

Announcements

River of Grass New Mailing Address - We opened our post office box and are forwarding all of our mail there now. Our new mailing address is listed on our website as a footer on each page and in the [contact us page](#) if you need to look it up.

River of Grass UU Congregation, 3225 N Hiatus Rd, Unit 452485, Sunrise, Florida 33345

Auction 2020! With our current situation with COVID19, you may have thought we couldn't have an auction this year. Well, with the miracle of technology, we can. (I know, to us old people, tech is a miracle. All you young people, tech is just a matter of fact). We can have an on-line auction! There are several platforms that we can choose from. And, we can create all kinds of things people can bid on. And we are creative! Like on-line games, "contactless" services can be offered (like oil changes, a special dessert, a special meal for the family), on-line concerts, jewelry, baskets of goodies. We are getting together a team to make this happen. If you would like to be part of this new version of our old tradition, please contact Kathy at president@riverofgrassuu.org. And you don't have to be especially tech savvy. We need your creativity and energy.

Summer Children's Virtual Fellowship at 12:30 pm - Children and parents: Join us at 12:30 pm this Sunday as we build our beloved community with online fun and games in our virtual children's fellowship. Come reconnect with old friends and meet new ones! Bring your open mind, your loving heart and your sense of humor! For more information, please leave a message for our Director of Faith Development, Karen Gonzalez, 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, Aug 2nd 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.

Free "Mindfulness for Today's World" weekly online sessions - Thursdays 6:00 - 7:00 pm for adults; [Zoom link for 6pm](#) For more info contact Carolyn@InsightInstituteLLC.com or Scott@InsightInstituteLLC.com, or visit <https://www.insightinstitute.com>.

Flowing River Sangha - We meet every Tuesday at 7:00 pm. Our next gathering will be on Tuesday, Aug 4th 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. Gary Gonzalez meditation@riverofgrassuu.org.

Faith Development - Parents Having Coffee Online - Parents will join together to share their woes, joys and ahas in a Zoom Room on **Saturday morning, Aug 8th at 10:00 am**. Look for an email from Karen Gonzalez religiouseducator@riverofgrassuu.org.

Invitation to the Science of Well-Being Study Group - Sheryl Cattell just completed the Science of Well-Being Course and is officially inviting anyone in the congregation to join this

study group. This study group is for those who are taking, have taken, or plan to take the [Science of Well-Being course](#) offered online for free from Yale University. The class is a self paced online class that you take at your own pace and on your own time. Enrollment is online [here](#). This study group is separate and we meet weekly to discuss the class topics, habit making requirements and to offer encouragement, support and ideas on how to improve our well-being. This group will meet on Wednesday nights from 6:00 - 7:00 pm. You will find the [Zoom information](#) below.

If you want to join the study group you only need to do 3 things:

1. Enroll in the free class: <https://www.coursera.org/learn/the-science-of-well-being>
2. Take the 2 happiness assessments/surveys and send your scores to [me](#) (only the class average will be shared).
3. Put the Zoom info below on your calendar starting **Aug 5th for 11 Wednesdays**.

Please feel free to share this invitation with anyone that you think might be interested and hope to "see" you in August.

Topic: The Science of Well-Being Study Group

Time: This is a recurring meeting Meet anytime

[Zoom Meeting](#); Meeting ID: 799 0846 9859

One tap mobile: +16465588656,,79908469859# US (New York)

Find your local number: <https://us02web.zoom.us/j/kgjLr5AEH>

[Join by Skype for Business](#)

Transgender Inclusion in Congregations is a module for everyone for our Welcoming Congregation Renewal. River of Grass UU Congregation has made a commitment to be welcoming to people of all sexual orientations and gender identities. We became a UUA recognized Welcoming Congregation on June 4, 2002. Throughout this past congregational year, the Welcoming Congregation Renewal Team has taken intentional steps to renew our commitment of being welcoming.

The Welcoming Congregation Team is now offering the module "Transgender Inclusion in Congregations." This course is for congregations who want to take their knowledge and skills to the next level in terms of trans identity and learn how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity.

All members of River of Grass are invited to participate in this vital part of our Welcoming Congregation Renewal Process. Each of this course's six sessions includes a 45- to 60-minute pre-recorded lecture from trans activists Mykal and Alex, a number of resources that help take the learning deeper, reflection questions, and a quiz. You will deeply explore the intersection of trans identity, spirituality and faith community and gain the grounding, context and skills to transform yourself and our congregation.

This is a vital part of our renewal process and we need participation by our members in order to make an impact on our congregational life. Yes, we are already pretty welcoming, but with awareness of the multi-layers of identity we can make critical and subtle changes to

improve our welcome to all.

This module is very deeply moving. Many people will like to process and discuss what they have learned. We will be scheduling Zoom sessions for anyone who wishes to participate. You can participate even if you have only done one or two sessions.

Instructions to register, email Welcoming@riverofgrassuu.org and Steve Jens-Rochow will send you the details on how to enroll!

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Want a cooler home? Have your AC ducts inspected to ensure you are cooling your home and not your attic. Over time, the tape covering ductwork connections can lose its stickiness and fall off, exposing gaps for the AC to escape. Sometimes even small affordable repairs can significantly reduce your electric bill, and help the environment!