

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – March 19, 2020

Beloved River of Grass Community – greetings in this time we learn new ways to connect, comfort, and encourage one another as we respond to COVID-19. Let us grant ourselves and each other much grace and patience as we navigate this “New Normal” to stay virtually connected and spiritually grounded.

This Sunday, March 22, will be our first Virtual Sunday Service, centering Zena Tucker’s “Poems Aplenty” including Gayle at the piano and many of our beloveds offering beauty in language and meaning. Following the service, we will share virtual Hospitality time with a live chat where we can relish each other’s beautiful faces and voices together – bring your beverage! Come, join with us. The medium may be virtual, but this faith we share, and the love that holds us gets more real every day. Head on over to The River (even in your pajamas) – 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 Zoom Room at the link or numbers below.

Topic: Worship March 22, 2020

Join Zoom Meeting

<https://zoom.us/j/8671641414>

Meeting ID: 867 164 1414

One tap mobile

+13126266799,,8671641414# US (Chicago)

+16465588656,,8671641414# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US

Meeting ID: 867 164 1414

Find your local number: <https://zoom.us/u/ac7ckp4Jlv>

Don’t know how to “click into Zoom” yet – let us help! See Scott’s “Zoom 101” scheduled for this Saturday, Mar 21, at 11:30am - <https://zoom.us/j/562896273> from your computer, tablet or smartphone. For questions, reach out to Scott at president@riverofgrassuu.org or 954-646-0234.

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, and this Sunday, Mar 22nd will be our first virtual Worship Service. 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 is communication and cared for..... and our Covenant Groups are a large part of this.

Consider joining 'Zoom 101' this Saturday, Mar 21st at 11:30 am. It is chance to learn how to navigate Zoom and to test your access. Simply click: <https://zoom.us/j/562896273> from your computer, tablet or smartphone. For questions, reach out to Scott at president@riverofgrassuu.org or 954-646-0234.

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!

Upcoming Virtual Events -This Sunday:

Sunday, March 22, 2020

Virtual Sunday Service at 10:30 am – Zena Tucker “Poems Aplenty” <https://zoom.us/j/8671641414>

Faith Development at 12:30 pm – Karen Gonzalez, ReligiousEducator@RiverofGrassUU.org

Kids ages 3 - 12 are invited to a Faith Development Meetup on Zoom on Sunday at 12:30 pm. Look for an email from Karen or reach out to her at religiouseducator@riverofgrassuu.org. These meetups require passwords.

Teen Faith Development at 1:30 pm – Karen Gonzalez, ReligiousEducator@RiverofGrassUU.org

Teens are invited to a Faith Development Meetup on Zoom on Sunday at 1:30pm. Look for an email from Karen or reach out to her at religiouseducator@riverofgrassuu.org. These meetups require passwords.

Faith Development – Parents Having Coffee Online:

Parents will join together to share their woes, joys and ahas in a Zoom Room on **Saturday morning, Mar 21st at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

Zoom 101 – Saturday, Mar 21st at 11:30am - <https://zoom.us/j/562896273>

What the heck is this 'Zoom' thing that everyone is talking about? How do I access it, and how do I use it?

Please join '**Zoom 101**' on **Saturday Mar 21st at 11:30am** to learn how to use Zoom. It's a chance to confirm your access, and to learn key features - such as audio and video, speaker and gallery display, chat, sharing, etc.

Saturday between 11:30 am - 12:30 pm, simply click: <https://zoom.us/j/562896273> on your computer, tablet or smartphone. Follow the prompts allowing Zoom to download and run, and then click on 'open zoom meeting'. If you have connectivity issues during that time, please call Scott May at 954-646-0234. If he can't answer, leave a message and he will call you back. Consider getting up to speed now, rather than when you are trying to join an online meeting or event, such as Sunday morning Worship.

UUSC 80th Anniversary:

Last Sunday, we celebrated the 80th anniversary of our Unitarian Universalist Service Committee by learning of the brave legacy of those Unitarians who established this life-giving force for good and collecting a special offering to ensure it's bold future. WE held a special collection for UUSC and raised **\$601!** If you were unable to make it to our services last Sunday, please consider making your own donation via Vanco. On your smart phone, you can text 844-948-1153 with the amount you wish to donate followed by one space then the word “special”, example: **25.00 special**. If you would prefer to use our website, please contribute on the “Special Collection” line: [River of Grass Online Donation Page](#).

Basic Protective Measures Against the New Coronavirus

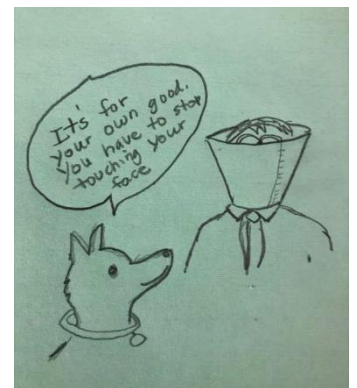
River of Grass Unitarian Universalist Congregation

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 – 5-6 feet between yourself and anyone coughing or sneezing.
3. Even if well, try to maintain a distance of 5-6 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 use smoking, alcohol, and other drugs to deal with your emotions.
5. Get the facts from credible sources such as the World Health Organization or local/state health agencies.
6. Limit worry and agitation through lessening time you spend watching media and 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.

CC/APD CAMPAIGNS AND HOW IT'S BEEN CHANGED!

Rita Cherubini and Kathy Jens-Rochow, Co-Chairs

Annual Prosperity Drive 2020-2021

- Bringing you up to date in a broad way; the Capital Campaign has been postponed until the fall! This will give us ample recovery time to proceed when we know more.
- As we still have to pay our bills and plan for the next fiscal year, your pledges for the Annual Prosperity Drive are still needed to keep the River of Grass solvent. As its rooms remain vacant, the bills still go on!
- Mar 29th is still the Kickoff for this Campaign! You will be receiving your usual pledge packet by the end of March. Please open it and read the words of what River of Grass means to many who gave us their feelings quoted in this brochure. Those haven't changed and now need steadfast commitment of all of those promises and expectations by you, our Members and Friends.

So, have you been thinking of how you will support River of Grass with your new 2020-2021 pledge? We hope you have. And in consideration of your thinking, a Steward, one of your friends at ROG, will be contacting you to discuss your Annual Prosperity Pledge. You will have a pledge card in your packet to fill out and mail once you've spoken to your Steward. Also, right on our website is a digital version!

Go to www.riverofgrassuu.org. Under Donations, Click "Annual Prosperity Drive," fill in the blanks and Click "Send" and it heads out to the appropriate person at The River. Save postage, delay and a trip to the post office!

Also, you may still wish to continue with your Capital Campaign pledges. The card is in your packet and can be found at our website as well. Click to "Capital Campaign" and set up your pledge or mail to River of Grass.

Remember, Virtual Worship will be available this Sunday at 10:30. Stay tuned on how to connect! Our Caring team is making calls to everyone...you are never alone at The River! Be safe and well.

Other Events:

Mindfulness for Today's World" with Scott & Carolyn – Thursday, Mar 19th at 6:00 pm

- Meditation and discussion sessions open to the community
- Online meeting time **every Thursday from 6:00 – 7:00 pm**
- <https://zoom.us/j/551319571>
- Information and guided meditations can also be found at www.InsightInstituteLLC.com
- **Note:** This is not a class, just a guided meditation time and sharing with others. Drop in any week.
- Contact: Carolyn@insightinstitutellc.com or Scott@Insightinstitutellc.com

The River of Grass Men's Group is open to all men. The Men's Group will meet online **TONIGHT, Mar 19th at 7:00 pm** <https://zoom.us/j/6622358507>. Tonight we will meet and check in with each other. For more info, please contact Ken Bresnahan mensgroup@riverofgrassuu.org.

River of Grass Café online Concert with Kiya Heartwood, Saturday Mar 21st at 8:30 pm. Kiya Heartwood will present an online concert this Saturday at 8:30 pm for our River of Grass Cafe audience. <https://us04web.zoom.us/j/567911655>. Our artists make their living writing and singing for us. We will be missing a night of music; they will be missing their source of income OR you can join us at this concert that Kiya will be creating just for us. Please join us online and donate to Kiya for presenting this wonderful way to entertain us and pay her bills!

Flowing River Sangha – We will meet online on **Tuesday, Mar 24th 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.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Take an "electronics day off". Turn off the TV, stay off Facebook, no internet. Just grab a book, take a walk, or speak with loved ones. It's healthy and its green!

Service is one of the pillars of our congregational life.

A special thank you this week for the **Worship Service Participants**

SERVICE LEADER – ZENA TUCKER

SERVICE HOST – DIANE DIAZ

MUSICIANS – BRENDA PARKER, PIANO

CHALICE LIGHTER – EMMA ENWRIGHT

STORY TELLER – DIANE DIAZ

RIVER GUIDE – SUSAN JUNCOSA

FLAG RAISERS – DEBBIE & MELISSA BUEHLER-ELY

POWERPOINT – STEVE JENS-ROCHOW

A/V TECH – RICK TUCKER

USHERS – BEV KAUFMAN

HOSPITALITY – KATHY JENS-ROCHOW AND LORI LOIOLA

WELCOME TABLE – BARBARA RATCHFORD

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.

To see all of the upcoming events at River of Grass, please visit the calendar on our website at riverofgrassuu.org/calendar.html.

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.