

River of Grass

Unitarian Universalist Congregation
11850 W State Rd 84, Ste A9, Davie, FL 33325

WELCOME TO OUR RIVER OF GRASS FAMILY. WELCOME TO OUR WARMTH. WELCOME HOME!

River of Grass Weekly Update – November 16, 2023

CULTIVATING GENEROSITY

No one has ever become poor by giving.
- Anne Frank

During this time of harvesting and feasting, we find ourselves reflecting on what we are grateful for. For some of us, gratitude is a daily practice. We've known for a long time that cultivating a spirit of gratitude helps decrease anxiety and depression and may even prevent illness. And we now know that the more we express our gratitude, the more generous we become. It's not just good for us, it's good for others. Christina Karns, Ph.D., a researcher at the University of Oregon, has mapped the relationship between gratitude and altruism in the brain and discovered the neural connection between the two is very deep, and that cultivating gratitude may encourage us to feel more generous. So, join us on Sunday, as we share our gratitude and cultivate a spirit of generosity.

Come as you are – either in-person at the Old Davie Schoolhouse Auditorium or virtually on Zoom. We welcome you on Sunday morning at 10:30. Come a bit before and we can Chat prior to the service... We'll be watching for you!

In person at:

- Our Sunday morning rental space is located at the Old Davie Schoolhouse
- 6650 Griffin Road, Davie, FL 33314 ([Click for Directions](#))
- Service will begin at **10:30 AM**
- Childcare will be provided.

Use the Zoom link below to gather with us virtually in Zoom. Catch us on Facebook live on our [facebook page](#).

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 In-Person or Virtual Events - This Sunday:

Sunday, November 19, 2023 - 10:30 AM

River of Grass UU Congregation – CULTIVATING GENEROSITY – Karen Gonzalez

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

Stone Soup Sunday returns!

On **Sunday, Nov 19th** we will revisit an old favorite story and **collect food for our local food bank at Lifenet for Families**. Please bring to service with you one of the ingredients listed below. The whole community is needed to make this fabulous soup that begins with one stone. Following worship, there will be enough soup for all, so plan to stay for a hearty lunch!

- canned tomatoes
- canned vegetables
- canned or dried beans
- bag of rice

Faith Development for Kids and Youth:

Our children and youth will remain in the worship service this week to help in our telling of the Stone Soup story. There will be no Small Group class for kids on the 26th. We hope everyone is practicing their gratitude and feeling more generous! For more information about our Faith Development Program for Kids, contact our Director at ReligiousEducator@RiverofGrassUU.org.

Rev. Amy's leave:

Beloveds, From Nov. 13th to Dec. 6th, I am away visiting grandkids across the sea for Friendsgiving, and will return headlong into the remaining Winter Holidays, progress on our new place, and programming for the rest of the congregational year!

Your River of Grass leadership and faithful care providers are on hand. If you are in need of support, information, or pastoral care, please contact the River of Grass office at -- office@riverofgrassuu.org, or 954-723-7877.

See you in December, and till then, may you be filled with lovingkindness in this harvest season.

Shine on! RevAmy

Flowing River Sangha:

The Flowing River Sangha is back! We'll meet **Sunday mornings at 8:30 AM** under the Old Davie Schoolhouse pavilion while our new space is being renovated. Come learn and practice the cultivation of present-moment awareness with an experienced meditator and group facilitator, Gary Gonzalez, who has been leading mindfulness meditation groups since 2014. There will be cool air provided by a portable misting fan. It's a BYOC event (bring your own cushion or chair) every Sunday morning at 8:30. You are also welcome to join via Zoom at the following link: [Flowing River Sangha Zoom Link](#).

Office Update:

As we begin our transition to our new location at 595 Park of Commerce A9, we have moved out of the donated office space at 4431 SW 64th Avenue, Davie. All necessary equipment has been relocated to our Office Admin's and Rev. Amy's homes and the rest moved into our new space. So for the next couple of months we will be "officeless" until the buildout is complete at A9. Our time at Marilisa Lawless's offices may be coming to a close, but our gratitude to Marilisa knows no bounds! Our thanks to Marilisa and Mindy for making space for us as we build a new way for River of Grass' next chapter.

Project Angel Tree supporting ChildNet:

It's that time of year again when we get to open our hearts at River of Grass to a group that is underserved, foster care kids. Please see the attached list and choose a kiddo or 2. This year there are also QR codes for Target, Amazon, and Walmart to make it easier for those of us not able to shop easily. We are trying to still be generous and loving with our most vulnerable population.

- We are asking you to choose a child and then purchase one of the requested gifts.
- The gifts can be delivered to Marilisa Lawless's home, as she is the lead on this project.

- **Please include the child's ID# on the gift.**
- Marilisa's address is 1975 SW 101st Ave, Davie, FL 33324. They can be mailed or delivered.
- She has a covered porch and they can be left out front whether she is home or not.
- We are asking that these are at her home by Wednesday, Dec 6th.
- **[The Google Sheet can be viewed by clicking here.](#)**
- Please add your name and contact information to the green column to the right of the child (ren) you choose.
- There is a QR code sheet for Target, Amazon, and Walmart to make it easier for those of us not able to shop easily.



Thank you for always stepping up for River of Grass!

To find out more about ChildNet please check out their website: <https://www.childnet.us/>

ChildNet has been chosen by the Florida Department of Children & Families to serve as the Community Based Care (CBC) lead agency in both Broward and Palm Beach Counties. As such, it is the single private non-profit entity responsible for managing the local system of services and supports for the communities' most vulnerable children. Their system of care was developed with extensive input from local stakeholders and its effective implementation depends upon their continued support.

LifeNet4Families - Help Feed Hungry Families



As Thanksgiving approaches, we are filled with appreciation for the blessings and abundance in our lives. But it's also a time to reflect on those who are less fortunate and need a helping hand.

At LifeNet4Families, our commitment to assisting individuals and families affected by hunger and food insecurity goes beyond the holiday season. We are a lifeline for those facing adversity, providing vital support year-round.

However, the demand for our assistance has never been greater, and our resources are limited.

That's where you come in. Your support can make a significant impact. Your donation, no matter the size, is greatly appreciated. Every dollar goes directly to providing essential nutritious food to families in Broward County. Make an impact this Thanksgiving and help provide another family with the joy of a Thanksgiving meal.

Choose your gift option below and [donate today!](#)

- \$100 – Provides a family with a Thanksgiving meal plus extra groceries
- \$75 – Provides a family with a prepared Thanksgiving meal
- \$50 – Provides a family with Thanksgiving essentials to prepare at home
- \$25 – Provides a senior adult with a prepared Thanksgiving meal
- Other – Create your own impact with a giving amount of your choice

Join us at The Mountain Retreat and Learning Center, a Magical UU Place and Experience near Highlands, NC

- Donate to The Mountain annual fund in November and your donation will be matched, up to \$55,000!
<https://www.themountainrlc.org/giving>
- Register today for [Grateful Gathering](#) - Thanksgiving weekend, Wednesday, November 22 - Sunday, November 26. Gather for community, learning, and explorations.
- Register today for Youth CONferences! Gather with youth from around the southeast.
<https://www.themountainrlc.org/cons> High School CON – Dec 1-3
- Apply now to be a YouthCON youth leader in the Spring, planning weekend Jan 19-21:
<https://www.themountainrlc.org/pal-application>
- Early bird pricing is now available for Music Week April 18-23 <https://www.themountainrlc.org/music-week>
- [Personal Retreats](#) -- Join us in the cool mountain air, combine a personal retreat with a farm or other event and local explorations.
- Join a passionate Mountain team and be part of making a difference for individuals and our wider world! Available positions and application at <https://www.themountainrlc.org/jobs> - competitive compensation, including medical insurance and retirement.

We look forward to seeing you at The Mountain soon! themountainrlc.org or 828.526.5838

WhaleCoast Alaska - A More Authentic Travel Experience

Two unique, exciting fundraising tours organized by 4 Alaska UU congregations are being offered again next summer by WhaleCoast Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays. For 30 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this amazing experience! Details: www.WhaleCoastAK.org Questions: whalecoastak@gmail.com

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/>

RoG Men’s Group – We will continue to meet **in person at 7:00 pm in Suite A9, 595 Park of Commerce:** official address is 11850 SR 84, Suite A9, Davie, FL 33325 (GPS will get you to the 4-building complex. We’re in the 1st Building, middle suite.) Our optional pre-meeting dinner will be at our own **Lester’s Diner: 1393 NW 136th Ave, Sunrise, FL 33323.** We’ll meet there at 5:15pm. We are a lay-led group that looks to our members for discussion topics. **Tonight’s topic: A Question of Balance.** All who identify male are invited to join us! Our next meeting is **tonight, Nov 16th, 7:00 to 8:30 PM,** in person or via [Zoom Meeting](#). If you’re joining for dinner, please email Ken Bresnahan, group facilitator, so he can coordinate space.) The Zoom Meeting Room will open at 7:00 pm. Questions: contact Ken; mensgroup@riverofgrassuu.org.

Rev. Fred Small; An Evening of Music for Peace, and Climate and Gender Justice Sat, Nov. 18

In Concert , November 18 at the First Unitarian Universalist Congregation of the Palm Beaches (635 North Prosperity Farms Road, North Palm Beach, FL 33408). Tickets \$10-25 at EventBrite; [at the door \$5 more]. A fundraiser for immediate humanitarian relief to both Palestinians and Israelis.

<https://www.eventbrite.com/e/fred-small-in-concert-an-evening-of-music-for-peace-justice-tickets-75182474705?aff=ebdssbdestsearch>

A Climate Justice event with folk singer Rev. Fred Small. This is not a political rally, a religious service, or a climate science lecture. It's an interactive event with music, reflection, and discussion. Emphasis on spiritual/religious experience during an era of climate change.

Fred Small has been involved with environmental justice work for at least thirty years. He's a musician, a religious leader, and an attorney. During the 1990s, he was prominent in developing the Green Sanctuary program. Fred is the climate justice minister at the Arlington Street Church in Boston. Years ago he used to swing through South Florida in the winter and sing and play his guitar.

Kathy and Steve Jens-Rochow are going. If you have any questions please contact Steve Jens-Rochow at ssjgt@riverofgrassuu.org.

Centering Yourself this Season – Mindfulness offering coming up – "As the holiday season approaches, mindfulness and gentle movement practices can support your state of well-being. Mindfulness practice and meditation can cultivate your resilience during holiday stress, strengthen your mind and body, increase your focus and flexibility, and improve your physical, emotional, and mental balance. "Centering Yourself This Season" is a 5-week online program. The Zoom course will start on Nov. 20th and go through Dec. 18th, 2023 and goes from 4:00 - 5:30 pm (ET). Register at <https://tinyurl.com/mindfulseason>. Feel free to reach out if you have any questions. carolyn@insightinstitutellc.com or scott@insightinstitutellc.com May you have many mindful moments this holiday season!



Centering Your Self This Season
Managing Stress & Supporting Wellness:
5-Week Online Mindfulness Program

MONDAYS
4:00 PM - 5:30 PM (ET)
Nov. 20 - Dec. 18, 2023

Topics:
Mindful Eating,
Gentle Movement,
Mindfulness Meditation,
Communication Skills,
The Science of Stress,
+ Compassion for
Today's World

Mindfulness
Mindfulness and Stress
Reduction taps into our
inner resources,
resilience strategies, and
burn out prevention

Info
Provided by certified
mindfulness facilitators
on a sliding scale
from \$0-\$220

Registration
Sign up at
<https://tinyurl.com/mindfulseason>
use the QR code or email
Carolyn@insightinstitutellc.com
954-253-3189



Finding More Joy!
SWIM 2023 in Tampa
Southeast Winter Institute Mid-Florida
December 27 - January 2nd
SWIMUU.Org
Local trips, workshops, music,
worship, with adult UU's like
you. Registration (60 on
campus) opens October 31st.

SWIM, the Southeast UU Winter institute. Will meet in Tampa from Dec 27, 2023 to Jan 2, 2024 – SWIM, an intentional community of Unitarian Universalists and friends, meets between Christmas & New Year's for fun & fellowship. SWIM 2023 is in Tampa, Florida at the Franciscan Center, an 8-acre urban oasis on the Hillsborough River. SWIM (Southeast Winter Institute Mid-florida) begins December 27th and ends January 2nd. Choose workshops, outdoor and indoor adventures and concerts or create your own. Registration is now open, please visit <https://swimuu.org/home/> for further details Hope you join us! Registration opens Tuesday, Oct 31st.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: *Want a clean car? Consider using a commercial car wash that recycles water. If you wash your own car, park on the grass or other non-paved surface and use a hose with an automatic or self-canceling nozzle. Saving water is green!*

COVID-19: The U.S. Department of Health and Human Services declared the end of the COVID-19 public health emergency at the end of the day on May 11, 2023. River of Grass UU has over 3 years experience during the COVID pandemic keeping our members safe and will always look to do so as we make the transition to congregational life free from guidelines. The members of our COVID Team have the thanks of the entire congregation for all their good work taking care of us all. We honor and respect anyone's choice to wear a mask and ask all attending our Worship Services and events to consider their own health when choosing whether or not to mask. If you have any questions please reach out to our team at COVIDteam@riverofgrassuu.org.

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 to WeeklyEmail@RiverofGrassUU.org 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.

River of Grass UU Congregation

6650 Griffin Rd, Davie, FL 33314 (Sunday Morning Service Location)

11850 W St Rd 84, Ste A9, Davie, FL 33325 (Office & Mailing Location)

954.723.7877 - office@riverofgrassuu.org