

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 – September 23, 2021

A Plowshare Prayer

The prophet Elijah foretold a time we'd transform our swords into plowshares to turn the weapons of war into tools of growth and creation. We're still working on that. But there are other kinds of swords, and other kinds of battles we fight every day. Isn't it time we transform those? Let's talk it over this Sunday morning! We'll be watching for you.

Join us as you are from wherever you are in Zoom or on FaceBook live, as we begin again to Chart the Shape of the River in these changing times in both our service, and Hospitality in zoom following the service (if you tune in on Facebook, c'mon over after to Hospitality at the link below!). We can't wait to see you!

Topic: Worship September 26, 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, September 26, 2021

Virtual Sunday Service at 10:30 am – A Plowshare Prayer - Rev. Amy Carol Webb

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

Faith Development: 9:00: K - 2nd graders; **1:30 pm:** 3rd - 7th graders; **12:00 pm:** Teens.

As we finish up our month of "Embracing Possibility" on Sunday, we'll embrace the possibility of building a better world. Our 5th Principle tells us that our voices matter and we can use them to encourage change. Your kiddos will need the coloring page of the "marcher" that was in their September bags, along with drawing supplies. We'll listen to Peter Reynolds read one of his most beloved books, *Say Something* and consider just what it is we have to say in our work towards building a better world. For class times and links or for more information, contact Karen Gonzalez at ReligiousEducator@RiverOfGrassUU.org.

Faith Development - Register your child for the 21-22 school year: Registration is now open for our online Faith Development program for children and teens for the 2021-22 school year. [REGISTER HERE](#) or see the link on our [website](#), [Facebook pages](#) and in an email from our Director, Karen Gonzalez. Please contact her, if you have any questions, at ReligiousEducator@RiverOfGrassUU.org.

Celebrate Bisexuality Day - 23 September: According to a 2013 Pew Research Center survey, bisexuals represent approximately 40% of the LGBTQ community. We use bisexual as an umbrella term for any who honor their potential to love more than one gender. Bi Pride Day (also known as Celebrate Bisexuality Day and/or Bi Visibility Day) has been celebrated internationally for the last 22 years. The occasion raises awareness about bisexuality, helps to educate the community about bisexual issues, and encourages bi people and their allies to be visible and proud of their bi identity.



Smile.Amazon.com: Thank you to River of Grass member and friend purchases made while shopping at smile.amazon.com or with the "AmazonSmile on" in the Amazon shopping app that are tagged to the River of Grass Unitarian Universalist Congregation, Inc. We recently received a \$110 quarterly donation from AmazonSmile and over \$1,700 in donations since its inception. Thanks again to all who have supported the River through this fundraising opportunity and please consider joining if you are not already using the AmazonSmile in the Amazon App. When you use the River of Grass link while shopping on Amazon, our community receives a .5% donation as one of their eligible charitable organizations. The direct River of Grass Amazon link is: <http://smile.amazon.com/ch/65-0791653>.

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/>

Full Moon Daughters Brand New Year Virtual Brunch, for women and girls of all ages. **10:30 am-noon, Saturday, Sep 25th**. Grab your cuppa tea or coffee, and favorite brunch snack, and join us in the Zoom room for our annual Full Moon Daughters Brand New Year Brunch! Our group is dedicated to building a fellowship of women and girls through a shared love and respect of nature, in accordance with our 7th UU principle. This is the time when we catch up with each other and plan the amazing places we will go --virtually or safely in-person within COVID guidelines -- in 2021-22. **YOU MUST REGISTER IN ORDER TO RECEIVE THE ZOOM LINK.** Please email: fullmoondaughters@riverofgrassuu.org. Give us your name, email, and text/phone number (optional).

Got Stress? In these changing and challenging times, we hope you are finding ways to be inspired and at ease, as best as possible. Carolyn Sant Angelo and Scott May are offering Mindfulness Based Stress Reduction (MBSR) starting the last week of September, for free. Typically this course is a few hundred dollars, but we are committed to sharing mindfulness during today's challenging times. MBSR has positively impacted our well-being, helping us to respond more easily to life's daily ups and downs, keeping perspective, and being less stressed.

Mindfulness can be described as non-judgmental acceptance and "open-hearted" investigation of present experience in order to reduce suffering and distress, and to increase well-being.

MBSR is an 8-week research-based program developed at the UMass Medical School Stress Reduction Clinic in 1979. It cultivates your skills and strategies for handling stress and building resiliency, based on foundations of awareness, curiosity & compassion.

Please consider taking time for your self-care and well-being, by registering for the program, and it's ok to take it for a second time.

Mindfulness-Based Stress Reduction program (MBSR)

- **Tuesday or Wednesdays Sep 28th or 29th to Nov 16th or 17th**
- **Day & time will be based on what works best for everyone: 5:00 - 7:30 pm or 5:30 - 8:00 pm**
- **Plus Saturday Nov 26th, 9:00 am - 3:00 pm.**
- **Free - Live & online**
- **Register: [Register Here](#)**

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 YUing Adult Virtual Coffee Hour on **Sunday, Oct 10th at 7:30 pm**. Our group's

Got Stress?
MINDFULNESS-BASED STRESS REDUCTION (MBSR)

- Cultivates your resources & strategies to reduce stress & build resiliency, with foundations of awareness, curiosity, & compassion.
- Research-based mindfulness program developed at the University of Massachusetts Medical School Stress Reduction Clinic in 1979.

MBSR - 8 Weeks - Live Online
Tuesdays or Wednesdays 5-7:30pm ET, Sept. 28 or 29th to Nov. 16 or 17th
Plus Saturday November 6th, 9am-3pm ET

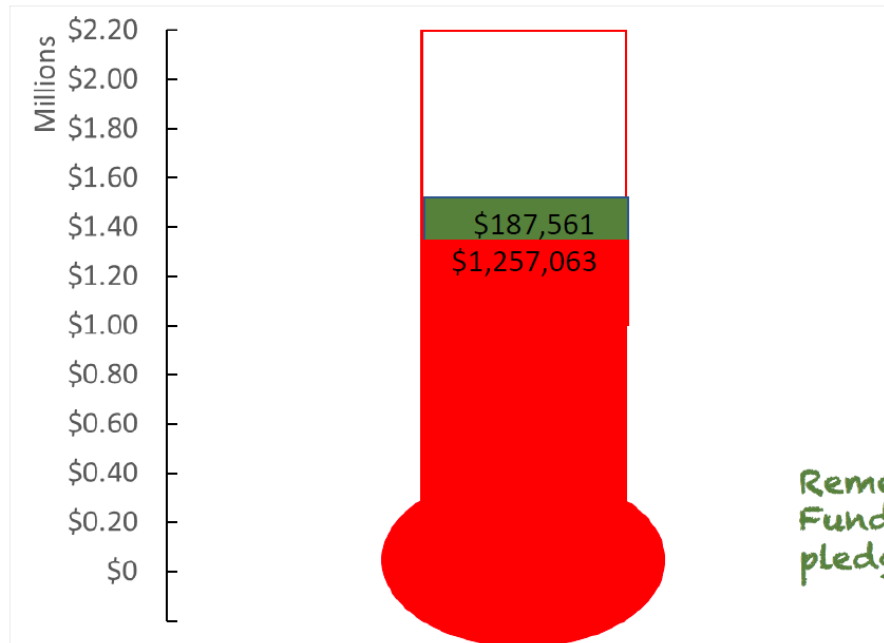
- FREE -

Register: www.InsightInstituteLLC.com/Classes
More Info: www.InsightInstituteLLC.com or email: Info@InsightInstituteLLC.com

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: Visit OptoutPrescreen.com to stop unsolicited credit card offers. This website is run by the 3 credit agencies (Experian, Equifax, and TransUnion) and is supported by the Federal Trade Commission. In just 3 minutes you can stop this junk mail, saving you hassle and reducing landfill waste.

August 2021 Update Capital Campaign For our Future Home



	07/31/21
CC - BOA Account	\$152,438
CC - TD Ameritrade	\$204,965
Foundation - TD Ameritrade	\$899,660
Total Funds Available	\$1,257,063
Pledges we are promised	\$187,561
Total	\$1,444,624
Objective	\$2,200,000

Remember we have a Matching Fund Donation for new/increased pledges of \$3,000 or more.

Drive to the Finish: Capital Campaign - Thank you to all who gave us a new pledge and those who generously increased their pledge. Remember there is a Matching Fund Donor who will match any new or increased pledge of \$3,000 or more. With gratitude and hope, Your Capital Campaign Team. capitalcampaign@riverofgrassuu.org Go to our website, riverofgrassuu.org, scroll down to the Drive to the Finish information and [click on the link to make your pledge](#).

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
Check	Write CC on memo line Mail to River of Grass: 3225 N Hiatus Rd, Unit 452485 Sunrise, FL 33345	\$0
Checking account via Vanco	Set up payment on our Donations page . Designate on the Capital Campaign line	\$0.45 per transaction plus processing fee 1%

Credit Card via Vanco	Set up payment on our Donations page . Designate amount on the Capital Campaign line.	\$0.45 per transaction plus credit card processing fee: American Express: 3.5% Visa/MasterCard: 2.75%
PayPal	https://www.paypal.com/paypalme/my/profile In the notes write "Capital Campaign"	Varies based on method of payment
Zelle	Use your bank to set up \$ transfer. Send Zelle payment to CapitalCampaign@riverofgrassuu.org .	\$0
Securities	<p>Any questions contact Northstar Financial Planners: <i>Allen Giese, Steve Tepper, or Stacy Saavedra at (954) 693-0030</i></p> <p>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 Institutional A/C #944110334</p> <p>RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION, INC.</p> <p>The donor should notify the CC Team and the Office Administrator of the details of the donation by emailing CapitalCapaign@riverofgrassuu.org.</p>	

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

Team: Deb Buehler Ely, Karen Gonzalez, Susan Juncosa, Jeanne Masten

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 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 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 vicepresident@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:

- o We have been fully vaccinated against COVID-19.
- o We have not tested positive for COVID-19 in the prior 10 days and are not experiencing any COVID-19 symptoms.
- o 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:

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

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.