

# 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 – July 23, 2020

### You Are Not Alone

This Sunday we explore our experience of the divine in everyday actions and in everyday people-- especially in times of trouble. This exploration is inspired by our Wisdom Story, "Tiny, the God" by Becky Brooks.

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 RoG Meeting Room at the link or numbers below. We'll be watching for you!

#### **Topic: Worship July 26, 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, July 26, 2020**

**Virtual Sunday Service at 10:30 am** – Zena Tucker - **You Are Not Alone**

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

**Summer Children's Virtual Fellowship at 12:30 pm** – Children and parents: Our adventures traveling through the wild kingdom are almost over. Come join us at 12:30 pm this Sunday, Jul 26<sup>th</sup>, for our final Summer Fun at the Zoo virtual children's fellowship. This week: Zoo Explorers! Put on your hiking shoes and bring your binoculars as we set out to take a final, up close look at the Smithsonian's National Zoo in Washington D.C. We will be going on a scavenger hunt and on the lookout for animals and plants we can identify by color, sound and habitat. We'll listen to a story about a day in the life of a zoo, then end our Summer Fun by making "leaf animals." Faith Development's Summer Fun at the Zoo celebrates our 7<sup>th</sup> Unitarian Universalist Principle: to respect and protect all living things and our earth. Faith Development's Summer Fun at the Zoo The program is offered every Sunday through Jul 26<sup>th</sup> via Zoom, and requires a password. Look for an email from Diane Lade, Summer Fellowship Coordinator, or reach out to her at [FaithDevelopment@RiverofGrassUU.org](mailto:FaithDevelopment@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 YUng Adult Virtual Coffee Hour on **Sunday, Jul 26<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.

### ***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](mailto:president@riverofgrassuu.org). And you don't have to be especially tech savvy. We need your creativity and energy.

### ***River of Grass New Mailing Address:***

We opened our post office box and are forwarding all of our mail there now. Our Office Administrator will still continue to check for mail at our State Road 84 building as long as it is possible. 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.

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### ***Member Info Update and Emergency Contacts Requested:***

Rev Amy and Caring Team ask all members to provide an emergency contact and update their personal information using the link below. Alternatively, you can email your info to [office@riverofgrassuu.org](mailto:office@riverofgrassuu.org).

**Click Here → [Member Contact Information Update Form](#) ← Click Here**

While this data is optional, having an emergency contact is important especially when we are not able to reach a member in poor health who doesn't have family in the area. Moreover, hurricane season and pandemic concerns make this data even more vital. The emergency contact information will only be available to Rev Amy, our Office Administrator and our Caring Team leaders. Rev Amy and Caring Team asks all members to **respond to this data call by July 30**. Negative responses requested. If you have any questions email [caring@riverofgrassuu.org](mailto:caring@riverofgrassuu.org).

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

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

Thursdays 6:00 - 7:00 pm for adults;

<https://us02web.zoom.us/j/551319571?pwd=TDdRdmhML3FoVVEvbnRXRC9qRlJPQT09>

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

**Faith Development – Parents Having Coffee Online** - Let's come together in conversation about how we parent in these trying days. Parents Having Coffee Online meets at **10:00 on Saturday morning, Jul 25<sup>th</sup> at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at [religiouseducator@riverofgrassuu.org](mailto:religiouseducator@riverofgrassuu.org).

**Flowing River Sangha** – We will meet online on **Tuesday, Jul 28<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).

**August Book Discussion** - Join us each Saturday in August for a discussion on the book *White Fragility - why it's so hard for white people to talk about racism* by Robin Diangelo. The book will be available through the [UUA bookstore](#), [Inspirit](#) and you may also be able to get it at the library (I believe there is a long wait). **We'll meet beginning Aug 1<sup>st</sup>**

at **3:00 pm** and cover as many chapters as we can each week. Contact Karen Gonzalez at [uugonzo1@gmail.com](mailto:uugonzo1@gmail.com) to sign up for the Zoom link (or sign up in our [Facebook event](#)).

**Congregational Quarantine Karaoke!** - Have you ever wondered how much fun doing Quarantine Karaoke with other UU's would be? ALL of River of Grass is invited to join the YUUnG adults for Quarantine Karaoke on **Aug 1<sup>st</sup> at 7:00 pm**. Pick some songs from YouTube, and invite your friends. Please email [youngsadults@riverofgrassuu.org](mailto:youngsadults@riverofgrassuu.org) for Zoom details. Come ready to sing, have fun, and even just "be the audience" if you prefer not to sing.

### **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 5<sup>th</sup> 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/79908469859>

[Join by Skype for Business](#)

**Electronic Recycling:** River of Grass is no longer accepting electronic items for recycling. Please continue to dispose of your printers, monitors, cables, spent batteries and other electronic items properly through your neighborhood or county recycling program. For Broward County locations and times, Click [Here](#).

***SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Going on vacation? Be sure to close blinds that face the most intense sun, and adjust your thermostat. Also, turn off your water heater if you will be gone a week or longer. These will save money and help to protect our planet.*

### **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.

**Faith Forward Inquirers Series will be on hiatus for the rest of the summer. Starting in September we will meet on Wednesdays from 7:30 – 8:30 pm on Zoom.** 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 also 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! For more information, email Zena Tucker, [membership@riverofgrassuu.org](mailto:membership@riverofgrassuu.org). The Zoom link for our Sep - Dec sessions is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
9/2/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
9/9/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources

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

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.*