

Announcements

Summer Children's Virtual Fellowship at 12:30 pm – Children and parents: Come join us at 12:30 pm this Sunday, Jun 28th, for the Summer Fun at the Zoo virtual children's fellowship. This week: Giant pandas! While scientists have different theories on why pandas have their distinctive black-and-white coats, just about everyone agrees they're adorable. Did you know pandas spend most of their time at the dinner table? Since they primarily eat bamboo that is low in nutrients, they have to daily chow down 20 to 40 pounds of food – a meal that takes 10 to 16 hours. We will peek at pandas through the web cams at the Smithsonian's National Zoo, and its panda research center, in Washington D.C. We also will do an art project and read a panda story together. 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 YUng Adult Virtual Coffee Hour on **Sunday, Jun 28th 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.

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>

Learn more about being a Welcoming Congregation - River of Grass UU congregation has made a commitment to opening its doors to people of all sexual orientations and gender identities. We have arranged for individuals in our congregation to complete a 6-session module "Transgender Inclusion in Congregations." This course is for individuals, groups and congregations who want to take their knowledge and skills to the next level in terms of trans identity and 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. The course is deeply moving. There will be discussion groups to process what came up for you while you took the course. The more information and the link to register for the class is on our [Members Only page](#) at our website. Questions? contact Kathy at Welcoming@riverofgrassuu.org.

Flowing River Sangha – We meet every Tuesday at 7:00 pm. Our next gathering will be on Tuesday, Jun 30th 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.

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

Faith Development – Parents Having Coffee Online - Parents will join together to share their woes, joys and ahas in a Zoom Room on **Saturday morning, Jul 4th at 10:00 am**. Look for an email from Karen Gonzalez religiouseducator@riverofgrassuu.org.

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](#)).

SSJGT, Service and Social Justice Green Team, Green Tip of the Week: Check your attic insulation. Over time insulation can compress and redistribute, limiting its effectiveness. A quick inspection may identify spots where a radiant barrier and/or additional insulation is needed. The small inspection fee may easily be offset by reduced electric bills, and you are helping our planet.