

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 2022

May 2022 Newsletter Deadline

Mark your calendars and please submit your contribution to the next newsletter by

Thursday, April 21st

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

Upcoming Services



Announcement Regarding Sunday Service Mask Policy

Dear Congregants,

It has been two years since the pandemic was declared, and our church began to worship on zoom and "mask up" to keep our beloved community safe. Throughout the pandemic, we have monitored the COVID case positivity rates closely to determine whether we could congregate safely, but have always asked you to wear a mask in the building.

We are excited to announce that we have lifted the mask requirement for Sunday services starting as of Sunday, March 27th. With Wayne County's positivity rate dipping below 2%, we believe the time is right for this change. We will continue to monitor the Covid positivity rates and make science-based decisions if there are future surges. *It remains a requirement that all attendees are vaccinated and boosted for Covid.* We understand that some congregants will be

more comfortable wearing masks when attending worship in person, and we will make N95 masks available for anyone that would like one. We will also continue to offer zoom services.

When visiting the church or meeting in smaller groups, we ask that congregants respect the wishes of others and continue to mask up if that is preferred by anyone in the group. All people entering the church are still expected to be fully vaccinated and boosted.

Sincerely

GPUC Board

Worship services will continue to 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, April 1, 8, 15, 22 & 29.

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 3, 2022

10:30 AM

Sermon: *"Generosity of Spirit"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Carol Guither

It's perfectly natural, this self-obsession (ego-centrism) to which we humans are given. After all, it only makes sense that we have our own interests at heart – survival and the instinctual nature, and all of that. This sermon will challenge our natural propensity toward ego-centrism by reminding us of our obligations to one another - the interdependent web, and all of that...

April 10, 2022

10:30 AM

Sermon: *"The Wisdom of Trees"*

Worship Leader: Dr. Alexander Riegel, Julie Artis

Worship Associate: Maurya Kay

Have you ever pondered a tree? In the woods of northern Michigan, where trees are abundant, that opportunity is always at hand. Recently, I sat outside pondering (not hugging, though I was tempted!) a tree. This *intergenerational service* will consider the importance of trees for life and

the wisdom they offer us.

April 17, 2022

10:30 AM

Sermon: *"On Love and Suffering"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Meghan Boomhower

This Easter Sunday we will consider the relationship between love and suffering. From Jesus to Khalil Gibran, many spiritual teachers have taught about this intimate relationship. Exactly what is that relationship about and can the relationship between love and suffering inform our own journeys through life?

April 24, 2022

10:30 AM

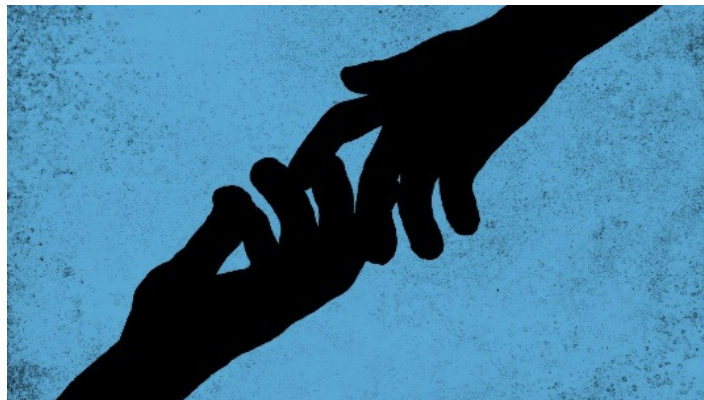
Sermon: *"Earth Day"*

Worship Leader: Sam Pruitt

Worship Associate: Chuck Palmer

Sam Pruitt, newer member to GPUC, will be giving a presentation on Earth Justice. Look for more information as this Sunday approaches.

Alexander's Meander



Invisible Hands

They're all around us... nurturing us, guiding us, supporting us...our whole lives long.

These are the hands of people on whom we've depended but whom we rarely recognize. It may have been that fifth grade teacher who worked magic on you, magic of which you have never even been aware. It may have been that stranger who sensed your mood and gave you the wide berth or smile you needed at just the right time, whose existence you only registered for a split second, many years ago. It may have been that coworker who listened to your repeated commiserations at the cooler, but whom you never recognized as your free, armchair, counselor that made your job a little more bearable. It may have been that police officer who pulled over the drunk driver that would otherwise have ended your existence three minutes later, or that nurse you can't member, or that loving child on the playground, or that politician, or your grandfather, who departed this earth many years ago but from whose wisdom you continue to benefit...

No one is an island...

Our beloved community has many such people in it, too many to name in this little Meander, but here are some of our own invisible hands... The staff that has showed up day after day throughout this pandemic, the Board that tirelessly guided us through these very difficult times, our resale shop volunteers to who keep that vital, long standing tradition afloat, the ladies who care for the Circle Garden... just to name a few. We need to recognize how much we have depended on these (and other) "invisible hands" and take the time to honor them for the role they play in the life of GPUC.

In that vein, I want specially to honor one of the most invisible hands among us (true in almost every church), namely, our newsletter editor. Kathleen Ruhl, you are one of many of our UUnsung heroes. The reliable, artistic, conscientious job you do as our newsletter editor does not go unrecognized. Thank YOU for all you do!

Friends, as we return in real time and space to our beloved community in these coming days and weeks, recognize one another, thank one another, and love one another!

Namaste,

Alex

Religious Education News



Ready to Make a Difference

April 22nd is Earth Day. We look at our 7th Principle which is "Respect for the interdependent web of all existence of which we are a part." As we step into April let us get Ready to Make a Difference with our world. Below is information to help you see some steps to educating yourself and family to help make a difference.

Did you know...

4 pounds of trash is created on average by each of us every day.

47,000 trees could be saved if we all swapped out one roll of regular toilet paper for a recyclable roll.

200 years – the average amount of time it takes for one plastic straw to decompose.

5.25 trillion – the number of pieces of plastic polluting our oceans. Every piece of plastic ever made still exists, and only 9% has ever been recycled. We must take action now.

How can you help?

Waste and pollution aren't just hard on us – they're hard on plants and animals, too. Everything from the air we breathe to the water we drink can be affected.

Here are a few ways you can reduce waste and pollution where you live:

- **Try the "Zero Waste Week Challenge."** Reducing your waste at home is a great way

to start giving back to the earth. Here are some tips to get you started – and who knows? Maybe once the week is over, you'll be ready for a Zero Waste *Month*.

- **Switch to recyclable toilet paper.** Using recyclable toilet paper can help save everything from trees to water. Plus, it's easy to find at almost any grocery store. Learn more. (Switch to recycled paper towels too for an even bigger impact!)
- **Recycle the right way.** Did you know dirty items might not get recycled, and that it only takes one contaminated good for the whole bin to get thrown out? Check your local recycling center's guidelines to make sure you're recycling the right way Find a cause near you. Pick an issue or project in your community that speaks to you – and speak up for what matters. Start your search now or get the Give Back App.
- **Give up plastic straws.** It's important to have products at home that can be used again and again, instead of plastics that can be used once. Start by swapping out plastic straws for ones made with a reusable material, like stainless steel.

Religious Education Lessons

- Service project for everyone is to bring food to church for Crossroads.
- Service project for everyone is the Grounds Cleanup on **April 10**.
- Vegan Luncheon for everyone immediately after church on **April 10**.
- Easter Sunday is **April 17** and there will be an Egg Hunt for all students.
- Check out our Art and Nature and Mindfulness camps for summer.



Guess who will be visiting GPUC on Sunday, April 24th?

*Julie Artis,
Director of Religious Education*

Summer Art Camp

All classes will be held at Grosse Pointe Unitarian Church
17150 Maumee Ave, Grosse Pointe

session 1
Art and Nature

Grades 1, 2, 3
July 11-15, 9-11 am

session 2
Art and Nature

Grades 4, 5, 6
July 18-22, 9-11 am

session 3
Art and Mindfulness

Grades 1, 2, 3
August 8-12, 9-11 am

session 4
Art and Mindfulness

Grades 4, 5, 6
August 15-19, 9-11 am

Cost is \$275/session
10 spots per session available

To reserve your spot, scan the code below to complete the registration and make your payment.



Instructor Erica Phardel is a certified art teacher with over 25 years of teaching experience. All materials and supplies are included in cost.

GPUC Religious Education Book Loan Program

Interested in reading more about Unitarian
Universalism for adults?

Would you like to read more books
about UU for children?

Learn about our history, spiritual growth,
our hymns, our search for free and
responsible truth and meaning.

Email Julie Artis, Director of
Religious Education to request
a list of Religious Education
books in our library. julieartis@hotmail.com

Announcements, Upcoming Programs And Events

Grosse Pointe Unitarian Church



Adult Religious Education

The Road

Perfect car, fleet steel
Road ahead a summer plain
Concrete flat and free.

(Jerry Herron)

Driving west an unmapped trip
Mountains rise up endless sky

(Jim Dixon)

dusk dissolves the day
bright above the evening peaks
Andromeda whirls

(Bill Rehahn)

Spinning yet firmly planted
Worlds visible and hidden

(Anne Sullivan)

A rose-gold sunset
Winding road with no guard rails
Soft breeze stirs stage left

(Kathy Kuehn)

Wheels hugging curves, engine purrs
Sunset dancing across steel

(Carol Guither)

Driving fast, the moon-
light reflects an intimate
silence, sharp curve right!?

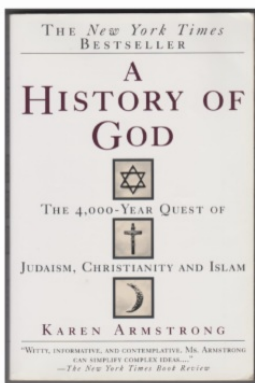
(Lynn Rehahn)

Intimate silence - the Self,
Driver of life's chariot

(Alex Riegel)

Coalescence of
adventure into the Self
enhances the Path

(Carol Ghesquiere)



April 6, and every first and third Wednesday in April, May, and June, Zoom events, 7:30 PM: Book discussion of *A History of God*, by Karen Armstrong (Intro and Ch1 for first week; 2 chapters per session thereafter).

Whether an atheist, a model of devout piety, or curmudgeonly Unitarian, there's no denying that the world's three main monotheistic religions have shaped world history. Humans have always held to the notion that a divine presence influences worldly affairs. But there's something distinctive about the history of a single God as conceived by Judaism, Christianity and Islam.

In reading the book you'll get a sense of how the concept of God has evolved, as well as how humankind's changing conceptualization of itself is reflected in the mutable figure of God him/her self.

These discussions will be held virtually, led by members of the ARE Committee.

Book discussions will begin April 6, and will take place every first and third Wednesday in April, May, and June, at 7:30 PM via Zoom.

In order to receive a Zoom link to the discussions, please RSVP using the sign-up link below no later than Tuesday, April 5. Thank you!

<https://www.signupgenius.com/go/10C0D4FA8AF28A0FCC16-gpuc5>

<https://www.signupgenius.com/go/10C0D4FA8AF28A0FCC16-gpuc5>



The members of the Adult Religious Education Committee are cordially inviting you to join us—*please!* We need your good ideas, your wise counsel, and your help in keeping this beloved community thinking and engaging one another and the world with lively programming.

Let's Talk About It!

Please join us on May 1, in the GPUC foyer, right after the Sunday service for some refreshments and snacks. We want to get your ideas, talk about the ARE Committee, and—we hope—encourage you to become a member of our team. **We Need You!**

ARE Mission Statement

To support our beloved community and to serve the larger community as well, the Adult Religious Education Committee will offer programs to engage, enrich, and enlighten the mind, the body, and the spirit.

Cordially,

The GPUC ARE Committee:

Jerry Herron (chairman)	Lynn Rehahn
Rev. Alex Reigel	Bill Rehahn
Marlane Washington	Ghada Abdallah

Grosse Pointe Unitarian Church



Book Discussion Group Tuesday, April 19th, at 6 pm

Our next meeting is Tuesday, April 19th at 6 pm via Zoom. We are fortunate to have Barbara Moran return to lead a discussion of her 4th selection of favorite poems entitled ***Whispers in the Ear, Echoes in the Heart***. Hard copies of the collection are available in the church office by appointment. A digital copy is also available by contacting the office.

The Zoom invitation will be sent the day before the meeting. Non-members can get further information by contacting Juli Moore: jdmoore1415@gmail.com or contacting the church office. *All are welcome to join us!*

PLEDGE REMINDER FROM THE CANVASS COMMITTEE

Thanks to everyone who has already made their pledge of financial support for the next fiscal year. Your generosity is greatly appreciated. If you haven't already turned in your pledge form to the church office, please do so ASAP. The church cannot prepare an accurate budget for next year without knowing how much we will receive in pledge income, so please send in your pledge NOW. Please don't make us chase you down via email or on the phone! Thanks.

The Canvass Committee

Jerry Herron, Chuck Palmer, Rudy Wedenoja, and Marsha Zeller



Thank you to the GPUC Alliance

The board of Grosse Pointe Unitarian Church would like to take this opportunity to thank and congratulate the GPUC Alliance for its over 80 years of service to the church and local community. [Click this link to read the article...](#)



GPUC Vegan Luncheon

*We are all looking forward to social times with our congregation now that our community is healthier! **Clear your calendar for April 10, 2022 Sunday Service in person and join in the 'after service' Vegan Luncheon!***

The Fellowship Committee is supporting the Earth Justice "End of My Fork" initiative by helping you create your own Buddha Bowl. Eating Vegan can be delicious and it directly helps take pressure off our immense accumulation of CO2 emissions, thus helping Earth rebalance and restore (more quickly than anything else we could do right now).

**We've created an RSVP Form to help us navigate how many people to expect.
RSVP ends Thursday, April 7th at 3PM!**

CLICK HERE TO
RSVP!



Come Join us for the afternoon following our Vegan Luncheon in the Memorial Garden!

GPUC Annual Spring Grounds Clean-Up

SUNDAY, APRIL 10TH 1PM-3PM

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!



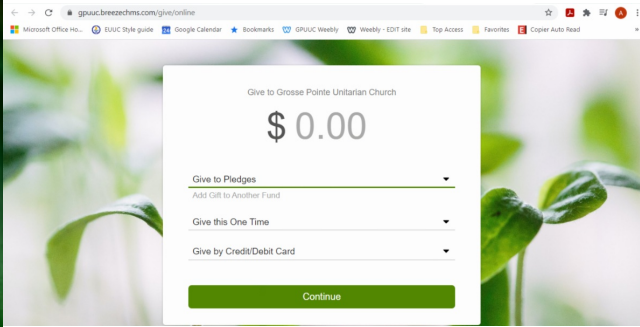
Giving Made Easy Thanks to Breeze!

We have been encouraging many to utilize Breeze as an alternative to paying for your pledges, fundraising or just giving a donation! Breeze gives the option of setting up recurring transactions or give one time.

When using Breeze, 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 and will help us retain every bit of your donation!

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

Thank you!



Click Here To Give Now!

RESALE SHOP NEWS!!! WE'RE OPEN!!!!

Donations are pouring in and our loyal customers are so happy to be able to shop with us again. The GPUC Resale Shop is no longer a “best kept Secret” – the word is out and we enjoy new shoppers every week. There’s lots of new merchandise and lovely Spring fashions, so support our church and lift your own spirits with a visit to The Shop!



We remind our donors and consigners that we accept two small boxes or bags from each person per week. Our Shop hours are Wednesdays only, accepting merchandise from 9 am - 2 pm, opening Sale rooms from 10 am - 3 pm.

Come shop with us!

Sunday Morning Flowers

Now that we are having in-person services, we are resuming having flowers to add to the ambience of the Sanctuary on Sunday morning.



We welcome donations for flowers on Sunday mornings. Take a moment to recognize or honor someone dear or to commemorate a special occasion by providing fresh flowers for the Sanctuary. You can make arrangements to bring your own flowers or a monetary donation and someone from the Flower Committee will purchase flowers and make a beautiful arrangement. Please use the insert in the Sunday order of service or contact the church office and sign-up for a Sunday or two.

If you have questions, please feel free to email or call the church office at officegpuc@gpuc.us or (313) 881-0420. Thank you for sharing your remembrances of special occasions and important people in your life.

Crossroads East: Second Sunday Food Share Ongoing

Our FOOD SHARING collection is always taking donations! Please consider bringing nonperishable food and toiletries when you go to church. Or, if you prefer, monetary donations are extremely helpful. We use the money to purchase produce, milk, eggs, and bread for Crossroads East clients. GPUC is a regular contributor to Crossroads East, the local branch of the social services nonprofit Crossroads.

Our donations are always greatly appreciated by the staff and clients!

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.

13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

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.

CHURCH HISTORY UPDATE

GPUC historian Janet Weber is in the process of updating the church history published in 2013. She asks that *if you have items of current or historical church interest or you or a family member of the church has received notice in local papers or magazines, please pass them on. Place in the historians mailbox in the church office or mail to her.* She will gladly take current or past information.

SATURDAY, APRIL 23RD, 2022 | 4 PM

Happy Island: JP's Favorites

**PIANIST
JOSEPH PALAZZOLO
LIVE IN CONCERT**

Featuring the music of

Chopin | Debussy | Piazzolla
Palazzolo | John Williams

... & great stories...

Presale: \$20 | Door: \$25 | Online: \$10

Proof of Covid-19 Vaccination Required for in person



**TO PURCHASE TICKETS,
VISIT: WWW.GPUUC.ORG/CONCERTS
OR SCAN THE QR CODE**

**GROSSE POINTE UNITARIAN CHURCH
17150 MAUMEE AVE.
GROSSE POINTE, MI 48230**



ONLINE MINI-AUCTION, "SPRING FORWARD, GPUC"

May 1-May 16

PLEASE DELIVER DONATIONS RIGHT AWAY

... AND GET READY TO BID

Thanks to all of you who helped make last year's very first Virtual Live Auction a smashing success! For a while now, we've been holding a smaller version of the auction in alternate years. Please finalize your donations with Robin Ramsay and deliver them to the church office right away.

Our congregation has been wonderfully generous with donations.

You're going to love the choices available this year! Something for everyone!

- Get together with your community -- We have 10+ social events, large and small -- including parties, tours & educational talks
- Enjoy a variety of yummy food and beverage offerings
- Choose a hand-crafted work of art
- Take advantage of skilled help for a task
- Get tickets to an entertaining event
- Select beautiful objects for your home, something fun, or special musical items
- Get a gift card to a terrific restaurant or shop

Questions or Donations: Contact Robin Ramsay at rjramsay@comcast.net.

SPRING FORWARD
2022 ONLINE SILENT AUCTION
Help Us Grow!
GPUC
BIDDING
BEGINS SUNDAY MAY 1
ENDS MONDAY MAY 16
CharityAuction.bid/SpringForwardGPUC

GPUC Annual Meeting

This year's annual meeting is scheduled for **Sunday May 15 after Sunday Service**. A proposed budget for the upcoming year will be presented for discussion and vote. The Leadership Development Committee has prepared a list of candidates for all open positions to be presented for discussion and vote. It is important that all members in good standing be present at the meeting and the board of trustees urges all members to plan to attend. At this time it is anticipated that the meeting will be virtual but the board continues to evaluate the situation regularly.

UU Ministry for Earth News

SPRING FOR CHANGE!!!!

Link to the website: <https://www.uumfe.org/resources/spring-for-change-2022/>

Get Rooted, Get Ready!

Spring for Change - A Season of Sacred Activism
March 20 - May 22, 2022

Join Unitarian Universalist Ministry for Earth
and collaborative partners in a season of



spiritual grounding and community action!



4/2 & 4/9

**UU YOUNG ADULTS
CLIMATE JUSTICE TRAINING SERIES**

Covering Ecological Grief, Jail Support,
and Health and Wellness for the Moment
and for the Future

4/22 EARTH DAY VIRTUAL WORSHIP SERVICE

9am PT / 10 MT / 11 CT / 12 ET

4/22 - 5/1

**"DISPLACEMENT & HUMAN RIGHTS:
ALL IN FOR CLIMATE JUSTICE"**

INTERGENERATIONAL SPRING SEMINAR

A week of virtual learning & community building for justice with
UU Office at the United Nations, UU Ministry for Earth, UUSC,
Side With Love, & more!



& 4/22 - 5/1

**"SACRED TRUST: OUR CHILDREN'S
RIGHT TO A LIVEABLE FUTURE"**

FAITH CLIMATE ACTION WEEK

w/ Interfaith Power & Light & Partners

5/22 BIODIVERSITY SUNDAY

Celebrate the Web of
Life with a special
worship service &/or
eco-art build at your
congregation!

**Find More Details at
UUMFE.org/SpringforChange**



MidAmerica UUA Regional Assembly

Registration link: <https://www.uua.org/midamerica/ra/2022>



*The MidAmerica Region is where UUs visibly live our faith,
create connections, grow our membership, and welcome
all persons who share our UU values.*

RA 2022 Registration Now Open!



Friends,

Registration is now open for virtual MidAmerica Regional Assembly (Saturday, April 30, 2022, 10AM – 2PM ET / 9AM – 1PM CT). There is a sliding fee scale between 25.00 to \$50.00 and scholarships are available. Please register on our [RA registration page!](#)

Our keynote speaker, UU educator, consultant, and facilitator **CB Beal**, will present “The Glass is Refillable: Pandemic Exhaustion, Lifelong Faith Formation, and Preemptive Radical Inclusion.” The day will feature worship, keynote presentation and conversation, lunch break, business meeting, and time for social connection. This year we will be using the **Whova** platform, which improves security, accessibility, and ease of use. Upon registration, all participants will receive information on how to access Whova and learn how to get the most out of it.

We look forward to seeing you there!

STAY CONNECTED

midamerica@uua.org

312-636-9724

uua.org/midamerica

MidAmerica UUA Regional Business Meeting

Call to the Annual Business Meeting of the MidAmerica UUA Region 2022 links are:

[Annual Business Meeting of the MidAmerica Region 2022 PDF](#)

WEBSITE

<https://www.uua.org/midamerica/ra/2022/2022-business-meeting>

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.

Photo by Milada Vigerova on Unsplash

Contact information:

Rebekah Agnew, LLPC

Gilda's Club Metro Detroit: Lake House Location

An affiliate of the Cancer Support Community

Program Manager

Email: ragnew@gildasclubdetroit.org

Weekly Gentle Yoga

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

This is a 60 minute gentle yoga session that occurs every Thursday from 4:30 - 5:30pm with Carol Guither virtually via Zoom.

Session theme will be **announced weekly.**

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.

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.

Cost will be \$5.00 per session, and you can pay through the Venmo app. Please [click here](#) for Carol's Venmo information.

If you need help signing up for Venmo, please contact Ameera in the office and she will walk you through the sign up process.

Note: Venmo is a subsidiary of PayPal, and requires a credit card number for the transaction.

Thursday, April 7, 14, 21, 24 & 28



Healing Clinic and Meditation

**Healing Clinic and Meditation
Third Thursday of the month
April 21, 7- 8:30PM**

Join us for this in-person community event, every 3rd Thursday of the monthly, 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. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

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

**NOTE: If you are symptomatic or not feeling well please stay home. You may schedule a distant healing session. Please call or text if you are requiring distant healing.
Carrie 586-943-4404**

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>

Contact Information

Grosse Pointe Unitarian Church

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