



*Welcome! You have found a beacon of liberal religious and spiritual exploration serving
the Grosse Pointes and the surrounding east side communities.*

Reverend Mitra Rahnema

April 2024

MAY 2024 NEWSLETTER DEADLINE

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

April 21 - 28

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

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 5, 12, 19 and 26 at 4PM.

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.

[Click Here For Current COVID 19 Policy](#)

Upcoming Services

April 7, 2024

10:30 AM

Sermon: *"Hymns and Mimosas"*

Worship Leaders:

Worship Associate: Michelle Scobie & Miriam Engstrom

We will celebrate Joseph and our UU music tradition by conducting an interactive service singing favorite hymns. After the service, we'll celebrate with mimosas!

April 14, 2024

10:30 AM

Sermon: *"What's Your Agenda?"*

Worship Leader: Reverend Mitra Rahnema

Worship Associate: Chuck Palmer

An "agenda" is often considered a negative or suspicious act. Yet, not having a clear purpose can cause anguish as we wonder what's the point. Today we unwrap the interpretations and explore our agendas and missions in a life well lived.

April 21, 2024

10:30 AM

Sermon: *"The Answer to How is Yes"*

Worship Leader: Reverend Mitra Rahnema

Worship Associate: Maurya Kay

How are we going to do that? How will I survive or manage? How can we make that work? The how's of life can be quite daunting. The answer might be a return to the yes of life, yes to try, yes to growth.

April 28, 2024

10:30 AM

Sermon: "Music Sunday"

Worship Leaders: Reverend Mitra Rahnema & Joseph Palazzolo

Worship Associate:

Our congregation is filled with all kinds of musical talents. Let's celebrate the music of our church. Today is also our Music Director Joseph Palazzolo's final Sunday. Let us celebrate his 22 years at GPUC!

**Can't make Sunday Service?
Recordings are made available on our website.
Visit www.gpuuc.org/virtual-services to watch at any time!**

Mitra's Musings

Dear GPUC Community,

April. This month seems to have arrived suddenly – as a sort of backdrop to what looks to be a busy month. April's dramatic weather change and many to-do lists nagging at us create a ripe condition for anxiety flares in many of us. Therefore, I am trying to head into April with a sense of calm. A prayer for balance. A gratefulness for the life emerging. This is my hope.

Now for the April Church things:

Your music search committee is well on its way toward seeking a new music director. In order to represent the interests of the congregation we need everyone to let us know your hopes for our music program. **Please complete the survey ASAP through the link below.**



Many of you know I have been working with our Board on a new Personnel Policy Manual. I am happy to say this is completed and adopted. Now, we get to share with the congregation so everyone can know what the expectations for Staff/ Minister/Congregation relationship are. We will discuss them in person at our next Church Chat on Wednesday, April 10th at 6:30 p.m. In the meantime, **you can read them at the link below.**

Sunday, April 21st after worship, I have planned a Community Communications Workshop led by myself, Robin Ramsey, and Sarah Neeley. This is one opportunity for us to work on communication patterns that can (or have) heightened past conflicts. There will be a light luncheon. All are encouraged to attend. This workshop will also inform our future programming. **Please sign-up (so we can plan the lunch) at the link below.**

The biggest event of this month is our farewell to our beloved Director of Music, Joseph Palazzolo. After 22 years of beautiful music, April 28th will be Joseph's last Sunday. It is important we send him off with love and celebration as he goes on to new professional adventures. The worship service will be a Music Sunday followed by a retirement luncheon in the Annex.

In addition, last month some members requested, and our Board has affirmed, that we add our voice to the call for a ceasefire in Gaza. Since October 2023 the conflicts centered on Israel and Palestinians have weighed heavily on our hearts. Now, six months later, the enormous, and somewhat unfathomable, destruction of homes, health, children, livelihood

of the Palestinian people living in Gaza has been revealed. It is good and appropriate for our congregation to engage, even when this is an emotional issue for so many. Therefore, I thought some may want to know some resources that our Unitarian Universalist Association has offered to all of us. Below is a link to an educational video. Although almost two hours long, I found this to be helpful and thoughtful. Below is also a link to a letter from the UUA published in February of 2024 about this conflict.

I look forward to more bold and brave acts from our community. You have inspired me!

During this April month may we all be calm, balanced, and grateful.

With love,
Rev. Mitra

Here are the clickable links referenced in Mitra's Musings

Music Program
Survey

UUA Educational Video
Regarding Gaza

GPUC Personnel Policy
Manual

The UUA Letter
Regarding Gaza

Sign Up For The
Community
Communications
Workshop



Church Chat with Rev. Mitra

Once a month: Wednesdays 6:30 - 8pm in Sanctuary
April 10th
May 8th

All are invited to come for renewed conversation about what's currently happening in the church. Are you curious what folks are thinking about, or the happenings of our community, or the directions on Rev. Mitra's mind? Do you have questions, comments, or concerns to lift up? Come share what is on your mind at these casual community conversations.

Rev. Mitra will bring a bottle of wine to share – feel free to bring something too.

Religious Education News



"Generosity is the heart of humanity"

— Lailah Gifly Akita

April is National Volunteer month. The United States instills volunteerism at a young age. Many young people, during the summer months, volunteer at camps. There are after school programs designed for volunteerism. Rural ambulance and fire departments depend on volunteers. Underprivileged people receive much needed medical care thanks to doctors, nurses and other medical staff. We have groups that deliver meals to families that can no longer cook. We have soup kitchens staffed by volunteers.

Our beautiful church home is run by volunteers and April, really any time, is the time to shout out THANK YOU! Here is a partial list of the many jobs our volunteers fulfill for Religious Education: We have RE-curriculum writers, snack parents, teachers, committee members, OWL teachers, cleaners, special event planners, social justice planners, costume planners and buyers of food and supplies. We could not have our Religious Education program without all of you. Thank you again for all you do.

Five reasons to volunteer at Grosse Pointe Unitarian Church:

1. Gain new skills
2. Meet new people
3. Make a difference
4. Give back to the community
5. Feel valued and be part of the team. So, call GPUC and ask what you can do. We need your help and love!

Please join us Saturday, April 13th at 11:00 a.m.



at the Arab American National Museum. We will have a guided tour from 11:00 a.m. to 12:30 p.m. The cost is \$10 adult and \$5 per student/senior. Click the sign-up link below.

Dates to remember:

Saturday, April 13 - Arab American National Museum tour

Sunday, April 14 - Outside Spring cleanup

Sunday, April 28 - All Family service and lunch after

“Learn the craft of knowing how to open your heart and to turn on your creativity. There’s a light inside of you.”

— Judith Jamison

Julie Artis,

Director of Religious Education

Click To Sign-up For The Arab American National Museum Tour



Do you have a task that's too much for you?
Need help boxing up those Decorations?
We have the solution for you!



Hire a Teen!

\$20.00 per hour



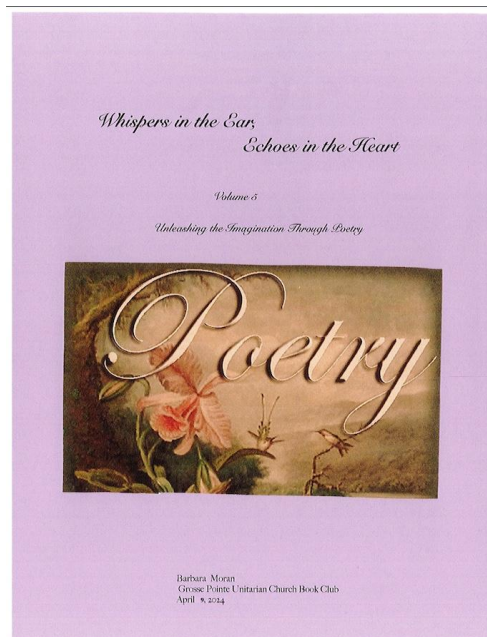
Contact *Julie Artis*
313-590-2464
email: julieartis@hotmail.com

Book Discussion Group News

April is National Poetry Month, and the group will meet on Tuesday, April 9th, in the Annex at 6 p.m. to discuss *Whispers in the Ear, Echoes in the Heart Volume 5: Unleashing the Imagination Through Poetry*, led by Barbara Moran. We are offering a Zoom option as well. The poems are available in the church vestibule, at the clickable link below, as well as in the Annex.

Check the church website for the schedule of books for the rest of the season. Meetings are held on the second Tuesday of the month.

Everyone is welcome. For more information, please contact Kathy Kuehn (kgkkuehn@gmail.com).



[Click Here To Read Whispers In The Ear Vol 5](#)

[Click Here For The Updated 2023-24 Reading List](#)

There Goes Another Rubber Tree Plant

GPUC Canvass 2024



As of the date of writing this announcement, Thursday, March 28th, we are still waiting — with high hopes — to hear from several of our members and friends. However, even if the remaining folks pledge at their level of giving for last year, it appears we are going to be short of our goal of \$265,000. At some point, we are going to have to either make some cuts in the budget proposal or persuade our members to increase their pledges. Please stay tuned.

We are grateful for the pledges we have received already. To prepare a budget for the Annual Meeting in May, we need to have everyone's pledge NOW. If you haven't pledged yet, please click the link below and make your pledge. **Let's move that rubber tree!**

The Canvass Committee

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

[Click Here to Submit your Pledge for FY24-25](#)

Enjoy some photos from
our recent Canvass luncheon



Spring for Change 2024

March 21 to May 2 (International Day of Biodiversity) is Spring for Change! Together with a variety of Unitarian Universalist partners working for climate justice, the Unitarian Universalist Ministry for Earth is offering activities and educational events to provide congregations and individuals with spiritual grounding and resources to face our ecological crises with courage, compassion, and a commitment to justice.

[Click here to view the full schedule of offerings.](#)

SAVE THE DATES!!!



Come Join us for the
afternoon following
our Sunday Service!

GPUC Annual Spring Grounds Clean-Up

SUNDAY, APRIL 14TH

**Our very own, Chef Jeff
will be serving up Hot
Dogs for us to enjoy!**

**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!**



MOM 2 MOM SPRING SALE

Saturday, April 20th

10:00A-2:00P
**GPUC
RESALE
SHOP
OPEN
DURING
SALE!**



Grosse Pointe Unitarian Church - Annex
17150 Maumee Ave
Grosse Pointe, MI 48230
(313) 881-0420
No Strollers in Building Please.

Scan QR Code for
Vendor Application

[Click Here For The Mom 2 Mom Application Form](#)



**All Church Workshop on
Strengthening our Communication Patterns**
Sunday, April 21st after church until 2pm
With Rev. Mitra, Robin Ramsey, and Sarah Neely

Come one, Come all! Let's bring attention to our congregational communication patterns. Learning from our recent congregational losses, grief, and conflict this workshop will

engage with how we can shape a culture of respect and care in the ways we are with one another. Everyone is welcome to this active workshop intended to be a primer toward building right relationships with one another. Childcare and food provided. **See sign up under Mitra's Musings.**

Photo by [Łukasz Maźnica](#) on [Unsplash](#)



Joseph Palazzolo Farewell Party April 28th after church

Sunday, April 28 will be Joseph Palazzolo's last official Sunday with us before his retirement from GPUC. Please join us in the Annex immediately following service for his farewell party (Festa d'Addio). We will feature delightful Italian themed foods, and our own Willie Barber (Dr.BB) will provide the party tunes. All members and friends are invited to this celebration of Joseph and his many years of bringing a wonderful musical dimension to our church services. Sign up below.

To keep in the loop with Joseph's events, you can join his email list at 5jp1music4@gmail.com. He would love to see you at his shows!

Photo by [Jan Tinneberg](#) on [Unsplash](#)

Sign Up For The Farewell
Party

Let's Keep In Touch!

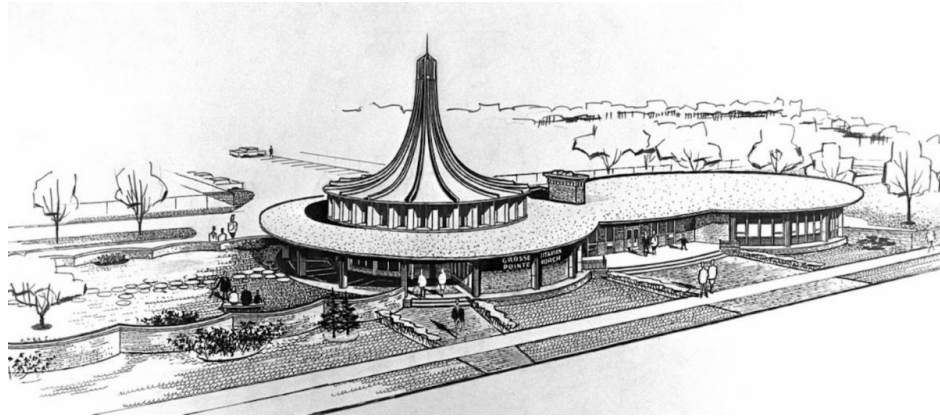
As I bid a fond farewell to my GPUC Family, I would like to actually "take you with me" by **adding your email address to my Concert Emailing List!**

Periodic updates will be sent to your inbox informing you of my concert appearances in the Metro Detroit Area — when they occur, where they're located, how to get tickets, and what you'll hear.

My next show will feature the world premiere of my original Piano Trio "Tikun Olam" on June 8 in Farmington Hills (Carol Guither and Jerry Herron won 2 tickets — they'll be there too!) I will be joining my friend Matthew Ball--the Boogie Woogie Kid — June 30th in Oak Park. Anne Roberts and I will once again duel it out at GPUC on two grand pianos when I stop by in October.

Please submit your full name and email address to me (*no street addresses, please*) at 5jp1music4@gmail.com with the words "JP Concerts" OR you can see me after any service on Sunday through April 28th

— Joseph Palazzolo, Pianist



GPUC Welcomes our New Members on May 12th

Please plan on attending our program during the service on May 12th to celebrate our newest GPUC members. You will have the opportunity to enjoy some coffee and cake and have personal conversations after the service with someone new! *Don't forget to wear your nametag.*



Friendship Dinner May 18th

Enjoy a lovely social evening in a members home with dinner and conversation. There will be about 8 people per home. The host/hostess will ask their guests to bring different contributions to the menu. *Sign-up will start April 14th so more info to come.*

Photo by [Stefan Vladimirov](#) on [Unsplash](#)

Attention GPUC Visitors and Newcomers



Have you been attending church services in person or via Zoom for the past few months or longer? Are you ready to make a more formal commitment to GPUC? Consider officially becoming a member and joining our church.

As an official member of GPUC you will be able to vote and have a say in our church business, both financially and in areas of outreach and policy. We are a member run church, and we are in transition to find a new settled minister. This is a great time in our church's history (over 75 years) to have your voice officially heard.

You can join our church by completing the membership form found here: www.gpuuc.org/membership. Our interim minister Mitra Rahnema will contact you to welcome you and affirm your membership. If you have any questions, please contact our membership chair, Sonja Franchett: skrfranchett@gmail.com

Committee Forming On How To Improve The GPUC Website

Hello Members and Friends,

Our face to the greater community today is our website. This is where new residents to the East Side and seekers of a faith community start to search for a church home.

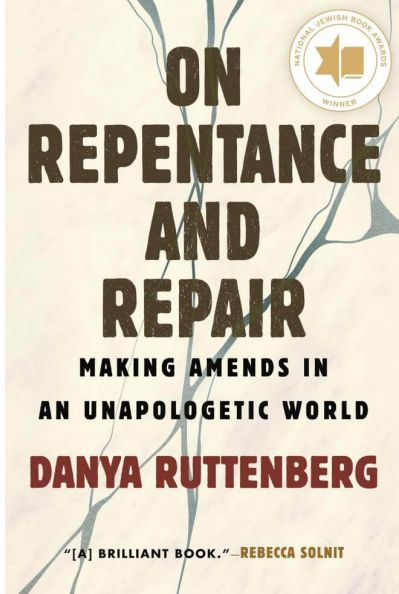
The website is also our internal library for our members. It is the location for our history, current practices, how we are organized, what is going on and our greater connection to the UUA.

While our current website is adequate, we can do better. At our last board meeting, we discussed how we could enhance and improve our current website to provide a stronger informational site and to design it to be easier to navigate.

I am requesting volunteers to explore how we can improve our website. This is a first step. Please reach out to me if you are interested in this important work.

Sincerely,
Ann Lipsitz
President Board of Trustees

**Exploring Accountability with the
UU Common Read:
*On Repentance and Repair***



On Repentance and Repair: Making Amends in an Unapologetic World is the 2023-24 UU Common Read. In this 2022 Beacon Press book, Rabbi Danya Ruttenberg offers a fresh perspective on how we make ourselves accountable to others.

This UU Common Read offers a glimpse into Judaism, one of Unitarian Universalism's foundational sources, through the writings of 12th century physician and scholar, Maimonides. The book invites us to explore practices, informed by Jewish tradition, that can lead us toward meaningful atonement in our personal, community, and national lives.

Find Workshop 1 and more resources for this Common Read at <https://www.uua.org/read>

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 themes are **announced weekly on Wednesdays.**

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 participants can either pay cash/check in person for each session, or pay by 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 4, 11, 18 & 25





Lay Pastoral/Care Committee

Debbie Connelly

April also brings the opportunity to plant seeds of Care and increase our sense of Community within the congregation. Water your ability to reach out and contact members that maybe you haven't seen in church for a while. A simple phone call, thinking of you card, would be welcomed and appreciated.

Rain some Care on those that come to mind, it only takes a moment!

Please keep the following members close at heart and in your thoughts:

Karin Garrett Cora Partlan Amanda Batts and family

Suzanne Ross Shirley Reeves Bill Salot Pat Freiwald

Please contact any committee member when you know of someone in need. We are here to serve.

RESALE SHOP NEWS!!!

We would like to remind all donors that **weekly donations are limited to two small boxes OR two small bags**. We especially need donations of household items, treasures and trifles. We are open on Wednesdays, accepting merchandise from 9AM – 2PM. The sale rooms are open from 10AM – 3PM.
Come visit us!

RESALE SHOP NOW ON SOCIAL MEDIA

We decided it's time to have our own Instagram account where we'll be able to feature vintage & seasonal displays, special event days, monthly bag day in the clearance room, and much more!!

Volunteer Christina initiated this account and has currently achieved 204 GP Unitarian Resale Shop followers!!! Thank you, Christina...you ROCK!!!

Follow so you don't miss a thing at this great space in our community!!!

My faves in the shop today! 8 rms. 10-3



Click For Important Guidelines ...

Click to find us on Instagram or Scan the QR code below



Bayside UU Family Camp

Looking for a great summer experience? Join us at Bayside UU Family Camp held at Lutherdale Camp on the shores of Lauderdale Lakes in Elkhorn, WI. This year, camp will take place June 30th - July 6th. This special week includes adult workshops, activities for

children, free time for family fun and relaxation, and intergenerational activities.

For more information visit their website at <https://baysideuu.wixsite.com/baysideuu> or contact baysideuu@gmail.com.

Zoom Techs Needed

Zoom continues to be popular with our congregants and we publish the recordings on our website. We are now using 2 cameras when the choir sings and with our sound mixer we can provide an excellent audio and video experience.

Broadcasting the service requires a technician to set up, monitor and tear down the equipment for each service. Most of the services are covered by the lead tech Abe Neds-Fox a college student and we have 3 others trained but we need more. We will provide live training and an instruction guide with pictures.

1. General PC Skills
2. Familiarity with uploading Google drive.
3. Zoom experience.
4. Simple trouble-shooting skills
5. Reliable
6. Available Sunday mornings 9:45AM to 12:00PM

We pay \$20/hour.

If you are interested, please contact Rudy Wedenoja at rudy@wedenoja.com or Ameera in the office.

Coffee Volunteers Needed!

Need is high for volunteers to sign up to make the coffee and tea we all enjoy after service.

Current openings include making coffee and/or cleanup.

If you are a new volunteer, pick a date and an experienced congregant will show you the ropes.

Call Kathy Konwiak if you need more information, Thank you.





"! W A N T E D !"

**crooner, minstrel, warbler,
songster/songstress, diva,
nightingale, lounge lizard,
chorister, vehicle vocalist,
troubadour, shower
chanteuse . . . YOU!!!**

If you can relate with any of the above titles, then you're a WANTED person! By whom do you ask? Why the Grosse Pointe Unitarian Church's Adult Choir! Our small choir is recruiting new members to develop the choir into a larger ensemble. Our energetic and fantastic new choir director, Kayvon Kashani-Gharavi, will be glad to help you decide which coral part is best for your voice. Get this, there's no audition for this choir and you needn't even be able to read music! Come give us a try some Thursday evening from 7:15 - 8:30 p.m. in room #2 (the purple room) of the Religious Education wing. The choir rehearses weekly on Thursdays and performs about twice a month during the Sunday Service.

Questions and/or concerns? Contact or call Birdi Hansen-Marr at 586-696-4529.

Giving Made Easy Thanks to Breeze!

Whether you are looking to pay toward your pledge, register for RE or just making a donation to the church, Breeze makes donating so easy that you can do it from the comfort of your couch.

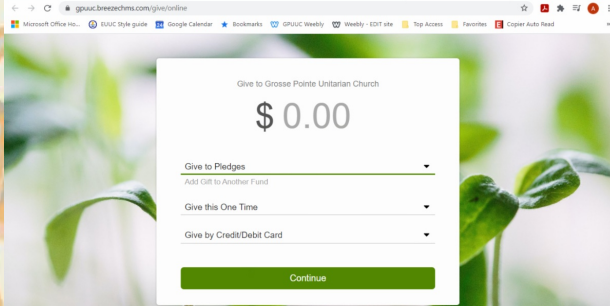
Breeze's checkout module gives you the options of donating using **Credit/Debit Cards or an ACH Payment directly from your bank account.**

Upon checking out, **Breeze will give you the option to cover the processing fee.** The processing fee will provide you with credit towards your total tax-deductible giving for the year and will help us retain every bit of your donation.

Another awesome feature of using Breeze is that you can set up recurring transactions so that you never have to worry about falling behind on your pledge!

If you have any questions about Breeze or how to get started with Automatic Payments, please feel free to reach out to Ameera via email at officegpc@gmail.com.

Thank you!



Our FOOD SHARING collection is always taking donations!

**“There is always a need for food.”
— Crossroads of Detroit.**

It is time to reinvigorate our Food Pantry Collection program. In an effort to do just that we are going to implement a Second Sunday Themed Collection. Starting in January, every second Sunday of the Month will be a special collection day. Themes will include Cereal Day, Canned Meat Day, and Hygiene Products Day, all of which are in high demand. There will be a shelf in the lobby for food and other items and a box for cash donations. Watch for each collection theme in the weekly announcements. **Our next collection Sunday will fall on April 14. The theme is cereal.**

Please consider bringing nonperishable food and toiletries when you go to church. **Our donations are always gratefully received by Crossroads staff! Thank you!**

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.

Sunday Morning Flowers

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@gmail.com or (313) 881-0420. Thank you for sharing your remembrances of special occasions and important people in your life.



DID YOU KNOW...??

Senior Citizen DTE customers, 65 and older who are head of household...did you know *you can save \$3.75 per month (\$45 per year)* ? Call 1.800.477.4747 to speak to a DTE customer representative. The Grosse Pointe Park community FB page said they also asked about previous months and they gave them credit for 3 months prior so just ask if they will credit previous months.

Most customers choose the ease and predictability of the Residential Electric Service Rate, but DTE has more options to consider. Find what is right for you, based on your budget, lifestyle and energy needs.



Speak to one of our DTE customer representatives at **800.477.4747** or message us on Facebook or Twitter.

I want to save on my air conditioning bill.

Interruptible Space Conditioning Service Rate (CoolCurrentsSM) – you save on the cooling portion of your bill by allowing DTE, when demand is high, to briefly cycle on and off your air conditioning unit (includes air source heat pumps).

I have an electric water heater in my home.

Interruptible Water Heating Service Rate – this lower rate for electric water heater usage allows DTE, when demand is high, to briefly cycle on and off the heating elements of your water heater.

I am a senior citizen.

The Senior Citizen Provision Credit – offers a \$3.75 per month savings to eligible seniors who are head-of-household and 65 years of age or older.

- There is no kWh usage requirement to qualify
- The Senior Citizen Provision credit means a savings of \$45.00 per year.

Were You Affected By The Tornado Flooding From Last August 2023?

There will be an open application day for disaster assistance on April 8th at the Kemeny Recreation Center, 2260 S Fort Street Detroit, MI 48217.

DISASTER ASSISTANCE

To apply and get answers to your questions, call:

1-800-621-3362

711 or Video Relay Service (VRS): 1-800-621-3362

Please have the following available:

- Your address with zip code
- Condition of your damaged home
- Insurance information, if available
- Social Security number
- Phone number where you can be contacted
- Address where you can get mail or email address to receive electronic notifications

Direct Deposit: Disaster assistance funds can be sent directly to your bank account. Please provide your bank account type, account number and bank routing number.

Stay in touch with FEMA: When you apply, you will receive a FEMA registration number. Save it. You will need the number whenever you contact FEMA.



Online registration
also available



DisasterAssistance.gov
ACCESS TO DISASTER HELP AND RESOURCES

Disaster assistance is available without regard to race, color, religion, national origin, sex, age, disability, English proficiency, or economic status.

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/>. You can also catch him on Instagram @iamdavidkessler and through his amazing podcast Healing with David Kessler on Spotify. <https://grief.com/podcasts/>. Tender Hearts grief support group <https://www.davidkesslertraining.com/tenderhearts>.

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

Contact Information
Grosse Pointe Unitarian Church
17150 Maumee Ave., Grosse Pointe, MI 48230
Office Hours: Monday - Friday 9AM - 3PM
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