

*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 2022** **(Daylight Savings Time Ends November 6th)**

### **December 2022 Newsletter Deadline**

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

**Monday, November 21st**

Submit items to the newsletter email address: [newslettergpuc@gmail.com](mailto:newslettergpuc@gmail.com)

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### **Church COVID Vaccination/Booster and Masking Policies:**

Throughout the pandemic, we have regularly updated our policies and monitored the latest guidance from the CDC. At our most recent Board meeting, we agreed to continue the requirement of updated vaccination status per CDC guidelines (which now include the new bivalent booster) for all individuals who join our Sunday Services in the church and for the GPUC staff.

GPUC offers hybrid services (in-person and on zoom) each Sunday to ensure the most vulnerable among us can participate if they are not comfortable joining in person. We make N95 masks available at the church. We encourage attendees of in-person Sunday Services to mask and also to respect the wishes of at-risk congregants if they prefer masking in small group meetings. We strongly encourage individuals to mask if they have even minor Cold/flu/allergy symptoms.

*Thank you.*

*The GPUC Board*

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**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 4th, 11th, 18th & 25th.**

**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.
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## Upcoming Services

**November 6, 2022**

**10:30 AM**

**Sermon:** *"Are We Really Only Dust in the Wind?"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Carol Guither

One of the most famous songs in rock and roll history is a ballad by the group Kansas: "Dust in the Wind." Lead singer Steve Walsh croons, "All we are is dust in the wind..." It's a haunting song filled with existential angst. In this service Dr. Riegel will explore whether it is true that all we are is dust in the wind."

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**November 13, 2022**

**10:30 AM**

**Sermon:** *"Language"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Meghan Boomhower

Language is the "tool" we use most often. And a powerful tool it is! In this sermon Dr. Riegel will explore this powerful tool. Where does its power lie? What are its limits? What does it reveal? What does it mask? Whom does it serve?

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**November 20, 2022**

**10:30 AM**

**Sermon:** *"Intergenerational Thanksgiving Service/Potluck"*

**Worship Leader:** Dr. Alexander Riegel

It has been three years since we've gathered in our beautiful sanctuary to break bread

together. This year we return to that tradition and we very much hope that as many of as possible are comfortable and motivated to join us for this service/event. **Note – this will be a shortened, intergenerational service prior to the potluck.**

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**November 27, 2022**

**10:30 AM**

**Sermon:** "Cultivating a Garden of Grief"

**Worship Leader:** Rev. Leonetta Bugleisi

**Worship Associate:** Michelle Scobie

"Cul-ti-va-tion is defined as: the process of trying to acquire or develop a quality or skill or refinement and good education." The Rev. Leonetta shares some of the practical skills needed as we navigate the inevitable experiences of grief and loss. Unique, creative and spiritual ideas are part of the tools that she has used navigating through her profound personal losses. People do not "come to terms with loss," rather, they are changed and live with losses. Come to hear how to cultivate a garden of grief, work to be done in all seasons.

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## **Can't make Sunday Service?**

**Recordings are made available on our website.**

**Visit [www.gpuuc.org/virtual-services](http://www.gpuuc.org/virtual-services) to watch at any time!**

### **Alexander's Meander**



It has been a difficult time these past five-ish years, in so many ways and for so many people. Lives have been shattered. Dreams have been dashed. Exhaustion has set in as our veritable modus operandi.

Thinking of all these struggles, my mind wandered back to one of the first Meanders I wrote after arriving here at GPUC. I am reprinting it below with the thought that most all of us could use this reflection right about now. Hopefully it will help inform us as we struggle with what has become our lives these days and consider how we move forward into the coming days...

*In Japan there is a craft known as "kintsugi." Kintsugi is the practice of restoring valuable china with a golden lacquer. In this manner, the vase increases in value over time not because its*

original state has been maintained but contrariwise, because it has been broken and beautifully restored. It is in the golden seams that "healed the brokenness" of the vase that its increased value is to be found.

As I reflect on kintsugi vases I think back over the many years of my ministry and my own life, recalling how much time has been spent healing that which was broken. Certainly, life is full of abundant blessings but so, too, brokenness. The experience of brokenness in life is unavoidable, especially when it comes to relationships. Sometimes we simply fail to hold one another with enough care and consideration.

When relationships break, too often we recoil in our woundedness or shame or self-righteous indignation, sweeping up the pieces of our shattered selves only to walk away. At the same time, I have seen times when this doesn't happen; times when rather than walking away people decide to do the hard work of piecing a relationship back together. I have seen people sit together in their woundedness and find a greater strength than the wound itself. I have seen people admit their shame and allow love to overcome it. I have seen people dissolve their righteous indignation with acts of contrition and humility. I have seen people, numerous times over, heal their brokenness.

When relationships are thus restored, it is a beautiful thing. That which was broken is now held together more beautifully than before, with strength, with love... with contrition and humility. In fact, living through life together - not only life's abundant blessings but life's brokenness as well - is the source of much of the beauty we find in relationships. Even further, healing the brokenness, together, can be the route to sacred depths...

With this in mind, consider the relationships in your life? Do they lie shattered in pieces on the floor or do they resemble a kintsugi vase? If the former is the case, perhaps it is time to take up a new craft...

Namaste,

Alex

## Religious Education News



November silently sneaks up on us. The English poet, Thomas Hood observed two centuries

ago, there's "no shade, no shine, no butterflies, no bees, no fruits, no flowers, no leaves, no birds." Thank goodness there is **Thanksgiving!** Thanksgiving is my favorite holiday of the year. It is a time of giving thanks, gratitude, blessings and sharing with others. This time of the year pulls at my senses and pulls my heart to love more, give more and be thankful and grateful for all that I have. One of my favorite posts from Facebook in **12 Tomatoes** is from a parent.

As a parent, I am grateful for....

1. Early wakeups = Children to love
2. House to clean = Safe place to live
3. Laundry = Clothes to wear
4. Dishes to wash = Food to eat
5. Crumbs under the table = Family meals
6. Grocery shopping = \$ to provide for us
7. Toilets to clean = indoor plumbing
8. Lots of noise = People in my life
9. Endless questions about homework = Kid's brains growing
10. Sore and tired in bed = I'm still alive

AMEN

May you all have a wonderful November preparing for Thanksgiving Day. This Director of Religious Education is grateful for the students, parents, GPUC Board, Members, Rev. Alex, staff members and my family and friends. Let the holiday season begin. Peace and love.

The students are looking for sponsors for the Buddha Bowl Dinner on Nov. 6th!! We want to start the meal with a zero debt. **If you would like to sponsor the dinner you can help by sending a check to cover the Salad Materials for \$130, the meat for \$100, snacks \$60, Beverages for \$40 and Dessert for \$40.** Please support our students by **clicking the RSVP link below** and attending the event with your family and friends.



The GPUC nursery will be open at 10:15 a.m. every Sunday. A pot of coffee is in the RE wing for our parents to enjoy and share conversation with others.

[Click here to RSVP for the Buddha Bowl Dinner](#)

### Dates to remember

- **Sunday, November 6th** - Buddha Bowl Dinner at 5:00 p.m.
- **Sunday, November 13th** - RE Committee Meeting at 9:15 a.m.
- **Sunday, November 20th** - All Family Potluck Dinner — bring a dish to pass

*Julie Artis,  
Director of Religious Education*

# 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](mailto:julieartis@hotmail.com)

## Announcements, Upcoming Programs And Events

### FAKE EMAILS GOING AROUND AGAIN!!!!

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Once again, someone is trying to take advantage of our congregation by using a fake email address to conduct a phishing scam under our Religious Education Director, Julie Artis' name.

Please, ALWAYS check the address from which suspicious emails come. This one is particularly deceptive, as the fake email address is very close to her actual email address.

Julie only has two email addresses that she uses, one of which is her primary email address.

**ONLY THESE TWO email addresses are Julie's: [julieartis@hotmail.com](mailto:julieartis@hotmail.com) (primary) and [julielartis@gmail.com](mailto:julielartis@gmail.com) (secondary).**

**IGNORE ANY EMAIL THAT DOES NOT EXACTLY REFLECT ONE OF THESE EMAIL ADDRESSES AS THE SENDER.**

The scammers are asking for the password to our members only page. Any requests for the password should be directed to Ameera and/or Alex.

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## **RED, WHITE & BLUE SUNDAY**

Please join us on **Sunday, November 6** to celebrate our patriotic privilege to vote!

The Fellowship Committee will be serving red, white & blue cookies!



Grosse Pointe Unitarian Church



Adult Religious Education

## GPUC Fall Speakers Series

*All events live, in person in the GPUC Sanctuary, no Zoom option*

- **Oct. 13: Science vs. Mysticism**  
*Rev. Alex Riegel and Professor Bill Moore debate*
- **Oct. 20: Literature and Life**  
*Professor Jerry Herron lecture*
- **Oct. 27: Water Art**  
*Freda Giblin lecture using resources of the DIA*
- **Nov. 3: League of Women Voters Forum**
- **Nov. 10: Unlocking Sufi Poetry**  
*Rev. Alex Riegel lecture*

**These are weekly events, from 7:30-9:00pm** (*hour presentation followed by Q&A*)  
ARE will provide bottled water for participants

Grosse Pointe Unitarian Church | 17150 Maumee Grosse Pointe, MI 48230  
phone: 313-881-0420 | email: [officegpuc@gmail.com](mailto:officegpuc@gmail.com) | web: [gpuuc.org](http://gpuuc.org)

[Click here to learn more about our Fall Speaker Series](#)

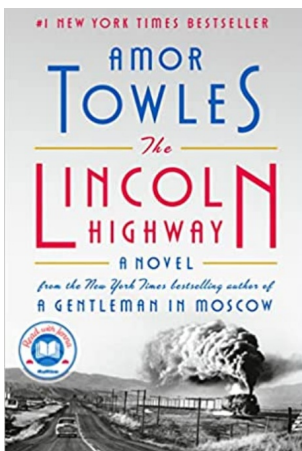
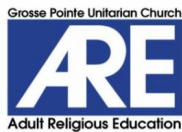




## **Ideas Wanted!**

The Adult Religious Education Committee needs your help. Tell us what you want to see on the ARE schedule this Fall. What kinds of events would you attend? What programs would attract more folks to GPUC? Is it movie discussions, lectures, tours, book talks, writing workshops, fieldtrips? You tell us, and we'll try to make it happen!

Please let us have your suggestions by Friday, June 3. Kindly forward ideas to Rev. Alex and Jerry Herron (chair of the ARE Committee): [alexgpuc@gmail.com](mailto:alexgpuc@gmail.com); [Jerry.Herron@wayne.edu](mailto:Jerry.Herron@wayne.edu).



## **Book Discussion Group News Tuesday, November 15th, at 6 pm**

The book selections, meeting dates, and discussion leaders for the 2022-23 season are complete, and the list has been sent to all active members of the discussion group. Any non-members wanting the list and/or wanting to join the group should contact Juli Moore ([jdmoore1415@gmail.com](mailto:jdmoore1415@gmail.com)).

The next gathering of the group will be Tuesday, November 15th at 6 pm in the church Annex. Juli Moore will lead a discussion of Amor Towles' "*The Lincoln Highway*".

*All are welcome.*

Grosse Pointe Unitarian Church



## THANKSGIVING POTLUCK SUNDAY, November 20

Come celebrate with our beloved Church friends!

The Fellowship Committee will provide ham, pumpkin pie, cider, coffee, tea & water.

Bring one of the following:

- Main dish, side dish, bread and spread, or dessert.
- (No warming trays will be available so please package food accordingly.)
- Please indicate if your dish is gluten free, vegan vegetarian or contains nuts.
- Wine will be permitted. If desired, bring a bottle to share with your table mates.



**A Thanksgiving Potluck sign-up sheet will be in the lobby.  
You will also receive a link to the Sign-up Genius through  
an upcoming GPUC Weekly Announcement blast.**

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## 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.

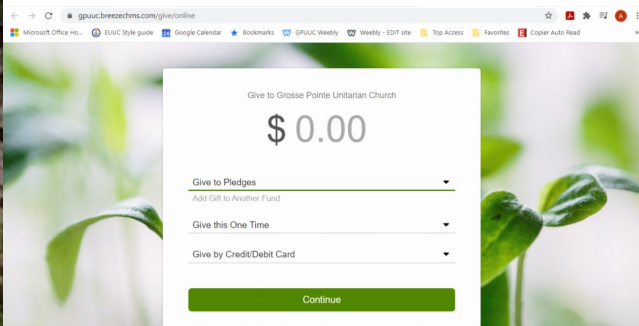
Breeze's checkout module gives you the options of donating using ***Credit/Debit Cards or an ACH Payment directly from your bank account.***

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](mailto:officegpuc@gmail.com).

Thank you!



Click Here To Give Now!



# Caring Hands Up



## Are you in need of minor assistance with things around the house?

To expand our help to the congregation, we are beginning a partnership with the Religious Education Program to provide you with a student whose additional helping hands will be able to assist you with projects around the house that may be too hard for you to tackle on your own.

Kinds of projects:

- Yard Work
- Small chores around the home
- Errands
- Lifting or carrying boxes from one location to another
- Help with your iPhone or Apps

A rate of \$20.00 per hour, in addition to keeping you safe, these students can earn funds to defray the costs of their Boston trip or other needs.

Contact Debbie Connelly by email or phone. She will put you in touch with Julie Artis, who will arrange a student to assist you with your project.

*The GPUC Lay Pastoral Committee offers hope and help to our members through empathetic compassionate support, helping hands and caring friendship. Please contact the committee chairs, Ameera or Reverend Alex if you need support.*

Committee Chair: Debbie Connelly Co-Chair: Lynn Rehahn

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## RESALE SHOP NEWS!!!

The GPUC Resale Shop is looking for a church member to act as a third person to share the weekly leadership responsibilities now handled by co-chairs Margo Bishop and Malo Villareal. This position includes responsibility for opening and closing The Shop on Wednesdays, evaluating incoming donations and consignments, assigning work to volunteers, pricing merchandise, and clearing the work room at the end of



the day.

For more information and to respond to this unique opportunity to help our church, please contact Margo Bishop (contact info in the church directory) or visit The Shop on Wednesday between 9 am and 3 pm. We look forward to hearing from you.

The Shop has a record amount of merchandise and would like to remind all donors that **weekly donations are limited to two small boxes OR two small bags**. Drop off your donations on Wednesdays from 9 am - 2 pm and stay to shop with us from 10 am – 3 pm.

*Thank you! Come shop with us!*

***Check out our very own Ameera looking fabulous in her Resale Shop fashions!  
We are the friendliest Shop in town!***

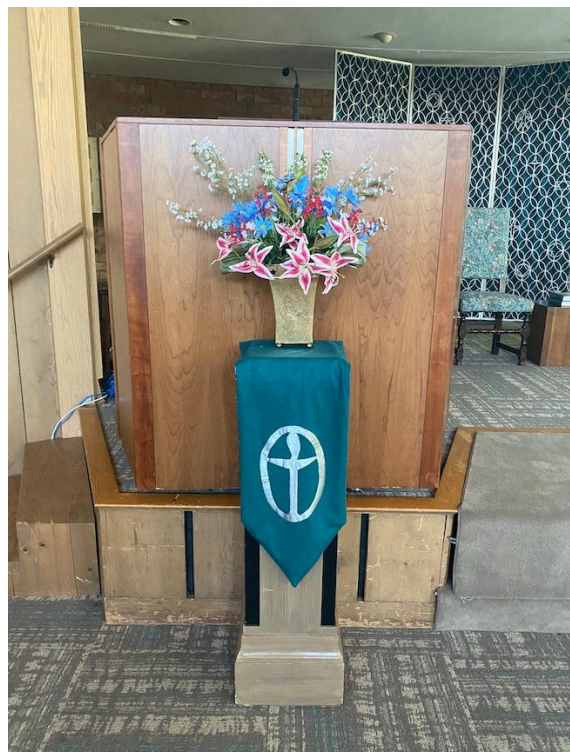


## Sunday Morning Flowers

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@gmail.com](mailto:officegpuc@gmail.com) 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

Leaves are changing, pumpkin spice is everywhere, and we've already had our first snow. Fall has definitely arrived. But along with falling temps, we are experiencing rising costs for almost everything. If you have a bit to share, please consider putting a few extra items in your shopping cart for our GPUC Food Sharing. If shopping is not your thing, we would love to gratefully accept a monetary donation so we can buy perishables such as produce, bread, eggs, and milk. You can bring donations of nonperishables or cash/check (made out to the church with "Crossroads" in the memo) on Sundays or any time our office is open.

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

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.

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### 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 take current or past information.

### 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**

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

#### 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](mailto: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 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, November 3, 10, 17 & 24**

#### 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](mailto:officegpuc@gmail.com)

Website: [gpuuc.org](http://gpuuc.org)

Editor: Kathleen Ruhl [newslettergpuc@gmail.com](mailto:newslettergpuc@gmail.com)

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