

Unconditional Love
**Grosse Pointe
Unitarian Church**
Radical Inclusivity



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

Reverend Dr. Alexander Riegel, Minister

May 2022

June 2022 Newsletter Deadline

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

Saturday, May 21st

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

Upcoming Services



Announcement Regarding Sunday Service Mask Policy

Dear Congregants,

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

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

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

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

Sincerely

GPUC Board

Worship services will continue to be provided online using Zoom.

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

The Sunday worship service Zoom link will be sent by email on Friday afternoons, May 6, 13, 20 & 27.

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.
-

May 1, 2022

10:30 AM

Sermon: *"Ukraine, Just War Theory, and the Nation State"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Michelle Scobie

The war in Ukraine has invigorated the world community in a manner not seen since the end of WWII. This Sunday, Dr. Riegel will speak about this war in light of Just War Theory and the importance of the nation state to world order.

May 8, 2022

10:30 AM

Sermon: *"Phenomenal Woman"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Maurya Kay

Join us for our Mother's Day service as we celebrate the contribution of women to life and culture. We will consider the contributions women have made to religion, literature, art, and music.

May 15, 2022

10:30 AM

Sermon: *"You Are the Melody"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Carol Guither

Life can be very demanding and we can often feel that we are not measuring up to the task. Nothing could be further from the truth! Despite our human foibles, each of us is a gift from the universe and our place in it is deeply sacred and valuable. This service serves to remind us of that.

May 22, 2022

10:30 AM

Sermon: *"RE Sunday and New Member Recognition"*

Worship Leaders: Julie Artis and Dr. Alexander Riegel

Children's RE is a vital part of our liberal religious place in the world. This is our yearly service in which we recognize the efforts of all those people who make our children's religious education program happen week after week, month after month, and year after year. We will also be welcoming to our fold those new members who have recently joined us.

May 29, 2022

10:30 AM

Sermon: *"A Journey into UUism"*

Worship Leader: Anne Roberts

Worship Associate: Michelle Scobie

Anne Roberts, long time UU and member of GPUC, will be speaking about her own journey into our liberal religious faith. How did she discover us? How do her UU values color her view of life? And, why is she so committed to this beloved community and our UU faith?

Alexander's Meander



On April 17th, I was sick with the flu so I had to forego my Sunday morning duties for only the second time in 30 years. I was very disappointed about that, as I was very much looking

forward to sharing my thoughts about trees. Trees? Really? Trees?! Yes! Kimi and I love trees. I especially like the story "Whisper from the Woods," which Maurya Kay read in my absence. It is a touching story about the life cycle of a "mother tree" in the woods, which gives life, then gives her life, for the sake of her offspring.

The fallen tree pictured above lies on our property in Grayling. I've named her "Whisper," after the mother tree in the story. She, too, was felled by a storm. She, too, lies in the woods surrounded by her offspring. She, too, is giving her life... Sitting by her in quiet contemplation is a powerful, subtle, and poignant experience. Mostly, she grounds me. I need grounding these days! Don't we all?!

With this in mind, I encourage you all to take a moment and reflect on what grounds you. Is it something in nature? Another person? A private interest (As you know, I also like to read mystic poetry with the smell of incense wafting about me and a glass of vino close at hand.)? Recall what it is that grounds you and return to it. Find your power there – again. After all, the storms, they keep a blowin'...

Namaste,

Alex

Religious Education News



It's hard to believe that our church school year is winding down so quickly! This year we have been studying the Unitarian Universalist curriculum for the Lower through Senior High grades. We have also offered senior high OWL classes. Sunday, May 22, at 10:30 a.m. is our Religious Education Sunday. Please mark your calendars and join us to share our celebration of learning this past year. Two students will present their Statement of Faith project. We will have CAKE!! Sunday, May 8 is Mother's Day! The first Mother's Day was started by a tiny, red-haired, woman named **Julia Ward Howe**, who lived from 1819-1910. She was a Unitarian who started the special day for all women, all over the world to work for PEACE. She believed that mothers should step up in the matters of wars. She believed in leaders using peaceful ways to settle problems. She started a festival which she named "Mother's Day," and she chose June 2 as the day of celebration. In 1906 a woman named Anna Jarvis proposed that Mother's Day be

celebrated on a different day and the US Congress settled the matter by voting in 1913 for Mother's Day to be the second Sunday in May. Julia Ward Howe is best remembered for writing the famous song, "The Battle Hymn of the Republic" and for her stance against slavery. Julia wrote a Mother's Day Proclamation that you can read at

<https://www.plough.com/en/topics/culture/holidays/mothers-day/the-original-mother-s-day-proclamation> As parents, we can share our UU faith on Mother's Day by teaching our children and reviewing our 7 Principles of Peace with the whole family.

7-Principles of Peace

LOVE * HOPE * JUSTICE * FORGIVENESS * COURAGE * FAITH * UNITY

Date to Remember:

May 1 - Junior/Senior class report to annex at 10:30 a.m.

May 8 - Mother's Day

May 22 - RE Sunday

Julie Artis,

Director of Religious Education

Summer Art Camp

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

session 1
Art and Nature

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

session 2
Art and Nature

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

session 3
Art and Mindfulness

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

session 4
Art and Mindfulness

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

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

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



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

GPUC Religious Education Book Loan Program

Interested in reading more about Unitarian
Universalism for adults?

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

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

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

Announcements, Upcoming Programs And Events

SPRING FORWARD, GPUC! 2022 MINI-AUCTION BIDDING STARTS SUNDAY, MAY 1

This is our biggest fundraiser of the year. Please participate!

YOU CAN'T BID UNTIL YOU REGISTER so PLEASE REGISTER NOW.

SO EASY TO REGISTER

- On your computer, tablet or smart phone, [GO TO charityauction.bid/SpringForwardGPUC](https://charityauction.bid/SpringForwardGPUC)
- Click the REGISTER button: There's one at the top of the page AND another if you scroll down
- Enter your information: Name, email address, phone number and home address
- Enter a password of your choice for your Auction Account
- At this point, you can also register a credit card to make it easier to pay for your winnings later, OR you can **SKIP THIS STEP**
- ***The program will send you an EMAIL. **Click the CONFIRM BUTTON in the email to VERIFY your registration**
- **NOW YOU HAVE AN ACCOUNT AND PASSWORD FOR BIDDING AT OUR AUCTION!!!**

CHECK OUT THE CATALOG

- Celebrate the generosity of our congregation!
- Lots of opportunities for fun and fellowship! 12 Parties and Events
- Wine and other festive libations!
- Luscious homemade meals and treats!
- Books, Music, Symphony tickets!
- Gift cards to wonderful restaurants and shops!
- Exquisite artisan-made accessories and home décor!
- Practical gadgets and helpful services provided by your fellow congregants!

STARTING MAY 1, come to the website and Bid, Bid, Bid!!

BIDDING ENDS MAY 16 at 8PM



SPRING FORWARD

2022 ONLINE SILENT AUCTION

Help Us Grow!

GPUC

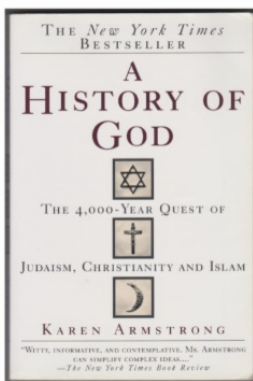
BIDDING
BEGINS SUNDAY MAY 1
ENDS MONDAY MAY 16

CharityAuction.bid/SpringForwardGPUC

Grosse Pointe Unitarian Church



Adult Religious Education



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

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

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

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

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

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

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



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

Let's Talk About It!

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

ARE Mission Statement

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

Cordially,

The GPUC ARE Committee:

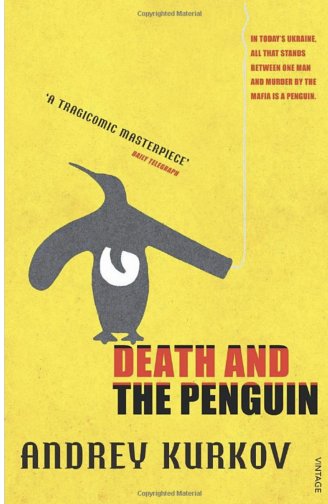
Jerry Herron (chairman)	Lynn Rehahn
Rev. Alex Reigel	Bill Rehahn
Marlane Washington	Ghada Abdallah

Grosse Pointe Unitarian Church



**GPUC and GP Public Library to host Ukrainian Author,
Andrey Kurkov
Wednesday, May 11, 2022
7:00 PM - 9:00 PM**

Andrey Kurkov is a Fulbright alumna and prominent Ukrainian author. He has written 20 novels and 10 children's books. Kurkov's novels include "*Death and the Penguin*," one of his best-selling



novels, as well as "Grey Bees," his latest novel, which will be available for purchase at the event.

Reverend Dr. Alexander Riegel said, "Grosse Pointe Unitarian Church is delighted to be hosting this event, providing the Grosse Pointe communities a rare opportunity to engage a renowned Ukrainian intellectual and author, and to learn about the current geopolitical struggles the brave and noble Ukrainian people now face."

This event is free and open to the public. To register for this event, visit the Library's website:

Click this link to register for the GPUC & GP Public Library event

GPUC Annual Meeting

The church bylaws require an annual meeting to be held each May. **This year the meeting will be held May 15, shortly after the morning's worship service.** Currently it is anticipated that the meeting will be held in person and will be streamed live via zoom as well. The board will be meeting again the week before the annual meeting and as always will assess the then current COVID risk to determine if plans need to be changed. At the meeting, in addition to other business, the budget for the upcoming church year will be presented and the nominees for committee and other leadership posts in the church will be presented for approval by the congregation. Your attendance and participation are strongly encouraged. The list of folks nominated by the Leadership Development Committee to serve in leadership positions for the upcoming year is attached.

Click to view the GPUC Nominating Slate for 2022-2023

Book Discussion Group News Tuesday, May 17th, at 6 pm

The book group finished the 21-22 season with Barbara Moran's thoughtful and insightful presentation of a collection of some of her favorite poems – a true joy for those of us fortunate enough to attend. Thank you, Barbara!

To plan for our 22-23 season, we will meet on Tuesday, May 17th at 6 pm at the home of Erika Baer. We will enjoy hors-oeuvres, beverages, and good fellowship while we share suggestions for a new reading list. Details for the gathering will be sent before the date. Non-members who wish to join us should contact Juli Moore (jdmoore1415@gmail.com) for more information.

Honoring our new GPUC members

On May 22, 2022, GPUC will be honoring our new members who have joined our church community in this past year. We expect at least seven new members, which is a great number of folks willing to join a church during a pandemic. In addition, we have quite a few new members who joined our church since our last in-person New Member Celebration, which was

held in the spring of 2019. For almost three years people have joined GPUC without much fanfare, as we have all worshiped remotely. So we will honor these "new" members as well.

Please join us for cake and coffee following the May 22 Service. Take some time to meet our newest GPUC members and to welcome them into our community. We are so grateful for their presence.

*Sonja Franchett,
Membership Chair GPUC*



Willie Is Back!

We are delighted to announce that Willie is back working at the church. Willie's son Jay has been filling in for him while Willie recovered from hospitalization and COVID which we are very grateful for. Willie looks good and is his usual ebullient self. Also, as part of the celebration of his 50 years with the church (held last fall), he has finally been presented with a pickup truck that he has been admiring for years, a gift from the congregation. It is safe to say he is very happy to have his "new" wheels; he reports that he has already given it four coats of wax. Willie can often be found at the church Saturday and Sunday afternoons, we are sure he would be happy to see you and say hi.

Welcome back Willie!



Thank You!

A graphic consisting of several overlapping, horizontal brushstrokes in various colors including blue, purple, pink, orange, and yellow, creating a vibrant, abstract background for the text.

Thank you to the GPUC Alliance

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

Thank you from the Earth Justice Committee

The Earth Justice Committee is really grateful for the support from the congregation for the Vegan luncheon and the wonderful help from the Fellowship Committee.

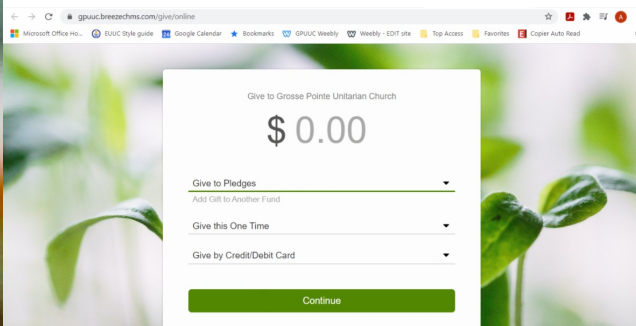
Giving Made Easy Thanks to Breeze!

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

When using Breeze, it will give you the option to cover the processing fee without having to calculate. The processing fee will be credited towards your total tax-deductible giving and will help us retain every bit of your donation!

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

Thank you!



Click Here To Give Now!

RESALE SHOP NEWS!!!

The SHOP has "sprung" into the new season with lots of fun fashions, unique jewelry, and plenty of FREE books! We need more household items, treasures and trifles, and gardening supplies.

Drop off your donations (two small boxes or bags per week, please!) on Wednesdays from 9 am - 2 pm and stay to shop with us from 10 am – 3 pm.



We are the friendliest Shop in town!

Sunday Morning Flowers

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

We welcome donations for flowers on Sunday mornings. Take a moment to recognize or honor someone dear or to commemorate a special occasion by providing fresh flowers for the



Sanctuary. You can make arrangements to bring your own flowers or a monetary donation and someone from the Flower Committee will purchase flowers and make a beautiful arrangement. Please use the insert in the Sunday order of service or contact the church office and sign-up for a Sunday or two.

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

Crossroads East: Second Sunday Food Share Ongoing

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

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

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|---|---|
| <ol style="list-style-type: none">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. | <ol style="list-style-type: none">13. Hamburger Helper goes nowhere without ground beef.14. They get lots of peanut butter and jelly but usually not sandwich bread.15. Butter or margarine is nice too.16. Eggs are a real commodity.17. Cake mix and frosting makes it possible to make a child's birthday cake.18. Dishwashing detergent is very expensive and is always appreciated.19. Feminine hygiene products are a luxury and women will cry over that.20. Everyone loves Stove Top Stuffing. |
|---|---|

Virtual Services Archive

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

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

CHURCH HISTORY UPDATE

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

PLEDGE REMINDER FROM THE CANVASS COMMITTEE

Pledges Down 8%

We have received pledges totalling \$257,693.00 for the next fiscal year, which is **8%** lower than last year's total of **\$281,370**. Last year we managed to keep our pledges at the same level from the previous year, but this year the pandemic and other factors have come home to roost. We lost some members and have a number of members who have suffered financially due to the pandemic. If anyone would like to revise their pledge upwards, we would be most grateful. Thank you to everyone who made a pledge this spring. Your continued support is most appreciated.

The Canvass Committee

Jerry Herron, Chuck Palmer, Rudy Wedenoja, Marshall Zeller

Earn Money for Grosse Pointe Unitarian Church



□ Kroger rewards support GPUC

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

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

Our organization number is: FF794

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

Thanks, Janet Weber

FREE Grief Support Offering

Grief: Releasing Pain, Remembering Love & Finding Meaning

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



<https://www.facebook.com/groups/DavidKessler/>.

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

Photo by Milada Vigerova on Unsplash

Contact information:

Rebekah Agnew, LLPC

Gilda's Club Metro Detroit: Lake House Location

An affiliate of the Cancer Support Community

Program Manager

Email: ragnew@gildasclubdetroit.org

Gentle Yoga

Weekly Gentle Yoga

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

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

Session theme will be **announced weekly**.

If you have a mat, blocks and a strap (or necktie) that is helpful but you don't need anything except a clean space to lie, sit and stand on.



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

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

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

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

Thursday, May 5, 12, 19 & 26

Healing Clinic and Meditation

**Healing Clinic and Meditation
Third Thursday of the month
May 19, 7- 8:30PM**

Join us for this in-person community event, every 3rd Thursday of the monthly, offering Pranic Healing sessions and Meditation on Twin Hearts.

Pranic Healing is an advanced system of energy medicine that utilizes prana or chi to cleanse and harmonize the body's energy system.

The healing clinic begins with a beautiful guided meditation. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

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

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

Donations welcome.

Venmo

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

Cash App

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

Paypal

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



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