

Announcements

Summer Children's Virtual Fellowship at 12:30 pm – Children and parents: Come join us at 12:30 pm this Sunday, Jun 21st, for the Summer Fun at the Zoo virtual children's fellowship. This week: We're going to hang out with the largest land animals on earth: the elephants that live in the Smithsonian's National Zoo in Washington D.C. Elephants are incredibly smart and can pick up huge objects, like tree trunks. But did you know they walk on their tip toes? And what are those big ears for? We'll find out when we play Elephant Webcam Bingo and do an art project exploring how unique elephants are. Faith Development's 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

The program is offered 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 21st 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.

LifeNet4Families 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).

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>

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

Flowing River Sangha – We meet every Tuesday at 7:00 pm. Our next gathering will be on Tuesday, Jun 23rd 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.

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.

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 27th at 10:00 am**. Look for an email from Karen Gonzalez religiuseducator@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.

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 **Jul 1st and is FF Inquirers#7: Pastoral Care & Small Groups**. For more info, please email Zena Tucker, membership@riverofgrassuu.org. Zoom link for each is: [ZOOM Link for RoG Inquirers](#).

Date	Time	Event
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

August Book Discussion - Join us each Saturday in August for a discussion on the book *White Fragility - why it's so hard for white people to talk about racism* by Robin Diangelo. The book will be available through the [UUA bookstore, Inspirit](#) on June 24th, and you may also be able to get it at the library (I believe there is a long wait). We'll meet beginning Aug 1st at 3:00 pm and cover as many chapters as we can each time. Contact Karen Gonzalez at uugonzo1@gmail.com to sign up for the Zoom link (or sign up in our [Facebook event](#)).

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: Install a 'smart' thermostat, then set the temperature by time of day and day of week. There is no need to keep your house chilled when you are at work, or at other recurring events. Adjusting it by 3-5 degrees can make a big difference in your utility bill.