

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – April 16, 2020

Beloved River of Grass Community – hello and how are you in this time we love one another best by keeping apart during the COVID-19 pandemic – working to stay virtually connected and spiritually grounded. We hope you are staying safe, and have necessary supplies to sequester yourself and your families to stop the spread of the virus. Your healthy and wellbeing in body, mind, and spirit is paramount to us. How can we help?

This Sunday we'll share our annual Earthday Service, featuring a special animal blessing for our now constant companions through this COVID-19 — those with us now, and those we've loved now of sweet memory. In this season of Spring rebirth and renewal, what do those words even mean now, as we continue this Great Pause on the threshold of new ways of being and doing to come. We know we can't go back, now what might going forward mean?

BE READY TO SHOW US YOUR ANIMAL COMPANIONS, AND FOR THOSE THAT ARE CAMERA SHY, OR THAT WOULD LIKE TO REMEMBER IN THIS TIME, SEND PHOTOS TO minister@riverofgrassuu.org.

Come as you are, pajamas and coffee 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. PLEASE NOTE: we now have a larger Zoom space, ready to welcome all who will join us from over this world! We've had old friends and new gather with us 3 continents and more – who will we meet this week?

So on over to 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 April 19, 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, April 19, 2020

Virtual Sunday Service at 10:30 am – “Forever Turning: Earthday 2020”

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

Faith Development – Karen Gonzalez, ReligiousEducator@RiverofGrassUU.org

12:00 noon: Mockingbirds (Grades 3-6)

1:00 pm: Fireflies (Ages 3-5)

1:30 pm: Dragonflies (Grades K-2)

2:30 noon: Teens (Grades 7-12)

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

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 YUUnG Adult Virtual Coffee Hour on **Sunday, Apr 19th at 6:30 pm**. We are an intentional community of young adults that uplift and inspire each other. We seek to grow together while enjoying life to the fullest. Please email youngadults@riverofgrassuu.org if you have any questions and to obtain the zoom details.

Faith Development – Parents Having Coffee Online:

Parents will join together to share their woes, joys and ahas in a Zoom Room on **Saturday morning, Apr 18th at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

Children's Bedtime Story: Wednesdays at 6:00 pm

Come meet Dakota and listen to a meaningful bedtime story via Zoom on **Wednesday evenings, Apr 22nd at 6:00 pm**. Look for an email from Karen or reach out to her at religiouseducator@riverofgrassuu.org for more information.

WEEK TWO OF THE APD CAMPAIGN... and 72% of responses are in!

Rita Cherubini and Kathy Jens-Rochow, Co-Chairs

Annual Prosperity Drive 2020-2021

If you haven't received our pledge packet, do let us know. Also, the Brochure will be on the website and available very soon. **So, have you been thinking of how you will support River of Grass with your new 2020-2021 pledge?** Your River of Grass Steward has contacted you to discuss your Annual Prosperity Pledge. Please welcome them kindly and be sure to respond to their calls by email or phone.

If you are ready to make a pledge, you will find the pledge card right on our website in a digital version! Go to www.riverofgrassuu.org. Under Donations, hover over "Donations" and "Stewardship" will be a choice; click on that and the scroll down to the pledge card. 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!

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!

Thank you for your generosity. You are our beloveds!

Other Events:

Thursday Mindfulness Drop-in 6:00 pm – How are you doing, and are you tending to any felt anxiety or stress? Are you taking time to pause and check-in with your heart, body and mind? Consider joining tonight's community mindfulness Zoom session every Thursday at 6:00 pm. <https://zoom.us/j/551319571>. **Note:** This is not a class, just a time to pause and notice, and share 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 Men's Group meets via Zoom every 1st and 3rd Thursday of the month at 7:00 pm. Men's Group will also have "checks in" via zoom on 2nd, 4th and those months that have a 5th Thursday. **TONIGHT, Apr 16th at 7:00 pm we will meet on Zoom to discuss Abundance.** <https://us04web.zoom.us/j/670022402>. For more info, please contact Kip Barkley mensgroup@riverofgrassuu.org.

Virtual Earth Day Demonstration - Unable to have face to face demonstrations for the 50th anniversary of Earth Day on April 22nd? Climate groups around the world are calling for virtual demonstrations. Our local 350.org South Florida group is asking activists to photograph themselves holding a homemade sign. And then post it on social media and/or send it to 350southflorida@gmail.com or upload it to <https://photos.app.goo.gl/Y2gi5VkegAqgxPID7>. 350 South Florida will assemble the photos into a giant banner and then promote them. **They ask that you send the images by Monday, Apr 20th.** Can you identify the River people in the photo from a 350.org event 10 years ago? If you have any questions, please contact Steve Jens-Rochow SSJGT@riverofgrassuu.org.



Flowing River Sangha – We will meet online on **Tuesday, Apr 21st 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.

Membership Committee announces: Virtual River Mixer! Another opportunity to connect with your River peeps. **BYOD potluck Friday, Apr 24th at 6:30 pm**. Bring your own dinner and, while you nosh, chat with others from our River of Grass community. After we eat, join us for “Tips, tricks and just silly” What are you doing to make your stay at home more bearable? Share a funny story from your sequestered time. Register on EventBrite to receive online link and email reminders: <https://www.eventbrite.com/x/river-mixer-tickets-102471683564>. Contact Zena or Kathy with questions at membership@riverofgrassuu.org.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Put an assortment of Tupperware (with lids) in one of your canvas bags and leave in your car. Take it into the restaurant when you go out to eat and use the Tupperware for your take home left-overs rather than use the styrofoam containers the restaurants use.

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 is communication and 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 – 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.

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.

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.