

# River of Grass

## Unitarian Universalist Congregation

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

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### River of Grass Weekly Update – June 25, 2020

#### **Beauty, Nature and Gratitude**

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,

In this crazy, changing and chaotic world, we need to find time to “stop and smell the roses.” This Sunday, we will share a powerful meditation on nature, beauty and gratitude. Relax and be inspired. Take the time to be still and be grateful.

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 28, 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:***

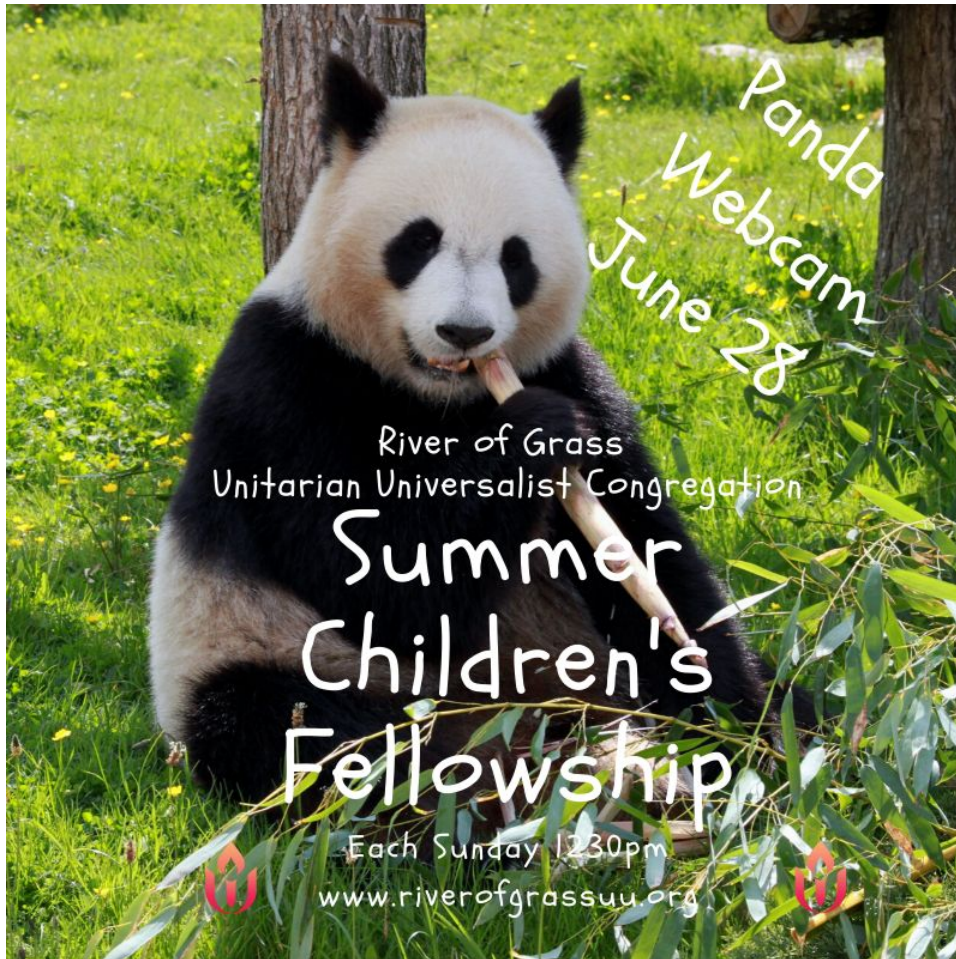
##### **Sunday, June 28, 2020**

**Virtual Sunday Service at 10:30 am** – Kathy Jens-Rochow - **Beauty, Nature and Gratitude**

<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 28<sup>th</sup>, for the Summer Fun at the Zoo virtual children’s fellowship. This week: Giant pandas! While scientists have different theories on why pandas have their distinctive black-and-white coats, just about everyone agrees they’re adorable. Did you know pandas spend most of their time at the dinner table? Since they primarily eat bamboo that is low in nutrients, they have to daily chow down 20 to 40 pounds of food – a meal that takes 10 to 16 hours. We will peek at pandas through the web cams at the Smithsonian’s National Zoo, and its panda research center, in Washington D.C. We also will do an art project and read a panda story together. Faith Development’s Summer Fun at the Zoo celebrates our 7<sup>th</sup> 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 26<sup>th</sup> 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](mailto: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 YUng Adult Virtual Coffee Hour on **Sunday, Jun 28<sup>th</sup> 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](mailto: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 27<sup>th</sup> at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at [religiouseducator@riverofgrassuu.org](mailto:religiouseducator@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](mailto: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](mailto:Carolyn@InsightInstituteLLC.com) or [Scott@InsightInstituteLLC.com](mailto: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](mailto:president@riverofgrassuu.org).

### **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](mailto:Welcoming@riverofgrassuu.org).

### **Other Events:**

**River Mixer on Jun 27<sup>th</sup>** - Join us for a **River Mixer on Saturday, Jun 27<sup>th</sup> 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](mailto:membership@riverofgrassuu.org).

**Flowing River Sangha** – We will meet online on **Tuesday, Jun 30<sup>th</sup> 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](mailto: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 **Jul 1<sup>st</sup> and is FF Inquirers #7: Pastoral Care and Small Groups**. For more information, email Zena Tucker, [membership@riverofgrassuu.org](mailto: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 24<sup>th</sup>, and you may also be able to get it at the library (I believe there is a long wait). We'll meet

beginning Aug 1<sup>st</sup> at 3:00 pm and cover as many chapters as we can each time. Contact Karen Gonzalez at [uugonzo1@gmail.com](mailto: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: Check your attic insulation. Over time insulation can compress and redistribute, limiting its effectiveness. A quick inspection may identify spots where a radiant barrier and/or additional insulation is needed. The small inspection fee may easily be offset by reduced electric bills, and you are helping our planet.*

### **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](http://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](mailto: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](mailto: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.*