



*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*

October 2020

Newsletter Deadline

Mark your calendars and please submit your contribution to the next newsletter by **Tuesday, October 13th**

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

Upcoming Services

In order to protect our congregation and do our part to slow the spread of the Coronavirus (COVID-19), all in-person church events, classes, meetings, rehearsals and workshops are suspended until further notice. *The Resale Shop has decided to open but on an appointment only basis.* To reach the church office please email officeguc@gmail.com or leave a voicemail on the office phone 313-881-0420 ext. 10.

Worship services will 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, October 2, 9, 16, 23 & 30.**

UNFAMILIAR WITH ZOOM? - DO THIS IN ADVANCE OF SUNDAY

- If you are unfamiliar with Zoom, become acquainted with the technology - it is easy to use but going through these steps in advance will ensure you are ready.
- Click on the Zoom link that will be emailed on the Friday prior to the Sunday service at least 15 minutes before you plan to use it the first time. This will prompt an app to download onto your device. You may use a laptop, tablet, desktop or smartphone.
- You will then be asked whether you wish to join the "meeting" with your device audio and device camera.
 - If you do not want others to see what you are wearing at that moment, you can join without activating your camera.
 - Throughout the service, all participants besides the worship leaders will be muted to prevent background noises (barking dogs, ringing phones, etc.) from being included in the worship service.

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Upcoming Events

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**October 4, 2020
10:30 AM**

Sermon: "01010100 01101000 01100101 00100000
01010000 01101111 01101100 01101001 0110100
01101001 01100011 01110011 00100000 01101111
01100110 00100000 01000011 01101111 01101110
01110011 01100011 01101001 01101111 0110101
01110011 01101110 01100101 01110011 01110011"

Worship Leader: Rev. Dr. Alex Riegel
Worship Associate: Suzanne Ross

In 1963, Harvard professors Richard Alpert and Timothy Leary, later turned Yogi and psychedelic gurus, respectively, co-authored an essay entitled "The Politics of Consciousness Expansion." In that book, they argued for the right of individuals to explore their own consciousness through the use of psychedelics. Dr. Riegel will connect their argument about the right of psychological autonomy to the detrimental effects today's technological and social media driven business empires have upon the individual. Welcome to 1984 on steroids...

October 11, 2020
10:30 AM

Sermon: "*Galileo's Telescope*"

Worship Leader: Rev. Dr. Alex Riegel
Worship Associate: Maurya Kay

In 1610, Galileo announced that he had discovered mountains on the moon, that Jupiter itself possessed moons, and that the sun was the center of the universe. Such claims were considered scientific anathema because fellow astronomers of the day were convinced that Aristotle's cosmological scheme was correct (the earth was the center of the universe and all heavenly bodies were perfect spheroids). Hence, Galileo's fellow astronomers refused to look through Galileo's telescope. This historical legend stands as a metaphor for the refusal to admit disconfirming evidence in defense of one's own bias. Dr. Riegel will discuss "Galileo's telescope" relative to Unitarian Universalism's principle: "A free and responsible search for truth and meaning."

October 18, 2020
10:30 AM

Sermon: "*This Spider... This Moonlight*"

Worship Leader: Rev. Dr. Alex Riegel
Worship Associate: TBD

Dr. Riegel has been known to flavor his sermons with tidbits from the philosopher Friedrich Nietzsche. In this sermon, he will present what he considers to be Nietzsche's most constructive philosophical idea, which possesses a powerful philosophical/religious challenge for us all. "*Would you not curse the demon who spoke thus, or, would you bow down before him and say, 'Never have I heard anything more divine!'*"

October 25, 2020
10:30 AM

Sermon: "*Be In The World As A Stranger Or A Traveler On A Path.*"

Worship Leader: Dawud Walid
Worship Associate: TBD

Prophet Muhammad, the last prophet of Islam, said, "Be in the world as a stranger or a traveler on a path." This sermon will touch on this prophetic saying in relation to how we can strive to detach ourselves from the trends within our society that are increasingly leading to more political rancor and growing economic polarization.

Alexander's Meander

October 2020

Hamlet opens his play, "Richard III," with Gloucester's famous line:

"Now is the winter of our discontent..."

Gloucester was referencing his brother's rise to the throne, King Edward IV of England. That was an entirely different (theatrical) context than the context in which we currently find ourselves. Nevertheless, the words seem entirely apropos. The longer this pandemic wears on, the more frequently I encounter discontent. A sort of Covid numbness has set in; a psychological winter of our discontent.

One of my favorite movies is "My Life As a Dog." It is a Swedish film about a young boy (Ingemar) whose father was lost in the Second World War, whose mother becomes terminally ill, and so gets shipped off from relative to relative to care for him. Ingemar suffers his own discontent, as one might imagine a child in such circumstances would. To console himself, Ingemar ponders how lucky he is at least not to have been Laika.

Laika was a stray mongrel from the streets of Moscow, whom the Russians sent to space in Sputnik II. That was in 1957, before anyone had figured out how safely to return a space vehicle to earth. So, she met her demise alone, in the loneliness of space... There are almost always those who have it worse than we do... Ingemar found his comfort in that fact.

As I think about the situation we face today, my mind often wanders back to the rural villages of India. Those villagers, too, now face this global pandemic. But even before the pandemic came upon us, they were facing trials and tribulations unbeknownst to us in the Western world. I recall the young untouchable girl who lived by the highway and beat rats out of the fields with a stick for her evening meal [pictured right]. I recall the leper that sat outside the city Museum begging for rupees every day [pictured right]. And, I recall the elderly woman living penniless on a couple of bowls of rice a day, her family having abandoned her due to their own poverty [pictured below]. I adored this woman and visited her on every pilgrimage I took. On my last pilgrimage I learned that she had died.



Yes, we face a winter of our discontent but we remain blessed. At least we are not Laika... So, don't forget, every day, to count your blessings! And, don't forget that also inside you resides an inexorable sun. Keep your eyes fixed on that.



"In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger - something better, pushing right back." - Albert Camus

Namaste,

Alex

Religious Education News



As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives. - Henry David Thoreau

Have you noticed a constant undercurrent of stress that runs through everything during your day? How do you best cope with these difficult times? Sunday October 18, starting at 1:00-3:30 p.m. you and your children have a chance to

walk a Labyrinth in the GPUC Memorial Garden. There will be a sign-up sheet for you and your family to pick an individual time. **You must sign-up and wear a mask.**

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

Labyrinths are found in many cultures dating back as much as 3,500 years ago. Walking a labyrinth path has many tools to celebrate rites of passage, enhance prayer, meditation and encourage personal growth. This will be one of our RE programs that will be outdoors to connect with you and your GPUC Community.

The month of October your students will be receiving information on Native America Spirituality. We will also offer a Sunday, October 25, 1 to 3 p.m. Fire Ceremony with Shawn Grose. **You must sign-up and wear a mask.**

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

Shawn will lead us through a Fire Ceremony in the Native American practice. Also, your student is invited to wear their Halloween costume. After the ceremony your student will hunt for their bags of treats that will be placed through out the garden.



Religious Education Lessons and Classes

Rainbow bags have been prepared for each student that is registered. **Please send your forms in today.** Class invitations will be sent by Julie Artis by Zoom. Parent night invites will also go out for Thursday nights.

We invite you to still bring in can or boxed food for our monthly food drive. You can drop it off during the week between 9:00 a.m. - 4:00 p.m. M/T/Th/F. **Call the church to let us know or ring the doorbell when you arrive.** This is a part of serve that we encourage our students to still put into their lives.

Affirmation for us all: *Guided by love, I carefully and tenderly care for my body, mind and spirit.*

Peace,

Julie Artis, Director of Religious Education

Upcoming Programs And Events

B.Y.O.C. Coffee Hour Round 2

What an amazing turn out we had for our last coffee hour! It felt so good to be in the same space with everyone and reminded us that despite the circumstances, our community is still so strong.

The next date will be Sunday afternoon, Oct. 4, weather permitting, with Dr. Riegel and Julie Artis. We will be scheduling people in 45 minute blocks, allowing up to 24 people per block of time.



You may sign up for your block of time by clicking this link:
<https://www.signupgenius.com/go/10C0D4FA8AF28A0FCC16-byoc>

If you need help signing up please reach out to Ameera and she will walk you through it.

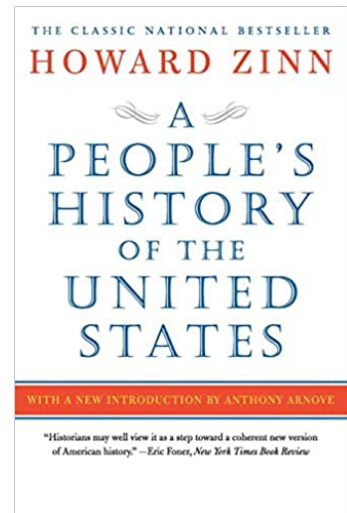
We very much look forward to seeing you all again!

Book Discussion with Dr. Riegel

Last Sunday, 9/27, Dr. Riegel delivered a sermon in which he emphasized the need to question the dominant historical narrative of the United States, esp. important for white allies of racial justice work! You can view that sermon on our GPUC Virtual Services page: <https://www.gpuuc.org/virtual-services.html>

At the end of the sermon he offered to lead an ongoing study and discussion of Howard Zinn's book, "A People's History of the United States." By the time coffee hour was over, enough people had already signed up, so it is a go. If you would like to participate, please send Dr. Riegel an email (alexgpuc@gmail.com). The study and discussion will occur the second and fourth Monday evenings of each month, via Zoom, from 7:30 - 9pm, beginning Monday, **Oct. 12**. That will give everyone time to purchase and read the portion we will be discussing that evening (Dr. Riegel will share the detailed study plan upon sign up.).

Ideally we should all read the same edition but some people already own an older version and others have already made a purchase. If possible, please purchase the most recent edition (2015).



**Adult Religious Education presents a discussion of
Faith Without Certainty: Liberal Theology in the 21st Century
Monday, October 19, 2020 @ 7pm**

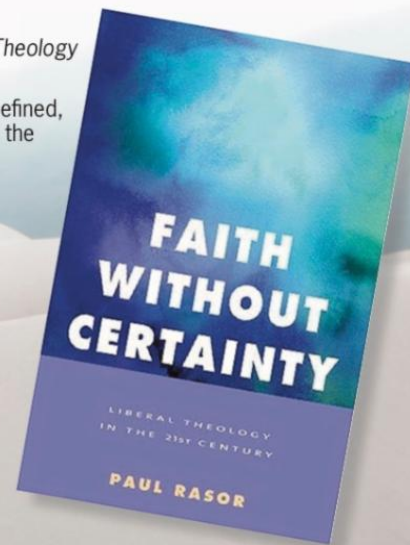
John Artis will lead a discussion of Paul Rasor's *Faith Without Certainty: Liberal Theology in the 21st Century*.

Given the numerous ways that the term 'liberal' is tossed around without being defined, Rasor's concise, readable book examines the historical roots and trajectories of the liberal theological tradition.

- **What does it mean to have faith in a post-modern, scientific world?**
- **How does faith relate to other forms of knowledge and belief?**
- **Where does faith fit into the religious landscape of modern life?**

Join us for what will be a thought-provoking conversation on our tradition's past, present, and future.

All programs take place via Zoom.
Email registration is required. To register, please email **John Artis: jartis@hotmail.com**. Please register by noon the day of the program. (Register with the email address where you would like us to send your Zoom invite.) We cannot guarantee you will receive a Zoom invite if you register after that time.



The Adult Religious Education Committee is pleased to announce our Fall schedule for upcoming programs. We work closely with the Social Justice Committee. To honor the work of the Social Justice Committee, our Adult Religious Education Committee will focus our efforts on spirituality, philosophy, and psychology for our programming initiatives.

With the above focus in mind, our focus for the Fall will be as follows:

1. Monday, October 19, 2020 from 7:00 pm until 8:15 pm. Zoom Conversation: Using book *Faith without Certainty* by Paul Rasor led by John Artis
2. Monday, November 16, 2020 from 7:00 pm until 8:15 pm. Zoom Conversation: Examining the words of Jesus and the early Christians using the book *Jesus and After: The First Eighty Years* by E. Bruce Brooks and led by John Artis and Bill Rehahn

All Programs take Place via Zoom. **Email Registration is Required.**

To register, email John Artis: jartis@hotmail.com.

Please register by noon the day of your program.

(Register with the email address where you would like us to send your Zoom invite.)

We cannot guarantee that you will receive the Zoom invite if you register after that time.

GPUC Book Discussion Group

The next Book Discussion Group meeting will be held
Tuesday, October 20th, at 7 pm via Zoom.

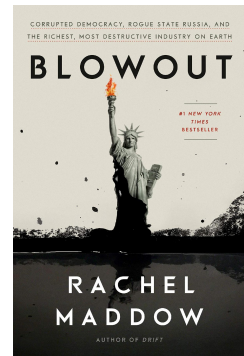
Erin O'Mara will lead a discussion of "Blowout" By Rachel Maddow.

Book group members will receive the Zoom invitation the day of the meeting. If everyone can be on time to the meetings (they start at 7 pm), we can have a few minutes of socializing before the leader begins.

Those non-group members wishing to attend should contact Juli Moore:

jdmoore1415@gmail.com

[Download the 2020-21 Book List here](#)



Dueling Pianos Is Back!

DUELING PIANOS returns to us virtually on Saturday, October 24th 4 P.M. EST.

Our very own Anne Roberts and Joseph Palazzolo will be performing LIVE!

They will be performing pieces by Mozart, Gershwin, Mendelssohn and lots more.

This performance will take place via Zoom.

Tickets are on sale for purchase for \$10.

To purchase tickets or leave a donation online, you can [click this link](#)

or you may send a check payable to: "Grosse Pointe Unitarian Church" with memo line: "Dueling Pianos."

Please remember to leave a note with your email address when sending checks.

We look forward to "seeing" you all there!

Grosse Pointe Unitarian Church presents
A Zoom Streaming Concert
Saturday, October 24
4:00 P.M.
Tickets: \$10

DUELING PIANOS
ANNE ROBERTS & JOSEPH PALAZZOLO

Featuring selections from Gershwin's *Porgy and Bess*, an Astor Piazzolla Tango, and works by Mozart, Mendelssohn, Saint-Saens, Charbrier, and a funky rendition of *Chicken Reel*.
In order to receive an email invitation to this concert, please purchase tickets by sending a check to the church, or purchase tickets via Pay Pal from the church website: <http://gpuuc.org>.

Please include your email address so you will receive your zoom invitation 15 minutes prior to performance.

If you would like to contribute an additional donation, please include it with your ticket purchase.

Grosse Pointe Unitarian Church
17150 Maumee
Grosse Pointe, MI 48230
313-881-0420
email: officegpuuc@gmail.com
web: gpuuc.org

Mid-America Membership Workshop

Hello, fellow GPUC congregants,

Keeping our church members and visitors feeling connected, informed and welcome is especially trying in Covid-19 times. To this end, Sonja Franchett, Membership Chair, will be attending a Zoom workshop on Tuesday, October 27th with facilitator Sharon Dittmar, along with other church members within the MidAmerica Region of the Unitarian Universalist Association.

<https://www.uua.org/midamerica/events/membership-conversations-during-covid-19-oct-27>

If any member has ideas to share with Sonja in advance, or is interested in also joining this Zoom meeting, please email Sonja at skrfranchett@gmail.com.

In addition, if you are aware of new members to our Zoom GPUC church services, or know of a person interested in joining our services, please let Sonja know, and she will reach out to individuals to provide information or answer any questions that they might have.

Thank you for your help with keeping our GPUC congregation healthy and growing.

Announcements

Fall-Spring Office hours

New office hours:
Monday, Tuesday, Thursday, Friday from 9AM from 4:30PM

We have switched to GMAIL for the office email account, please update your address books with the new email, if you have not already: officegpuc@gmail.com - Ameera Bandy

ENTRY BY APPOINTMENT

Effective as of 7/30/2020: To limit the spread of Covid-19 and with the health of our congregants in mind, we are requiring all entry into the facility to be by appointment only. We ask our members to please call (313) 881-0420 ext. 10 or e-mail officegpuc@gmail.com to schedule an appointment. Upon entry to the building, we require all to sign in and fill out a Covid-19 screening form. We appreciate you all very much and will continue to do our best to keep you all informed of any procedures we are implementing. Thank you! - Ameera Bandy

2020 - 2021 Telephone Directory

As with every year, we are preparing to update the Church Telephone Directory for 2020-2021. If there are any address or phone number updates or if you were not included in last year's directory and would like to be included, you may email Ameera at officegpuc@gmail.com. We appreciate your participation and hope to get the directory completed before the middle of September. Thank you!

Attention Resale Shoppers

After much deliberation, the resale has decided to open but on an appointment only basis. There will be no more than three (3) customers at a given time. Masks will be required.

If you want to take advantage of the great sales, please call Margo Bishop at **586-778-2185** to schedule your date and time.

We are looking forward to seeing you happy shoppers!

Crossroads East Update: Second Sunday Food Share

This is an anxious time for all of us, but especially for people struggling to access life's basic necessities. If you are in a position to help, please consider bringing non-perishable food or toiletries to the church. Please call or email the Church office in advance if you plan to make a donation to schedule a time to drop off your donations.

The main Crossroads location downtown has re-opened and is accepting donations!
Crossroads East remains temporarily closed until the re-opening of its host church.

Thank you for your continued support of our community.

Volunteering Opportunities

Virtual Tutoring to Begin in Early October at Detroit Merit

The Schools Tutoring Committee is happy to announce that all the teachers at Detroit Merit Academy have many varieties of software to make virtual tutoring a reality and many students who could benefit from extra attention. If you would like to help with this rewarding activity, please contact Susie Boynton at **313-885-0824** to indicate the grade level (K-8) and subject matter you are interested in. After the school matches your request, we let you and the teacher work out the time and day that accommodates your schedule. The teachers and students have always welcomed and appreciated our volunteers.

CALLING ALL VOLUNTEERS...

When our church building is rented to groups or organizations for their meetings, concerts or other activities a building steward is required. The steward is a congregant who can open the building, turn lights on, make sure the heat or A/C is working, adjust the audio as needed, locate cleaning supplies if an "accident" occurs, be aware of any damage occurring to the property, lock up after the event and generally be available to answer questions. Candy had previously been the primary steward, with a couple assistants but we will need to train a few more due to her retirement. The steward is typically paid \$50. If you would like to consider becoming one of our new stewards, please reach out to Ameera who will be doing the training.

Grief: Releasing Pain, Remembering Love & Finding Meaning



Photo by Milada Vigerova on Unsplash

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:

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 Session

Carol Guither is offering a 60 minute gentle yoga session every Wednesday, as long as there is interest. Info will be emailed weekly prior to each session.

If you have a mat, blocks and a strap (or neck tie) that is helpful but you don't need anything except a clean space to lie, sit and stand on. **Feel free to use a chair instead of the floor.**

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.

Every week on Wed, until October 28, 2020, 4 occurrence(s)

October 7, 2020 11:00 AM Eastern Time (US and Canada)
October 14, 2020 11:00 AM Eastern Time (US and Canada)
October 21, 2020 11:00 AM Eastern Time (US and Canada)
October 28, 2020 11:00 AM Eastern Time (US and Canada)

Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://zoom.us/meeting/vpAvf-6sqj0j_bWSQYEN7EO_cvTHF4uRjQ/ics?icsToken=98tyKuqsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDgAspkZqdNGumB



Photo by [Avrielle Suleiman](#) on [Unsplash](#)

Healing Clinic and Meditation

ONLINE Healing Clinic and Meditation First & Third Thursdays of the month October 1st & 15th 7-9 PM

Join us for this online Zoom community event 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 using the universal Prayer of St. Francis of Assisi. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

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>

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

To receive Zoom event scheduling info via email or for questions please contact: Carrie Viviano, Pranic Healer/Intro Leader, carrie@pranichealing.com or 586-943-4404

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