

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 – November 19, 2020

Healing in Hard Times: Hunger Communion

Sometimes there is just no waiting for things to get better before we can be better. Sometimes we must begin to heal before we feel ready. But how? This Sunday we'll work on that together as we share our annual Hunger Communion, a time we consider what it means to be hungry in body and in spirit and how we both feed and get fed in this season of harvest and hope -- in hard times. We'll have music written in hard times that came before -- and newly written for these hard times of our own.

Remember to send your photos and memories around "bread" for our community sharing -- send to: minister@riverofgrass.org -- by midnight, tonight, Thursday Nov 19, 2020.

Gather with us this Sunday to breathe, to bear witness to and with one another, to rest and reflect and restore ourselves for the days to come, assured that love always wins -- when we make it so.

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 November 22, 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>

WHEN WE BREAK BREAD TOGETHER: HUNGER COMMUNION 2020 NEEDS YOUR BREAD

Got a special memory, recipe, ritual involving bread? We need your photos, your memories, your stories. Send Rev. Amy a photo of a special time or way you make it, share it, a photo of bread itself, or the process of making it, or someone you make/made it with, a recipe in your ancestor's handwriting. Send to minister@riverofgrassuu.org, by midnight tonight, Thursday, Nov 19!

Upcoming Virtual Events - This Sunday:

Sunday, November 22, 2020

Virtual Sunday Service at 10:30 am – Rev. Amy Carol Webb -- “Healing in Hard Times: Hunger Communion”

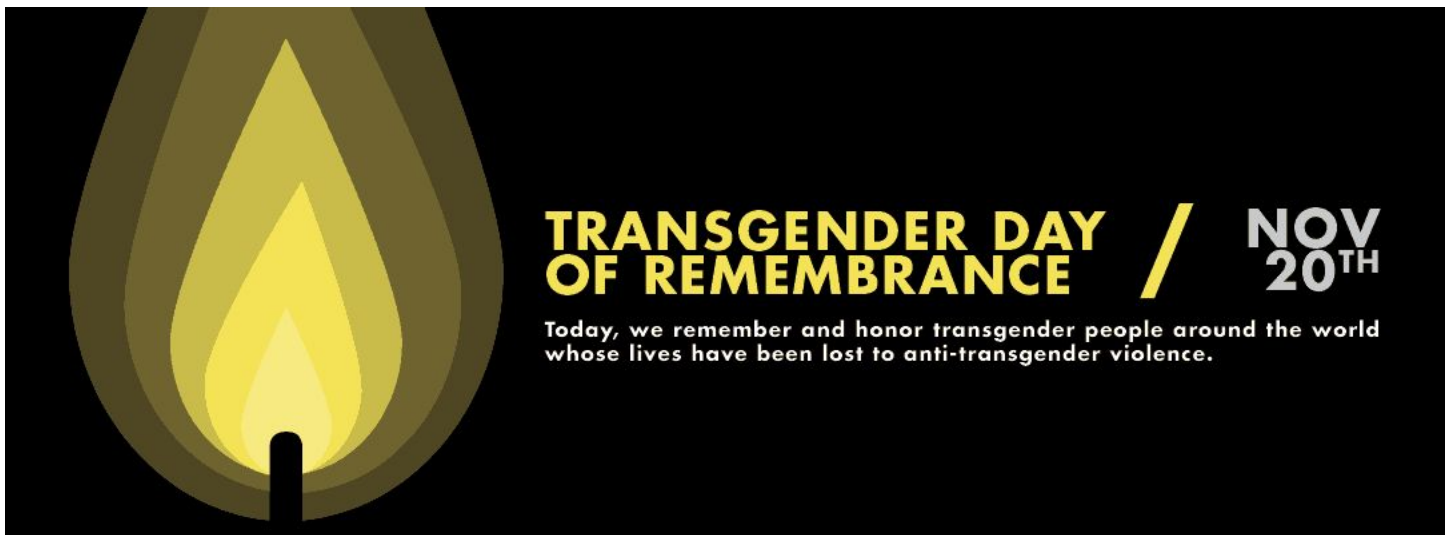
<https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViQT09>

Faith Development: 12:30: Pre-K - 1st graders; **1:30 pm:** 2nd - 6th graders; **3:00 pm:** teens

This coming Sunday in our Faith Development classes, our children and youth will be learning about some ways to talk about and celebrate Thanksgiving that are respectful to the Wampanoag Tribe. In this way, we hope to heal some of the hurt this holiday has caused for Indigenous People throughout our country. If you'd like to learn about countering traditional stories of this upcoming holiday, please take a look at our Faith Development Facebook page where more information can be found. Contact Karen Gonzalez at ReligiousEducator@RiverofGrassUU.org for links to join a class, or for more information about our Faith Development program.

Young Adults are now meeting on the 2nd and 4th Sundays, at 7:30 pm virtually on Zoom – Millennials, Gen Xers, and Gen Zs, are welcome to tune in to the YUUnG Adult Virtual Coffee Hour on **Sunday, Nov 22nd at 7:30 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.

Transgender Day of Remembrance, Friday, November 20th:



Project Angel Tree supporting ChildNet:

This year, River of Grass has adopted 75 foster care kids for this holiday season. We are trying to stay safe and yet 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 gift cards and an age appropriate plush toy.
- Our Faith Development children will be creating holiday postcards that we will attach to the toy.
- The gift cards and plush toys can be delivered to Marilisa Lawless's home, as she is the lead on this project.
- 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 **Saturday, Dec 5th**.
- [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.

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.

The Auction Alternative

"It's coming! It's coming!"

"Holding the Vision" The Auction Alternative

And to kick off the week of online bidding

Saturday, Dec 5th, FUNd Raising Game Night, Bingo and Bidding!

Put your thinking caps on. What would you like to donate? An online game night? There are a large number of games a group can play online. Gift items – jewelry, new household items. The donor will be responsible to deliver the item to the bidder either by mail or contactless delivery. Services – contactless services like oil changes, life coaching session. We are not accepting donations yet. But we will be shortly. Stayed tuned for more information. Contact auction@riverofgrassuu.org for more information.

River of Grass - Fundraising Mask

Would you like a River of Grass Side with Love Mask? [Click here to purchase](#) your River of Grass Unitarian Universalist Congregation Fundraising Mask! Orders will be shipped right to your door without any additional shipping charges! This face mask is machine washable, double ply, and made up of 60% Polyester, 40% Cotton. They cost \$15 each with 3 different sizes available:

Adult,

Youth

9-15,

and

Child

3-8.

(<https://www.fundraisingmasks.org/product-page/river-of-grass-fundraiser>)



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/>

The River of Grass Men's Group is open to all men. The Men's Group Men's Group meets via Zoom every 1st and 3rd Thursday of the month at 7:00 pm. **Tonight, Thursday, Nov 19th at 7:00 pm we will meet on Zoom** and discuss our topic: "Forgiveness." The election is over and looks like it will go the way I want. What do I do about all those other people who were so wrong and who I still want to have a relationship with? At each session we launch into a topic that is designed to encourage personal sharing. <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. Please let us know if you plan to try to make it.

Flowing River Sangha – We will meet online on **Tuesday, Nov 24th 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 more information, please email Gary Gonzalez at meditation@riverofgrassuu.org.

The Faith Forward Inquirers Series meets on Wednesdays 7:30 – 8:30 pm on Zoom, see the 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 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 **Dec 2nd and is FF Inquirers #5: Worship & Liturgical Year**. For

more info, email Zena Tucker, membership@riverofgrassuu.org. Zoom link for our session is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
12/2/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
1/6/21	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
1/13/21	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life
1/27/21	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
2/3/21	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
2/10/21	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
2/24/21	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
3/3/21	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
3/24/21	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
3/31/21	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
4/7/21	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life
4/28/21	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
5/5/21	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
5/12/21	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
5/26/21	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
6/2/21	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
6/9/21	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Purchase energy efficient appliances. When it's time for a new TV, fridge, dishwasher, washer, dryer or AC, look for the Energy Star (r) rating. It ensures an energy efficient green product. Even if it costs more up front, it will save money on your electric bill, reducing the pollution created to provide electricity to your home.

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.

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.