

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 23, 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 ask -- what is comfort, what is it to you, what does it mean in this unprecedented time, and how do we find it now? Especially when so many of the ways we find comfort for ourselves and for one another may not be available to us in this moment-- not least the comfort we know when we gather as Beloved Community.

Bring an item of some kind that brings you comfort in this time to share with us, as we learn more ways to find and give comfort for the days ahead.

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 on 3 continents and more – who will we meet this week?

So come 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 26, 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 26, 2020

Virtual Sunday Service at 10:30 am – <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 26th 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, Apr 26th, is Lesbian Visibility Day – It is our opportunity to show our solidarity with every woman in the LGBTQI+ community as well as celebrate lesbians. Lesbian Visibility Day was established in April 2008. It is essential that we are a voice for unity. It has been shown that lesbians are twice as unlikely to be out in their workplace as their gay male co-workers. If you are out in the community this week, wear your gay pride attire to show our support. *From the Welcoming Congregation Renewal Team.*

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 25th at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiuseducator@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 29th at 6:00 pm**. Look for an email from Karen or reach out to her at religiuseducator@riverofgrassuu.org for more information.

GENERAL ASSEMBLY (GA) ONLINE JUNE 24-28

Wanna participate in GA? This is the year! Our UU faith 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. If interested, please reach out to Scott May at president@riverofgrassuu.org.

WEEK THREE OF THE APD CAMPAIGN... and 90% 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 is now on the website: [Stewardship website](#).

So, have you been thinking of how you will support River of Grass with your new 2020-2021 pledge?

If you are ready to make a pledge, you will find the pledge card right on our website in a digital version! Go to the [stewardship website](#) 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 23rd at 7:00 pm we will meet on Zoom for a check-in.** <https://us04web.zoom.us/j/670022402>. For more info, please contact Kip Barkley mensgroup@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.

River of Grass Café Virtually presents Kat Eggleston – Saturday, Apr 25th the concert will begin at 8:00 PM.



Suggested donation is \$15 in advance when you purchase on our website: <http://riverofgrassuu.org/river-of-grass-cafe.html>. So, here's the way it works. You purchase your tickets through the link for advanced tickets as always. We will send you a return email, the day before the concert, with a link to click that will take you to the ZOOM site the night of the concert. You will not be able to see each other, but you will be able to watch the concert with others from the River of Grass Cafe audience. We will be using a program that will only allow 100 email sign-ins as that would cover our usual audience. If there will be two of you watching the concert, we would be grateful if you pay for two tickets as our musicians are suffering financially now and this is a win-win situation for them and us. They get to earn some money, we get to see them in concert and we don't need to leave our houses or get out of our jammies!

Let me tell you about Kat in case you have not already heard her sing. *"Kat is a kick-ass instrumentalist. She writes intelligent, sometimes really funny, thoughtful songs with wonderful stories to accompany them. And she sings beautifully! I would produce her in concert every year if I could!"* Robby Greenberg

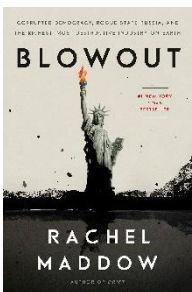
Kat Eggleston's incomparable music has dazzled audiences around the world, from intimate clubs to concert halls and festivals. Her original songs have won worldwide acclaim for their lyrical and emotional truth, while her powerful yet gently beautiful voice showcases material ranging from contemporary songs to the traditions of Great Britain and America with equal grace.

Kat's passionate, sometimes humorous lyrics create images of great conflict with arresting realism. She is a startlingly strong fingerstyle guitarist, often intertwining her songs with Celtic dance tunes arranged for the guitar. Her approach to the hammered dulcimer is renowned for its use of space and harmonic texture, as well as its seemingly effortless fluidity and power.

Kat presents her music with humor and an honest, joyful presence that can't help but leave each listener touched. Spontaneity is the hallmark of Kat's performance, but listeners can always count on an evening to remember, one that will leave them deeply moved, smiling, perhaps even changed forever.

Flowing River Sangha – We will meet online on Tuesday, Apr 28th 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.

bUUKies – Blowout by Rachel Maddow (non-fiction). Next meeting **Wednesday May 13th at 7:15 pm.** The bUUKies



have tackled some serious reading this year but May's selection is in a class of its own. Rachel Maddow's "Blowout" tackles the fossil fuel industry and the role it has in the world's politics. I particularly look forward to this in light of the historical low price of oil (as of this writing) of NEGATIVE \$37 per barrel. The world has truly turned upside down.

With her trademark black humor, Maddow takes us on a switchback journey around the globe, revealing the greed and incompetence of Big Oil and Gas along the way, and drawing a surprising conclusion about why the Russian government hacked the 2016 U.S. election. She deftly shows how Russia's rich reserves of crude have, paradoxically, stunted its growth, forcing Putin to maintain his power by spreading Russia's rot into its rivals, its neighbors, the West's most important alliances, and the United States. Chevron, BP, and a host of other industry players get their star turn, most notably ExxonMobil and the deceptively well-behaved Rex Tillerson. The oil and

gas industry has weakened democracies in developed and developing countries, fouled oceans and rivers, and propped up authoritarian thieves and killers. But being outraged at it is, according to Maddow, “like being indignant when a lion takes down and eats a gazelle. You can’t really blame the lion. It’s in her nature.”

Blowout is a call to contain the lion: to stop subsidizing the wealthiest businesses on earth, to fight for transparency, and to check the influence of the world’s most destructive industry and its enablers. The stakes have never been higher. As Maddow writes, “Democracy either wins this one or disappears.”

bUUkies meet on the second Wednesday evenings of each month. Our May meeting is May 13th at 7:00 pm, and at this time it appears that it will be an on-line Zoom meeting. If you are not on the regular mailing list, please contact us at bUUkies@riverofgrassuu.org in order to get an invitation.

June: *Red, White and Royal Blue* by Casey McQuiston

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: *If you have unneeded furniture or home goods, donate it. Simply call Faith Farm (or other charity) and they will come and pick it up! No effort, tax deduction, and less in the landfill!*

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.