

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 – December 22, 2022



Holiday Services

Christmas Eve, Saturday, December 24, 2022

Old Davie Schoolhouse

6650 Griffin Road

Davie, FL 33314

5:00 - 6:00 pm Hospitality – Bring cookies to share!

6:00 - 7:00 pm “Something Like A Star” – Rev. Amy Carol Webb

Broadcasting on Facebook and Zoom!

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

Order of Service: <https://riverofgrassuu.org/uploads/3/5/1/8/35180936/oos221224.pdf>



OOS

Christmas Day, Sunday, December 25, 2022

“The Work of Christmas”

Stay in your pajamas and watch this Christmas Day service from The Church of the Larger Fellowship (CLF)! Members and staff of the CLF will be reflecting on Howard Thurman's poetic call to “the work of Christmas”.

The link for this service will be available on Christmas Day here: <https://clfuu.churchcenter.com/channels/10247>

Order of Service: <https://services.planningcenteronline.com/plans/62631577/public>

New Years Day, Sunday January 1, 2023

10:30 a.m. “New Beginnings”

Are all beginnings, by their very nature, new? Is a beginning simply an ending, which then wipes the slate clean and we can write a new story in that space? Or is a new beginning what rises - shared experience, crisis, or the desire to embrace change?

The link for this service is: <https://zoom.us/j/961564350?pwd=cFpKY2RtRk4wVE5NbDczdTU5THViQT09>

Membership Matters – New Member/Friend Directory

As we look forward to 2023, and so many new and exciting things for our beloved community, we are working hard to publish an updated version of the member/friend directory. This will make it so much easier for everyone to get in touch with each other!

Once completed the new directory will be sent to you by email and also posted to the password-protected Members' Section of the River of Grass webpage, to which Friends of the Congregation also have access. The published directory will have just phone numbers and emails.

Please be on the lookout for a separate email with easy instructions for how to provide updated information. The deadline for providing information is January 2, 2023.

If you have had no changes since the last directory (from January 2020), and/or we receive no update from you, we will include the information we have on file from that directory.

Looking for Help:

Love babies? You're in luck! The River has been attracting quite a few, lately. Our new location in January will include a paid staff position for the nursery. If you know someone who might be interested in caring for our babies and kids for 3 hours each Sunday, please contact our Faith Development Director, Karen at religiuseducator@riverofgrassuu.org. We are also looking for some items to fill this space. Let Karen know if you can contribute any of the following: extra-large baby gate, high chair, and play items such as stacking blocks, cars and puzzles.

Be part of the greater UU Community Go to General Assembly!

In person in Pittsburg or virtually

General Assembly is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. Please join us **Wednesday, June 21 through Sunday, June 25, 2023 in Pittsburgh, Pennsylvania** and/or online for this 5-day immersive experience where we participate in inspirational worship services and informative workshops, reconvene with friends and colleagues, and explore our bustling exhibit hall. GA is an unforgettable experience for the thousands of UUs who attend. Meet us online or in Pittsburgh and you'll leave with renewed energy and innovative ideas to share with your congregation and community-at-large!



Anyone can attend. Even just register for programs/worship and not sit through the business meetings.

But, you too can represent our community by being a delegate and vote on important issues, including the election of a new UUA president. The River will pay our delegate's registration fee. For more information, contact Kathy Jens-Rochow at president@riverofgrassuu.org.

8th Principle Action Team – Be The Change

Our 8th Principle Action Team wants YOU to take action in your committee or small group! See the links below for more information about microaggressions and white supremacy culture and then identify one thing you can do or one change you can make to be more inclusive and anti-racist or more of an ally to BIPOC and other oppressed groups. As a key part of keeping the River going, growing and flowing, we need YOU to make our 8th principle a real part of our congregational life. Please include what you have done or changed in your committee in your January or February Board Report, or for small groups, send a note to the board (board@riverofgrassuu.org) in January. We look forward to hearing from you!

https://www.uua.org/files/pdf/m/microaggressions_by_derald_wing_sue_ph.d_.pdf

https://drive.google.com/file/d/1yk411vUztwA47x6kYpNL5sC6_WBpNFHB/view

Other Events:

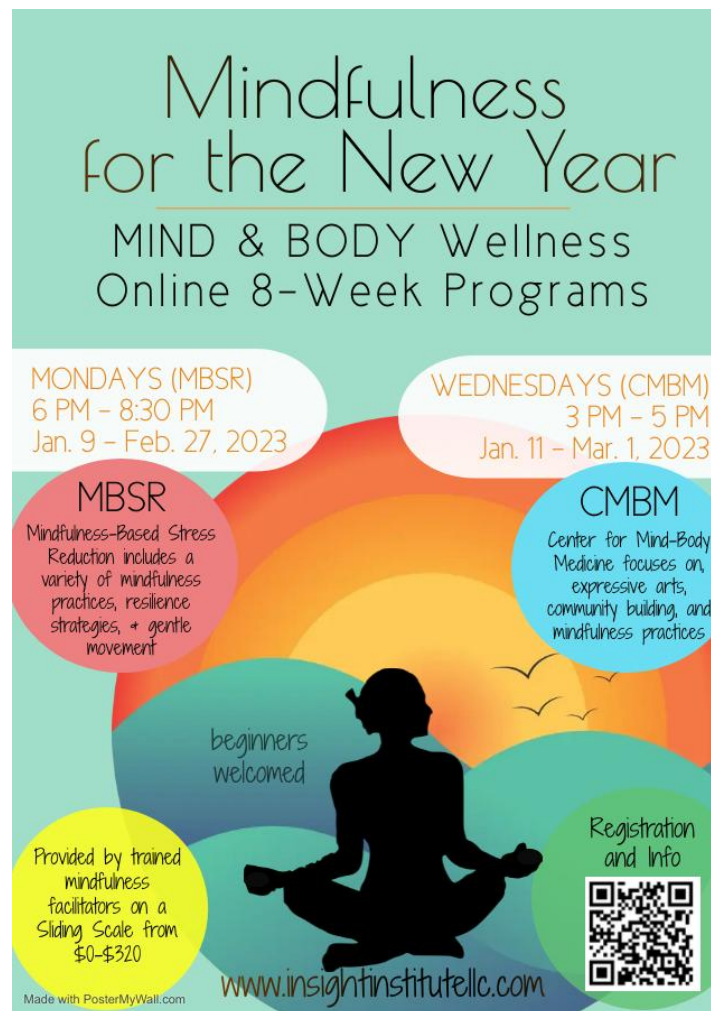
Free "Mindfulness for Today's World" weekly online sessions:

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'll next **meet on Thursday Jan 5th from 7:00 to 9:00 pm.** We meet in person and via [Zoom Meeting](#). Our meeting location is at The Transformation Project: 4431 SW 64th Ave Ste 109, Davie, FL 33314. All who are able can meet early for dinner at 5:30 pm at Uncle Al's, 8200 Griffin Rd, Davie, FL 33328. (If you're joining for dinner, please email Ken, group facilitator, so he can coordinate space.) All who identify male are invited to join. We are a lay-led group and look to our members for future topics and the direction we take. Do come out and join us. The Zoom Meeting Room will open up at 7:00 pm and we will begin at 7:15 pm. If you have any questions please contact Ken Bresnahan; mensgroup@riverofgrassuu.org; RoG Men's Group Facilitator.

"Mindfulness for the New Year" is a great way to strengthen our resilience, well-being, and mindfulness habits. These two 8-week programs begin in January and are **offered on a sliding scale starting at \$0!** Mindfulness-Based Stress Reduction (MBSR) will be offered on **Monday evenings from 6:00 - 8:30 pm beginning on January 9th, 2023.** The Center for Mind-Body Medicine Skills Group will be offered on **Wednesday afternoons from 3:00 - 5:00 pm beginning on January 11th, 2023.** Please use the QR code to register or for more info contact carolyn@insightinstitutellc.com.



Mindfulness for the New Year

MIND & BODY Wellness Online 8-Week Programs

MONDAYS (MBSR)
6 PM - 8:30 PM
Jan. 9 - Feb. 27, 2023

WEDNESDAYS (CMBM)
3 PM - 5 PM
Jan. 11 - Mar. 1, 2023


MBSR
Mindfulness-Based Stress Reduction includes a variety of mindfulness practices, resilience strategies, + gentle movement

CMBM
Center for Mind-Body Medicine focuses on expressive arts, community building, and mindfulness practices

beginners welcomed


Provided by trained mindfulness facilitators on a Sliding Scale from \$0-\$320

Registration and Info



www.insightinstitutellc.com

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Please remember to **Smile when you shop at Amazon.com**. 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>. River of Grass has received \$2,135.76 since we signed up with AmazonSmile. This holiday season you can help support River of Grass while online shopping with Amazon.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Be green with creative wrapping paper. Reuse items you have when wrapping gifts. From boxes to newspapers.... be creative! It will reduce the landfill, save you money, and help Mother Earth!

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

Team: Karen Gonzalez, Susan Juncosa, Jeanne Masten (COVIDTeam@RiverofGrassUU.org)

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: consider 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: Updated October 16, 2022

This is a living document that will be regularly reviewed and updated.

COVID-19 is moving from pandemic to endemic status – it is always circulating in the community but the number of infected people varies from community to community. Individuals should take appropriate precautions based on their personal risk. River of Grass will follow the following measures for community gatherings based on CDC Guidelines and the Broward County risk levels.

Remember, you may choose to wear a mask and maintain social distancing at any time. If you have symptoms, a positive test or have been exposed to someone with COVID-19, you should wear a mask.

Our COVID Team is monitoring the Broward County status weekly and will promptly advise if the status changes.

Community Level LOW: Current Broward County Status

- Individuals may elect to wear masks and socially distance at all times.

Community Level MEDIUM:

- Wear face masks for indoor gatherings.
- Choir will wear singing masks.
- Unmasked speakers and the Minister must test negative with a rapid test the previous evening.

Community Level HIGH:

In person Worship Services – Inside

- Masks required for all, special requirements for speakers
- Masks should be KN-95

- Unmasked speakers and Minister must test negative with a rapid test the previous evening
- No singing except the Minister (humming OK!)
- Social distancing between family groups
- No food or drinks
- All attendees sign in

After service Hospitality – Outside

- Maintain social distancing

Meetings – inside and outside

- Group leader will inquire if anyone in the group wants the meeting to be masked. If everyone is not comfortable, masking and social distancing should be maintained.
- Food and drinks – determined by the group.
- All attendees sign in.

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.