

River of Grass

Unitarian Universalist Congregation

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

River of Grass Weekly Update – June 11, 2020

This Much I Know Is True

In a world where much of what was taken as true is revealed to be unproven, uncertain, and unpredictable, what can we know for sure? In a time so much is changing, what remains the same? What must not remain the same? This much I know — the heart of this Beloved Community at River of Grass holds fast, our mission forward, our vision on the horizon. Gather with us this Sunday and we'll work it out together.

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 14, 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 14, 2020

Virtual Sunday Service at 10:30 am – Rev. Amy Carol Webb - **This Much I Know Is True**

<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 14th, for the Summer Fun at the Zoo virtual children's fellowship. This week, we'll check in with the amazing lions at the Smithsonian's National Zoo in Washington D.C. Did you know that just like in the movie "The Lion King," lions are the world's most social felines and have strong family ties? We'll play Lion Webcam Bingo as well as hear the story of Leonard, a lion that learned how to be himself. Summer Fun at the Zoo celebrates our 7th Unitarian Universalist Principle: to respect and protect all living things and our earth. Faith Development's Summer Fun at the Zoo will be every Sunday through Jul 26th 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.



Lion Webcam
June 14

River of Grass
Unitarian Universalist Congregation

Summer Children's Fellowship

Each Sunday 1230pm
www.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 YUUnG Adult Virtual Coffee Hour on **Sunday, Jun 14th 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 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 13th at 10:00 am**. Look for an email from Karen Gonzalez or reach out to her at religiouseducator@riverofgrassuu.org.

LifeNet4Families:

LifeNet Seeking Assistance - Security Company and Food distributor

LifeNet4Families continues to provide food, clothing, showers and other support services during COVID-19. They are seeking help for 2 key items:

- If you have a connection to a Security Company that may be able to provide armed guards at a reasonable rate, please contact Scott @ president@riverofgrassuu.org.
- If you have a connection to a food distributor, please contact Scott @ president@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. Please advise if you wish to include your pronouns (he/him, she/her, they/them).

Dear Music Lovers and Everyone Who Loves Music!

Due to our inactivity at our River of Grass home, we have been keeping our space at lower temperatures and it has become apparent that we need a cooler storage environment for our piano. The piano will be moved professionally in and out of your home and does have a fitted cover. If you have space and are willing to keep our piano safe until we gather again, please get in touch with Rev Amy at minister@riverofgrassuu.org with your willingness!

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>

Free Mindfulness-Based Stress Reduction (MBSR) online Orientation Class:

- **Monday Jun 15th**, 5:30 - 7:00 pm;
<https://us02web.zoom.us/j/89636710275?pwd=UUhHQ2djMXFzcXdoMzE4QWlwYyZz09>
- Explore mindfulness practices & join in community
- Gather info and research about MBSR
- Discuss potential benefits of the 8-week MBSR program

Mindfulness Based Stress Reduction (MBSR) 8-week online Program:

- Research-based secular program developed at the UMass Medical School Stress Reduction Clinic in 1979.
- Cultivates the participant's discovery of their own resources, strategies to reduce stress, foundations of awareness & compassion
- **Tuesdays 5:30 - 8:00 pm, Jun 16th - Aug 4th, and Saturday Jul 25th, 9:00 am - 3:00 pm**
- Sliding scale investment: \$250, \$150, \$50. Scholarships available
- Registration link: <https://forms.gle/xxkYheG5NFuk2iWbA>

For more information or to register contact Carolyn@InsightInstituteLLC.com or Scott@InsightInstituteLLC.com, or visit <https://www.insightinstitute.com>

New Members at River of Grass:

Last Sunday, Jun 7th we had three new members join. Please reach out to them and welcome them into our beloved community!



Eva Ainsley - Eva is a Miami native who's recently returned to Florida after 30 years away. She spent over 20 years working in financial services and had the pleasure to live in some wonderful places on the east and west coast, and abroad. She's passionate about good food, plant-based diets and their connection to life-long health for the human body and our planet. And of course, she's equally passionate about the humane treatment and respect of animals with whom we coexist. She's in the process of taking steps toward fulfilling her goal of becoming a nutritionist. She loves live music, travel, experimenting in the kitchen, and the healing power of taking long walks in nature.



Jorge “JJ” Rodriguez - Born in Puerto Rico and raised across the American South as an Army Brat, Jorge Rodriguez came to Unitarian Universalism after several years of spiritual wandering, initially attending a congregation in Clarksville, TN while still an Army officer. After leaving the military as a conscientious objector, Jorge came to south Florida and sought out the River of Grass shortly after arriving, managing to attend three in-person services before COVID-19 restrictions took effect. He loves the community and wishes everyone the best!



Nicole Tearno - Nicole Tearno grew up in upstate New York, she moved to Pinellas County Florida 8 years ago and now lives in Largo, FL. Nicole has been involved in the UU community for about 5 years. Most of her time spent in beloved and intentional UU fellowship has been through her attendance at SUUSI (South Eastern Unitarian Universalist Summer Institute) every summer since 2015. Nicole is a college student with aspirations of earning her Master's degree in Psychology, she hopes to have a fulfilling career helping people and families in concert with community outreach initiatives.

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.

“Transgender Inclusion” Course Discussion – The Welcoming Congregation Renewal Tam will be hosting a discussion of the “Transgender Inclusion” course by Transforming Hearts Collective., on **Saturday, Jun 13th at 5:00 pm**. This 6-session course has been made available to members and friends of the River. It is not only informative about issues transgender people face, but is moving and can touch you deeply. All are welcome to participate. Whether you have completed the course, in the middle of it, just beginning or haven’t even started, please join the discussion. The Zoom link is <https://us02web.zoom.us/j/83792020851>. For more information or enrollment instructions, contact Kathy at welcoming@riverofgrassuu.org.

Membership Meeting - Join the River of Grass Membership Committee on **Monday, Jun 15th at 7pm**. Let's plan how to grow and sustain our beloved community. Email membership@riverofgrassuu.org for more information. [Zoom link](#)

Flowing River Sangha – We will meet online on **Tuesday, Jun 16th 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 **Jun 17th and is FF Inquirers#6: Social Action & Community Service**. For more information, email Zena Tucker, membership@riverofgrassuu.org. Zoom link for each is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
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 20th 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.

River Mixer on Jun 27th - Join us for a **River Mixer on Saturday, Jun 27th 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.

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.

AmazonSmile is now in the Amazon App! AmazonSmile customers can now support River Of Grass Unitarian Universalist Congregation Inc in the Amazon shopping app on iOS and Android mobile phones! Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. Open the Amazon Shopping app on your device.
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap 'AmazonSmile' and follow the on-screen instructions to complete the process

If you do not have the latest version of the Amazon Shopping app, update your app. Click [here](#) for instructions.



Please remember to **Smile when you shop at Amazon.com**. When you use the River of Grass link while shopping on Amazon, our community receives a .5% donation as one of their eligible charitable organizations. The direct River of Grass Amazon link is: <http://smile.amazon.com/ch/65-0791653>. If you don't have the link handy, you can easily go to our website (www.riverofgrassuu.org) and the link is there, at the very bottom of the home page

***SSJGT, Service and Social Justice Green Team, Green Tip of the Week:** Clean or replace your AC filter! It only takes a few minutes. And consider an annual AC maintenance checkup. A properly functioning AC system can reduce energy usage 10-30%, saving the environment and reducing your electric bill. Go ahead and clean or replace that filter today!*

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.

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.