



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

Reverend Mitra Rahnama

March 2024

APRIL 2024 NEWSLETTER DEADLINE

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

March 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, March 1, 8, 15, 22 and 29 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

March 3, 2024

10:30 AM

Sermon: *"What on Earth Have You Done?"*

Worship Leaders: Reverend Mitra Rahnema

Worship Associate: John Engstrom

There are moments in life when this question is an accusation. Other times it is an evaluation. And at its best it can be a spark of reflection? Let us examine how we might reveal more meaning in life. Returning to the pulpit this Sunday, Rev. Mitra will also reflect on what has been going on and what is to come.

March 10, 2024

10:30 AM

Sermon: *"Righting our Relationships"*

Worship Leader: Reverend Mitra Rahnema

Worship Associate: Meghan Boomhower

Creating and maintaining intentional positive relationships is no easy task. It takes sowing seeds, tending, humbling, and resetting ourselves as we deepen our engagement and live into the people we want to be. Today, we explore our hope to be in "right relationship" with ourselves and one another.

Friendly Reminder: *Daylight Savings Time begins, so Spring forward one hour.*

See you bright and early!

March 17, 2024

10:30 AM

Sermon: *"Finding Courage in the Wilderness"*

Worship Leader: Cassandra Hartley

Worship Associate: Carol Guither

A New Story — Breaking unhealthy patterns and cycles in our lives can feel impossible

sometimes. Join us as the Rev. Cassandra Hartley explores how we can find the courage to do the impossible and trust that something better will emerge on the other side.

March 24, 2024

10:30 AM

Sermon: *"Return Again"*

Worship Leader: Reverend Mitra Rahnema

Worship Associate: Tonya Wells

On this day, the stories of Passion Sunday commemorating Jesus' final return to Jerusalem are told. Today, we explore the valleys of our hearts and minds, the oppression we know, and the journey we repeatedly take to return to the land of our soul.

March 31, 2024

10:30 AM

Sermon: *"Begin Again"*

Worship Leader: Reverend Mitra Rahnema

Worship Associate: Michelle Scobie

The stone is rolled back and fresh air comes rushing in. Today, we explore new manifestations of who we are. Let us celebrate the story of Easter as we honor the human capacity to begin again.

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,

Soon I will be back in town and I look forward to the Spring; buds emerging, leaves greening, flowers in bloom. It is a natural time to turn toward an embrace of new patterns – rooted in systems that have been there all along. Such is also the season for our congregational community – imagining what might (re)emerge. What an exciting affirmation of life begetting life!

Save the DATES: Thinking about Spring, here are some things to mark on your calendar.

Church Chats: Wednesdays at 6:30pm on March 6th, April 10th, and May 8th

Annual Canvass Kickoff: March 10th

Church Communications Workshop: April 21st after church.



Joseph Palazzolo Farewell Luncheon: April 28th after church.
Annual Congregational Meeting

Some other updates on what is happening are:

Music Transitions: I want everyone to know about the search for a new music director. We can certainly talk more about it at the church chat, but for now here is a brief outline.

- A hiring committee has been formed. These people were nominated by our Board and Music Committee: Jeremiah Hess and Maurya Kay (Board Nomination), Birdi Hansen, Paul Lipsitz, Gary St. John (Music Committee Nomination), and Minister. Additionally, Ameera Bandy will be a non-voting member offering administrative support.
- The committee is charged with evaluating current position structure and compensation, surveying congregation on our music, creating a description, advertising, interviewing, hiring, and onboarding a new Music Director to begin in the Fall of 2024. We will do our best to communicate about our progress.

Additionally, between May 1st and June 16th, our worship music will be coordinated by our current Choir Director, Kayvon Kashani-Gharavi. We have hired him as Worship Music Coordinator for seven weeks. This time will be followed by our wonderful volunteer musician/pianist, Anne Roberts, who will coordinate worship music through the summer.

Membership: It is an honor to share that as of February 20, 2024 we have seven new church members. In May we will get to celebrate all new members in worship.

Hiring Custodian Assistant: Long overdue, our congregation has officially hired Jay Barber, Willie's son, to help with the building cleaning and set-up. If you see Jay on a Saturday, please thank him for years of care he has already given us.

Community Building: Some may remember, last December, I challenged you to do one thing to build trust in the congregation and then tell me about it. Receiving descriptions of people reaching out, softening hearts, being vulnerable, and building trust is the real joy of being in ministry. The little ways we expand our lives are my most favorite things to hear. I encourage anyone who hasn't yet, to send me their testimony of strengthening the fabric of community.

*See you soon!
With gratitude and 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

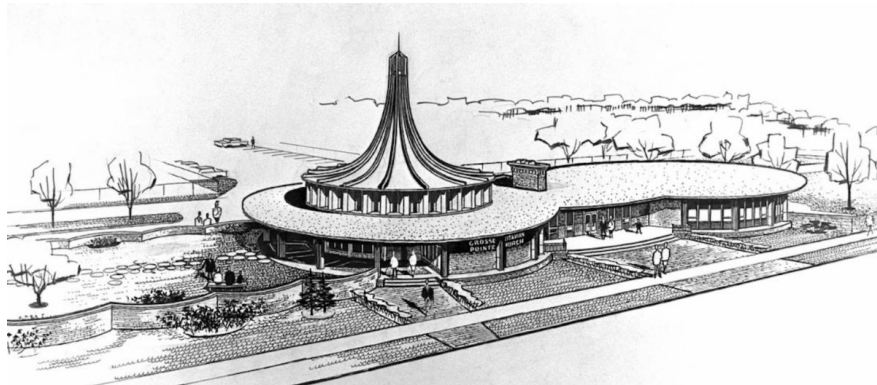
May 8th

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



Dear RE Families,

Below is information that I would like you to read to your family about March 19, 1939, which is GPUC's Founders Day. What Founders Day means? **A day celebrating the anniversary of the establishment of a society or organization, on which its founders are honored.** In any organization the celebration of the Founder's Day is undoubtedly the most important in the calendar of annual events. There were 66 members who founded GPUC. We updated our mission and vision statement over the years.

The members of our church have established a mission statement and a vision statement. It is important that our students hear these words, and we teach them the mission and vision of our beloved church. This is our present mission and vision statement.

GPUC Mission Statement

We are a welcoming, compassionate community.

Committed to learning, service, social justice.

Celebrating joy, diversity, and integrity on our spiritual journey.

GPUC Vision Statement

Preamble

We, the Grosse Pointe Unitarian Church congregation, commit to creating a liberal religious presence in our community and beyond — a dynamic presence that enables us to "envision a life filled with compassion for all, shared in beloved community, and lived in a just world." Our vision statement reflects our congregational commitment to the future. It is based on the congregational responses to an anonymously administered survey followed by vigorous discussion shared in open, small groups.

The vision captures our congregational dreams for our spiritual and programmatic needs, outreach and social justice efforts, facilities needs, pastoral care, fellowship opportunities and fundraising efforts.

Vision Statement

We provide diverse and compelling ways for people of all ages to grow in spirit, conscience, and wisdom. Our worship services, lifelong educational programs, music, and service initiatives inspire children, youth, and adults to live with greater purpose, respect, and love. Through meaningful advocacy, outreach, and service we express our common commitment to social justice, peace, and compassion within and beyond our community.

As a welcoming and compassionate community we recognize that the care of one another is our shared responsibility. We recognize the importance of deep and enduring relationships within our congregation. We respond kindly and generously to needs within our community. We strive to welcome and integrate newcomers effectively. We foster fellowship by offering a variety of opportunities for social interaction in large and small groups.

The architectural design of Grosse Pointe Unitarian Church and its grounds are a statement of hope for all to see. We will maintain and enhance our church grounds and facilities to meet the needs of our church family.

Religious Education Lessons

Sunday, March 1 we will be making peanut butter sandwiches for the homeless. This is a service project.

Sunday, March 10 there will be a luncheon for the students in the RE wing at 12 noon. There will be sitters to care for the students. All parents are asked to sign up and attend the Canvass Luncheon that will take place in the annex. This is also Daylight Savings, Spring Forward. Sign up at the link below.

Sunday, March 17 the students will learn about GPUC Founders Day.

Saturday, March 23 there is a service project at the War Memorial. Sign up at the link below.

It is the first mild day of March. Each minute sweeter than before...

There is a blessing in the air.

— *William Wordsworth*

Stay safe,

Julie Artis,

Director of Religious Education

[Click Here to Sign-Up for the March 10 Canvass Luncheon](#)

[Click Here to Sign-Up for the March 23 War Memorial Service Project](#)



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

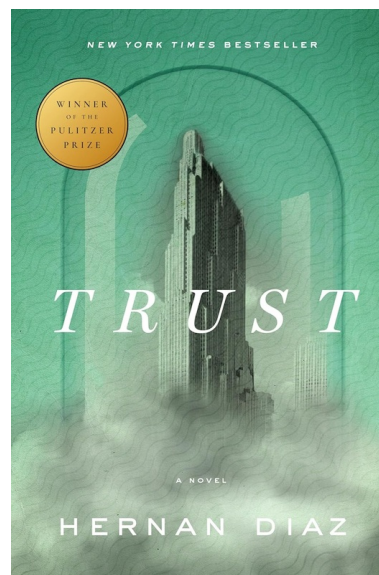
Announcements, Upcoming Programs And Events

Book Discussion Group News

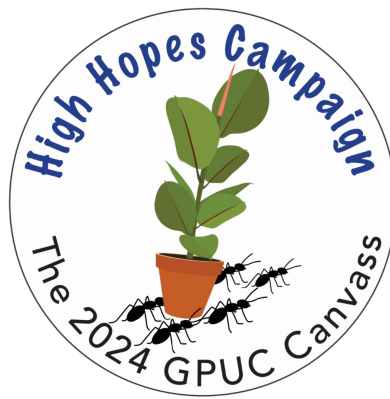
For March, the group will read *Trust* by Herman Diaz. Robin Ramsay will facilitate. We will meet via Zoom Tuesday, March 12th at 6 p.m.

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!¹*

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.

There Goes Another Rubber Tree Plant
GPUC Canvass 2024



2024 CANVASS KICKOFF LUNCHEON SUNDAY MARCH 10, 2024

To kick off our annual Canvass pledge drive, we are inviting members and friends to a festive luncheon on March 10th, immediately following the morning service. You will have a chance to enjoy some good fellowship, and also to make a pledge of financial support for the next fiscal year. Please come and make your pledge. And if you do, you can look forward to not having to respond to an email or phone call from one of us on the Canvass Committee. Signup will close after Wednesday, March 6th, so RSVP now, and join us for a fine, catered meal and maybe a mimosa to go with it. See you on March 10th!

The Canvass Committee
Jerry Herron, Chuck Palmer, Rudy Wedenoja, and Marsha Zeller

[Click Here to Sign-Up for the March 10 Canvass Luncheon](#)



UNITARIAN UNIVERSALIST
MINISTRY FOR EARTH

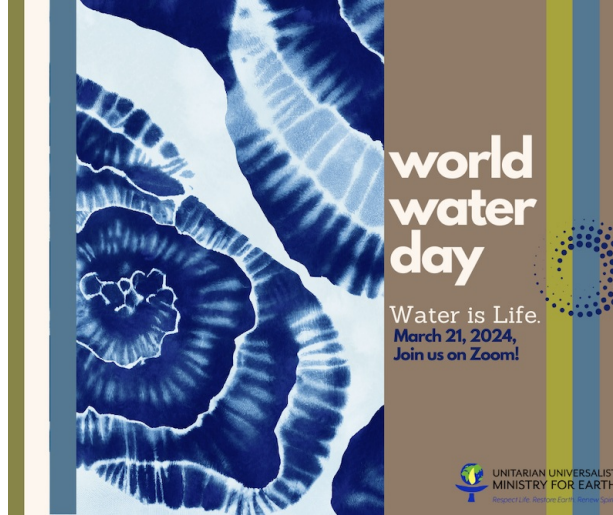
Respect Life. Restore Earth. Renew Spirit.



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.](#)



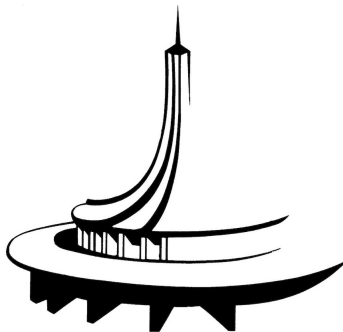
World Water Day: Water is Life March 21 at 4pm PT / 7pm ET

World Water Day celebrates water and raises awareness that 2.2 billion people live without access to safe water. We are honored to welcome Rev. Dr. Clyde Grubbs and Rev. Karen Van Fossan into a conversation on this important and sacred day. They are defenders and protectors of water; two spiritual leaders in our UU movement who will help us build a heart-centered approach to a right relationship with Mother Earth and her waters

Rev. Dr. Clyde Grubbs is a Unitarian Universalist minister who served congregations in Indiana, Quebec, Massachusetts, Texas, Florida and California. He honors his Native American heritage (Texas Cherokee) which informs his spiritual understanding and practice, and his anti-racist and anti-oppressive commitment. He has worked for peace, justice and equality since he was in the Unitarian Universalist youth movement, Liberal Religious Youth.

Rev. Karen is also a Unitarian Universalist minister and author of *A Fire at the Center: Solidarity, Whiteness, and Becoming a Water Protector*. She is an abolitionist, licensed professional counselor, and former defendant in the Line 3 pipeline resistance. She is pursuing a Doctorate of Ministry specializing in abolition through Pacific School of Religion. Clyde is on her dissertation advisory committee. Karen lives in Fargo, North Dakota, on the traditional lands of Anishinaabe, Lakota/Dakota, and many Indigenous peoples.

[Click here to register for World Water Day.](#)



**NEW UU MEETING
SUNDAY MARCH 24, 2024
11:45 a.m**

There will be a New UU meeting for all interested visitors and newcomers to GPUC on

March 24, at 11:45 am, right after the service. Please grab a coffee or some water and join us in the library to discuss the ins and outs of belonging to the Grosse Pointe Unitarian Church. All questions welcome! Light refreshments will be provided. The meeting will last about an hour and everyone is welcome! Please RSVP to our GPUC office administrator, Ameera Bandy, if you plan to attend. officegpuc@gmail.com

SAVE THE DATES!!!



All Church Workshop on Strengthening our Communication Patterns 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.

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



Joseph Palazzolo Farewell Luncheon 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. More info to come in the April Newsletter.

To keep in the loop with Joseph's events, you can join his email list at



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 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,

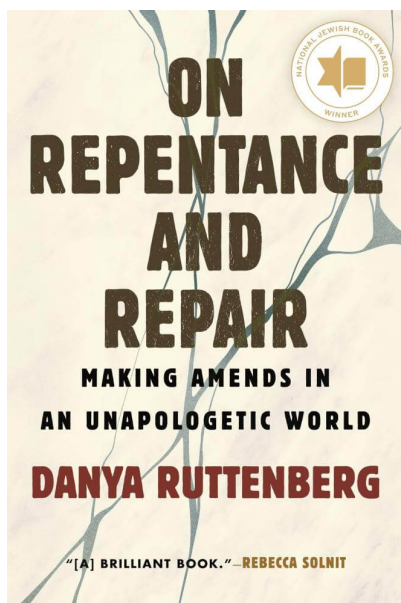
Our face to the greater community today is our website. This is where new residents to the East Side and seekers of a faith community start to search for a church home.

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, March 7, 14, 21, & 28

Lay Pastoral/Care Committee

Debbie Connelly

Helping Others

Poet: Kate Summers, © 2011

Too often the world is full of only about me
Others need help and if only I would be
More generous and caring for others
Realizing at the end of the day we are all brothers.

We all have time to help another
Rather than looking the other way and taking cover.
It may be money, it may be time
It all helps if only a dime.

There is such a need in this world today
To lend a helping hand is certainly a way
We could give back instead of being greedy
The world is full of people who are needy.

Many times it is not their fault
Where they live is under assault
And you never know when the day will come
When you will need a helping hand and some.

So while the times are good for you
Consider others in all you do
Open your eyes and lend a helping hand
There is much we can do, and so much demand.

You will find blessings come back to you
And feelings of thankfulness will be true.
You will impact the lives of others in a way
That you may not realize, please help today.

Is there someone in our congregation that you have missed seeing in church or that you know is home-bound who you would like to send a card to?

Cards are available at the little desk in the foyer. Pick a card, write your note, seal, and jot their name on the front, we will fill in the address and mail it for you..

Please feel free to include those members that live out of state let our community know that you/we are thinking of them.

***Patty Freiwald * Suzanne Ross *Shirley Reeves * Bill Salot**

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 197 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.

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.

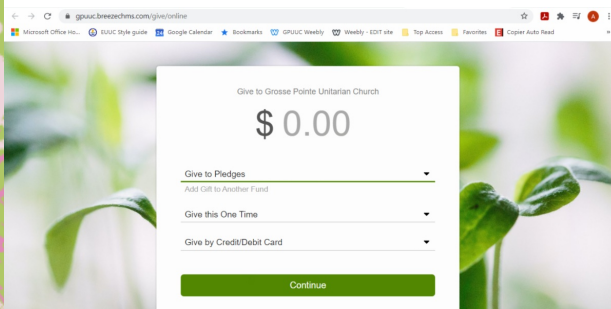
Breeze's checkout module gives you the options of donating using ***Credit/Debit Cards or an ACH Payment directly from your bank account.***

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 March 10. Theme is hygiene products, including menstrual products.**

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



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](https://www.instagram.com/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

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