

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 9, 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?

As this Weekly Email attests, life of this congregation goes on, just outside the building, as your leadership has moved all operations to their homes for the foreseeable future – which we are humbled to know is not much foreseeable at this moment. Nonetheless, we keep faith with one another in the midst of the great unknowing travel through.

In this season we learn new lessons from the old stories that keep our truths and traditions. This Sunday we will once more receive the wisdom of Eastertide, hearing its traditional teachings with new ears as we consider the meaning of resurrection in a season we keep sequestered. What does renewal and restoration mean now that it did not until now? What old ways, what old habits, what old parts of ourselves have we already set aside in this time? What new ways will we build in the coming era before us as the stone is rolled away from our hearts? What is the power of tradition and ritual and the community mean when we cannot gather together face to face? What if this time when the world as we know it is no more is actually leading us – and our Earth -- toward a rebirth?

Come as you are, pajamas and coffee – and wear your favorite Easter bonnet! – 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 12, 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 12, 2020

Virtual Sunday Service at 10:30 am – “How Heavy The Stone”

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

Faith Development – Karen Gonzalez, ReligiousEducator@RiverofGrassUU.org

Children and youth will not have regular Faith Development class sessions this week, but we will gather as one group to share our Easter bounties and stories at noon. Contact Karen at religioueducator@riverofgrassuu.org or check Wednesday’s email to Families for the link to join our zoom room.

We are looking for more bonnets/hats/caps/ berets for the All-Ages Virtual Easter parade. Show off your creativity and imagination by sending photos to Karen at religioueducator@riverofgrassuu.org by Saturday morning to enter the parade.



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 12th 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.

Here is an important justice action to take:

[RISE IN SOLIDARITY WITH THE MASHPEE WAMPANOAG TRIBE](#)

The UUA has worked closely with the Mashpee Wampanoag in preparation for General Assembly 2020. On Friday, Mar 27th, they received notice that the federal government stripped them of their reservation lands. Click the link above to act. - Rev. Susan Frederick-Gray, UUA President

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 4th at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religioueducator@riverofgrassuu.org.

Children's Bedtime Story: Saturdays at 7:00 pm

Come meet Dakota and listen to a meaningful bedtime story via Zoom on **Saturday evenings, Apr 4th at 7:00 pm**. Look for an email from Karen or reach out to her at religioueducator@riverofgrassuu.org for more information.

APD CAMPAIGN BEGAN ON 3/29....have you heard from your Campaign Stewards!

Rita Cherubini and Kathy Jens-Rochow, Co-Chairs
Annual Prosperity Drive 2020-2021

Mar 29th was the Kickoff for this Campaign! You should have received pledge packet by now. If you haven't received our pledge packet, do let us know. Please open them and read the words of what River of Grass means to many who gave us their feelings quoted in this brochure. These haven't changed and now need steadfast commitment of all of those promises and expectations by you, our Members and Friends. Even though our doors are closed, the bills still go on!

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, has probably contacted you to discuss your Annual Prosperity Pledge. Please welcome them kindly and be sure to make your pledge on line as soon as you can. Also, right on our website is 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. Our Caring team is making calls to everyone...you are never alone at The River!

Thank you for your generosity. You are in our hearts!

Other Events:

Pause and Check-in with Yourself – Sensing our world right now and all that we're living through, a chance to pause and check-in with your heart, body and mind... Consider joining tonight's community mindfulness online session every Thursday at 6:00 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 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 9th at 7:00 pm we will meet on Zoom for a check in.** For more info, please contact Ken Bresnahan mensgroup@riverofgrassuu.org.

SSJGT Presents: The long term, critical crisis after COVID19



What can you do to solve the climate crisis? We are consumed today by the COVID19 crisis, but under that is the deeper and broader climate crisis that grows worse every year. This new, interactive En-Roads Climate Workshop will show participants how to use a tool to create solutions to limit global warming to 1.5°C. The En-Roads Simulator uses the best available science and systems technology to create a tool that anyone can use to learn how to stop climate change. Solutions such as carbon pricing, renewables, reforestation and carbon dioxide removal are among 18 measures available to be tested and simulated for effects on global warming. The solutions are demonstrated graphically using the recently released En-Roads climate simulator. www.climateinteractive.org/tools/en-roads/

Buckminster Fuller, UU Visionary said, *"If you want to teach people a new way of thinking, don't bother trying to teach them. Instead, give them a tool, the use of which will lead to new ways of thinking."* With the En-Roads Climate Simulator you will discover scenarios to deal effectively with Climate Change.

Saturday, Apr 11th, at 2 pm. <https://zoom.us/j/859027778> Meeting ID: 859 027 778 Find your local number: <https://zoom.us/u/ac7ckp4jlv>. Please reply by email to me so I can send you handouts for the Zoom meeting. Steve Jens-Rochow SSJGT@riverofgrassuu.org.

Flowing River Sangha – We will meet online on **Tuesday, Apr 14th 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 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. RSVP to Kathy or Zena at membership@riverofgrassuu.org and they will send you the Zoom link.

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: *Drive a fuel efficient or electric vehicle. Even a few extra miles per gallon eliminates thousands of pounds of CO2 per year, saves you money, and helps Mother Earth.*

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

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.

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.