



*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*

## September 2020

### 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 is closed for the duration of the stay at home order. To reach the church office please email [officegpic@gmail.com](mailto:officegpic@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, September 4, 11, 18 & 25.**

### 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.

**September 6, 2020  
10:30 AM**

**Sermon:** *"Be in the World as a Traveler"*

**Worship Leader:** Dawud Walid  
**Worship Associate:** Joseph Buttiglieri

**September 13, 2020  
10:30 AM**

**Sermon:** *"The World Is Your Rorschach Blot"*

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## Upcoming Events

- [Mon Sept 14th Adult Religious Education](#)
- [Tues Sept 15th Book Discussion Group](#)

**Worship Leader:** Dr. Riegel  
**Worship Associate:** Chuck Palmer

The world is rocking our world these days! There's no need to elaborate on the challenges this pandemic has brought us. We are all far too familiar with "the condition our condition is in." (Thank you, Mickey Newbury.) Dr. Riegel will reflect on the state of the world and finally answer Tina Turner's famous question, "What's love got to do with it?"

**September 20, 2020**  
**10:30 AM**

**Sermon:** *"Toxoplasma gondii and the Audacious Mouse"*

**Worship Leader:** Dr. Riegel  
**Worship Associate:** Carol Guither

The power of belief on the human psyche is awesome! Surprisingly, little attention is given to the effect beliefs have on us as human beings. Second only to our biology, they are powerful motivators for human action in the world. Dr. Riegel will suggest that one of the most effective ways forward for our species in these challenging times is not through military might, economic success, or political persuasion, but the altering of the beliefs that we hold.

**September 27, 2020**  
**10:30 AM**

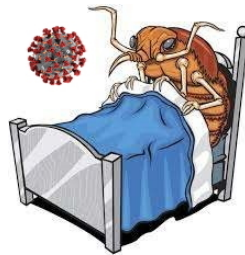
**Sermon:** *"The British are coming! The British are coming!": Whom Should We 'Revere'"*

**Worship Leader:** Dr. Riegel  
**Worship Associate:** Anne Roberts

Most Americans grow up learning about Paul Revere's ride, when he is said to have shouted: "The British are coming! The British are coming!" The truth is that he never shouted this famous phrase. Had he done so, the British troops who had already infiltrated Massachusetts surely would have shot him dead!

There is another falsehood about Paul Revere's ride, namely, that it was a solo act. It was not. A number of others rode with Revere on that famous night, including a black man and a woman. Do you know their names? Probably not, without first looking this up on Google. That a problem! In this sermon, Dr. Riegel will discuss the importance of the non-male and nonwhite history of America.

Alexander's Meander



*September 2020*

In *The Metamorphosis*, Franz Kafka created the character Gregor Samsa, who awoke one morning to discover that he had transformed into an insect (the description of which very much resembles a cockroach). Kafka often wrote of such cognitive dissonance in his characters, brought about by their sense of alienation from a world that had ceased to function as one would expect.

We are now in the sixth month of this pandemic, which has radically reshaped the way our world functions. We are more isolated than we have ever been. When we *are* out and about, there are new rules and regulations regarding social behavior. We have become hyper-conscious about any indicators that our health might be at risk. And, we are deeply concerned about the well-being of children and the elderly, not to mention uncertain as how best to care for them (Is it safe to send our children to school? Should we move mom out of her retirement home and into our house?).

Given this new reality, by now most everyone has experienced the cognitive dissonance of which Kafka wrote - we've all felt a little bit like Gregor Samsa.

Under such conditions, it is important for us to remember to look for normalcy in our lives, for it *does* still exist. We still have those interpersonal relationships that have always given definition and meaning to our lives: partners, children, parents, best friends, coworkers... Nature still abounds in all its beauty, inviting us to participate in its sacred depth (as I stare at the hummingbird darting about its feeder outside my window). And, there is still much meaning to be made, in the work we do and how we show up for other people.

As we enter the fall and winter months, we are told that there is hope for a vaccine come January, *if* all goes according to best laid plans. But we are also told to brace ourselves for the worst social health conditions we've faced in 100 years, due to the spread of Covid complicated by a potentially intense flu season. A phrase Mark Franchett used during our Committee on Ministry meeting last night was, "Plan for the worst and hope for the best!" Sound advice in these times!

Here's some more sound advice... Lean into your church community. ***We're still here!*** I imagine that for some of you church has seemed out of sight and out of mind during this pandemic. But our lay leadership, which includes many generous volunteers, has worked diligently to keep the organization intact and the ministry functioning. In addition, our staff has continued to step up as well. I have been involved in meetings throughout the summer (Virtual Programs, Committee on Ministry, the Board, Social Justice, and Adult Ed), including my involvement in our local NAACP chapter and The Family Center, on which Executive Board I now sit and Program committee I now chair. Julie Artis has been diligently planning how effectively to continue religious education for our children this fall. (Though everybody is "zoomed out" at this point, I hope parents will keep their children engaged in the program Julie will be presenting!) Our new Office Administrator, Ameera, has impressively handled her learning curve and we are in good hands moving forward with this new member of our staff! And of course, though our Music Director Joseph Palazzolo has taken the summer off, he stepped up impressively in the spring and I'm sure will pick up where he left off come September.

In sum, the social distancing this pandemic warrants and the requisite digital ministry it requires has been challenging for everyone. As your minister, the awkwardness of all of this is particularly poignant for me. More than anything I want everyone to continue to feel connected to our beloved community and me as your minister. So, *lean in and don't be shy about reaching out to me or any other member of our staff or lay leadership!* In the meantime, I very much look forward to "getting back in the pulpit" following Labor Day!

Namaste,

Alex

## Coffee Hour in the Memorial Garden

Sunday afternoon, Sept. 13, weather permitting, Dr. Riegel and Julie Artis will hold an extended BYOC (Bring Your Own Coffee) coffee hour in the Memorial Garden, from 1 - 4pm. 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-welcome>. We very much look forward to seeing our 3 dimensional peeps!

Namaste,

Alex and Julie

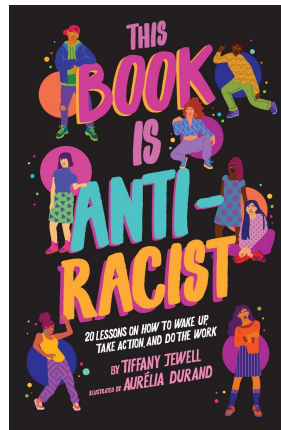
Religious Education News



Welcome to the 2020-21 Religious Education Program! This church school year is about surviving and reimagining. We are creating new ways to learn and be together. We will be holding classes virtual and at times we will physically distance ourselves in the Memorial Garden or in a backyard. We have a resilience we did not know we had. We are UU's and we can do this. I know we are living with tremendous uncertainty about life and what life will be like next year. I have spent much of my time this summer reading, planning, and thinking about our UU students and parents. Most of all I have adjusted to being flexible and grateful for our church family and ways to stay together.

This year our classes will be on Zoom. It is wonderful to see the students and parents in their "natural habitat." There will also be a care package each month with lessons and art projects. Zoom classes will be to review and chat about Joys and Sorrows with the students. I do need help. This is what you can do: record stories, write lessons, help with care packages and art projects, and help find stories.

Our classes are designed as a three-year pillar system, beginning with Unitarian Universalism, followed by Abrahamic Faith religions, and ending with **World Religions**. For the 2020-21 year we will be studying World Religions. Registration forms and volunteer sheets have been sent by email and by snail mail. Please send in your forms ASAP. We have a special treat for each student this year. When you register you will be able to pick your own homemade dozen of cookies! I have a group of GPUC members that are ready to bake!! Get your forms in to enjoy this special treat.



I highly recommend this book for everyone, ***This Book is Anti-Racist: 20 Lessons on how to wake up, take action and do the work*** by Tiffany Jewell. This is written in accessible language with a great glossary. If you have been wondering how to effectively work for racial justice, this book may help. The book will also help with confusion about language or terms being used these days.

Our possibilities may change as the year goes along. For now, we will Zoom, talk, text and email as much as we can. My phone number is 313.590.2464 or email me at [julieartis@hotmail.com](mailto:julieartis@hotmail.com)

***In ordinary life we hardly realize that we receive a great deal more than we give,  
and that it is only with gratitude that life becomes rich.***  
- Dietrich Bonhoeffer, 1906-1945

Peace,  
Julie Artis, Director of Religious Education

## 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](mailto: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](mailto: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](mailto:officegpuc@gmail.com). She will be sending out ongoing alerts beginning with The Weekend Email for September 3rd, 2020. We appreciate your participation and hope to get the directory completed before the middle of September. Thank you!

### Special Report

#### Special Report to the GPUC congregation and friends

Our GPUC board of trustees has formed a committee to recommend and implement policies and procedures regarding use of church facilities during this COVID pandemic. Currently meetings in the church buildings are not allowed. Also, restrictions have been put in place requiring the use of masks, social distancing and calling ahead to schedule visits to the church for in person business.

The reopening committee had its first meeting on July 29. Members of the committee are Russell Chavey, Jenevieve Lilly, Sonja Franchett, Rev. Alex, Jennifer Keyser, Lynn Baker-Hunter, Christy Winder, Meghan Boomhower, Veronica Smith and Julie Artis.

As a starting point, the committee agreed that GPUC will follow all the restrictions and guidelines put in place by our Governor. In accordance with our belief in each individual's worth and dignity the UUA recommends that all churches only have virtual services through at least May of 2021. To see the full statement of the UUA regarding the COVIDS pandemic visit this link: <https://www.uua.org/safe/pandemics>.

The church has received a few requests from groups to use church facilities for their activities. There have been requests for use of indoor spaces as well as outdoor spaces. The committee considered the procedures that would need to be implemented prior to allowing indoor use and determined that it would be very difficult for the church to implement and enforce the needed masking and distancing restrictions as well as cleaning and disinfecting such activities would require. The cost to the church would far exceed any reasonable rental fee we could consider charging. Additionally, if the annex were to be used for such activities it would likely preclude use of the annex by the resale shop. Use of outdoor spaces is much easier to implement but always raises the issue of bathroom availability and again enforcement of social distancing.

In conclusion, the committee has recommended that *at this time* no meetings be allowed in any church facility. Meetings or other church related activities may occur using outdoor spaces but all such activities will need to be scheduled through the church administrator (so as to avoid multiple users arriving simultaneously). Anyone hosting such outdoor gatherings will be asked to enforce social distancing guidelines and advise participants that bathroom facilities should not be expected to be available. Non church groups may be allowed to use outdoor spaces if they agree to abide by social distancing guidelines and limits on group size. Approval for such use may be given by church staff including Rev. Alex, Ameera and Julie. The church will prepare and implement a Covid Preparedness and Response Plan following the guidelines of MIOSHA.

This committee will monitor the changing recommendations of State government, the CDC, MIOSHA, the UUA and other pertinent experts and regulatory agencies. Recommendations will change in accordance with the advice of these groups. Of course, we all long for the day when we will once again gather in beloved community as before this pandemic while at the same time protecting the health of our church members and staff.

It is anticipated that even after in church activities resume, virtual streaming of services, meetings and other church activities will continue for those who cannot attend in person or for personal reasons would prefer to attend virtually. Others in our church community are researching what additional equipment we may need to be able to provide high quality streaming of church activities in the future.

If there are questions, concerns or ideas anyone would like to address to this committee, please reach out to me and I will be sure those thoughts are brought to the committee.

*For the committee on reopening,  
Russell Chavey*

### Committee On Ministry

#### Committee on Ministry 2020-2021: Who We Are and our Role



Committee On Ministry: Sarah Neely, Kathy Konwiak, Jud Cole and Mark Franchett

I wanted to reintroduce the 2020-2021 Committee on Ministry (COM). The members are Sarah Neely, Jud Cole, Kathy Konwiak and Mark Franchett. We meet the 3rd Tuesday of every Month at 7:00 via Zoom with Rev Alex Riegel.

With the congregation meeting via zoom and the lack of face to face coffee hour discussions, we wanted to get the word out that we are still here and trying to serve the congregation. Please feel free to contact any one of us at any time with input on the congregation. We would love to hear from you.

The GPUC Policy Manual defined our purpose as:

*Statement of Purpose The Committee on Ministry shall focus on the health of the total ministry of the congregation.*

*This includes the work of all facets of the congregation: clergy and lay leaders, staff and volunteers, the Board of Trustees and other committees, members and friends, and people of all ages including children, youth and adults.*

*\* The Committee is a group of caring and open lay people dedicated to the well-being of the congregation as a whole.*

*\* The Committee's role is to monitor all facets of the congregation as the congregation works in a spirit of mutual respect toward common goals.*

*\* The Committee's evaluation shall be guided by the church's Statement of Mission and Covenant.*

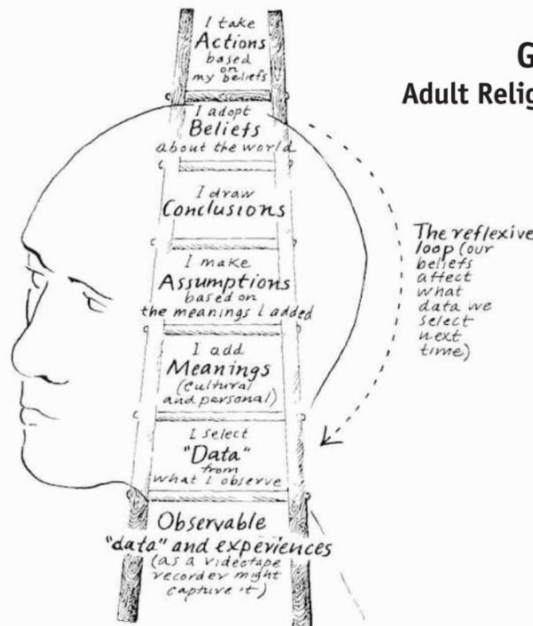
*\* The Committee shall give honest and pertinent feedback to the Board of Trustees, Minister, staff and other committees concerning their effectiveness in serving the congregation's total ministry.*

*\* The Committee is responsible for identifying issues within the congregation and, if necessary, suggesting a process for resolution and healing. The Committee itself is not responsible for resolving disputes.*

*\* The Committee shall report at least annually to the Board of Trustees regarding the health of the shared ministry.*

### Adult Religious Education

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:



### Grosse Pointe Unitarian Church Adult Religious Education Committee Presents

**Monday, September 14, 2020  
from 7:00 pm until 8:15 pm**

Zoom conversation:  
**Examining Action Science:  
Falling off the Ladder of Inference**  
led by Dr. Alexander Riegel

All programs take place via Zoom.  
Email registration is required.  
To register, please email

**John Artis: [jartis@hotmail.com](mailto: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.

## Grosse Pointe Unitarian Church Adult Religious Education Committee Fall Schedule

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 that focus in mind, our Fall programs will be as follows:

**Monday, September 14, 2020  
from 7:00 pm until 8:15 pm**

Zoom conversation: *Examining Action Science: Falling off the Ladder of Inference*  
led by Dr. Alexander Riegal

**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

**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.

All programs take place via Zoom. Email registration is required.

To register, please email **John Artis: [jartis@hotmail.com](mailto: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.

### Notes From The Office

#### **Pledge Payment Reminder**

GPUC's new Fiscal Year began on July 1, 2020. Please remember to write 2019-20 pledge or 2020-21 pledge on the memo line of your check in order to receive credit in your intended pledge year. Thank you.

### GPUC Book Discussion Group

#### **GPUC Book Discussion Group**

The next Book Discussion Group meeting will be held **Tuesday, September 15th, at 7 pm via Zoom**. Barbara Moran will lead a discussion of *"On Gold Mountain"* by Lisa See.

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](mailto:jdmoore1415@gmail.com)

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

### Food Sharing

#### **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.

### FREE Grief Support Offering



Photo by Milada Vigerova on Unsplash

### 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:

**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 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 September 30, 2020, 5 occurrence(s)

- September 2, 2020 11:00 AM Eastern Time (US and Canada)
- September 9, 2020 11:00 AM Eastern Time (US and Canada)
- September 16, 2020 11:00 AM Eastern Time (US and Canada)
- September 23, 2020 11:00 AM Eastern Time (US and Canada)
- September 30, 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](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 September 3rd & 17th 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](mailto:carrie@pranichealing.com) or 586-943-4404

Newsletter Deadline

**Newsletter Deadline**

Please submit your contribution to the next newsletter by **Tuesday, September 15th at noon.**  
Submit items to the newsletter email address: [newslettergpuc@gmail.com](mailto:newslettergpuc@gmail.com)

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