

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

November 2021

December Newsletter Deadline

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

Monday, November 22nd

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

Upcoming Services



Sunday services policies

As you all should be aware, the board decided early in the summer to resume in-person Sunday services “officially” on September 12, with several trial runs in July and August. The situation with COVID in our community and State remains quite fluid so the board and the Sunday services committee are continually re-evaluating our policies related to in-person gatherings. At this time we will continue to plan for in-person services Sunday mornings with a zoom option available for those who are unable or are uncomfortable with attending in-person. However, since data show that singing produces anywhere from 3 to 11 times more droplets that then circulate throughout the occupied space (compared to speaking), services will not include singing at this time. We will continue to have hymns during the service and those who are viewing via zoom can sing at home if they wish. Those who are in-person in the sanctuary can feel free to hum along with the music, tap their feet, clap, sway with the music or express themselves in any way that does not involve verbalizing with an open mouth. As a reminder, current church policy requires anyone entering the church must be fully vaccinated (if eligible) and masked (if over two years of age). We also encourage everyone to inquire of friends you see in church as to their comfort level with handshakes, fist bumps, hugs, etc. before engaging anyone physically. Greeters will not be touching folks upon entry to the church.

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, November 7, 14, 21 & 28.

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.

Reminder: Daylight Savings Time Ends

November 7, 2021

10:30 AM

Sermon: *"The Arc of Life"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Meghan Boomhower

We often find ourselves preoccupied with the immediacy of our lives. When that happens, we also often find ourselves being too hard on ourselves - and others. Dr. Riegel will discuss this tendency and suggest a way to reframe the way we think about our lives.

November 14, 2021

10:30 AM

Sermon: *"Forgiveness"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Carol Guither

Back in September, Dr. Riegel opened up his sermon mill for your "grist." Only a couple of topics were suggested, one of which was forgiveness. Forgiveness is hard (especially for those extra special "scoundrels" in our lives)! Must we forgive? Must we always forgive? Or are there times when we needn't/shouldn't forgive?

November 21, 2021

10:30 AM

Sermon: *"Intergenerational Thanksgiving Service"*

Worship Leader: Dr. Alexander Riegel; Julie Artis, D.R.E.

Worship Associate: Chuck Palmer

This year's Intergenerational Thanksgiving service will be on the theme of belonging. In these times, with so many of us isolated and facing such difficult personal challenges, it's important to remind ourselves that "we belong." If you have a story, reading, or reflection about "belonging" that you'd like to share, contact Dr. Riegel or Julie Artis. We'd love to include you in this service!

November 28, 2021

10:30 AM

Sermon: "What Kids Can Do"

Worship Leader: Lori Peek

Worship Associate: Michelle Scobie

Children make up nearly one-quarter of our population in the United States. But their needs, talents, and contributions to society are often overlooked. In this service, Lori Peek, who is a professor of Sociology and director of the Natural Hazards Center at the University of Colorado Boulder, will discuss lessons she has learned from young people whose lives have been upended by disaster. Dr. Peek will invite us to consider how we can enact the seventh principle by ensuring that children are recognized as a vital part of our interdependent web of existence.

Alexander's Meander



Photo by [Greg Rakozy](#) on [Unsplash](#)

Last Sunday (10/17) during our Sunday morning service, I shared a meditation I wrote about the Sufi mystic Rabia. Sometimes, when I write a sermon or meditation, something I write stays with me for quite some time, probably because I somehow manage to strike a chord within myself (My usual hope is that what I share somehow manages to strike a chord with all of you.). That meditation has proven to be a case in point. As this week has unfolded, I've kept returning to that meditation. I'm choosing to take that as sign that it is worth repeating, so I offer it here again, for your consideration.

One day a fellow Sufi asked Rabia (who was also a Sufi), "Do you hate the devil?"

She responded: "I am too busy loving God to have time to hate the devil."

"I am too busy loving God to have time to hate the devil."

Friends, let us think about our own lives.

We live in complex, stressful times.

In these times, we are seeing some people at their best and some at their worst.

As we go about our lives, which do we find ourselves doing more, "Loving God or hating the devil"?

Another way to put this is to ask, are we more focused on what is wrong with the world and the scoundrels we encounter, or what is right with the world and the manner in which we *ourselves* show up in the world?

It seems to me, increasingly so, that more and more people are busy hating the devil.

With that in mind, I invite you to consider the following.

If enough of us spend our time loving God; focusing on what is right with the world and the manner in which we *ourselves* show up in the world, the devil will have little room to roam.

The devil will have little room to roam — not only in the world, but in the hearts of our sisters and brothers as well.

Heartfelt thanks to the students, parents, GPUC Board, Rev. Alex and staff, congregation and my beloved family and friends. May each one of you have a wonderful Thanksgiving of love and gratitude.

Peace,

Julie Artis, Director of Religious Education



Spread Love Quilt!!

You can win this beautiful quilt by buying a **\$5.00 raffle ticket from the GPUC Juniors and Seniors. Tickets go on sale Sunday, Oct. 31.** We will pick the winner Sunday, Dec. 12 at the church service. You do not need to be present to win. Help our Juniors and Seniors fund a Spring bonding trip!!! Spread the LOVE!!!

You may purchase tickets online by going to

<https://gpuuc.breezechms.com/give/online>

Please select: **Give to RE Junior-Senior Income**

Announcements, Upcoming Programs And Events

Grosse Pointe Unitarian Church



Adult Religious Education

- **JOIN US!** If you are interested in becoming a member of the ARE Committee, please let us hear from you. Members are Ghada Abdallah, Jerry Herron, Bill Rehahn, Lynn Rehahn, and Marlane Washington. If you want to join us, or if you would like more information, please contact our chair, Jerry: Jerry.Herron@wayne.edu.

SAVE THE DATES — PLEASE!

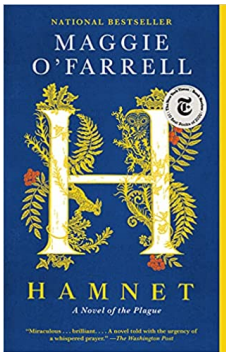
- **Wednesday, Dec. 15, Zoom at 7:00 PM:** So, you think you know who Santa is? Jolly old St. Nick, bag of toys, keeping that list — who's naughty and who's nice? Right? Well, you may not have heard the whole story. Stay tuned for a big reveal, as we get closer to the Winter Solstice! Watch this space for further notices.
- **Friday, Jan. 7, 2022, Zoom at 7:00 PM:** ARE will be hosting a New Year's Toast! Please join in with a glass of your favorite beverage...details to follow.

The Adult Religious Education Committee Is Requesting Your Help

On behalf of the Adult Religious Education Committee, I am asking your help in planning future

programs. Are there specific kinds of events that you would like our committee to consider — lectures, films, book study and/or discussion groups, guided visits to local arts or cultural institutions, or some other kind of programming? Please let me know. We would be grateful for your suggestions!

Thanks,
Jerry Herron, on behalf of the ARE Committee (Jerry.Herron@wayne.edu)



Book Discussion Group To Discuss: Tuesday, November 16th, at 6 pm

In November the book group will meet via Zoom only on the 16th at 6 pm. Cindi Arfken will lead a discussion of Maggie O'Farrell's novel **Hamnet**. I will send the Zoom invitation on the 15th. Please call me (810-969-7992) if you have trouble connecting to the Zoom.

Non-members can get further information by contacting Juli Moore: jdmoore1415@gmail.com

Come Join us for an afternoon
of crisp autumn air and a little
hard work with your fellow
GPUC'ers

**GPUC Annual Fall
Grounds Clean-Up**

SUNDAY, NOVEMBER 7TH 1PM-3PM

Bring your raking and trimming skills! We will
have equipment but feel free to bring your own
rakes, trimmers and gloves.

Hot Dog Lunch will be served courtesy of
our RE Seniors & Jeff Marotzke.

JOIN US FOR A JOYOUS CABARET CONCERT!

*WHAT: "With some songs in my heart..."
A musical celebration on Piano, Bass, and Trombone*

*WHO: Minister Emeritus John Corrado with
Special Guest Larry Huntington on Bass and Trombone*

WHEN: Saturday, November 6 at 7:00

WHERE: GPUC Sanctuary, Socializing in Memorial Garden after



*TICKETS - \$15
100% of ticket sales
benefits GPUC!
Contact Ameera in the office
or Email Kristen Foley
for tickets (smithk@umich.edu)*

**Vaccination and Mask
required for attendance*

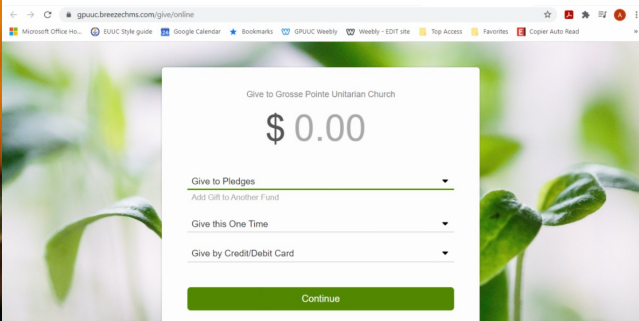
Giving Made Easy Thanks to Breeze!

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 GPUC Resale Shop in the Annex is up and

running on Wednesdays. The sale rooms are open from 10am – 3pm, donations are coming in from 9am – 2pm (2 boxes or 2 bags per week, please), and sales are going out the door as customers return, eager to shop. Resale hopes to realize its pre-pandemic monthly financial contribution to the church.



To help in this endeavor we would like to reopen our sale rooms on Thursday evenings from 7 – 9pm. This will require some volunteers, preferably two folks each week. With enough volunteers the time commitment would amount to as little as one evening a month. If you are interested in volunteering and/or need more information, please contact Suzanne Ross: 586-405-6707; suz55555@gmail.com

Resale Shop November features!

Believe it or not, Christmas is just around the corner! The Shop has many intriguing gift ideas, including jewelry, home decorations and upscale treasures and trifles. If you are puzzled about what to give family members and friends, we offer gift certificates! A perfect gift! *Come browse through the Shop and meet our helpful and friendly staff!*

Crossroads East: Second Sunday Food Share Ongoing

CROSSROADS EAST collections and drop offs are ongoing. If you would like to contribute nonperishable food items or hygiene products, please drop them at the church. We also gladly accept monetary donations, which are used to purchase fruit, veggies, eggs, milk, and bread. Your contributions are delivered to Crossroads East on Moross, and always gratefully received there. *Thank you for helping our community!*

Committee on Ministry Announcement

Every fall, when the church year resumes in full force, the Committee on Ministry reaches out to remind everyone who is on our committee and what is our committee's charge. Our responsibility is all aspects of the health of our church community. We are available to talk with church members, staff or our minister about concerns that are not able to be addressed elsewhere. We also welcome feedback to let us know what you think is going well! Contact Kathy Konwiak, Jud Cole, Janna Sendra or Carole Hosey. Consult the church directory or call the office for phone numbers.

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

Sunday Flower Committee

The Flower Committee is looking for volunteers as flower arrangers for Sunday services who will share the responsibility of arranging flowers each week. If flowers have been donated, then you won't have to do anything that Sunday. If money is donated for the purchase of flowers, the arranger purchases flowers in a dollar amount close to the donation, puts the flowers together in a vase belonging to the church and places the arrangement on the dais. At present, Janet Weber and Karen Valliere have volunteered this year. We would like others to step up to the plate! This is an opportunity to display your creativity! Please contact Ann Helm if you are interested (313) 580-2379.

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.

We are hiring Zoom Techs

The popularity of our zoom services continues, and our plan is to continue to zoom broadcast our live services. We have purchased additional microphones, a camera, and a mixer to enable a quality broadcast. Broadcasting the service requires a technician to set up, monitor and tear down the equipment for each service. Consequently, there is a need to have a trained technician for every service, and this 3-hour-a-week time commitment was burdensome for our small number of trained volunteers. To alleviate that burden and to ensure continued zoom broadcasting ability, the board recently voted to seek the services of a technician that would be paid to manage the process.

On an interim basis the board has hired Chris Biernat, an experienced videographer from the congregation to provide this service. Chris will be leaving in January, and we are looking to hire one or two individual(s) to continue to provide the support for the broadcast. Our first choice is someone associated with GPUC. There is no age requirement, high school students are welcome to apply. The job requirements are:

1. General PC Skills
2. Familiarity with uploading files to shared file systems
3. Video conferencing tools experience
4. Technical trouble-shooting skills
5. Reliable
6. Available Sunday mornings 9:45AM to 12:30

Compensation will be by the hour at a rate to be determined at hiring.

If you are interested, please contact Rudy Wedenoja at rudy@wedenoja.com.

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!

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. Contact information:

Photo by Milada Vigerova on Unsplash

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)**

Beginning Thursday October 14, we moved all yoga classes to **Zoom only**, with the Venmo link for payment. Carol is also accepting check or cash payment as well.

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



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.

Healing Clinic and Meditation

Healing Clinic and Meditation Third Thursday of the month November 18, 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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