

Announcements

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.

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**. 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.

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=UUhHQ2djMXFzcXdoMzE4QWlwbXYyZz09>
- 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>

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 meet every Tuesday at 7:00 pm. Our next gathering will be on Tuesday, Jun 16th 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. Gary Gonzalez meditation@riverofgrassuu.org.

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. Our next gathering will be **Thursday, Jun 18th at 6:00 pm** on <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.

Faith Development – Parents Having Coffee Online - Parents will join together to share their woes, joys and ahas in a Zoom Room on **Saturday morning, Jun 20th at 10:00 am**. Look for an email from Karen Gonzalez religiouseducator@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, see 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.

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!