

# 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 – September 3, 2020

### What They Dreamed Be Ours to Do: The Spirit of Renewal

Gather with us this Sunday to once more take up the good work we are called to do by both the ancestors and those who will come after us. We will rise again in solidarity with workers, and consider our part in the movements for fair wages and workers rights. Come lift your hands with ours to bless our teachers here at the beginning of the school and Faith Development year, and, in this new normal we navigate, join in a Blessing of the Devices that keep us connected and continuing ever forward!

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 6, 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, September 6, 2020**

**Virtual Sunday Service at 10:30 am** –Rev. Amy Carol Webb - **What They Dreamed Be Ours to Do: The Spirit of Renewal** <https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViQT09>

##### **Faith Development Back-to-School Devices Blessing**

Children, parents, teachers, bring your back-to-school devices to worship on Sunday morning to receive blessings from your River of Grass community. Your blessing tags are being delivered to doorsteps this weekend.

##### **Teacher Blessing**

We'll also share a blessing for our Faith Development teachers as they begin this year's FD journeys with our kiddos.

##### **Family Vespers Service: Sunday, 5:00 pm**

This Sunday, in lieu of class time, Rev. Amy and Ms. Karen will be leading a Family Vespers service at 5:00 pm. We're excited to have all of our families gathered in one place (virtually) to share in story, song and spirit. Contact Karen Gonzalez at [ReligiousEducator@RiverofGrassUU.org](mailto: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 YUng Adult Virtual Coffee Hour on **Sunday, Sep 6<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.

### **MAKE A VOTING PLAN**

The Nov 3<sup>rd</sup> election is two months away, but in an election year like no other, it's critical to have a personal Voting Plan. To help you make your plan, answer these three key questions:

- **How are you going to vote?** Besides voting in person on Election Day, you have the option to vote on one of your county's Early Voting days in late October, giving you a wider choice of days; alternatively Vote-by-Mail (VBM) ballots may be mailed in or dropped in secure drop boxes at FL Supervisor of Elections' main and branch offices and Early Voting sites. **Using VBM dropboxes bypasses Post Office delays – if you choose to mail in your VBM ballot, fill it out and mail it back right after receiving it. VBM ballots must arrive by the deadline of 7 pm on Election Day.**
- **When and where are you going to vote?** Pick a date, mark it on your calendar, and line up a ride if you need one. Note: Early Voting dates, as currently listed on the Broward County SOE website, are: Monday, Oct. 19-Sunday, Nov. 1 (7 am–7 pm) (Verify early voting dates and locations closer to the election on your SOE website.) (If you're planning to use a VBM ballot and haven't requested it yet, do it now by visiting: <https://www.browardsoe.org/Voting-Methods/Vote-By-Mail-Voting>)
- **Who are you going to vote for?** Obvious, but key! Don't forget about local races—take some time to look at who will be on your ballot on the League of Women Voters online ballot guide: [www.vote411.org/ballot](http://www.vote411.org/ballot) or ask people you know who are well-informed and share your voting values.

**Note:** Voter information above is extracted from the Broward Supervisor of Elections (SOE) website (<https://www.browardsoe.org/>). Some information may not be final and/or subject to change; voters should verify all voting information on their county's SOE website. 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](mailto:FairElections-FL@eldersaction.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>

**The River of Grass Men's Group** is open to all men. The Men's Group meets via Zoom every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month at 7:00 pm. **TONIGHT, Sep 3<sup>rd</sup> at 7:00 pm we will meet on Zoom** and discuss our topic: "Covenant." We call ourselves a covenant group. That means we make a promise to ourselves and each other of what our group is about. It is time to pull our covenant out and take a look at it. Sometimes we inherit covenants. Sometimes covenants are thrust upon us. Sometimes a covenant is most understood when it is broken. <https://us04web.zoom.us/j/670022402> The Meeting Room opens up at 6:30 pm before the Host arrives. For more info, please contact Kip Barkley [mensgroup@riverofgrassuu.org](mailto:mensgroup@riverofgrassuu.org).

**Flowing River Sangha** – We will meet online on **Tuesday, Sep 8<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).

### **bUukies Are "Loving Eleanor"**

The September read for the bUukies is "Loving Eleanor" by Susan Wittig Albert. This account tells of the affair and enduring friendship between Eleanor Roosevelt and AP reporter Lorena Hickok, beginning in 1928 and ending with

both women's deaths in the 1960s. It's based on thousands of letters kept by Lorena Hickok which were sealed until the 1970s.

"*Loving Eleanor* is Hick's personal story, revealing Eleanor as a complex, contradictory, and entirely human woman who is pulled in many directions by her obligations to her husband and family and her role as the nation's First Lady, as well as by a compelling need to care and be cared for. For her part, Hick is revealed as an accomplished journalist, who, at the pinnacle of her career, gives it all up for the woman she loves. Then, as Eleanor is transformed into Eleanor Everywhere, First Lady of the World, Hick must create her own independent, productive life."

The Fall 2020 bUUKies selections are all political! Our remaining selections for the fall are:

"Rodham" by Curtis Sittenfeld – what if Hillary had not married Bill?

"American Spy" by Lauren Wilkinson – a black woman CIA agent and American adventurism in the 1980s? Oh, yes.

"The Plague" by Albert Camus – the classic novel which bears too many parallels to our modern times.

**Buukies meet by Zoom on the second Wednesday of each month at 7:15 pm, so the next meeting is Wednesday, Sep 9<sup>th</sup>.** A link will be sent to the regular buukies. If not on our list, e-mail [bUUKies@riverofgrassuu.org](mailto:bUUKies@riverofgrassuu.org) and a link will be sent!

**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 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! Our next class is scheduled for **Sep 9<sup>th</sup> and is FF Inquirers #2: UU History, Principles and Sources.** For more information, email Zena Tucker, [membership@riverofgrassuu.org](mailto:membership@riverofgrassuu.org). Zoom link for our session is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
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

**SSJGT, Service and Social Justice Green Team, Green Tip of the Week: AVOID BEEF!** Avoiding beef is most likely the #1 thing each of us can do to help the environment. Compared to other meats, beef generates 5 times the green house gases, uses 11 times the water, and 28 times the land, according to National Academy of Sciences. Skip the beef, save the 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.

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.*