

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – July 2, 2020

It's 1856 All Over Again!

We are living in such a chaotic world. We are having to deal with multiple issues and stressors. Between the stress of isolation, stress of the many, many injustices in the world, financial and income loss, the physical separation of family and friends, and the concern about COVID 19.

This Sunday, on July 5, we'll talk about the most unusual July 4th we've ever observed, and what it means to be an American. Although we've never had a president like Donald Trump, it turns out that a previous election year held some eerie similarities. Join us for "It's 1856 All Over Again".

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 July 5, 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:

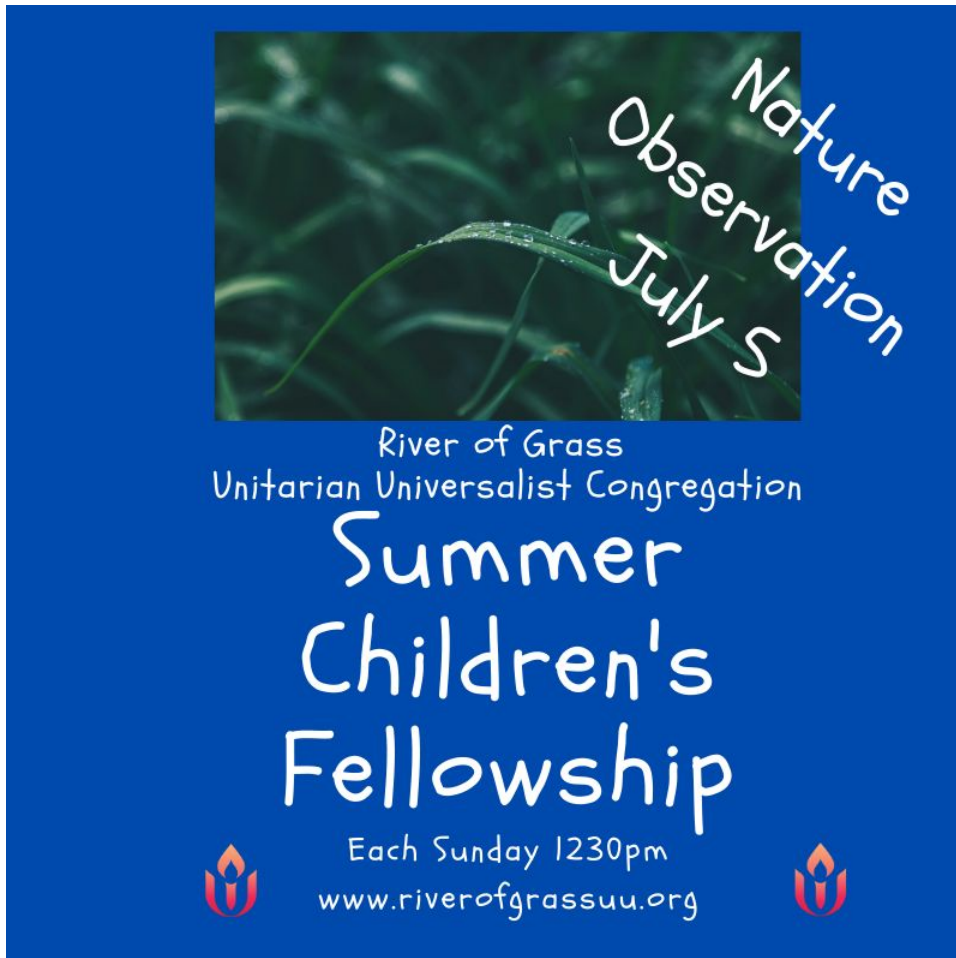
Sunday, July 5, 2020

Virtual Sunday Service at 10:30 am – Susan Juncosa - **It's 1856 All Over Again!**

<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, Jul 5th, for the Summer Fun at the Zoo virtual children's fellowship. . This week: Explore Beyond Your Door. So far, we've been spending our Summer Fun time together at the National Zoo in Washington D.C. But this week, nature experts Rob and Deb Giblin-Davis are going to show us the wild life around us every day! Rob and Deb will take us on a virtual nature walk in their backyard, revealing hidden creatures and their habitats. And they'll show kids how to fill out their own field guide, so they can track the things they discover. 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.



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 YUUn Adult Virtual Coffee Hour on **Sunday, Jul 5th 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 talk with our children about "love of country" during a time when we may be struggling to love it ourselves. Parents Having Coffee Online meets at 10:00 on Saturday morning, Jul 4th at 10:00 am. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

We are updating the Member Photo Directory - LAST CALL:

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>

Learn more about being a Welcoming Congregation:

River of Grass UU congregation has made a commitment to opening its doors to people of all sexual orientations and gender identities. We have arranged for individuals in our congregation to complete a 6-session module "Transgender Inclusion in Congregations." This course is for individuals, groups and congregations who want to take their knowledge and skills to the next level in terms of trans identity and how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity. Over 6 sessions you will deeply explore the intersection of trans identity, spirituality and faith community and gain the grounding, context and skills to transform yourself and our congregation. The course is deeply moving. There will be discussion groups to process what came up for you while you took the course. The more information and the link to register for the class is on our [Members Only page](#) at our website. Questions? contact Kathy at Welcoming@riverofgrassuu.org.

Our next chapter begins:

Members and Friends,

The landlord and River of Grass have both signed the lease termination agreement effective July 31, 2020. Gratitude to the team who gave many hours for this endeavor.

A great chapter closes, as a new chapter begins. While I'm relieved about no longer paying for space we cannot use, I am also melancholy about leaving a home we loved.

The Moving Storage Team, led by Janet Schwartz and Ken Bresnahan, are actively progressing. They are developing a schedule for packing and other tasks over the next 2 weeks, and facility patching, painting and clean up the following week. Volunteers will be needed, so please contact Move@riverofgrassuu.org. They will distribute a copy of the schedule as it evolves, along with instructions for scheduling time to help out.

During this period of transition, feel free to reach out in any way that supports you. We are blessed to have an amazing Minister and a beloved community. We will transition successfully, together.

In service, Scott May, on behalf of the River of Grass Board of Trustees

Move team update:

Our volunteers do so much at River of Grass! While you were helping out did you bring any items home that belong to River of Grass? **Did you take home linens or towels to clean? Did you borrow a table or any folding chairs?** Please try to make arrangements to drop them off at River of Grass. You can leave laundered items at the front door and Janet or Ken will bring them inside for you. Contact-less drop off! Or if it is larger items like tables or chairs, coordinate a time and they can leave the back door propped open for you to bring them in by the storage room and they will keep distance from the area for safety. Send them an email at Move@riverofgrassuu.org to work out all the details. Make sure to have your facemask with you if you plan to enter the building. Thank you for helping to have all of our items together so the movers can take everything to storage.

Vote Forward:

The UUA's UU the Vote is a nationwide effort to get out the vote this November and in earlier primaries. With COVID-19 surging a good way to do activism from the comfort and safety of your home is Vote Forward. <https://votefwd.org/> They focus on writing brief letters to progressive leaning infrequent voters in swing states. This is proven and effective; in multiple randomized trials, voters who received a handwritten letter were significantly more likely to vote.

After you sign up with Vote Forward you will receive names and addresses of infrequent, progressive voters in swing states. After printing out a simple letter you will write in the person's name, write a sentence or two about why it is important to vote, and sign the letter. Then you write the person's name and address on an envelope, and write your name and a return PO box provided by Vote Forward. After stamping the letter you hold on to it, and mail it about 2 weeks before the election.

Sending a Vote Forward letter is one of the easiest things you can do to increase turnout. It takes about four minutes and one stamp, and meaningfully increases the odds that the recipient will vote. This is a concrete action you can take, no matter where you live, to get unlikely-to-vote fellow citizens to the polls.

"I have written 10 letters." - Steve Jens-Rochow SSJGT@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, Jul 2nd at 7:00 pm we will meet on Zoom** and discuss our topic: Atheism. This topic came up among others as the group was asked what would be interesting. Atheist, Agnostic, Jungian Archetype Admirer, Questioner, or what? How do you see yourself and how did you get there? <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.

Flowing River Sangha - We will meet online on **Tuesday, Jul 7th 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.

Faith Forward Inquirers Series is back! The Faith Forward Inquirers Series meets on Wednesdays 6:30 - 7:30 pm on Zoom. Starting in September we will start meeting at 7:30 pm, see the updated 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 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 8th and is FF Inquirers #7: Pastoral Care and Small Groups**. For more information, email Zena Tucker, membership@riverofgrassuu.org. Zoom link for our July sessions are: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
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
9/2/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
9/9/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
9/16/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
9/23/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
9/30/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
10/7/20	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
10/14/20	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life
10/21/20	7:30 - 8:30 pm	FF Inquirers#1: Q&A with Minister
10/28/20	7:30 - 8:30 pm	FF Inquirers#2: Unitarian Universalist History, Principles and Sources
11/4/20	7:30 - 8:30 pm	FF Inquirers#4: Faith Development for Children and Adults
11/11/20	7:30 - 8:30 pm	FF Inquirers#5: Worship & Liturgical Year
11/18/20	7:30 - 8:30 pm	FF Inquirers#6: Social Action & Community Service
12/2/20	7:30 - 8:30 pm	FF Inquirers#7: Pastoral Care and Small Groups
12/9/20	7:30 - 8:30 pm	FF Inquirers#8: Membership 101 & Congregational Life

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 uugonzo1@gmail.com to sign up for the Zoom link (or sign up in our [Facebook event](#)).

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Irrigate during the early morning hours when temperatures and wind speeds are the lowest. This reduces water loss through evaporation. Also position sprinklers to put all the water on your lawn and landscape, not onto paved areas nearby. This weekend: Please take a few minutes, check your sprinkler system timing and positioning...and live our 7th principle.

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.