ Meeting leader will keep the covenants collected for two weeks;

+ Attendees will inform the meeting leader if they have Covid symptoms and/or a positive Covid test within two weeks after the meeting. Meeting leader will inform all attendees.

Small Group Outdoor Gathering Covenant

We; the members, friends, and visitors of the River of Grass Unitarian Universalist Congregation acknowledge the role we play in keeping ourselves, each other and our community safe from the spread of Covid-19. With that in mind, we agree to adhere to the following protocols when gathering in small groups out-of-doors:

- We will wear masks at all times and keep 6 feet from persons who do not reside in our households.
- We will not partake of food or drink.
- We are not experiencing any Covid-19 symptoms.
- We have not traveled out of the country in the past two weeks.
- We will comply with any contract tracing following our gathering, if needed.

Factors Considered in forming the Guidelines:

All guidelines depend on both the public and the personal.

The public – the surrounding community – must meet certain standards for daily new cases, infection rate, test positivity percentage, contract tracing in place and hospital capacity.

Personal - each individual's state of health.

Scope of Recommendations:

At this time, the recommendations are only for small gatherings in **indoor and outdoor** spaces depending on who is vaccinated in the group.

Format of Recommendations:

The team will develop a FAQ (Frequently Asked Questions) document to be posted on the web site and added to the weekly e-mail, which will be updated as needed.

Meeting Leader will do the following:

- + send the covenant to attendees prior to the meeting;
- + set up space and have sanitizer/hand washing supplies available;
- + collect signed covenants or procure signed covenants at the start of meeting;
- + locations of outdoor gathering will be chosen with the physical needs of the attendees in mind and alternative Zoom links will be offered if needed;
- + review masking and social distancing.

Actions Prior to a Gathering

A covenant shall be developed and sent to attendees which includes the following:

- + agrees to follow social distancing and masking protocols; and
- + has not traveled internationally in past two weeks; and
- + attendee will comply with any contact tracing which may ensue; and
- + is not experiencing any COVID symptoms.

Actions During a Gathering

- + attendees will give meeting leader the signed covenant or sign a copy at the start of meeting;
- + Meeting attendees will follow masking and social distancing guidelines;
- + Meeting attendees will not share food or drink.

Actions after a Gathering

- + Meeting leader will keep the covenants collected for two weeks;
- + Attendees will inform the meeting leader if they have Covid symptoms and/or a positive Covid test within two weeks after the meeting. Meeting leader will inform all attendees.

COVID-19 Response Update

Our River of Grass faithful is actively responding to COVID-19. Any face-to-face gatherings of any kind must follow the new small group protocols that were recommended to the Board by the COVID Re-Emergence Team. Otherwise, all gatherings are suspended or moved on-line, while we search for our forever home, continue to keep ourselves and our community safe, and prepare for congregational life after COVID.

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 contact' 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 Coronavirus

Your leadership at River of Grass are taking every precaution against 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 <u>riverofgrassuu.org/calendar.html</u>. **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 email 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.