

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – May 21, 2020

Freedom = Responsibility = Meaning

Our fourth Unitarian Universalist Principle calls us to the “free and responsible search for truth and meaning.” Join us on Zoom or Facebook Live this Sunday, May 24, as we consider ask -- Whose freedom? Whose responsibility? And what meaning in this moment of profound shift and change, as we honor those who have given their lives that our lives might be possible.

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. 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 May 24, 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, May 24, 2020

Virtual Sunday Service at 10:30 am – Rev. Amy Carol Webb - **Freedom = Responsibility = Meaning**

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

Faith Development – Faith Development classes will continue meeting this Sunday, as we finish out our regular school year online. Reach out to Karen at religiouseducator@riverofgrassuu.org for information about joining our Zoom rooms.

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, May 17th 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.

Sunday May 24th – Back for an Encore Performance - "James Taylor" is performing live via Zoom at 7:00 PM (“Doors” will close at 7:15 pm – no entry into the Zoom room after this time) It’s official! “James Taylor” is performing again live via Zoom Sunday, May 24, at 7:00 PM. His decision was based on the confusion caused by the short notice for

his last performance. So for those of you who wanted to attend, but had other plans; for those who missed the first half of the concert because of confusion about the start time; for those who opened up the email invitation too late or never received the invitation; for those who liked the first one so much, you want to see him again; this concert's for you! This is a free concert, although an opportunity is provided to donate at the bottom of this email, if you choose. 50% of the proceeds will go to Lifenet4Families (a gateway to stability for people in Broward County, Florida experiencing hunger, homelessness, and poverty) and 50% will go to River of Grass Unitarian Universalist Congregation. Feel free to share this information with whomever you think might enjoy it.

Join Zoom Meeting: <https://us02web.zoom.us/j/87096592880?pwd=RVFMQUcrWFJEaVZlYjhMcXdyZDFoUT09>

Meeting ID: 870 9659 2880; Password: 817142

One tap mobile: +19292056099,,87096592880#,,1#,817142# US (New York)

Find your local number: <https://us02web.zoom.us/u/kPcsKok2Y>

Here's the donation information:

If you're willing and able to donate (any amount is fine), you can do so the following ways:

- Text to donate: 844-948-1153. Text the dollar amount and the code "plate" (e.g., "20 plate". A dollar sign is not necessary).
- To donate online, click on [River of Grass payment page](#) and select the Sunday Plate payment option.

Faith Development – Parents Having Coffee Online:

Parents will join together for conversation and camaraderie in a Zoom Room on **Saturday morning, May 23rd at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

Children's Summer Fellowship

Through the summer months, our River of Grass children will be exploring our National Zoo, virtually, with games and activities - making connections to our 7th Principle which calls us to value Earth's web of life. **If you'd like to be a part of this adventure by hosting a Sunday or two, contact Diane Lade, faithdevelopment@riverofgrassuu.org, FD Committee Chair.**

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. **TONIGHT, May 21st at 7:00 pm we will meet on Zoom** and discuss our topic: Making Friends as an Adult., <https://us04web.zoom.us/j/670022402>. For more info, please contact Kip Barkley mensgroup@riverofgrassuu.org.

Once Upon A Time, My Mother ... River Mixer This Friday, May 22nd at 6:30 pm - Join your River friends to share a virtual meal and some time together. In a late celebration of Mothers' Day, we will share stories about our mothers (chosen or biological), funny, heartwarming, sad. We probably all have a funny story or two about Mom. Or maybe how funny it is that, no matter how much you told yourself when you were younger this wouldn't happen, you sound just like your Mother when you say ... For more info contact Kathy Jens-Rochow at membership@riverofgrassuu.org.

Flowing River Sangha – We will meet online on **Tuesday, May 26th 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. 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 **May 27th and is FF Inquirers#1: Q&A with Minister.** For more information, see Zena Tucker, membership@riverofgrassuu.org. Zoom link for each is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
5/27/20	6:30 - 7:30 pm	FF Inquirers#1: Q&A with Minister
6/3/20	6:30 - 7:30 pm	FF Inquirers#4: Faith Development for Children and Adults
6/10/20	6:30 - 7:30 pm	FF Inquirers#5: Worship & Liturgical Year
6/17/20	6:30 - 7:30 pm	FF Inquirers#6: Social Action & Community Service
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

Do You Want to Help the Search for Our Future Home for River of Grass? The River of Grass Future Home Team welcomes additional members as we start our search for our future home. Please contact Steve Jens-Rochow if you are interested. SSJGT@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.

LifeNet4Families Donations needed - As you may know LifeNet4Families has suspended their volunteer program until further notice. The staff continues to hand out about 300 hot to-go meals a day, Monday-Friday, as well as providing showers, food boxes and bags.

If you would like to help, LifeNet has provided a list of items they are in need of. The items can be dropped off outside the gate at LifeNet from 8:00am to noon, Monday-Friday. There are security guards at the gate. Let the security guards know that you have a donation and then leave it outside the gate (or security can get a staff member to come out).

Here's the list of items needed at LifeNet4Families:

- Drop off hygiene products (deodorant, toothpaste, soap/shower gel, razors, shaving cream, lotion, hand sanitizer, etc.)
- Drop off specific menswear (t-shirts, shorts, belts, underwear, socks, sneakers)
- Drop off masks for clients (homemade or store bought)

Another option! If you would like to support them with a financial donation there is a fundraiser to provide housing assistance for LifeNet clients. Please contact Scott May at scottmayrog@gmail.com for more information.

Location and Directions:

Lifenet4Families, 1 NW 33rd Terrace, Fort Lauderdale, FL 33311

On Broward Blvd. just east of 441 on the north side of the road.

Landmark: there is a Mobil gas station at the corner of 33rd Terrace and Broward Blvd.

Stay safe! Any questions about LifeNet4Families please contact Judi Oltmans, SSJGT@RiverofGrassUU.org.

Welcoming Congregation Opportunity – Have you started it yet?

“Transgender Inclusion in Congregations” course, of course

River of Grass UU congregation has made a commitment to be welcoming to people of all sexual orientations and gender identities. We became a UUA recognized Welcoming Congregation June 4, 2002. Throughout this past congregational year, the Welcoming Congregation Renewal Team has taken intentional steps to renew our commitment to welcoming and inclusion of people of all sexual orientations and gender identities.

We are now offering “Transgender Inclusion in Congregations.” This module is a very important one for all of us.

This course is for congregations who want to take their knowledge and skills to the next level in terms of trans identity and learn 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.

This module can be very deeply moving, with personal reflection. Many people may need to process what they learned. We will also talk about how the River can incorporate changes to become more naturally welcoming. We will be scheduling some Zoom sessions for anyone who wishes to participate.

Yes, we are already pretty welcoming, but awareness of the multi-layers of identity can make critical subtle changes to improve our welcome to all.

Please take advantage of this “stay at home” time to take this course. You can view the sessions at your own pace. For more information and the link to connect to the sessions, contact Kathy at Welcoming@riverofgrassuu.org.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Reduce your AC bill by closing blinds and curtains when you are leaving your home in the morning, especially any facing east or west. This will block some of the sun's heat that enters your home, reducing the energy needed to cool your home.

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 – 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.

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.