

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – June 18, 2020

Welcoming Congregation Renewal - Transgender Inclusion

In June 2002, River of Grass became a UUA recognized Welcoming Congregation. We have worked hard to make sure lesbian, gay, bisexual, transgender, and queer people are full members of our faith communities.

As we continue to practice welcome, we need to be aware of current issues within the community and work to expand our boundaries. The Welcoming Congregation Renewal Team presents “Beyond Pronouns and Gender Neutral Bathrooms” to introduce concepts critical to expanding our welcome.

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 RoG Meeting Room at the link or numbers below. We’ll be watching for you!

Topic: Worship June 21, 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>

Upcoming Virtual Events -This Sunday:


Sunday, June 21, 2020

Virtual Sunday Service at 10:30 am – Kathy Jens-Rochow and the Welcoming Congregation Renewal Team -
Welcoming Congregation Renewal - Transgender Inclusion

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

Summer Children’s Virtual Fellowship at 12:30 pm – Children and parents: Come join us at 12:30 pm this Sunday, Jun 21st, for the Summer Fun at the Zoo virtual children’s fellowship. This week: We’re going to hang out with the largest land animals on earth: the elephants that live in the Smithsonian’s National Zoo in Washington D.C. Elephants are incredibly smart and can pick up huge objects, like tree trunks. But did you know they walk on their tip toes? And what are those big ears for? We’ll find out when we play Elephant Webcam Bingo and do an art project exploring how unique elephants are. Faith Development’s Summer Fun at the Zoo celebrates our 7th Unitarian Universalist Principle: to respect and protect all living things and our earth. Faith Development’s Summer Fun at the Zoo The program is offered every Sunday through Jul 26th via Zoom, and requires a password. Look for an email from

Diane Lade, Summer Fellowship Coordinator, or reach out to her at FaithDevelopment@RiverofGrassUU.org.





Elephant Webcam
June 21

River of Grass
Unitarian Universalist Congregation

Summer Children's Fellowship

Each Sunday 1230pm
www.riverofgrassuu.org



Young Adults are meeting every Sunday, at 6:30 pm virtually on Zoom – Millennials, Gen Xers, and Gen Zs, are welcome to tune in to the YUing Adult Virtual Coffee Hour on **Sunday, Jun 21st at 6:30 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.

Faith Development – Parents Having Coffee Online:

Let's come together in conversation about how we parent in these trying days. Parents Having Coffee Online meets at **10:00 on Saturday morning, Jun 20th at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

LifeNet4Families:

LifeNet Seeking Assistance - Security Company and Food distributor

LifeNet4Families continues to provide food, clothing, showers and other support services during COVID-19. They are seeking help for 2 key items:

- If you have a connection to a Security Company that may be able to provide armed guards at a reasonable rate, please contact Scott @ president@riverofgrassuu.org.
- If you have a connection to a food distributor, please contact Scott @ president@riverofgrassuu.org.

We are updating the Member Photo Directory:

Dare I say it? We've all grown older. No, that didn't happen. But maybe we've changed a bit since the last issue. Please send your recent photos to Kathy at membership@riverofgrassuu.org. Please advise if you wish to include your pronouns (he/him, she/her, they/them).

Additional Mindfulness Offerings for the Summer:

Free "Mindfulness for Families and Children" weekly online sessions:

- Thursdays 5:00 - 5:15 pm for families & children of all ages; <https://us02web.zoom.us/j/83796621727>

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

- Thursdays 6:00 - 7:00 pm for adults; <https://zoom.us/j/551319571>

For more information or to register contact Carolyn@InsightInstituteLLC.com or Scott@InsightInstituteLLC.com, or visit <https://www.insightinstitute.com>

Proposed Policy Changes:

River of Grass has a Policy document that helps outline the workings of the Congregation. Policy 14 states that "The Board of Trustees... will review the entire set of congregational policies no later than once every two years." Attached to this email is the Policy document with proposed revisions for your review. The objective of the revisions:

- Clean up things that are no longer accurate (ie change 'Florida District' to 'Southern Region')
- Remove gender pronouns
- Add 'teams', in addition to 'committees'
- Slightly improve consistency of capitals, such as "Minister", etc.
- Any other needed clean up better align with how we do things

If you are inclined, please review and send any recommended changes to Scott May president@riverofgrassuu.org.

Other Events:

The River of Grass Men's Group is open to all men. The Men's Group meets via Zoom every 1st and 3rd Thursday of the month at 7:00 pm. **TONIGHT, Jun 18th at 7:00 pm we will meet on Zoom** and discuss our topic: Panhandlers. We see them all about. What do we think about them? What do we do about them? <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.

FMD: Virtual Solstice Celebration - Welcome the summer solstice **Saturday, Jun 20th** at one of the world's most famous ancient worship circles: Stonehenge! Full Moon Daughters, the River of Grass outdoor spirituality group for women and girls, invite you to a virtual Solstice Celebration **beginning at 3:30 pm on Saturday**. We will gather by Zoom, and offer prayers and reflections on this longest day of the year – when earth-based faiths celebrate light, gratitude and abundance. Then we will tap into the first-ever solstice live stream from Stonehenge, a UNESCO World Heritage site in England that's closed this year due to the pandemic, and watch the sun set. Please send an email to: fullmoondaughters@riverofgrassuu.org in order to receive a Zoom link and/or more details.

River of Grass Cafe' Virtually Presents Kiya Heartwood on Saturday, Jun 20th at 8:00 pm - Kiya Heartwood is an award-winning roots rock and folk singer-songwriter. She has just returned from touring her one woman show, Song Tales from the American Edge in Ireland and the UK. The UK's Broadway Baby describes Kiya Heartwood (Stealin Horses, Wishing Chair) as "an award-winning American singer-songwriter who writes smart, funny and poignant songs about the famous and not-so-famous legends of America. Kiya's music serves up a lively batch of original songs that follow on to two of the oldest traditions of folk music: storytelling and political broadside."

Tickets are \$15 per person. ([Purchase using this link and using the BUY NOW button.](#)) Please purchase a ticket for each person attending the virtual concert. More than ever, artists are depending on us during this time of social distancing. You will receive a link to the ZOOM concert before the scheduled date/time. **(Please note: Ticket sales close at 4:00 pm on the day of the concert.)**

Flowing River Sangha – We will meet online on **Tuesday, Jun 23rd 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 further information, please contact Gary Gonzalez at meditation@riverofgrassuu.org.

GENERAL ASSEMBLY (GA) ONLINE JUNE 24-28 Want to participate in GA? This is the year! Our UU faithful will hold GA online this year, so this is a great opportunity to be part of it. GA (General Assembly) is the annual meeting of our faith through the UUA (Unitarian Universalist Association). Attending GA can be a very uplifting and moving experience, as it's an opportunity to witness the broad impact of our faith. There is money in our budget for several folks to register and participate in GA online. If interested, please reach out to Scott May at president@riverofgrassuu.org.

River Mixer on Jun 27th - Join us for a **River Mixer on Saturday, Jun 27th at 5:30 pm**, as we share memories of our childhood and our fathers. Good, bad, indifferent, we have a broad range of fathers, maybe even some of our fathers cover all of this. Fathers, step-fathers, uncles whatever the male figures were in your life. <https://us02web.zoom.us/j/85665246249>; Meeting ID: 856 6524 6249. For more information contact Kathy Jens-Rochow at membership@riverofgrassuu.org.

Faith Forward Inquirers Series is back! The Faith Forward Inquirers Series meets on Wednesdays 6:30 – 7:30 pm on Zoom. It 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 also 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 **Jul 1st and is FF Inquirers #7: Pastoral Care and Small Groups**. For more information, email Zena Tucker, membership@riverofgrassuu.org. Zoom link for each is: [ZOOM Link for RoG Inquirers](#).

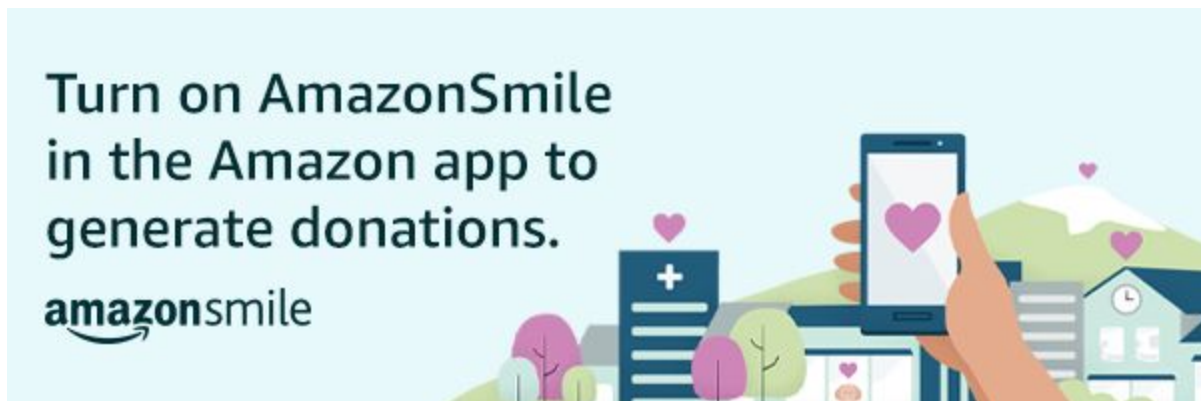
Date	Time	Event
7/1/20	6:30 - 7:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
7/8/20	6:30 - 7:30 pm	FF Inquirers#8: Membership 101 & Congregational Life
7/15/20	6:30 - 7:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources

August Book Discussion - Join us each Saturday in August for a discussion on the book *White Fragility - why it's so hard for white people to talk about racism* by Robin Diangelo. The book will be available through the [UUA bookstore](#), [Inspirit](#) on June 24th, and you may also be able to get it at the library (I believe there is a long wait). We'll meet beginning Aug 1st at 3:00 pm and cover as many chapters as we can each time. Contact Karen Gonzalez at uugonzol@gmail.com to sign up for the Zoom link (or sign up in our [Facebook event](#)).

AmazonSmile is now in the Amazon App! AmazonSmile customers can now support River Of Grass Unitarian Universalist Congregation Inc in the Amazon shopping app on iOS and Android mobile phones! Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. Open the Amazon Shopping app on your device.
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap 'AmazonSmile' and follow the on-screen instructions to complete the process

If you do not have the latest version of the Amazon Shopping app, update your app. Click [here](#) for instructions.



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>. If you don't have the link handy, you can easily go to our website (www.riverofgrassuu.org) and the link is there, at the very bottom of the home page

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Install a 'smart' thermostat, then set the temperature by time of day and day of week. There is no need to keep your house chilled when you are at work, or at other recurring events. Adjusting it by 3-5 degrees can make a big difference in your utility bill.

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 our building is closed. 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 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 e-mail 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.