

# Reflections

A MONTHLY NEWSLETTER FROM THE RIVER OF GRASS UNITARIAN UNIVERSALIST CONGREGATION

DAVIE, FLORIDA

OCTOBER 2013

## MINISTER'S CORNER

### LIFTING THE VEIL

by Rev. Amy Carol Webb, Consulting Minister



Some 2,000 years ago, our ancient Celtic ancestors in the area we know as Ireland, the United Kingdom and northern France celebrated their new year on November 1. As it straddled the waning of the summer's heat and light with winter's coming cold darkness, the Celts accorded this passage particular power and considered the eve of this day hallowed – a tradition we inherit from Jewish custom, which counts the beginning of a day with the evening before it.



On this hallowed evening called “Samhain” (pronounced SAH-win), Celts believed the boundary between the material world and spirit world became porous and permitted the spirits of those who died in the previous year to roam earth among the living. Thus was the veil lifted between both the past and future on this magical night, that the dead might be honored and feasted as the holders of the root-wisdom of the community.

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Of course, this voiding of barriers also opened the possibility of ill-intentioned spirits. For this possibility, households left food on their stoops to prevent hungry other-worlders from entering, and revelers wore masks when they left home after dark so that the ghosts would mistake them for fellow spirits and pass them by. Jack-o-lanterns were once made of carved turnips with a lighted candle inside intended either to frighten away mischievous spirits – or turn children into them as they spooked wayfarers on darkened pathways.

And the American tradition of trick-or-treating? Most likely dates back to early All Souls' Day parades in England, during which festivities poor citizens would be given “soul cakes” in exchange for promised prayers for a family's dead relatives. Many cultures celebrate All Hallows Eve, by tradition or adoption, each in its own way, including Christians who mark November 1 as All Saints Day, as inherited from the Roman church's adaptation of the same timeless Pagan festivities.

Each has its tales to tell about why we do what we do – though such tales do not explain our heritage so much as reveal what matters to us here and now.

Because Unitarian Universalist tradition honors each person's search for truth and meaning, we have among us those for whom October 31 remains a night of simple revelry while for others All Hallows Eve is indeed a holy day. Many UU congregations incorporate a time for remembering ancestors on the first Sunday of November, as is the tradition here at River of Grass.

But let us remember, we need no holiday to lift the veil between what has been, what is and what can be. We need no new dawn to pull back the masks we may have worn to protect – or project – ourselves. For that moment we dare to welcome Truth, is ever and always ... hallowed.



## OCTOBER SUNDAY SERVICES

October 6, 2013	10:30am	Association Sunday	Rev. Amy Carol Webb
October 13, 2013	10:30am	Rediscovering America	Marjorie Loring
October 20, 2013	10:30am		Rev. Amy Carol Webb and Rev. Kenn Hurto
	<i>Evening Service 7:00pm</i>	Neshamah: Gather in Spirit	Rev. Amy Carol Webb
October 27, 2013	10:30am	hUUmanism	Alfredo Tamburrino



## OCTOBER CALENDAR

(Click [here](http://www.riverofgrassuu.org/calendar.html) or go to [www.riverofgrassuu.org/calendar.html](http://www.riverofgrassuu.org/calendar.html))



### OUR PRINCIPLES

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

The inherent worth and dignity of every person;

Justice, equity and compassion in human relations;

Acceptance of one another and encouragement to spiritual growth in our congregations;

A free and responsible search for truth and meaning;

The right of conscience and the use of the democratic process within our congregations and in society at large;

The goal of world community with peace, liberty, and justice for all;

Respect for the interdependent web of all existence of which we are a part.

### OUR SUNDAY LOCATION

11850 W. State Road 84, Suite 1, Davie, FL 33325

### EVERY SUNDAY

**Worship Service:** 10:30 to 11:30am. **Hospitality Hour:** 11:30am to 12:30pm.

**Faith Development Classes:** 10:45 to 11:45am

### FRIENDLY REMINDERS FOR OUR MEMBERS

There is plenty of parking outside the sanctuary, but please leave the closer parking spaces for our guests and physically challenged worshippers.

All meetings are held at 11850 W State Road 84, Suite 1 in Davie unless otherwise noted.

## River of Grass

UNITARIAN UNIVERSALIST CONGREGATION

Phone 954-723-7877

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### Newsletter

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Personnel ..... Audrey Stang, Esther Sampol  
& Janet Schwartz  
Service & Social Justice ... Steve Jens-Rochow &  
Judi Oltmans  
Shared Ministry ..... Diane Lade &  
Janet Schwartz  
Stewardship ..... Ken Bresnahan  
Worship ..... Kathy Jens-Rochow

## FROM THE PRESIDENT

**Marjorie Loring, President**  
Board of Trustees



### ROLLING UP OUR SLEEVES



**D**uring our Board Retreat at the end of August, your Board of Trustees spent the day looking ahead from the mid-point of this congregation's five-year vision. We looked to our future through the frameworks of Membership, Space, Policy, Programming, and Fundraising, and we set goals for each area that we believe will continue to move us closer to fulfilling that vision. The objectives we set for each goal were intentionally chosen to align with what we believe our membership, committees, and small group leaders feel are important next steps for our community. As a Board, we have listened as you presented us with the variety of ideas, opportunities, and challenges that have surfaced over this past year.

The chart below outlines the 2013-14 goals and objectives discussed at our September Board meeting. These were the things we felt were the most critical and timely. Our hope is for River of Grass to accomplish at least one objective from each category this year – more if we can.

Each Board Member has stepped up to be a Liaison, working with leadership to move these objectives forward. This does not mean that we are taking control over the processes and activities; rather, the task at hand is for us to actively support committee and small group leadership by helping out with the things that need to be done, while providing assistance, encouragement, and Board feedback. Committee and small group leadership will remain the primary drivers for these objectives and it will be our charge to work closely with them to help ensure their success.

This is a due diligence year for us as a congregation - one where we kick it up a notch and keep the momentum going. This is where we affirm that we have what it takes to make that five year vision a reality. It's already in view – right there on the horizon. Do you see it? Come on! Let's get it done! We all play a role – so it's all hands on deck for this blue boat home!



Goal	Objectives	Board Liaison
<b>Membership</b> <i>Deepen and increase membership</i>	<ul style="list-style-type: none"> <li>◆ <b>Revive Small Group Ministries</b></li> <li>◆ Encourage Recurring Guests</li> <li>◆ Institutionalize Intergenerational Inclusiveness</li> <li>◆ <b>Increase Community Outreach</b></li> </ul>	Audrey and Tom Leana James and Rev. Amy Zena and Natalie
<b>Space</b> <i>Needs assessment for both short term needs and long term growth</i>	<ul style="list-style-type: none"> <li>◆ <b>Finalize Facilities Use and Rental Packet</b></li> <li>◆ <b>Establish a "New Space Task Force"</b></li> </ul>	Troy Marjie and Gary
<b>Policy</b> <i>Policies currently under discussion</i>	<ul style="list-style-type: none"> <li>◆ <b>Establish a Child Safety Policy</b></li> <li>◆ Establish Facilities Use Policies that aligns with the Facilities Use and Rental Packet</li> <li>◆ Review the Restricted Use/Designated Giving Policy</li> </ul>	Marjie Troy Gary
<b>Programming</b> <i>Build a strong youth and young adult program</i> <i>Be greener in our practices</i>	<ul style="list-style-type: none"> <li>◆ <b>Offer more programs tailored to youth and young adults</b></li> <li>◆ Initiate the Green Sanctuary Program</li> </ul>	Zena and James Gary
<b>Fundraising</b> <i>Increase both rental and fundraising income</i>	<ul style="list-style-type: none"> <li>◆ <b>Target local business for rentals</b></li> <li>◆ Board Sponsored Fundraising Auction Event</li> <li>◆ Board Sponsored Community Event</li> </ul>	Marjie Marjie Zena

## BOARD MATTERS

Zena Tucker, Secretary  
Board of Trustees



“Give peace a chance” sang John Lennon. Many in River of Grass are taking that chance. Our board makes peace an intention, beginning each meeting with a calming reading and abiding by our covenant of right relations. Our Women’s Group recently talked about how we arrive at inner peace. These songs and practices made me realize: I needed a calming moment or three. My mind spins with many worries of life, work and family. And frankly, River of Grass, whom I love, is sometimes on my list of worries. So I took a moment with Mr. Lennon’s song, propped up my feet, and contemplated your fellowship with gratitude. What are your favorite ways to give peace a chance?

It’s time again to share the workings of the River of Grass Board of Trustees. We have many cheering announcements. Our nominating committee is now complete with three new appointees. **Michael Richardson**, **Gail Goddard** and **Richard Tucker** were appointed by our board president to join our elected nominating committee consisting of **Dave Katz**, **Mindy Kaufman** and **Lynn O’Brien**. Also, our membership co-chairs are set: **Diane Diaz** and **Bridget Morris**. Many thanks to each for their gifts of time and talent!

In other peace building news, the board supported a request for a new small group, led by **Frank Rabinowitz**, focused on spiritual meditation. Look for more details from Frank in an upcoming newsletter and a notice in the hospitality area in the near future.

More happy news: Our board also approved the Service and Social Justice request to have a River of Grass tent at the Davie Spring Festival in April 2014. So mark your calendars for Saturday, April 19th for a family-fun morning with your River of Grass friends at Robbins Lodge in Davie.

So, what about the worrying part? Our treasurer, **Gary**, reported that we received far short of our monthly pledge amount for the month of August. The shortfall, which seems to happen every year around this time, could be due to the many members who are out of town and on vacation during the summer. I hope this message is a reminder to those members who were out of town that our congregation counts on contributions all year long.

Last, but not least our board reviewed the year’s goals and objectives established at our Board retreat. This was a challenging task as we have high hopes for our beloved congregation. But calmly we set to prioritizing until we came up with the top seven objectives as our starting point this year. Certainly, we will keep our other objectives in the queue. If you look at the chart in the President’s article, you will see the priority objectives in bold print. They are the ones that the board believes need priority attention and are achievable within the next year.

Are you wondering about how we will be able to meet all these objectives? Me too! But if our past is any indication, we’ll make it a song in our heart and a smile on our face. And as another great song goes:

*Now I’ve been smiling lately,  
Thinking about the good things to come  
And I believe it could be,  
Something good has begun.*

Cat Stevens (Yusuf Islam) Peace Train, 1971



## MEMBERSHIP NEWS

Diane Diaz and Bridget Morris



**M**embership Committee is getting into high gear for our first events of the congregational year. The autumn season only brings slight changes of weather and colors here in South Florida, but it still heightens our awareness and sparks our enthusiasm and anticipation of new activities, experiences and holidays not too far ahead. What better time to check out our committee at the next meeting on Sunday, October 6th from 12 - 1:30pm. Bring your energy and curiosity and find out what we're all about.

**Sunday, October 13<sup>th</sup>:** Important Activities

### During Service

Our first New Member Sunday of the 2013/2014 congregational year: Those who participated in the September 29th Pathways to Membership class and met with our Board President, **Marjorie Loring**, will be joyfully welcomed into our River of Grass Congregation.

### After Service

The annual Fall Frolic Picnic: **John and Liz Perez** have once again generously offered to open their nearby home for the picnic, and there is plenty of room in their backyard for the young'uns to run and play and swim all afternoon! Sign-up sheets are available in the hospitality area, so please look for them and sign up for the food dish you will share! This is one of the best attended events in our congregational year, the food is plentiful and delicious, and the company is even better, so you definitely want to be there! It is also an opportunity to get acquainted with our newly inducted members.



**I**f you did not get a chance to take the September Pathways to Membership class, we plan to offer one in November. Find out more about this dynamic and growing spiritual community and talk to **Bridget** or **Diane** or email: [membership@riverofgrassuu.org](mailto:membership@riverofgrassuu.org) for more information.

## AUCTION NEWS

Sheryl Cattell and Esther Sampol



**I**t's never too early to start thinking about the special gift you have to give as a service or product for the River of Grass Casino & Game Night Auction.

We have an Auction planning committee meeting coming up on Wednesday, October 9th at 7:00pm at River of Grass (and the next one is on Wednesday, November 13<sup>th</sup> at 7:00pm, if you want to plan ahead).

Come join us and help plan an Auction to remember! Contact the co-chairs **Esther** and **Sheryl** at [auction@riverofgrassuu.org](mailto:auction@riverofgrassuu.org) if you have any questions or great ideas. We are off to a great start – thanks to our dedicated group of volunteers! Thanks, also, to Northstar Financial Planners, Inc. for sponsoring the costs associated with renting the Casino Equipment! You ROCK!



**SAVE THE DATE: Saturday, March 1, 2014**

## WELCOME BACK!

Ginger Parrish

Faith Development Coordinator



*"I'm so glad I live in a world where there are Octobers."*

- L.M. Montgomery, Anne of Green Gables

**W**hew! September was a busy month in Faith Development! September 8th was the first day of curriculum-based classes for the year, and students and teachers dove right in to their studies of world religions. On September 22th, in celebration of International Day of Peace, our early elementary class made Pinwheels for Peace while older students welcomed a special guest who led them in writing Poems for Peace. Many thanks, as always, go out to our teachers and other volunteers who made these programs such a success.

As you may expect, October is shaping up to be just as exciting! We may not have the falling leaves and cool weather, but in River of Grass Faith Development, we're welcoming autumn with open arms. If you love dressing up *and* supporting a good cause, please join us on Sunday, October 27th for our annual costume parade and Trick-or-Treat for UNICEF event.



Children (and adults!) are welcome to wear costumes to service that day and to help raise money for UNICEF, an organization that works to improve the lives of children around the world by providing health care, improved nutrition, clean water, education, and more. And be sure to stick around after service, as there just might be some spooky goings-on!

Children (and adults!) are welcome to wear costumes to service that day and to help raise money for UNICEF, an organization that works to improve the lives of children around the world by providing health care, improved nutrition, clean water, education,

## ADULT FAITH DEVELOPMENT

Maddi Gutfreind



**A**dult Faith Development will kick off the new congregational year with a workshop, "Reclaiming Your Religious Past". Considering the fact that more than 90% of us UUs grew up in some other religion, this workshop will help us revisit the places and people of our past. We will share our stories and perhaps keep a journal. We get to decide what we carry forward and what we discard, as we take the next steps in our lives.

Classes will be held on 5 successive Tuesdays beginning October 1<sup>st</sup> through the end of the month. We will meet at River of Grass at 7:15pm. The class facilitators are **Kip Barkley** and **Deb Giblin-Davis**. Please join us.

Later in the year we will offer a workshop, "What Moves Us", that explores life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting moments or experiences which resulted in a deeper understanding of their own liberal faith. This workshop will provide a framework for engaging in theological reflection as a process of meaning-making that will equip us for living in the world as a UU person of faith. The program offers a pathway for developing not only our personal theologies but also a deeper understanding of our theological heritage. The workshop was written by Thandeka, our own UU theologian. Watch for more information as it becomes available.

## WORSHIP COMMITTEE

Kathy Jens-Rochow



**W**hat Makes a Good Sunday Service? Is it the thought provoking message? The inspiring music? The silence, prayer or meditation? Or just being in our special place?

If you are considering leading a Sunday service, if you have led a service in the past and want to learn more or if you just want to understand more about our services, plan on attending an upcoming Rev. Amy Workshop, **All That is Worthy**, on Saturday, October 5<sup>th</sup>, from 2:00 - 5:00pm at River of Grass.

For more information, or to sign up, please email **Kathy** at [worship@riverofgrassuu.org](mailto:worship@riverofgrassuu.org).



## SERVICE AND SOCIAL JUSTICE

Judi Oltmans and Steve Jens-Rochow

Our first SSJC meeting was filled with great ideas and lots of plans for this year. Want to get involved and make a difference in our community? Send us an email at [ssjc@riverofgrassuu.org](mailto:ssjc@riverofgrassuu.org) and let us know what you would like to participate in.

You have many projects to choose from such as the LifeNet4Families Saturday Volunteer days, the Guest At Your Table program in November, the ChildNet Angel Tree in December, the River of Grass booth at the City of Davie Spring Egg Hunt in April and the Postal Food Drive in May. Another busy year! We will also be working with the Broward Move to Amend organization, circulating their petition and spreading the word that human beings, not corporations, are persons entitled to constitutional rights.

Our next SSJC meeting is on **Monday, October 7th at 7:00pm** at River of Grass. Join us in our efforts to put "...and service is its law" into action!

### Volunteering at LifeNet4Families

Wow! We set a new record at the LifeNet4Families September Volunteer Day! 21 volunteers: 12 adults and 9 kids! Thank you to Steve, Lynda, Jerry, Sheryl, Toni, Tai, Travis, Zurie, Nicholas, Julian, Mark, Amy, Laura, Sarah, Bennett, Daniel, Taneco, Geri, Terri-Anne and Gail! What an amazing group of volunteers! Everyone worked together so well, preparing boxes (and boxes) of food for the needy - and even helping out serving meals in the kitchen. If you would like to join us at our next LifeNet4Families Saturday Volunteer Day, we volunteer there once a month. Upcoming dates are October 12, November 9, and December 14. You can sign up at the SSJC corner in the hospitality area or send us an email (see above).



**SOUTHEAST UU CLUSTER  
ANNUAL MEETING  
SATURDAY, OCTOBER 19<sup>TH</sup>, 2013**



**DREAM BUILDERS**

**D**eepening connections between our congregations is the theme of the Southeast UU Cluster Annual Meeting. This experiential workshop, *Dream Builders*, is presented by the Rev. Kenn Hurto, Lead Executive for the UUA's Southern Region. It will develop inter-congregational relationships by working together and deepening our faith by building covenantal relationships.

We will walk together in love to grow our Beloved Community.

Dream Builders will be held from 9:45am to 4:00pm at the First UU Congregation of the Palm Beaches, 635 Prosperity Farms Rd, North Palm Beach, FL 33408. Registration is \$15 for the first person in a congregation with \$10 for additional people in the congregation if received, by mail, with a postmark of October 12<sup>th</sup>. Please mail check, payable to SE UU Cluster, with names, email, dietary preference, address and congregation's name to **Kathy Jens-Rochow**, Treasurer, 1420 SW 13 St., Ft. Lauderdale, FL 33312. Registration includes Lunch and Continental Breakfast. For more information, please go to: [www.uuflorida.org/secluster.htm](http://www.uuflorida.org/secluster.htm) (Facebook: <http://www.facebook.com/UUFloridaSoutheastCluster>).

The Cluster will offer four \$75 scholarships to people that live over 200 miles away. For information on the Registration Scholarships available, please contact [seucluster@gmail.com](mailto:seucluster@gmail.com).

**INTRODUCTION TO  
UNITARIAN UNIVERSALIST JUSTICE  
FLORIDA**

**U**nitarian Universalist Justice Florida (UUJF) is a statewide advocacy network that educates, organizes and advocates for public policies consistent with Unitarian Universalist principles.



Formerly the Unitarian Universalist Legislative Ministry of Florida, UUJF was formed in May as a separate not-for-profit organization affiliated with the Florida District.

Our separate sister organization, the UUJF Action Network, supports or opposes specific legislation as we strive to bring Unitarian Universalist values of compassion, equity and justice more powerfully into the public square.

Please join us to Bend Florida toward Justice:

- ◆ Explore our new website [www.uujusticefl.org](http://www.uujusticefl.org)
- ◆ Sign up for our Action Network: <http://www.uujusticefl.org/action-network/sign-up>
- ◆ LIKE our Facebook page and post comments at <https://www.facebook.com/uuifactionnetwork>
- ◆ Send us your articles, photos and videos of your social justice efforts to post on our website—so we can celebrate YOU!

Together, with interfaith and secular partners, we can make a difference!

Kindra Muntz, President

*This project is funded in part by the Fund for Unitarian Universalist Social Responsibility [www.uua.org/uufp](http://www.uua.org/uufp).  
Steve Jens-Rochow, Davie, Director, [stevej-r@uujusticefl.org](mailto:stevej-r@uujusticefl.org).*





## SMALL GROUP MINISTRIES

Diane Lade and Janet Schwartz



(Q.) What are Small Group Ministries?

(A.) Small Group Ministries fall into two categories – Affinity Groups and Covenant Groups

**Affinity Groups** attract people of common interests. (*The Men's Group, Women's Group, Full Moon Daughters' Group* and *bUUKies Reading Group* are examples of some of these.)

**Covenant Groups** are gatherings where members can more deeply explore spiritual topics that typically would not be part of a hospitality hour conversation. Small groups encourage sharing, and give people a chance to know each other more deeply. The fact that the topics being discussed are very personal seems to accelerate this process.

Most groups meet once month, at a day and time convenient for the group members. They are led by a member who has attended facilitator training, and follows a session outline (outlines are available online through the UUA Small Group Ministry Network). Many sessions revolve around classic spiritual themes while others have a more contemporary feel (*How do we strike a balance in our lives?*).

When the group forms, each member pledges, or covenants, to grow together, and keep all discussions confidential. Through that, and the highly personal nature of the conversations, we come to know each other very deeply. (Covenant groups are not a support group; people who need guidance with personal issues are encouraged to seek professional help.)

### New Covenant Groups Starting Soon



If you ask anyone who has been a member of a covenant group at River of Grass, they will agree that covenant groups exist for two simple yet profound purposes – to help you grow in community, friendship and belonging with other members, and to help you grow in your spiritual beliefs through focused and centered conversations about things that matter.

In October, the Committee on Shared Ministry will be sharing information about opportunities to join a Covenant Group; please follow the postings in the weekly email to learn more.

Covenant groups (and all other small group ministries) are open to all adults; you do not have to be a member to join one. If you have any questions about covenant groups, please contact [Janet Schwartz](mailto:Janet.Schwartz@riverofgrassuu.org) at [covenantgroups@riverofgrassuu.org](mailto:covenantgroups@riverofgrassuu.org).

## WOMEN'S GROUP

Ingrid Furlong



fellowship with one another.

The group is open to all who wish to attend. Our first meeting focused on the ways and means we use to find inner balance and peace. Our next meeting will take place on Monday, October 28<sup>th</sup> at 7:00pm at River of Grass. For information about our October meeting topic, contact [Ingrid Furlong](mailto:Ingrid.Furlong@riverofgrassuu.org) at [womensgroup@riverofgrassuu.org](mailto:womensgroup@riverofgrassuu.org).

## A PRE-CHOIR? YES!

Gayle Giese

**H**ello, singers! Who wants to review hymns before service and lead the hymn singing?



Well, if you arrive by 9:50am, you can learn the hymns! We will meet in the multi-purpose room. If you are interested, send me an email at [choir@riverofgrassuu.org](mailto:choir@riverofgrassuu.org) or just show up! The group started on Sunday, September 29<sup>th</sup> and will continue each Sunday. Flautists, feel free to come and play along with us!

We are still working on finding a great choir director. But, in the meantime, we'll keep on singing! River of Grass is seeking a part-time choir director! If you know of the perfect person to lead our choir, e-mail [choir@riverofgrassuu.org](mailto:choir@riverofgrassuu.org).

## BUUKIES BOOK GROUP

Toni Cattell and Kathy Jens-Rochow



The bUUKies met on Wednesday, September 18th to discuss the meeting format, get input from group members for the coming year, and to select books for the next few months. And, since we are a book group, we discussed our latest book selection: *Society's Child*, a Grammy-award winning autobiography about and written by Janis Ian, who was the headliner at the River of Grass Café this past June. The book was fascinating for those of us who remember her music and the times and we highly recommend it.

The group decided that we will continue to meet on the 3rd Wednesday of each month at 7:15pm. Book selections made for the next few months are:

**Wednesday, Oct. 16th** – *The Brief Wondrous Life of Oscar Wao* by Junot Diaz

(Book Description: Encapsulating Dominican-American history, it opens our eyes to an astonishing vision of the contemporary American experience and explores the endless human capacity to persevere—and risk it all—in the name of love.)

**Wednesday, Nov. 20th** – *Zealot: The Life and Times of Jesus of Nazareth* by Dr. Reza Aslan

(Book Description: A fascinating, provocative, and meticulously researched biography that challenges long-held assumptions about the man we know as Jesus of Nazareth.)

**Wednesday, Dec. 18th** – *I Believe in Zero* by Caryl Stern

(Book Description: First-hand, human stories of hope, resilience, determination, and family: a call to see the world's children as our own, by the President and CEO of the U.S. Fund for UNICEF.)

Our December meeting is our Annual bUUKies Holiday Gathering – more info to come.

We invite all who are interested to join us! If you are not able to be at the meetings, but you have read a great book, please share your recommendations for consideration for an upcoming selection.

If you wish to be on our distribution list, please send an email to [bUUKies@riverofgrassuu.org](mailto:bUUKies@riverofgrassuu.org).

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## UUA CARING CONGREGATION PROGRAM

Esther Sampol, Community Awareness

Rev. Amy Carol Webb will offer a UUA Caring Congregation Program as part of a two workshop series (see Rev. Amy's Upcoming Workshops, page 11). Deepening our understanding and practice of our first UU principle respecting the inherent worth and dignity of every person, the workshop sessions focus on welcoming and supporting people with mental disorders and their families into our congregations.



NAMI, the National Alliance on Mental Illness, the organization supported by many of our board members last year, provides mental health services, educates families, sets up support groups, trains facilitators, and helps reduce the stigma of mental illness so that those affected will seek help.



If you would like to support this organization, this is your opportunity. River of Grass members have started a team – Team TsuNAMI – for the First NAMI Walk in Broward County. The walk will be held on Saturday, November 9th, 2013 at Tradewinds Park in Coconut Creek.

For more information, or to support this organization, please go to <http://namiwalks.nami.org/TeamPage.aspx?TSID=421834> or contact Gayle Giese at [choir@riverofgrassuu.org](mailto:choir@riverofgrassuu.org)

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## UPCOMING REV. AMY CAROL WEBB WORKSHOPS



**Sunday, October 6 & Sunday, October 20: *Lucky 7: A UU Identity Project*** – Seven days in the week, seven trumpets at Jericho, seven horses of Mithra, seven sages of Greece, seven wonders of the ancient world ... seven Unitarian Universalist Principles. Seems simple enough, so why do we struggle to express our UU identity? In this two-part workshop, we'll explore new ways to say who we are – and maybe even record them for our website.

**Saturday, November 2: *The Minor Fall: Music Summit 1*** – What does our music in worship say about us? What could it say? What would you like it to say, and would you like to contribute your own musical gifts and interests? In our Fall River of Grass Music Summit, we'll build on ROG's rich musical foundation to move our music even higher!

**Sunday, November 3: *Raising the Roof: Congregational Singing 101*** – Back by popular request, we'll gather after Sunday service to find our voices together gently, rooted in living breath and loving fellowship. Love to sing? This is for you. Think you can't sing? This is definitely for you. Not sure? This is especially for you.

**Sunday, November 17 & Sunday, December 15: *The UUA Caring Congregation Program*** as part of a two workshop series. Deepening our understanding and practice of our first UU principle respecting the inherent worth and dignity of every person, the workshop sessions focus on welcoming and supporting people with mental disorders and their families into our congregations.

## MOVING MEDITATION CLASSES

Frank Rabinowitz

**R**iver of Grass will host the first of ten “moving” meditation practices on Tuesday, October 15th at 7:30pm.



The sessions will begin with a basic, sequential Qi Gong (chi-gong) warm up, then seamlessly move to an abbreviated Tai Chi form and finish with a mindful meditation practice. The simple standing exercises include graceful, flowing movements that are gentle, slow and easy to learn. The 90 minute class will be led by **Frank Rabinowitz**, an 8 year practitioner and enthusiast.

At the first session, participants will decide on whether to meet weekly or bi-weekly on Tuesdays at 7:30pm. Anyone interested in this new small group can register at the signup sheet available in the hospitality area.

The suggested donation is \$5.00 per class (waivers are available). Participants will bring their own meditation bench or mat. If needed, folding chairs will be available. The maximum class size is 20 participants. For additional information, please contact Frank at [meditation@riverofgrassuu.org](mailto:meditation@riverofgrassuu.org).

## NESHAMAH: GATHER IN SPIRIT

SUNDAY, OCTOBER 20<sup>TH</sup> AT 7:00PM

**J**oin **Rev. Amy** as she leads a reflective, guided service. Peaceful and tranquil, this service will renew your spirit and you will leave refreshed, relaxed, and ready to face a new week of challenges and joy.



## RIVER OF GRASS CAFÉ

Esther Sampol



Rev. Amy with daughter in law, Anna-Lena, and grandbaby, Ava-Aimée

Our beloved consulting minister, Rev. Amy Carol Webb, played to a full house at the River of Grass Café's Season Opener on Saturday, September 21<sup>st</sup>. Guests enjoyed an eclectic evening of music with songs from her new CD (*Moments*) and the usual crowd pleasers - music from earlier CDs.

The concert brought in close to \$1,200 in ticket sales and another \$500 in food sales. As a performer, Rev. Amy's portion would have been over \$800 but she graciously and generously donated it all back to River of Grass for the second year in a row.

Thank you, Rev. Amy!  
Your generosity and commitment to our River of Grass community is very much appreciated.

If you missed the concert but want to listen to Rev. Amy's music, please click [here](http://www.amycarolwebb.com/music.html)  
(or go to: <http://www.amycarolwebb.com/music.html>).  
(Stay tuned for more information on Rev. Amy's new website – currently under construction.)

## COMING UP ON SATURDAY, OCTOBER 12TH AT 8:00PM FROM BLUEGRASS TO THE BEATLES – A NIGHT OF MUSIC TO REMEMBER



A night of music, laughter, and memories! Don't miss this show. You will laugh, you will cry - you will even find yourself singing along while enjoying and re-living the memories!

The River of Grass musicians have been performing together for over a decade. No matter how you mix and match them, their amazing blend of vocal and instrumentation, and their mix of both traditional and sometimes unique spins on the classics are pure entertainment.

Tickets: \$15 Advance Purchase / \$20 at the door  
Click [here](http://riverofgrassuu.org/river-of-grass-cafe.html) for tickets (or go to: <http://riverofgrassuu.org/river-of-grass-cafe.html>)

*(For those who purchased tickets at our Annual Auction, you will enjoy a free complimentary dinner including wine, beer, or soda. Please be sure to arrive by 7:00pm.)*



Check out our River of Grass Café [Facebook](#) fan page for all the latest news!