

A MONTHLY NEWSLETTER FROM THE RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION DAVIE, FLORIDA DECEMBER 2018



LET THE MYSTERY BE Rev. Amy Carol Webb

for ne man's magic is another man's science," the old saying goes. But the more we know, we more we know we don't know.

Unitarian Universalists draw inspiration for their faith from many sources. Some of them we come from. Some of them we come to. Some of them we find within ourselves. Some we find in nature, in community, in theology, in the Holy called by many names or none. Some we seek. Some seek us. We are known to revere reason. We believe in science. And still ... among the Six

Sources we have codified in our search for truth and meaning, the first to which we ascribe our faith is this:

Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.

While the others rightly include the *words and deeds of prophetic people*, *wisdom from world religions, Jewish and Christian teachings, Humanist teachings,* and *Earth-Centered traditions*, first we embrace the experience of mystery and wonder in our lives. For we have learned that while we are indeed rational, reasoned, science-minded people, we keep reaching the end of what we have discovered only to find there is yet more to discover.

Religion, reason, and science all seek the same thing – Understanding. It could be argued that all our human pursuits seek this ultimate end, as we return again and again to

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December Monthly Theme: *To be a People of Mystery*

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	SSJ&G Team
December 16:	Holiday pageant
	Rev. Amy Carol Webb &
	Faith Development
December 23:	The Wait
	Rev. Amy Carol Webb
December 24:	Christmas Eve
	Rev. Amy Carol Webb
December 30:	TBD
	Rita Cherubini

WORSHIP SERVICES SUNDAY AT 10:30 AM



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January Monthly Theme: *To be a People of Possibility*

nuary 6:	Fire Communion
	Rev. Amy Carol Webb
nuary 13:	TBD
	4Cs Covenant Group
nuary 20:	Peace in the Nations
	Rev. Amy Carol Webb
nuary 27:	Peace in the Cities
	Rev. Amy Carol Webb

OUR SUNDAY LOCATION

11850 W. State Road 84, Suite 1, Davie, FL 33325

EVERY SUNDAY

Worship Service: 10:30 to 11:30 am. Hospitality Hour: 11:30 am to 12:30 pm. Faith Development Classes: 11:00 am to 12:00 noon

FRIENDLY REMINDERS FOR OUR MEMBERS

There is plenty of parking outside the sanctuary, but please leave the closer parking spaces for our guests and physically challenged worshipers.

All meetings are held at 11850 W State Road 84, Suite 1 in Davie unless otherwise noted.

➢ OUR PRINCIPLES <∞</p>

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

The inherent worth and dignity of every person;

Justice, equity and compassion in human relations;

Acceptance of one another and encouragement to spiritual growth in our congregations; A free and responsible search for truth and meaning;

The right of conscience and the use of the democratic process within our congregations and in society at large;

The goal of world community with peace, liberty, and justice for all;

Respect for the interdependent web of all existence of which we are a part.

STAY CONNECTED!

Between issues of *Reflections* you can stay connected to the River of Grass Congregation the following ways:

- Sign up for our weekly email with events and news: send an email to office@riverofgrassuu.org
- Visit our Facebook page: www.facebook.com/riverofgrassuu
- Follow us on Twitter: @RiverOfGrassUU or www.twitter.com/riverofgrassuu
- Visit our calendar: www.riverofgrassuu.org/calendar.html (or go to: www.riverofgrassuu.org – click on Events – Calendar)
- Join our MeetUp group: www.meetup.com/riverofgrassuu





River of Grass

UNITARIAN UNIVERSALIST CONGREGATION Phone 954-723-7877

> www.riverofgrassuu.org office@riverofgrassuu.org

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Community Awareness Open
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Facilities Rental Ken Bresnahan
fUUndraisingZena Tucker,
Kathy Jens-Rochow &
Susan Juncosa
Hospitality Zena Tucker
Nominating TBD
Pastoral Care Riley Cothran & Pat Katz
Personnel Rev. Amy Carol Webb &
Janet Schwartz
Service, Social Justice & Steve Jens-Rochow
Green Team
Shared Ministry Diane Lade &
Janet Schwartz
Stewardship Kathy Jens-Rochow &
Rita Cherubini
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Marjie Loring

FROM THE BOARD PRESIDENT Scott May



H appy holidays! May you enjoy this festive time of year with many festive River of Grass events – including the Holiday Pageant and Christmas Eve gathering. Plus several River of Grass members are singing in choirs across the county, providing many ways to connect with the holidays and with River of Grass.

I very much enjoy holiday music – both the melodies and the messages. My favorite is Little Drummer Boy. It reminds me that holiday giving is about giving of ourselves and giving from the heart, and less about store-bought gifts. Years ago our family used to pile up the gifts under the tree. No more. Now we do a single 'white elephant' gift exchange and a few stocking items. Our

focus has shifted from oodles of store-bought gifts to spending quality time together – talking, playing games, taking walks, even doing a puzzle. Simply being together with family and friends helps to connect our hearts, and lift our spirits.



May your spirit soar! May you know that you are special! May your holiday be glorious!



LET THE MYSTERY BE

(Continued from page 1)

the central existential question every person in every era yearns to answer: why am I here? Neither reason nor religion have yet answered that question to our full satisfaction. Nor do science and faith need be in conflict. Indeed, each of those reverences inform the other. The great scientific genius, Einstein himself, is known to have said, "Science without religion is lame, religion without science is blind." In a 1936 reply to a letter from a 6th grader named Phyllis, asking whether scientists pray, he explained that while the laws of nature do not seem to support being influenced by prayer, "we must concede that our actual knowledge of these forces is imperfect, so that in the end the belief in the existence of a final, ultimate spirit rests on a kind of faith. Such belief remains widespread even with the current achievements in science. But also, everyone who is seriously involved in the pursuit of science becomes convinced that some spirit is manifest in the laws of the universe, one that is vastly superior to that of man. In this way the pursuit of science leads to a religious feeling of a special sort"

CALLING ALL ACTIVISTS!

A CONSTITUTIONAL AMENDMENT TO BAN ASSAULT WEAPONS IN FLORIDA IS BEING FILED:

F he amendment, sponsored by **Ban Assault Weapons Now** (BAWN), would bar possession of "any semiautomatic rifle or shotgun capable of holding more than 10 rounds of ammunition at once." The restriction would not apply to handguns.

BAWN is a Miami-based political committee primarily comprised of family members of mass shooting victims at Marjory Stoneman Douglas High School and Pulse nightclub. The group earned attention earlier this year with news they were teaming up with Americans for Gun Safety Now to push for passage of a new constitutional amendment."

Additional information can be found at http:// floridapolitics.com/archives/281964-assault-weapons-baninitiative and BAWN https://bawnfl.org/mission.html

This season of ancient mid-winter holidays the world over celebrating the power of Light, let us remember our Unitarian Universalist faith calls us to consider first our direct experience of mystery and wonder that moves us toward a renewal of the spirit. Explain that which we can understand. Honor that which we cannot. Revere both. And let the mystery be.

FAITH DEVELOPMENT Karen Gonzalez



B y now, we are all likely in a holiday flurry! Once your stockings are hung by the chimney with care, join us for cookies at 5:30 on Christmas Eve, followed by service at 6:00pm. Paulina will be in the nursery for our youngest, and all are welcome in the sanctuary. There will not be regular Sunday School on December 23rd or 30th but we have a couple of fun mornings planned with guest teachers, including our beloved bulldog friend!

We then turn our attention to January and remember our call to work for justice in our world – a call we share with our children as they focus on learning about social justice this year. In 1963, it was the Children's Crusade that turned the tide of the Civil Rights Movement. When hundreds of children in Birmingham took to the streets to march for the end of cruel segregation laws, people all over the country finally took notice. The treatment those children received from local police was horrific – biting dogs, fire hoses and arrests – all seen on national television. President John F. Kennedy said, "What has just happened in

Birmingham makes me sick." Following a prayerful march outside the jail holding those children, the city's business leaders met with Dr. Martin Luther King and the Southern Christian Leadership Conference to begin the end of segregation in the city's stores.

Move forward 55 years and there is still much work to be done, yet it is fitting to acknowledge and commemorate the societal shifts that occurred under the leadership of Dr. King. River of Grass has a long history of participating in Broward County's annual MLK Parade. This is an excellent opportunity for our children to take part in a peaceful and celebratory march. Strollers are welcome, too! Prior to the march, there'll be opportunities to make signs that spread our messages of peace, love and justice. What better way to raise those little justice makers in our midst?

And, those little justice makers collected \$265 for UNICEF during our annual Trick-or-Treat campaign! Thank you all for your donations of coins and bills.

They also showed up at LifeNet for Families on November 10th to sort clothing, stock shelves and create food boxes.

Our Family Fun event for January will be a Bag Lunch Picnic at Robbins Park on Hiatus Road on Sunday, the 13th at noon. This beautiful park has a great playground and lots of room to run and play, and is just 5 minutes from River of Grass.



CHOIR CORNER HERE WE COME A-CAROLING! Gayle Giese

The River of Grass Choir and other interested songsters will be bringing music and good cheer to the West Broward Care Center on Sunday, December 23 at 3:30pm. We will be accompanied by guitar and violin, and hopefully, ukulele! All River teen and adult carolers, as well as friends who love to sing, are encouraged to join us! The only rehearsal will take place in the multi-purpose room at



noon on Sunday, December 23, which is the same day we will be caroling. Music with lyrics and chords will be provided. Love and Joy Come to You!



Be well, my friends, this busy season.



SACRED ACTION

The 2019 Ft. Lauderdale Martin Luther King Holiday Parade is on Monday, January 21. It will start at Lincoln Park, 600 NW 19 Ave and Sistrunk Blvd [NW 6 Street] in Ft. Lauderdale. Come march in unity and solidarity with Black Lives Matter and the African American community. The parade will end at Esplanade Park, 400 SW 2 St., on the New River next to the Discovery Center and the Broward Center for the Performing Arts. The Celebration of Unity and Multicultural Festival starts at 10:30 a.m.





Directions: Exit I-95 at Broward Blvd; go west about ¹/₂ mile to NW 27 Ave and turn north. The Broward Sheriff's office is on the corner. Drive north about ¹/₂ mile to Sistrunk Blvd. and turn east. The African American Research Library is on the corner. Drive east on Sistrunk. Lincoln Park is just after the I-95 overpass. The parade will depart at 9:30 am. Show up early to decorate the Justice Truck.

Steve Jens-Rochow SSJC@riverofgrassuu.org or SSJGT@riverofgrassuu.org

ENVISIONING A NEW HOME

ark your calendars! March 1-3 is New Home Envisioning weekend. During this time, there will be several 45-minute sessions with a UUA Consultant to discuss our hopes and dreams for our congregation. These sessions will be held Friday evening and throughout the day on Saturday. On March 3, the consultant will join us during our service to share the results. After service, we will hear about the recommendations. Please consider attending one of the sessions so you can share your thoughts. We hope to have at least half of our congregation attend one of the sessions. Please let your voice be heard!

WE LOVE, WE LEARN, WE LEAD

Marjie Loring, Strategic Plan Lead

STRATEGY TEAM SIGNUP - UPDATE

A fter five weeks, member signup for participation on strategy teams that align with their interests, we are close to our goal! With 47 members committed to actively participating in the life and care of this beloved community, We are 18 members short of our goal with only a few weeks left in the signup window. If you have not yet signed up, take some time to read all the wonderful strategy team initiatives on the back wall of the hospitality area and add your name to one strategy that you would like to be a part of. Beginning in mid-January, I will be reaching out to the strategy teams so that we can organize and discuss the existing and planned activities supported by your Strategy Team and plan how to support our vision for the remainder of the year and beyond. It's time to level up and do this together!!!



MEMBERSHIP MATTERS Zena Tucker

Wew Member Ceremony, January 6 during service. If you are interested in becoming a member at this ceremony, please contact Zena Tucker via email membership@riverofgrassuu.org or signup after services in December.

Date	Time	Event	Location
December 14	7:00p	Drum Circle with Rev Amy	River of Grass
December 15	7:00p (doors open) 8:00p (concert)	Amy Carol Webb Concert	River of Grass
December 16	9:30a (rehearsal) 10:30a (pageant)	Holiday Pageant rehearsal Pageant will take place during service	River of Grass
December 16	6:00p	Full Moon Daughters Winter Solstice Party	Susan Juncosa's home
December 18	7:15p	Flowing River Sangha	River of Grass
December 19	7:15-9:15p	bUUkies Book Group	River of Grass
December 20	7:00-7:45p	Welcome Table Communion Circle with Rev Amy	River of Grass
December 20	7:00-9:00p	Men's Group	River of Grass
December 23	12:00p	Rehearsal for Caroling at West Broward Care Center	River of Grass
December 23	3:30p	Caroling	West Broward Care Center 7751 W Broward Blvd Plantation, FL 33324
December 24	5:30p (cookies) 6:00pm (service)	Christmas Eve cookie gathering and service	River of Grass
January 5	9:00a	Congregational work day	River of Grass
January 5	7:00p (doors open) 8:00p (concert)	Steve Greenberg Concert	River of Grass
January 6	10:30a	New Member Ceremony	River of Grass
January 6	12:30p	Second Helping Sunday	River of Grass
January 8	7:15p	Flowing River Sangha	River of Grass
January 11	7:00-9:00p	Drum circle with Rev Amy	River of Grass
January 12	9:00-11:00a	Lifenet4Families Volunteer Day	Lifenet4Families 1 NW 33 rd Terrace Ft Lauderdale
January 12	ТВА	Full Moon Daughters Kayak trip	Oleta State Park

Getting to Know UU's

FAMOUS UNITARIAN UNIVERSALIST SPOTLIGHT

Kathy Jens-Rochow



FANNIE FARMER (1857-1915): CULINARY EXPERT

F annie Farmer was born in Boston to Unitarian parents who highly valued education and encouraged her to attend college. Unfortunately, she suffered a paralytic stroke at the age of 16 and was unable to continue her formal academic education. During this time, Farmer took up cooking, eventually turning her mother's home into a boarding house that developed a reputation for the quality of the meals it served.

At the age of 30, Farmer, now walking (but with a substantial limp that never left her), enrolled in the Boston Cooking School. She later published her best-known work, *The Boston Cooking-School Cook Book*, in 1896. Her cookbook introduced the concept of using standardized measuring spoons and cups, as well as level measurement. The book's publisher (Little, Brown & Company) did not expect good sales, but the book was well received and is still available in print over 100 years later.

Farmer's approach to cooking helped to standardize the system of

measurements used in cooking in the USA. Before the *Cookbook*'s publication, other American recipes frequently called for amounts such as "a piece of butter the size of an egg" or "a teacup of milk." Farmer's systematic discussion of measurement — "A tablespoonful is measured level" — led to her being named "the mother of level measurements."

Throughout her life, Farmer passionately promoted the idea that healthy food and nutrition were key components to illness recovery. Yet she was empathetic, wise and compassionate in her 1904 book *Food and Cookery for the Sick and Convalescent* ranking appearance, taste and presentation of meals provided to patients above the cost and the nutritional value in importance. Farmer understood that recovery from illness meant that the sick often have no appetite but need food to fuel their recovery. Above all Fannie Farmer yearned for everyone to have a longer, healthier life through knowledge of good nutrition.

"I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, be able to do better mental and physical work and disease will be less frequent."

Sources: notablebiographies.com, Wikipedia, & amazingwomeninhistory.com



AUCTION ROUND UP Kathy Jens-Rochow

ell, it is over and it was a fantastic evening! The Oscar ceremony was fun, the food and beverages fantastic. Some fabulous parties and other items were offered for the silent auction. And the live auction – what a success! Trips and tickets to Hamilton!!

The Auction Team really came through with energy and time as we welcomed 81 people to this festive event.

Special thanks to

- Food table sponsors Kristine Barkley, Maureen Lundell, London Lott, Jacquie Velasquez and Beth Petro
- Raffle ticket seller Reece Chibnick
- Numerous Oscar ceremony participants
- Bartenders Audrey Stang, Karrie Jacks (in a wheelchair, no less), and Val DaCosta
- Auctioneer Ken Bresnahan
- Kitchen Help Zena Tucker and several others who stepped up to help
- Set up and breakdown crew
- Check-in and check-out teams who were wonderful and patient
- Sheryl Cattell who did the decoration planning and the place looked terrific!

So, the question on everyone's mind is...how much did we make? We made over \$16,000 this year! Thank you!!

COMPOSTING AT RIVER OF GRASS!



C omposting has begun at River of Grass! Thank you to Rev. Amy, Scott, Deb, Steve, Judi, Geri and Karen for volunteering to take home our compost (coffee grounds and fruit/vegetable scraps) in our special composting bucket. Composting is sponsored by the Service Social Justice Green Team to help reduce the amount of garbage we produce at River of Grass. Help transform our world and attain the goals of our River of Grass Mission by "...creating a sustainable earth." If you would like to be a River of Grass composter please email us at ssjc@riverofgrassuu.org or SSJGT@riverofgrassuu.org. At the end of each month we'll send out an email to composters and you can sign up for an upcoming Sunday. Thank you for supporting a greener River!

SECOND HELPING SUNDAY Kip Barkley

anuary 6: Make a New Year's Resolution to evaluate your investment plans.

Five investment strategies will be discussed from Whole Life Insurance Policies to Hedge Funds. Other strategies will include employer packages, hiring a personal planner, or the adoption of a DIY approach. Kip Barkley will share experiences with all five strategies and then open up for questions and comments. Enjoy today and plan for the "Golden Years." Exploring this topic is a worthwhile investment! Kip holds two engineering degrees. He is not a dealer in financial products.





VOLUNTEERING AT THE LIFENET4FAMILIES FOOD BANK – JANUARY 12TH Judi Oltmans

Making a difference and healing injustice in our community is part of our River of Grass Mission and volunteering at LifeNet4Families is one way to put that mission into action. We can help by volunteering in their pantry, dining room, clothing and toiletries area, and kitchen doing a variety of tasks. There's something for everyone to do! Thank you to our Director of Religious Education, Karen Gonzalez, who organized a service project at LifeNet4Families for our teachers, parents, teens and children on a Saturday morning last month. Volunteering at LifeNet would be a fun and enriching activity for a covenant group!

Join us at our next LifeNet4Families Saturday Volunteer morning on January 12th from 9:00-11:00am. Sign up at the Service and Social Justice corner at the back of the River of Grass sanctuary or email us at ssjc@riverofgrassuu.org or SSJGT@riverofgrassuu.org. Our upcoming Saturday LifeNet4Families volunteer days are: January 12th, February 9th and March 9th.



Can't make it to LifeNat2 Every Sunday you can bring canned foods for LifeNat4Eamilies to Bive

Can't make it to LifeNet? Every Sunday you can bring canned foods for LifeNet4Families to River of Grass and place them in the basket at the SSJC corner. They are always in need of peanut butter and canned meats such as tuna, chicken or beef.

FULL MOON DAUGHTERS SOLSTICE CELEBRATION! Deb Giblin-Davis & Diane Lade

December 21st is Winter Solstice — the first day of winter, the time of the longest night and shortest day of the year. The dark triumphs but only briefly, from now on the nights grow shorter and the days grow longer. Celebrated by cultures across the globe, it signifies the return of light and with it, life!



Women and girls, please join us as we make our own solstice celebration at the Full Moon Daughters Solstice Party Sunday, December 16th – 6pm at Susan Juncoa's home. Please bring a dish to share and a small gift to exchange, no need to purchase anything, a gently recycled or handmade item in fine. Female friends and guests welcome! Join us for good food, drink, and fellowship as we welcome back the light!



Please note: Our January outing will be a kayaking day trip on Saturday, Jan. 12 to Oleta State Park in North Miami Beach. More details to follow.

To sign up for this party: email Susanjuncosa@gmail.com There also will be a sign-up sheet out during hospitality hour after Sunday services at River of Grass. Please let us know what you are bringing for our shared supper. We will send out the party address and directions to participants.

We are updating our Full Moon Daughter email list – if you are not getting our emails or would like to be removed from the list go to fullmoondaughters@riverofgrassuu.org and let us know.

See you on the water, along the trail and under the stars!

RIVER OF GRASS CAFE Robby Greenberg

ROG CAFE PRESENTS AMY CAROL WEBB ON DECEMBER 15th and Steve Greenberg on January 5th

Doors open at 7 PM for food and drink. The concert starts at 8 PM. The suggested ticket price is \$19 in advance and \$25 at the door. Purchase your tickets online at <u>http://www.riverofgrassuu.org/</u>river-of-grass-cafe.html

Amy Carol Webb was named one of South Florida's "Ten Best Folk Singers of All Time" in 2013, an "Act to Watch" by Billboard magazine and "One to watch in the next millennium" by the Miami Herald. Amy Carol Webb is passionate and poignant, the girl next door and no ordinary woman. Born into an eclectic musical family in Oklahoma, Amy made her way down the winding highways of the traveling troubadour through 48 states, Canada, Mexico and Japan, took time out to birth two sons, then returned to performing full-force in 1995.

Serving as our minister, Amy has not lost her edge in songwriting. Her current CD, Scatter Seeds, is one of her best! Attending an Amy Carol Webb concert is like a gift to yourself! Bring a friend to her concert and you can check them off your holiday gift list!





S teve Greenberg has had a varied career in music, starting when he was in elementary school. His formal music education started at the Cleveland Institute of music, and included several featured roles with choruses, including his Jr. and Sr. High choruses, the University of Florida Men's Glee Club, the Ohio State Symphonic Choir, and the University of Miami Chamber Singers.

He began performing folk music in the '60's, and sang with Last Rights and the New Last Rights for 19 years. Since then he has been working as a solo act, singing with, or opening for Pat Wictor, Joe Jencks, Greg Greenway, Tret Fure, and many others.

Steve is well known for his powerful and versatile lyric baritone voice, and his off-beat humor. He teaches vocal lessons by request, and has recorded four albums, two of them solo.

ASTRONOMY WEEKEND

U BarU will host an Astronomy weekend March 1-3, 2019 with lectures and viewing for adults and supervised children.

In answer to many requests for a winter-sky star party, this weekend offers a night sky that is almost exactly opposite to that seen at our 2018 Labor Day Weekend star party. This will offer a good time for star gazers of all ages and expertise to view and/or image objects not seen in the summer under the beautiful dark skies at UBarU. There will be a late-rising, waning Moon to set the stage for brilliant views, of deep-sky objects such as the Andromeda Galaxy, the Orion Nebula, the Pleiades and other winter treasures. Astronomer-guided viewing at the UBarU Youth Astronomical Observatory telescopes will be offered as an option both nights. Additional telescopes will also be available for viewing and learning as well as lightprotected locations for attendees who wish to bring their own scopes to use for self-directed viewing and/ or imaging. The weekend will also feature a workshop on astrophotography with DSLR cameras led by John Phelps, who conducted the workshops on nightscape photography at the Labor Day Weekend star parties in 2016 and 2018.

Reserve a bunk in the Suites or bring a gang to Hermitage House (until it is reserved)! There are lots of details available at www.ubaru.org regarding lodging, meal options, and to register. We will have the cottages available (with or without a meal plan), camping, private rooms in the Suites building (meals included) and bunks. Meal plans can be purchased if you are camping, just coming out for the day or staying in the cottages. Feel free to email Director@ubaru.org with any questions or suggestions.

http://ubaru.org/home/AstronomyWeekend for detailed pricing of the various options.



Dark sky photo by John Phelp

9th Annual Florida Unitarian Universalist Women's Retreat April 5-7, 2019

A weekend for Exploring, Enriching, Expressing our Spirits in a Gathering of UU Women

- Friday evening we will get to know one another and create community
- Saturday, 4 one-hour workshops offer choices: Awakening our Spirits, Sacred Dance, Meditation, Expressive Art, Book and Topical Discussion Groups, Personal Time, Relaxation.
- Sunday we share a UU Service bringing it all together

DaySpring Conference Center is conveniently located off I-75 just north of Sarasota on Florida's West Coast. The beautiful campus nestled under ancient oaks and located on a cove of the Manatee River offers a serene setting for our annual retreat. Take a look. <u>http://Dayspring.dioswfl.org</u>.

\$220 per person covers expenses for a semi-private room and meals. 8 women share a cozy cottage with 4 bedrooms and 4 baths, a screened porch and common area. A <u>limited number</u> of single rooms are available at \$292 each.

A non-refundable deposit of \$20 for a semi-private room or \$30 for a private room will reserve your place. Final payment is due January 15, 2019. Come join us for an enriching and memorable weekend.

To register or for more information contact Helen Leddy <u>helen.leddy@gmail.com</u>