

# 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 – May 28, 2020

#### Show Us Your Mug!

Yeah, your mug. The one you drink your fav beverage from, *and* the one you bring to your Zoom screen, too! What we mean is -- bring yourself into the moment and let us see your precious face, and whatever mug speaks to you (or maybe *for* you) this Sunday morning, as we take a look at who we are in this moment, how we're meeting its challenges and greeting its opportunities. What can we see in the days/weeks/months to come and how will we ride this River through it as individuals, as Beloved Community, as forces for good in this world we would rebuild in new ways.

We've got SO much music for you -- virtual choir, virtual band, hymns and songs -- and time to reflect together on the future before us.

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 May 31, 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 31, 2020**

**Virtual Sunday Service at 10:30 am** – Rev. Amy Carol Webb - **Show Us Your Mug**

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

**Faith Development** – There are no Faith Development classes scheduled for today. Look for Summer Fellowship updates coming soon!

**Annual Meeting of the River of Grass Unitarian Universalist Congregation at 12:15 pm**

<https://zoom.us/j/95990248246>

**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 YUUn Adult Virtual Coffee Hour on **Sunday, May 31<sup>st</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:***

Parents will join together for conversation and camaraderie in a Zoom Room on **Saturday morning, May 30<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).

### ***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 7<sup>th</sup> 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](mailto: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](mailto:Carolyn@insightinstitutellc.com) or [Scott@Insightinstitutellc.com](mailto:Scott@Insightinstitutellc.com).

**Flowing River Sangha** – We will meet online on **Tuesday, Jun 2<sup>nd</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 **Jun 3<sup>rd</sup> and is FF Inquirers#4: Faith Development for Children and Adults**. 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
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

**River of Grass Cafe' Virtually Presents Kiya Heartwood on Saturday, Jun 20<sup>th</sup> at 8:00 pm** - Kiya Heartwood is an award-winning roots rock and folk singer-songwriter. She has just returned from touring her one woman show, Song Tales from the American Edge in Ireland and the UK. The UK's Broadway Baby describes Kiya Heartwood (Stealin Horses, Wishing Chair) as "an award-winning American singer-songwriter who writes smart, funny and poignant songs about the famous and not-so-famous legends of America. Kiya's music serves up a lively batch of original songs that follow on to two of the oldest traditions of folk music: storytelling and political broadside."

Tickets are \$15 per person. ([Purchase using this link and using the BUY NOW button.](#)) Please purchase a ticket for each person attending the virtual concert. More than ever, artists are depending on us during this time of social

distancing. You will receive a link to the ZOOM concert before the scheduled date/time. **(Please note: Ticket sales close at 4:00 pm on the day of the concert.)**

**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](mailto:president@riverofgrassuu.org).

**Clothing, Masks and Hygiene Products Needed at LifeNet4Families** - LifeNet4Families has suspended their volunteer program but 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 need. The items can be dropped off **outside** the gate at LifeNet from 8:00am to noon, Monday-Friday. Let the security guards at the gate know that you have a donation and then leave it outside the gate (or security can get a staff member to come out).

LifeNet4Families is in need of:

- Hygiene products (deodorant, toothpaste, soap/shower gel, razors, shave cream, lotion, hand sanitizer, etc.)
- Specific menswear (t-shirts, shorts, belts, underwear, socks, sneakers)
- Masks for clients (homemade or store bought)

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

*SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Stop paper billing statements! Simply go online and set up your bills and investments to send electronic statements, via email. It only takes a couple of minutes, and you will have less paper to deal with and will save trees!*

**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](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.*