

Announcements

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.

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>.

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/>

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

River of Grass New Mailing Address - We have our post office box and are forwarding all of our mail there now. Our new mailing address is listed on our website as a footer on each page and in the [contact us page](#) if you need to look it up.

River of Grass UU Congregation, 3225 N Hiatus Rd, Unit 452485, Sunrise, Florida 33345

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.

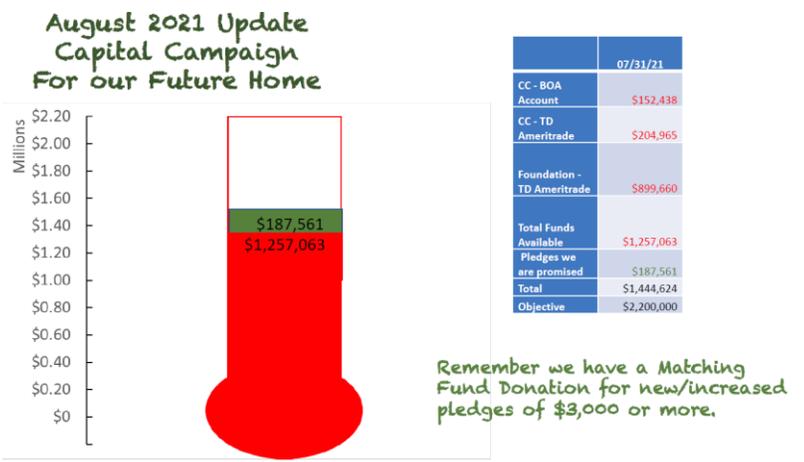
Drive to the Finish: Capital Campaign -

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</p> <p>#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 Meetings in the Time of the COVID

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 everyone signs 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 **indoor and outdoor** spaces in which social distancing protocol can be maintained.

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.