

Unconditional Love
Grosse Pointe
Unitarian Church
Radical Inclusivity



Welcome! You have found an oasis of liberal religious and spiritual exploration serving the Grosse Pointes and the surrounding east side communities.
Reverend Dr. Alexander Riegel, Minister

December 2018

Upcoming Services

December 2, 2018

10:30AM

Question Box 2

Worship Leader: Dr. Riegel

Worship Associate: Maurya Kay

A few weeks ago I answered some of the questions some of you sent me after my inviting you to do so - if you had an interest in my generating another question box sermon. A significant number of people indicated that they would like me to finish answering the questions I did not have time to address in that first sermon, so, this shall be Question Box 2. Come hear what your fellow GPUCers queried and what are my responses to those queries

December 9, 2018

10:30 AM

Annual RE Pageant

Worship Leader: Julie Artis

Worship Associate: N/A

This is a very special Sunday as we once again enjoy our yearly Holiday pageant. Much time and energy goes into a quick production and every year proves to be something special. Join us as we honor our youth by taking in this theatrical message!

December 16, 2018

10:30 AM

Mary had a little ... gospel?!

Worship Leader: Dr. Riegel

Worship Associate: Suzanne Ross

Yes, indeed, she did! And, (some) men being men, the disciples were none too happy to hear that a WOMAN would receive wisdom from the master to which they themselves were not privy! They even accused Mary of lying in this regard! Come, learn about the Gospel of Mary. What better time of year to be reminded of the feminine principle that was once integral to the early Christian world?

December 23, 2018

10:30 AM

Holiday Music Service

Worship Leader: Dr. Riegel

Worship Associate: N/A

Take in the spirit of the season as we enjoy a morning of merriment and singing, continuing our annual tradition of an all music service. Bring your best singing

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voice and your holiday spirit!

December 24, 2018

6:00 PM

Annual Christmas Eve Service

Worship Leader: Dr. Riegel

Worship Associate: N/A

Join us for our traditional Christmas in the Round. Dr. Riegel will deliver a Christmas homily, we will have special guest musicians (*Shhhhh... Don't anyone. It's a brass quartet!*), listen to the story of Jesus' birth, and sing traditional Christmas hymns.

December 30, 2018

10:30 AM

Worship Leader: Meghan Boomhower

Worship Associate: TBD

New Beginnings Potpourri

This service will be a collective effort by some of your fellow GPUCers, who will reflect on the theme of "new beginnings" as we embark on the coming of the New Year!

Alexander's Meander



Well, anyone who knows me - or has stood close enough to me to hear me grumble this time of year - knows that I do not care much for winter. Alas, Mother Nature has nevertheless seen fit to bring it round - *again!* Others manage to enjoy indulging in the winter season. Opinions vary, as do personalities. Snow is one reminder of this fact.

As for me, it is a challenge for me every year to rethink how I will mentally frame (read "survive") the winter season, which I'm already doing, given that the first flakes of the season have already been upon us! This year I have decided to make the "nest" of it. That is, I am going to hunker down in a season of self-care, attending with extra attention to my home and its' hearth, my loved ones (either by my side or flung far and wide), and myself (a renewed effort regarding diet, exercise, time to read, and spiritual practice).

This may not sound like much in the way of my usual Meander material but when you consider that self-care is something that ministers generally don't do very well (and there are two of us in this household, to boot!) it's actually pretty meaningful - *and* - I would venture to say, the same is true of many of you. I suspect that many of you could benefit from making the "nest" of it this winter season. We all work very hard and face enough life struggles. Why not use the winter months (even if you enjoy them!) to hunker down in a season of self-care? What would that look like for you? And don't you (and your loved ones) deserve it, anyway?

Namaste, and yes, I'm going to say it - HAPPY WINTER!

Alex

Grosse Pointe Unitarian Church
*Religious Education
Holiday Program*

*Presented by GPUC
Religious Education students*

December 9, 2018
10:30 a.m.



Created by

The Rev Ralph Yeager Roberts

On December 9th, 2018 at 10:30 a.m. our students from the GPUC Religious Education program will provide a holiday program called **The UU Advent Calendar**. The students will present 24 UU's that have contributed to our holiday knowledge with songs, writings, art and more. Whatever our beliefs, the holidays provide us with our own rituals to celebrate. Our students are enjoying preparing for their pageant with happiness and joy. Come on Sunday, December 9th and let our students guide you through a morning of the happiness during

this special season.

We are asking for donations of cookies, cheese, crackers and fruit for our after the program snacks for the whole congregation. Also, our senior high students are selling homemade cakes after church. This is a fundraiser for their Boston trip in June, 2019. Join us for a morning of holiday joy, sharing and hope during this holiday season.

RE Lessons

The nursery will be open at 10:00 a.m. every Sunday morning. We have the same loving childcare workers to provide a safe and caring place for our young UU's. We also have a pot of coffee in the RE wing for our parents each Sunday.

All students on December 2nd will have rehearsal during class time and a dress rehearsal after church until 12:30 p.m. in the church. The students are asked to be at church Sunday, Dec. 9th at 9:15 a.m. Please have your student rested and have a good breakfast that morning.

Dates to Remember

Sunday, December 2 - Dress rehearsal at 11:45 a.m. for students

Sunday, December 9 - Students report to church at 9:15 a.m.

Saturday, January 5 - Circle Circle Dinner-starts at 5:00 p.m.

My holiday wish for all of you are **The Twelve Gifts for Healing....**

***The first gift is Strength. May you remember to call upon it.**

***The second gift is Beauty. May your deeds reflect its depth.**

***The third gift is Courage. May you speak and act with confidence.**

***The fourth gift is Compassion. May you be gentle with yourself and others.**

***The fifth gift is Hope. May you trust the goodness of life.**

***The sixth gift is Joy. May it keep your heart filled with light.**

***The seventh gift is Talent. May you discover your own special abilities.**

***The eighth gift is Imagination. May it nourish your visions and dreams.**

***The ninth gift is Reverence. You are the miracle of all creation.**

***The tenth gift is Wisdom. May you hear in soft voice.**

***The eleventh gift is Love. It will grow each time you give it away.**

***The twelfth gift is Faith. May you believe.**

Use your gifts well and you will discover others, among them a gift that is uniquely you.

--Oklahoma Natives

Happy Holidays to all our GPUC Families and Friends.

Julie Artis, Director of Religious Education

2019 GPUC
Circle-Circle Dinner
Saturday, January 5, 2019

entertainment by
Drumunity!
with Lori Fithian

Hors d'oeuvres 5 p.m.
Dinner 5:30 p.m.
Games for students 6-7 p.m.
Drumming at 7:00 p.m.

Price: Adults 11 and up \$8
Children 10 and under \$5
Potluck appetizer, salad, or dessert
Sign up in the church lobby or email julie@gpuc.us

All GPUC Members and Friends are invited to an evening of fun, food and entertainment. It is the Circle Circle Dinner on Saturday, January 5th, 2019. We will start with Hors d'oeuvres at 5:00 p.m. and Dinner at 5:30 p.m. Our entertainment this year is by DRUMMUNITY!!! Drumunity is at 7:00 p.m. The price is \$8.00 for adults 11 and older and for students under 10 is \$5.00. Please sign up in the church lobby or email julie@gpuc.us. Pick an appetizer, salad, or dessert to bring. This evening is a family affair and we encourage you to bring friends. Let's ring in the new year with a GPUC Fellowship event. See you all Saturday, January 5th at 5:00 p.m.

THANKFUL FOR A GREAT CLEANUP CREW

Despite a date change and less than ideal weather we had a tremendous turnout for this fall's grounds cleanup. With over 25 members and friends it was impressive in both numbers and enthusiasm. There were too many folks to list them all individually but know that we appreciate each and every one of you. It was particularly heartening to see so many youth out there wielding rakes, towing tarps and taking on the responsibility of being part of a community so an extra thank you to those parents.

Russ Chavey
For the grounds committee

It's a Wonderful Start to Holiday Giving!

The Holiday Giving Program launched at the Thanksgiving service began with a record donation of 16 Holiday Baskets. Mollie Fletcher led the way with a gift of two baskets! The number can be even closer to our goal of 25 if the current donation of three half baskets from column one can be matched with an equal number from column two. We're happy to report that five new members and visitors are included in the totals reported.

In addition to the baskets, members and friends donated \$390 toward the purchase of spiral cut, double glazed hams, bags of fresh fruit and festive napkins. If you write a check, please put "Holiday Giving" or "Baskets" in the memo line. For cash, use the envelopes and write your name on the front.

The volunteer opportunities list on the goldenrod Holiday Giving sheet offers every member and friend a chance to participate in the program we have sponsored for the last 25 years. The mitten tree is ready for decoration with sturdy gloves, hats, and scarves as well as receiving new or slightly used children's books around the bottom. Other vital volunteer opportunities listed on the sheet contribute to making a wonderful holiday for the 25 neediest families at the Detroit Merit Academy.

Please contact Susie Boynton or Candy Dunn in the office for further information

BOUTIQUE SALE IN THE ANNEX

SAT. DECEMBER 8TH

10 AM - 3 PM

Beautiful Women's Clothing, Designer Scarves & Handbags,
Jewelry, Shoes, Vanity Items- A lot of Items New w/ Tags

If you can help out on Friday for set-up or on Saturday, contact
Amy Thelen (313) 492-9575 or Margo Bishop (586) 778-2185

A big hug and thank you to Renee M. who generously donated 400 Brand New non-slip hangers to the Resale Shop. WOW! We appreciate Renee's kindness...whether it's bringing in treats for lunch, pricing items for sale or sprucing up the shop with practical gifts!

Music News

Are you a closet singer who performs beautifully in the shower? You have a wonderful opportunity to sing with the adult choir which is most rewarding. We rehearse on Wednesday evenings from 7:30 - 9:00 and we perform on two Sundays a month. 100% attendance is NOT a requirement. If you are a parent with young children, we will be sponsoring free child care on Wednesday evenings. If you are interested, please speak to Joseph Palazzolo or any member of the choir. We will welcome you with open arms!!!

Our next Food Sharing will be SUNDAY, December 2

With each new month comes a new opportunity to contribute to the food pantry at Crossroads East! Please consider bringing canned, boxed or bagged foods to church with you on that day. Cereals, soups, prepared meals, peanut butter, pasta... any **non-perishable foods** you would like to donate will be gladly received. Also accepted are toiletry items such as toothbrushes and toothpaste, soap, and deodorant. Your contributions are taken to Crossroads East, located in Detroit Cooperative Church on Moross.

Monetary donations are also very gladly accepted. Milk, eggs, fruits, vegetables, and bread are purchased with the money that you donate. These fresh groceries are delivered to Crossroads East on a (most) weekly basis, and are very much appreciated by the staff and clients.

Alliance Holiday Concert & Potluck Luncheon

Begin the holiday season by attending an all church Christmas Concert and pot-luck luncheon on **Tuesday, December 11** at 11:00am. This has been an annual event by the Alliance and features the Grosse Pointe North High School Choir followed by lunch at the church. Church members, friends and guests are invited. Please contact Joan Hines to R.S.V.P. and for the food menu.

Parent Meeting for K-2 & 4-6 Our Whole Lives (OWL) Sunday, December 16th at 12:00 pm in the RE wing.

OWL for students in grades K-2 supports parents in educating children about birth, babies, bodies and families. OWL 4-6 is designed to help children ages nine through twelve to gain the knowledge, life principles, and skills they need to understand and express their sexuality in holistic, life-enhancing ways. Workshops will be offered in 8 sessions that will begin in January. Please plan to attend the meeting on December 16th to learn more. Childcare will be provided.

SCRIP Gift Cards - Holiday Shopping!

Get a jump on your holiday shopping by **ordering gift cards through our SCRIP program!** Gift cards make great gifts and stocking stuffers for everyone on your list! Holiday orders are **due Monday, December 10** with delivery by December 20. And of course, SCRIP cards can be ordered at any time throughout the year. Order forms are available in the foyer of from the church office.

Please contact Jennifer Semanision with any questions, and happy shopping!

UU Crafters

UU Crafters are taking a holiday break in December. Meetings will not resume in January. Please contact Ann Helm with any questions.

Safety Committee



Stop the Bleed Campaign
Stop the Bleed is a national awareness campaign and call-to-action. It is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help

in a bleeding emergency before professional help arrives.

Save A Life

- The focus of this program is on:
 - The immediate response to bleeding
 - Recognize life-threatening bleeding
 - Appropriate ways to stop the bleeding
- The help given by an immediate responder can often make the difference between life and death, even before professional rescuers arrive.

With the right training, YOU can help save lives!

Why YOU need this training

- Work-related Injuries
- Home Injuries
- Motor vehicle crashes
- Natural disasters
- Active-shooter events

Primary Principles of Immediate Response



- Ensure your own safety
- The **ABCs of Bleeding**
 - A** – Alert – call 9-1-1
 - B** – Bleeding – find the bleeding injury
 - C** – Compress – apply pressure to stop the bleeding by:
 1. Covering the wound with a clean cloth and applying pressure by pushing directly on it with both hands, OR
 2. Using a tourniquet, OR
 3. Packing (filling) the wound with gauze or a clean cloth and then applying pressure with both hands

Personal Safety

- Before you offer any help, you must remain safe
- If you become injured, you will not be able to help the victim
- Initiate care if the scene is safe for you to do so
- If, at any time, your safety is threatened, attempt to remove yourself from danger and find a safe location
- Protect yourself from blood-borne infections by wearing gloves, if available

You can learn more about the entire program here: <https://www.dhs.gov/stopthebleed>

In addition, The Homeland Security website hosts a wealth of information on a variety of safety topics: <https://www.dhs.gov/topics>

The Safety Committee is organizing a First Aid training workshop at GPUC in 2019.

As always, members with ideas, questions, concerns or issues they would like the committee to follow up on are encouraged to speak to any of the safety committee members.

Members of this committee include:

Lynn Rehahn	Dr. Alex Riegel
Bill Rehahn	John Engstrom
Sonja Franchett	Karen Valliere
Carol Ghesquiere	Julie Artis

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Newsletter Deadline

Please submit your contribution to the next newsletter by **Friday, December 21 at noon.**

Submit items to **The new newsletter email address:** newslettergpuc@gmail.com

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