



*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



February 2024

MARCH 2024 NEWSLETTER DEADLINE

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

February 21 - 26

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, February 2, 9, 16 and 23 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

February 4, 2024

10:30 AM

Sermon: *"Life Wisdom from the Camino"*

Worship Leaders: Tonya Wells

Worship Associate: Miriam Engstrom

As a pilgrim on the Portuguese route of the Camino, I learned many things about myself. The personal growth I experienced connects closely with the seven guiding principles of Unitarian Universalism. Join the service to reflect with me on humility, kindness, and self-awareness as I tell a few stories from the walking journey.

February 11, 2024

10:30 AM

Sermon: *"Reawakening American Democracy: Confessions of an Optimistic Judge."*

Worship Leader: U.S. District Judge Terrence Berg

Worship Associate: John Engstrom

Judge Berg will offer his personal reflections on the current state of justice, the rule of law,

and American democracy, based upon his 30+ years of honorable service on behalf of the United States and the State of Michigan.

February 18, 2024

10:30 AM

Sermon: *"The End of Affirmative Action:
How the Supreme Court Got It All Wrong and Why."*

Worship Leader: Chuck Palmer

Worship Associate: Carol Guither

On June 28, 2023, the U.S. Supreme Court issued a decision which effectively ended affirmative action, ruling that race-conscious affirmative action programs are a violation of the Equal Protection Clause of the 14th Amendment to the U.S. Constitution. Join us as Chuck Palmer explains the history and the politics (and simplifies the legal concepts) behind this important decision.

February 25, 2024

10:30 AM

Sermon: *"TBD"*

Worship Leader: Bill Moore read by Miriam Engstrom

Worship Associate: Michelle Scobie

TBD

**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

Happy February Grosse Pointe UU's,

I am writing from Oregon, wearing my rainbow hat knitted by Ann Helm. Thank you Ann. It's cold here – but it's colder there! All of you, individually and collectively, are on my mind.

I want to lift up a few things as we continue in this transitional year.

- If you have not already – please complete this questionnaire about church communication. (It is a google form link. Here it



is: <https://forms.gle/YugWv6E3Vnr54mEAA>) This will help me to understand our

communication patterns.

- Remember – you are encouraged to think about trust building and take one action toward building relationships. Then tell me about it. You can email (mitraingp@gmail.com), or send a card, or leave me a message at the church. From those who have done their homework – it warms my heart to hear about people intentionally widening their circles.
- We are planning Spring Church Chats. This is a time to come together and talk with me and one another about the happenings in the church. Mark your calendars now for Wednesdays at 6:30pm on March 6th, April 10th, and May 8th in our sanctuary.

I am currently working on staffing and personnel policy reviews and look forward to being with you in March for some Spring fun! I am also thinking about processes of resiliency. I wrote a prayer for the UUA's 30 days of love campaign on resiliency and thought I would share part of that prayer below.

Stay warm and see you soon.

*With love,
Rev. Mitra*

Excerpt: Prayer for Resilience, Rev. Mitra Rahnema 2024

We arrive to prayer with stress, sorrow, bits of wonderment, and hope. We center ourselves before the great powers of the universe grateful for the love we know, the warmth we feel, the joy we can imagine, for the people who inspire, the resources we use.
Thank you

Humbly we ask of ourselves, of one another,
of our ancestors, of our faith, of the great holy:
To be aligned with what is most true and good in the universe.
And we pray for resilience while alignment happens.

We prepare ourselves for resilience through the year ahead by:

- Making amends** — clear up any nagging discomfort or despair
- Setting aside shame** — we cannot afford to have it slow us down.
- Shoring up reserves** — keep focused on the big stuff
- Resting the mind** — allow ourselves to laugh, play, love
- Strengthening our relationships** — for trust must exist
- Remembering our values** — bring intentionality alive
- Humbling ourselves** — remember we cannot make it all better on our own.

For then, we will be ready to receive our prayer.
Our prayer for resilience.

May it be so, Amen.



Church Chat with Rev. Mitra

Once a month: Wednesdays 6:30-8pm in Sanctuary

March 6th

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 conversation.

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

Let us talk, listen, and maybe even laugh a little. Let's chat!

Religious Education News



Just think...all the endless possibilities February could bring to you and your family! I tend to think of people that I love because of Valentine's Day - but then I rethink my New Year resolutions and I start thinking seriously about what I am going to accomplish during the year. So, these are a few of my questions to myself for the Love month of February:

- Who is the ONE PERSON I would most like to help or develop this year?
- Who is the ONE PERSON I would most like to learn from this year?
- If I could only do ONE BIG THING this year, what would it be?
- Where is the ONE PLACE I would most like to go this year?
- What is the ONE ROADBLOCK holding me back this year?
- What ONE THING could I do to remove that roadblock?
- What is the ONE THING I do best?
- What is the ONE NEED I feel most deeply burdened by and uniquely qualified to meet?
- What is the ONE TRUTH I would most like to share with people this year?
- What is the ONE HABIT I would most like to stop this year?
- What is the ONE HABIT I would most like to start this year?
- In what ONE AREA in my life would I most like to grow this year?

So, over the next couple of weeks, spend some time with your family to think about these questions. You may want to sit down over coffee with some GPUC friends and discuss some of these questions. This is a wonderful way to love yourself and then love others.

Religious Education Lessons

The nursery will be open at 10:15 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 for parents to enjoy and get to know each other.

The students asked to put together peanut butter sandwiches again. This was a service project that our classes worked on for the Detroit area. We made 120 sandwiches and delivered them to the agency that passes them out in Detroit.

Our students also had a church visit to Grosse Pointe Methodist Church and then went to the Coney Island for breakfast. We will be visiting another church in March or April.

Dates to Remember

February 4th at noon — Are you coming to the “Beyond the Birds and Bees” workshop? Light lunch provided. Please RSVP for childcare.

February 6th - Feeding the Homeless

February 11th - RE Committee meeting at 9:15 a.m. in Room 7 of the RE wing

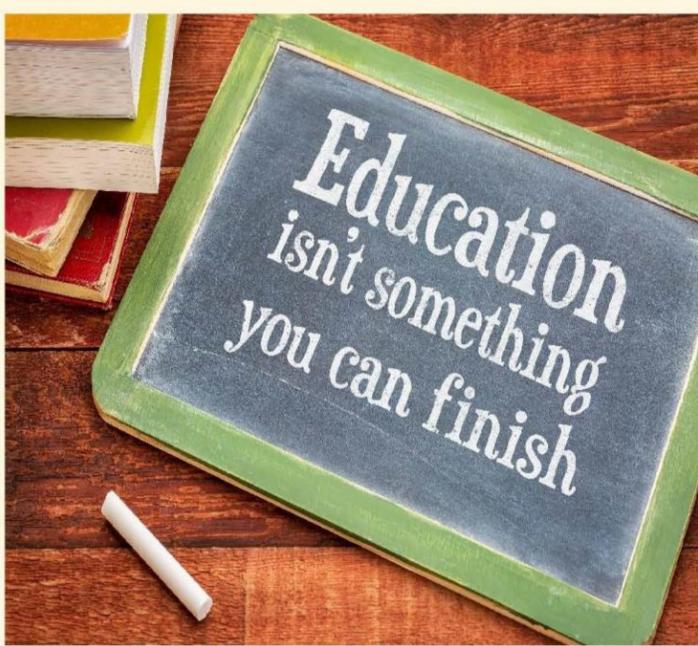
Where there is great love, there are always miracles.

— Willa Cather

Happy Valentine's Day

Julie Artis,

Director of Religious Education



It's 2024. Is Your Education On Sex Ed Issues Up-To-Date?

Do You Know The Latest On STI's And STD's And LGBTQ Definitions And And And?

Just What IS All The Sex Ed Stuff That Your Children Have Been Learning?

Is Agender, A Gender?

Does Sex Positive Mean A Good Test Result?

Does PEP Mean To Rally At A High School Football Game?

Is Chlamydia A Pretty Flower Name?

Has Birth Control Changed Since "Back-In-The-Day"?

On Sunday, February 4th The Grosse Pointe Unitarian Church, Partnering With Planned Parenthood Of Michigan, Will Be Sponsoring The Lifelong Education Event,

"Beyond The Birds And The Bees"

The Program Will Be Led By Natalie Elliot, Community Outreach Educator, Planned Parenthood Of Michigan. This Opportunity To Learn Is Designed For Parents, Grand Parents, And Other Interested Adult Church Or Community Members Who Want To Learn What 2024, State-Of-The-Art Sex Education Is

The Program Will Be Held In The Grosse Pointe Unitarian Church Sanctuary From 12 PM-2 PM. Ms. Elliot's Remarks Will Conclude At Approximately 1:30 PM With Q & A To Follow. A Light Lunch Will Be Available (Donations Are Appreciated To Cover Lunch Expenses)

Reservations Are Not Required

"Education Isn't Something You Can Finish"



The Grosse Pointe Unitarian Church 17150 Maumee Ave. (Corner Of Neff And Maumee)
Grosse Pointe, Michigan 313-881-0420

PL
12/23



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

Announcements, Upcoming Programs And Events



**Let's Celebrate with a
Happy Chinese New Year** of the Dragon,
a symbol of power, strength, and luck!
Join us for a catered lunch after service on
Sunday, February 11 in the Annex.
Click the link below to RSVP by February 5th!
Please indicate if you have any Dietary Restrictions.

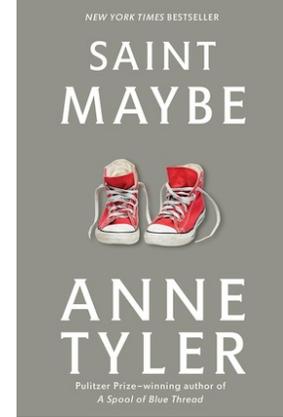
[Click Here to RSVP by February 5th for Luncheon](#)

Book Discussion Group News

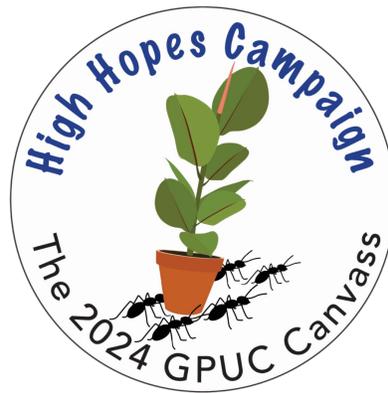
For February, the group will read *Saint Maybe* by Anne Tyler, and Juli Moore will facilitate. We will meet via Zoom Tuesday, February 13th, at 6 p.m.

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



Maybe you remember hearing that funny little song, first recorded by Frank Sinatra in 1959, “*High Hopes*” — it’s a catchy tune with those goofy lyrics about an ant that thinks it can move a rubber tree plant:

*Next time you’re found, with your chin on the ground
There’s a lot to be learned, so look around
Just what makes that little old ant
Think he’ll move that rubber tree plant
Anyone knows an ant, can’t
Move a rubber tree plant*

*But he’s got high hopes, he’s got high hopes
He’s got high apple pie, in the sky hopes
So any time you’re gettin’ low □’
stead of lettin’ go
Just remember that ant
Oops, there goes another rubber tree plant!*

Sinatra’s song became a hit, a true classic, that went on to be recorded by everybody from Sammy Davis Jr. to Dinah Shore to Doris Day to Bing Crosby — down to Laverne and Shirley, even Principal Skinner sang it, on *The Simpsons*. No wonder the song became a classic because here’s what classics do: they remind us of things we already know about ourselves that we maybe forget or pay too little attention to, and then a classic — like that goofy little song — comes along, and it catches us unawares, before everything that makes us feel low can take hold, so instead of “chin on the ground,” we end up pulling for the ant, and before you know it, “*Oops, there goes another rubber tree plant.*”

When it comes to GPUC, there are plenty of good things to be reminded of, to keep our chins off the ground; like that classic song advises, “*there’s a lot to be learned, so look around*” — at everything we do for ourselves and each other, from religious education for

our kids, to the Resale Shop, to great music every week, including our back-again choir, to Reverend Mitra and our Sunday services, to the sustaining fellowship that comes to every one of us, as part of this beloved community. And the list could go on. But despite all those good things, we might still find ourselves feeling stuck, like in the song, maybe “getting’ low” and feeling like “lettin’ go.” Maybe it’s not so big a challenge as an ant moving a rubber tree, but the challenge we face now is considerable. We’re engaged in the process to find a new minister and a new music director. Given that we still haven’t replaced all of the parking lot rental money lost last year, it is even more critical for everyone who can to increase their pledges.

So, we’re asking you to indulge in a little reflecting, to think back on all this beloved community has done, and what it has meant to you, over the many good years we have spent together. And like that ant, we invite you to make a classic leap of faith — faith in what we can do together now, if only we believe in all that’s best about ourselves. Please, “just remember that ant,” and help us move that rubber tree plant.

¹High Hopes, music by James Van Heusen and words by Sammy Cahn.

Thanks to Bill Rehahn for designing the campaign logo.

There Goes Another Rubber Tree Plant

GPUC Canvass 2024



SAVE THE DATE!

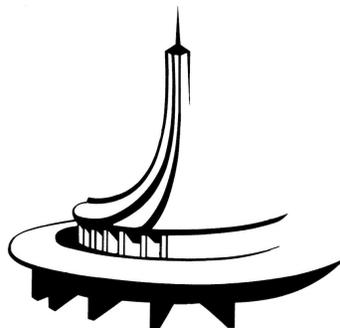
**2024 CANVASS KICKOFF LUNCHEON
SUNDAY MARCH 10, 2024
11:45 a.m**

Please join us for a celebratory lunch (No speeches, just food and fellowship) at the 2024 Canvass Kickoff Luncheon on Sunday, March 10th, immediately after the service. Childcare and lunch for the children will be available. Pledge forms will be distributed to all members in attendance. Sign up forms for the luncheon and childcare will be circulated soon.

The Canvass Committee

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

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 Rahnama 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,

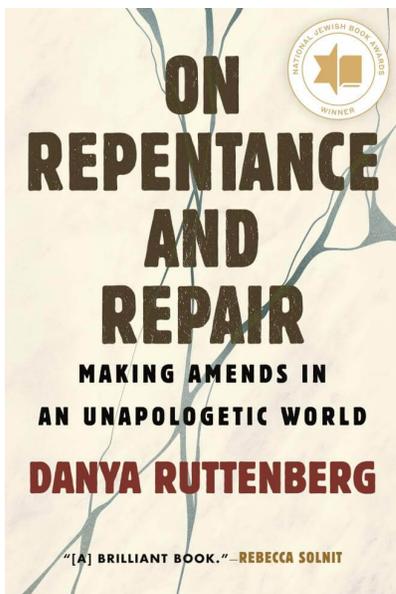
Our face to the greater community today is our website. This is where new residents to the East Side and seekers of a faith community start to search for a church home.

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, February 1, 8, 15, 22, & 29



Lay Pastoral/Care Committee

The Power of One

One song can spark a moment,
One flower can wake the dream.
One tree can start a forest,
One bird can herald spring.
One smile begins a friendship,
One handclasp lifts a soul.
One star can guide a ship at sea,
One word can frame the goal.
One vote can change a nation,
One sunbeam lights a room.
One candle wipes out darkness,
One laugh will conquer gloom.
One step must start each journey,
One word must start each prayer.
One hope will raise our spirits,
One touch can show you care.
One voice can speak with wisdom,
One heart can know what's true.
One life can make the difference,
You see, it's up to **You!**

www.LearningStationMusic.com

Do you have a **Joy, Anniversary, Accomplishment, Sorrow** or **Birthday** you wish to share with our community? Feel free to share by filling out a card and placing it into the box provided at the desk by the office. It will be shared the following Sunday during *Pastoral Moments*.

Please consider sending a note, calling or visiting:

Bill Salot Patty Freiwald Suzanne Ross

Or any member listed in the directory that comes to mind.
February a wonderful time to remember others!

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 186 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](#)



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.



2023-24 DIRECTORY – PHYSICAL COPIES

GPUC Members and Friends,

Directories have been made available for pick up since mid-November. They are available for pick up during office hours and before or after Sundays services. They are alphabetically arranged and located on one of the wooden tables in the entrance foyer (look for the sign).

Any directory not picked up by March 1st will be mailed out. If you would like it to be mailed out to you sooner, please send an email to Ameera (officegpuc@gmail.com) and it will be sent out via USPS First Class Mail within 1-2 business days.

If you have any questions regarding the directory or need help accessing the online copy, please do not hesitate to reach out too! Thank you!

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.





ATTENTION WOMEN AND MEN WHO ENJOY SINGING!

GPUC's Adult Choir is looking for more singers to help grow our rather small choir. We especially need those who sing tenor and bass parts, but we won't turn down additional sopranos and altos! Our awesome director, Kayvon Kashani-Gharavi, will gladly help you figure out which voice part suits you best. This is an audition-free choir, so you needn't have to worry about that!

The choir rehearses weekly on Thursday evenings from 7:15 - 8:30'ish, in room #2, (the purple room), in the R.E. Wing. We perform during the Sunday service usually twice a month. While 100% attendance would be fantastic, we know that isn't realistic. Occasional absences due to health, travel, work, and family matters is understandable.

Please consider becoming a part of our fine Adult Choir. We have a great time together but would have an even greater time by adding your voice to the ensemble! If you're ready to sing with us, just show up at a rehearsal, it's that easy!

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.**

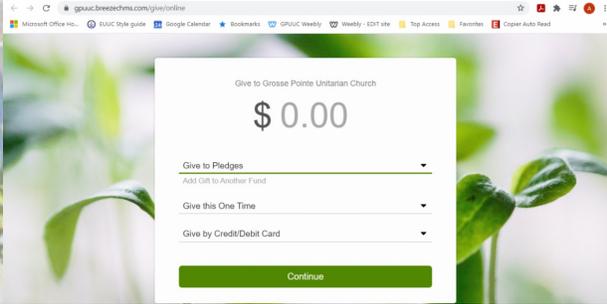
Upon checking out, **Breeze will give you the option to cover the processing fee.** The processing fee will provide you with credit towards your total tax-deductible giving for the year and will help us retain every bit of your donation.

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 officegpuc@gmail.com.

Thank you!

[Click Here To Give Now!](#)



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 February 11. Theme is Canned Meats.**

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.



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

UU Peer Led Grief Group

This announcement pertains to a new peer led group available across the country via the internet. If you are at least 18 years old and grieving the loss of a friend or family member, including pets, you may benefit from these meetings with a compassionate online community. **This group will meet every Saturday for 12 weeks from 12pm to 1pm EST starting February 4, 2024.** The goal would be to meet in a structured way to assist in moving through the process of grief toward the resolution of feelings and toward gentle comfort. This group is sponsored by the Unitarian Universalist Mental Health Network.

If you would like more information about the group, please email UUPeerGrief@gmail.com

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
Phone: 313-881-0420 Fax: 313-881-6430
Email: officegpuc@gmail.com
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Editor: Kathleen Ruhl newslettergpuc@gmail.com

Background Created by Kathleen Ruhl

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