

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

April 2021

Newsletter Deadline

Mark your calendars and please submit your contribution to the next newsletter by
Thursday, April 22nd

Submit items to the newsletter email address: newslettergpc@gmail.com

Upcoming Services

In order to protect our congregation and do our part to slow the spread of the Coronavirus (COVID-19), all in-person church events, classes, meetings, rehearsals and workshops are suspended until further notice. The Resale Shop has decided to open but on an appointment only basis. To reach the church office please email officegpc@gmail.com or leave a voicemail on the office phone 313-881-0420 ext. 10.

Worship services will be provided online using Zoom.

It is recommended that you join early and use a laptop, desktop with a webcam or you may download the Zoom app on your tablet or smart phone via the App store. We also request when joining the online session limiting to one connection per household.

The Sunday worship service Zoom link will be sent by email on Friday afternoons, March 5, 12, 19, & 26.

UNFAMILIAR WITH ZOOM? - DO THIS IN ADVANCE OF SUNDAY

- Sign onto zoom meeting link 15 minutes prior to service.
- Bring a chalice or a small candle so you can light the chalice when we do.
- Have the order of service handy - either electronically or in printed form, so you can follow along with the service.
- Have your preferred refreshments and hot beverages ready to enjoy during the service.
- Enjoy the service and provide email feedback to us on how this option is working for you.

April 4, 2021

10:30 AM

Sermon: "Why Hast Thou Forsaken Me?"

Worship Leader: Dr. Alexander Riegel

Worship Associate: Michelle Scobie

Many people do not realize just how much Jesus' (and his disciples) religious sensibilities were rooted in his/their Jewish heritage. One example of this is the words Jesus spoke as he was dying on the cross: "My God, my God, why hast Thou forsaken me?" This is directly from Psalm 22. The Psalms are a seldom tapped source of comfort and wisdom. This Easter we will consider the Psalms with this in mind.

April 11, 2021

10:30 AM

Sermon: *"Bowing Awestruck Into the Dust"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Suzanne Ross

There are moments of artistic experience in life when the spirit is elevated beyond all thought. For many, Beethoven's Ninth Symphony works such magic. Hence, Beethoven: "Music is a higher revelation than all wisdom and philosophy." Think, also, of other artists: Frida Kahlo, Vincent van Gogh, Edna St. Vincent Millay (yes, poets included), Mikhail Baryshnikov, and Gian Lorenzo Bernini. Join us as we celebrate art in life!

April 18, 2021

10:30 AM

Sermon: *"Earth, Wind, Fire, Water, Aether"*

Worship Leader: Dr. Alexander Riegel

This earth day we celebrate the elements that make life possible: earth, wind, fire, water, and aether. This will be an intergenerational service with various people sharing about each of these vital elements. Come, recall the wonder of your "blue boat home"!

April 25, 2021

10:30 AM

Sermon: *"Challenges, Lessons, Gifts: Reflecting On a Year of Pandemic"*

Worship Leader: Members of GPUC

Worship Associate: Meghan Boomhower

We have spent the last year in a pandemic that has dragged on longer than most of us would have imagined! Though a trying and tragic year, in every experience there are lessons and gifts to be had. This Sunday, several of our fellow GPUCers will reflect of the challenges, lessons, and gifts this year has brought us.

Alexander's Meander

**"The Flower That Smiles Today"
by Percy Shelley**



*The flower that smiles today
Tomorrow dies;
All that we wish to stay
Tempt and then flies.
What is this world's delight?
Lightning that mocks the night,
Brief even as bright.*

There are so many life lessons we've been learning during this pandemic... it truly **is** an interconnected web of existence... we **are** our brother's keeper... life **is** tenuous and transitory – “gather ye rosebuds while ye may”!

There is such relief at the prospect – though slower coming than we would wish – of some return to relative normalcy. Perhaps those of you who have been vaccinated are already doing this to some extent...

With the return to relative normalcy in mind, I'd like to remind us about something I said early on in this pandemic. That is, if we are truly to be changed for the better from this experience, it is important to resist the tendency to return to one's “set point.”

So, as you re-enter the world, don't return to your set point. Remember the tenuous and transitory nature of life. Treat one another accordingly. Our bruised and hurting world now needs more love than it had before. Indeed, it needs more of **YOUR** love!

As a mnemonic device, I share another poem, below – perhaps for your bathroom mirror, refrigerator door, or the inside of your car's sun visor. This poem comes from a dear friend of mine, who shared it with me many moons ago, during his partner's dying process. It lived in a frame on their living room wall... just above the hospital bed that had come to dominate that space...

*All things mellow in the mind,
a slight of hand, a trick of time.
And even our great love will fade,
soon we'll be strangers in the grave.
That's why this moment is so dear.
I kiss your lips, and we are here,
so let's hold tight, and touch and feel,
for this quick instant, we are real.*

Namaste,

Alex

Religious Education News



Our 7th UU Principle is **Respect for the interdependent web of all existence of which we are a part.** As we step

into April and we have dazzling sunlight, greener lawns, and greener it is only right we celebrate **Earth Day** on

Sunday, April 18.

Part of **www.EARTHDAY.ORG's** mission is to empower and expand the environmental movement — starting with YOU.

It is important to act and make a difference today and start making your plans for Earth Day 2021.

Below are **ten easy ways to save the earth** with your family.

1. Use Fluorescent bulbs-this saves energy and money.
2. Turn off your computer at night-saves 40 watts a day.
3. Recycle-you will help reduce pollution.
4. Go vegetarian-it takes more water to produce one pound of beef.
5. Use less tissues-or use half.
6. Use both sides of paper-set your printer's default option to print double-sided.
7. Take the stairs-Healthier for you & kinder to the planet.
8. Be creative and reuse-like bags and bows.
9. Take shorter showers, skip baths-you will save water & electricity on heating.
10. Switch off the light-not just for Earth Hour but whenever you do not need it.

Religious Education Lessons

- Remember to check weekly zoom times.
- Service project for everyone is to bring food to church for Crossroads.
- A future date will be set for an outside hike.
- Jr/Sr students-pick up cans and bottles to return.
- All students join the members with **Spring Clean-up, Sunday, April 11 at 1:00 p.m.**
- **Earth Day Service at 10:30 a.m. on Sunday, April 18.**

Remember GPUC where everyone is welcome, everyday!!!

Stay safe,

Julie Artis, Director of Religious Education

Join the GPUC Religious Education Program's

Puzzle Loan Library

Drop off 1,000-or-less piece puzzles that you are willing to loan.

Please put your name on them, or the word "donate." We are collecting puzzles now.

You can make an appointment with Julie Artis by emailing her at:

juleartis@hotmail.com

Appointments begin Jan. 4, 2021 to choose a puzzle.

Please take a picture of your completed puzzle and send to Julie or post to our Facebook pages.

Announcements, Upcoming Programs And Events

Easter Egg Hunt with Special Guest!!!

Guess who will be visiting GPUC on **Sunday, April 4th at 12:15 p.m.**? All students and parents are invited to come for an **Egg Hunt in the GPUC Memorial Garden.** You have time to go to church at 10:30 a.m. and then swing over to the church at 12:15 p.m. Be on time or the eggs will be scooped up fast!!!



Spring grounds cleanup

This spring the annual grounds cleanup will be **Sunday, April 11 from 1-3 pm**. Please consider joining us for this outdoor event. We can be safely distanced in family pods and still do some socializing while helping out the church at the same time. Come for as much or little as you like, do some yard work or just socialize; it's all up to you. If you have gloves, rakes, tarps, hedge clippers or leaf blowers that is a plus. Hope to see many of you there!

Your grounds committee.

Book Discussion Group To Discuss "*Manhattan Beach*"

Tuesday, April 20th, at 7 pm via Zoom

Kathy Marozzi and Julie Artis will lead a discussion of "*Manhattan Beach*" by Jennifer Egan.

Book group members will receive the Zoom invitation the day of the meeting. If everyone can be on time to the meetings (they start at 7 pm), we can have a few minutes of socializing before the leader begins.

Those non-group members wishing to attend should contact Juli Moore: jdmoore1415@gmail.com

[Text Link](#)



Bike Drive 2021

We are kicking off the GPUC Resale Shop used bike drive. Here is a great opportunity to recycle that old bike, clean out a spot in your garage and help GPUC. This winter we are collecting bikes for resale this coming spring. We will take donated bikes in any shape, size or condition. All bikes will be reconditioned and tuned up for resale. Please email, text or call Mark Franchett for pickup of your donated bike. (mark.franchett@gmail.com)



Grosse Pointe Unitarian Church
MAY DAY AUCTION
Many Opportunities to Participate!
Online Silent Auction
Tin Can Auction, Gift Certificates
from April 23, 2021 @ 5pm
to May 2, 2021 @ 5pm
Live Auction
May 1, 2021 @ 7pm
via **ZOOM**
Email registration required

Grosse Pointe Unitarian Church • 17150 Maumee Avenue • Grosse Pointe, MI 48230 • 313-881-0420

May Day GPUC Online Auction Dates:
Silent Auction will be held April 23- May 2, 2021.
Auction Preview Sneak Peek Party April 24.
Live Auction May 1, 2021.

Gift cards for restaurants and shopping, themed baskets, special hand-crafted items for sale, outdoor dinners and parties, ZOOM games and lessons - so many interesting and fun ways to connect with other GPUC members through our upcoming auction! We are now offering an exciting way to preview auction items with a **Sneak Peek Party** ([Click Here](#))

To Sign Up). Be looking for a special email describing the opportunities for food-to-go and fun in our Memorial Garden on **April 24th** as you peruse the upcoming auction delights. Keep reading the Weekend Announcements for specific details as to how to sign up for the auction bidding, and how to be part of the **LIVE AUCTION on May 1st**

MANY THANKS to everyone for their support of this important church fundraiser.
Please contact Kristen Foley (smithk@umich.edu), Robin Ramsay (rjramsay@comcast.net) or
Christy Winder (clwinder@gmail.com) with any questions.

The Racial Equity Task Force Invites you to Discuss "The Bluest Eye"

What: A Zoom Book Discussion about Toni Morrison's novel, **The Bluest Eye**

Leader: Margaret Hudson-Collins, is a member of the GPUC Racial Equity Task Force

When: Monday, April 26, 2021 7:00 - 8:30 pm

Who is Invited? Anyone who wants to read and discuss the book, as described below.

Please respond via email to Margaret - mhudsoncollins@aol.com or

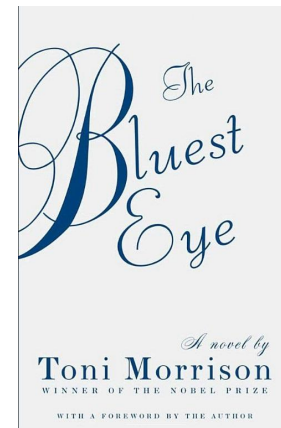
Sonja Franchett - skfranchett@gmail.com by **April 20th**, if you wish to participate.

Zoom links will be sent out to all participants who register for the group via email.

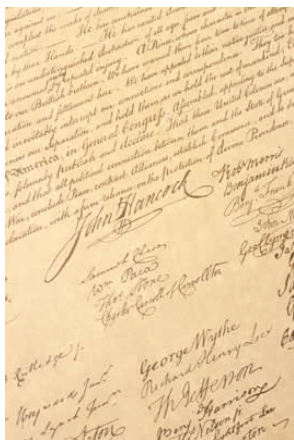
Nobel Prize winner Toni Morrison powerfully examines our obsession with beauty and conformity—and asks questions about race, class, and gender with her characteristic subtlety and grace.

In Morrison's best-selling first novel, Pecola Breedlove - an 11-year-old Black girl in an America whose love for its blond, blue-eyed children can devastate all others - prays for her eyes to turn blue: so that she will be beautiful, so that people will look at her, so that her world will be different. This is the story of the nightmare at the heart of her yearning, and the tragedy of its fulfillment.

Here, Morrison's writing is "so precise, so faithful to speech and so charged with pain and wonder that the novel becomes poetry" (The New York Times).



ARE presents Foundations of a National Political Community Session Three



April 25, 2021 at 3:00 pm

This is the third in the ARE series regarding the Foundations of our Constitution and the major Amendments. This third session will focus on the exploration of the First Ten Amendments and Amendments 13, 14, 15, and 19.

All interested members and friends are invited.
Key presenters will be John Artis and Joe Buttiglieri.

Registration is required by contacting John Artis at jartis@hotmail.com

Save the dates:

This spring the **Annual Meeting** of the congregation will be **after service Sunday, May 23rd**.

The Board will be proposing an amendment to the church bylaws which will need to be voted on by the congregation. Therefore a **special meeting** will be held **after service on Sunday, April 18th**. More information to follow including the text of the proposed changes will follow closer to the date of the special meeting.

Notice special meeting April 18, 2021
11:30 pm

There will be a brief special meeting held after church concerning an amendment to the Bylaws regarding Election and Terms. As you know the congregation approved a revision to the bylaws on May 19, 2019. At the suggestion of the Leadership Development Committee, the Board is recommending the following revision to Article VIII (F) and (H). The requested amendment is in bold, while the current provision is in normal text.

ARTICLE VIII – Elections and Terms

F. Chairs of Standing Committees shall serve two year terms, not to exceed three consecutive terms as Chair of the same committee, nor shall any of the above return to chair the same committee prior to a two year hiatus.

Chairs of Standing Committees shall serve one year terms, not to exceed two consecutive terms as Chair of the same committee, nor shall any of the above return to chair the same committee prior to a two year hiatus.

H. Members of the Leadership Development committee shall each serve a two year term, not to exceed three consecutive terms, nor shall any of the above return to serve on the Leadership Development committee prior to a two year hiatus.

Members of the Leadership Development committee shall each serve a two year term, not to exceed two consecutive terms, nor shall any of the above return to serve on the Leadership Development committee prior to a two year hiatus.

If you have any questions, please feel free to contact any GPUC Board Trustee.

Thank you

Giving to GPUC is Easy Breezy!!!

If you are looking for an easy way to give or pay your pledge to GPUC, Breeze is that easy way! You can set up recurring transactions or give one time by following the instructions below:

The screenshot shows a web browser window with the URL gpuc.breezechms.com/give/online. The browser's address bar and tabs are visible at the top. The main content is a form for online giving. The form has the following fields:

- Your Name
- Email Address
- Card Number
- MM / YY
- CVC
- Street Address
- City
- State
- Zip
- Comments (optional)

Below the comments field, there is a checkbox labeled "Add \$0.33 to cover the processing fee" which is checked. A red circle highlights this checkbox and the text below it: "The fee would be \$0.26 for an ACH bank transfer". Below this is a green button labeled "Give \$1.33" and a "Back" link.

To Pay Online go to: <https://gpuuc.breezechms.com/give/online>

When paying online, it will give you the option to cover the processing fee without having to calculate. The processing fee will be credited towards your total tax-deductible giving.

If you have any questions about Breeze, please feel free to reach out to Ameera.

Thank you!

Video Library From GA 2020

It has recently come to my attention that all of the sessions from last year's General Assembly are available to view for free. The UUA has created an on-demand video library including the worship services, Ware Lecture by Naomi Klein (author of This Changes Everything) and all of the workshops. There are a vast variety of workshops available to view, consider perusing the offerings via this link: <https://www.uua.org/ga/off-site/2020>. Click on "Showcase" right under the heading "On-Demand Video"

Russell Chavey

Looking to shop? Resale now accepting appointments!

After much deliberation, the resale has decided to open but on an appointment only basis. There will be no more than three (3) customers at a given time. Masks will be required.

If you want to take advantage of the great sales, please call Margo Bishop at (586) 778-2185 to schedule your date and time.

Good News...while the Resale Shop remains closed due to Covid-19, our on-line Ebay site is selling unique gift items and jewelry. New items are being added weekly. Need a gift? We may have it! The Ebay link, **gpnnex**, is easily accessible through the link on the church website.

We are looking forward to seeing you happy shoppers!

Still haven't gotten your 20-21 Directory?

For those who have requested this years directory, they are available for pick up Mon-Tues-Thurs-Fri from 9:00AM-4:30PM or may be sent by mail.

Please contact Ameera if you would like to receive your copy.

For our members: The directory is made available on our website in the "members only" section and will be updated through the year as changes are made.

Thank you!

ENTRY BY APPOINTMENT

To limit the spread of Covid-19 and with the health of our congregants in mind, we are requiring all entry into the facility to be by appointment only. We ask our members to please call (313) 881-0420 ext. 10 or e-mail officegpuc@gmail.com to schedule an appointment. Upon entry to the building, we require all to sign in and fill out a Covid-19 screening form. We appreciate you all very much and will continue to do our best to keep you all informed of any procedures we are implementing.

Thank you! - **Ameera Bandy**

Crossroads East: Second Sunday Food Share Ongoing

Despite church being online only, GPUC is still collecting contributions of food and toiletry staples for Crossroads East. If you are in a position to help, your donations of nonperishable items are gratefully accepted at church. We are also still

purchasing produce, milk, bread, and eggs, so if you prefer to donate monetarily that is also extremely helpful.

Thank you for your continued support of our community.

Spiritual Advice in the Age of Coronavirus

Dr. Riegel has posted videos on the theme, "Spiritual Advice in the Age of coronavirus."

You may view his video post on our GPUC Facebook page, at this link: <https://www.facebook.com/Grosse-Pointe-Unitarian-Church-134606831714/> (You will need to scroll down a bit.)

Virtual Services Archive

Those of you that have missed any of the virtual Sunday worship services can watch, listen to the audio or read the chat on our website under: [WHO WE ARE - SUNDAY SERVICES - VIRTUAL SERVICES](#) or click this link: <https://www.gpuuc.org/virtual-services.html>

We continue to upload the weekly virtual services to the church website.

Earn Money for Grosse Pointe Unitarian Church



Kroger rewards support GPUC

Join the 32 households who currently support GPUC by shopping at Kroger. This activity earns around \$500 a year and once enrolled in KROGER COMMUNITY REWARDS it is an easy way to help. **Thanks to those who have enrolled.** Check the bottom of your receipt the next time you shop for the message reassuring you that Kroger is donating to GPUC.

Kroger Community Rewards gives to GPUC - enroll at any time!

Our organization number is: FF794

Go to: <https://www.kroger.com/account/enrollCommunityRewardsNow>

Thanks, Janet Weber

FREE Grief Support Offering



Grief: Releasing Pain, Remembering Love & Finding Meaning

David Kessler is one of the leaders in Grief work in the counseling field. He started a free private online grief group for so many who are isolated during the pandemic and not able to reach out and get the grief support they need. There are live sessions and amazing guests so check them out and feel free to join the free group at <https://www.facebook.com/groups/DavidKessler/>.

Additional grief support:

If anyone needs grief support due to cancer, here is a local link to get set up in a virtual program right now with Gilda's Club Metro Detroit. Contact information:

Photo by Milada Vigerova on Unsplash

Rebekah Agnew, LLPC

Gilda's Club Metro Detroit: Lake House Location

An affiliate of the Cancer Support Community

Program Manager

Email: ragnew@gildasclubdetroit.org

Gentle Yoga

Weekly Gentle Yoga Session

THURSDAYS 4:30-5:30PM (EST, US and Canada)

Carol Guither offers a 60 minute weekly Gentle Yoga session via Zoom every **Thursday from 4:30PM-5:30PM**, as long as there is interest.

If you have a mat, blocks and a strap (or necktie) that is helpful but you don't need anything except a clean space to lie, sit and stand on. Feel free to use a chair instead of the floor.



Photo by [Avrielle Suleiman](#) on [Unsplash](#)

Please make sure you are honoring your own level of activity and flexibility. Make any adjustments you need. The yoga "mantra" always is "honor your own body". If it's not comfortable, don't do it.

Thursday, April 1st, 8th, 15th, 22nd & 29th

By clicking the link below, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Carol Guither / Jackrabbit LLC and Grosse Pointe Unitarian Church.

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://zoom.us/meeting/vpAvf-6sqj0j_bWSQYEN7EO_cvTHF4uRjQ/ics?icsToken=98tyKuqsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDgAspkZqdNGumB

Healing Clinic and Meditation

ONLINE Healing Clinic and Meditation First & Third Thursdays of the month April 1st and 15th 7-9PM

The Clinics have changed to an online format for meditation and distant healing. Pranic Healing is a no-touch therapy, therefore distant healing is possible through the principle of oneness.

Join us for this online Zoom community event offering Pranic Healing sessions and Meditation on Twin Hearts.



Pranic Healing is an advanced system of energy medicine that utilizes prana or chi to cleanse and harmonize the body's energy system. The healing clinic begins with a beautiful guided meditation using the universal Prayer of St. Francis of Assisi. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

Donations welcome.

Venmo

<https://venmo.com/Carrie-Viviano>

Cash App

[https://cash.app/\\$CarrieViviano](https://cash.app/$CarrieViviano)

Paypal

<https://www.paypal.com/paypalme/carrieviviano>

Must be 16 yrs old to participate in the meditation. All ages welcome for healing.

To receive Zoom event scheduling info via email or for questions please contact: Carrie Viviano, Pranic Healer/Intro Leader, carrie@pranichealing.com or (586) 943-4404

Contact Information

Grosse Pointe Unitarian Church

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