

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

September 2021

October Newsletter Deadline

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

Friday, September 24th

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, September 3, 10, 17, & 24.

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.

September 5, 2021

10:30 AM

Sermon: *"Unitarian Universalists, Cats and Dogs by Christopher Buice"*

Worship Leader: Meghan Boomhower

Worship Associate: Tonya Wells

In the Unitarian Universalist Church we find inspiration from many different sources. The inspiration for today's sermon comes from a joke. You may have heard it:

Q: What's the difference between cats and dogs?

A: Dogs look at people and say, "They feed us. They give us shelter. They take care of our every need. They must be gods." Cats look at people and say, "They feed us. They give us shelter. They take care of our every need. We must be gods."

September 12, 2021

10:30 AM

Sermon: *"The Harmony of Beings"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Tonya Wells

If there is any singular lesson we should have learned a year and a half into this pandemic, it is that our seventh principle, "The interdependent web of existence of which we are a part," is an undeniable fact of life. With this in mind, Rev. Riegel will discuss the notion of "the unity of being" and add to that, the notion of "the harmony of beings."

This service will be shorter than usual as we are going to be celebrating Willie Barber's 50th year anniversary as our sexton! This celebration will occur outside.

September 19, 2021

10:30 AM

Sermon: *"Inquire First"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Carol Guither

Dr. Riegel will be discussing a fundamental principle of action science, namely, the value of genuine inquiry in interpersonal communication. Inquiry (i.e., *genuine* inquiry) is often lacking from our interpersonal tool bag. Dr. Riegel will discuss why this is the case and why inquiry is an indispensable tool for interpersonal communication.



September 26, 2021

10:30 AM

Sermon: "The Radical Interconnectedness of All Being"

Worship Leader: Dr. Alexander Riegel

Worship Associate: Michelle Scobie

What has  this got to do with this ? 

Or this  with this ? 

Why do these questions even matter?

Alexander's Meander



It is hard to believe that it has been a year and a half since we last gathered together in our beautiful sanctuary! I am so excited at the prospect of seeing folks in church again! (I know some of us have attended a service or two over the summer but now we are in "full swing," so to speak.) At the same time, I realize that not everyone will be comfortable attending a service right away...for you folk, the Zoom option remains, thanks to our dedicated tech team.

There is so much to say after a year and a half has passed but I will save such words and recognition to share as fall unfolds. That said, I DO want to thank our incredible Board, for helping see us through this time. I also want to thank our staff, *especially* Julie Artis, who has done a yeoman's job to help keep this beloved community intact.

Along these lines, I hope everyone who is comfortable will attend our first service at least (Sept 12), an abbreviated service followed by a loving recognition of Willie's 50 years of loving service to this church!

Finally, I want to emphasize that my vacation and Study Break time are now over. If you would like to be on my radar, *please reach out and let me know.* (alexgpuc@gmail.com). Much of the grapevine through which I get information has come to a screeching halt during this pandemic and following on the heels of my time away this summer, it is very likely that I will not realize you may want/need my attention right away. Don't be shy!

Namaste,

Alex

Religious Education News



Welcome to the 2021-22 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 in person, outside, virtual and at times we will go on field trips. 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. Most of all I have adjusted to being flexible and grateful for our church family and ways to stay together.

I do need help. This is what you can do: teach classes, 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 2021-22 year we will be studying **Unitarian Universalism**. Registration forms and volunteer sheets have been sent by email and you can register and pay online at www.gpuuc.org, then go to What We Do, then to Sunday School and you can find the registration form and pay button. 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 Tree of Life Charm and chain.



Our possibilities may change as the year goes along. For now, we will be outside, inside for older students, events, Zoom, talk, text and email as much as we can. My phone number is 313-590-2464 or email me at julieartis@hotmail.com

Dates to Remember

RE Registration Forms due now

Sunday, September 12 first Sunday

Sunday, September 26, Ice Cream Cart at 11:30 a.m.

Sunday, October 3, Out to Belle Isle

Sunday, October 24, Elmwood Cemetery Tour at 1:00 p.m.

**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, Upcoming Programs And Events

MARK YOUR CALENDAR!

ICE CREAM CART

Sunday, September 26

11:30 a.m.

Ice Cream Cart will be at GPUC!



ELMWOOD CEMETERY TOUR

Sunday, October 24, 2021

1:00 p.m.

Tour Guide: Crosby Washburne



The Elmwood Cemetery is the oldest continuously operating, non-denominational cemetery in Detroit. The cemetery was established in 1846 and incorporated in 1849 as a non-profit corporation by an act of the Michigan Legislature. Elmwood has been recognized as a significant site for the National Underground Railroad Network to Freedom

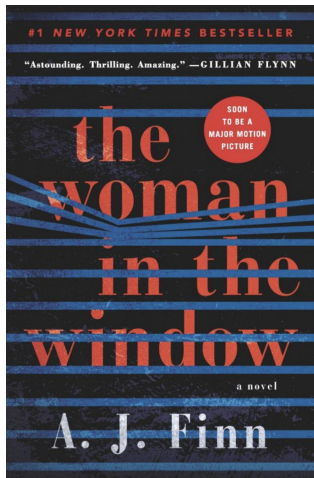
Sponsored by: Religious Education & Fellowship Committee

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: *The Woman in the Window*

Tuesday, September 21st, at 6 pm

Christy Winder will lead the discussion A.J. Finn's, *The Woman in the Window* on Tuesday, September 21st at 6PM.

This discussion will take place in the GPUC Annex or via Zoom depending on our pandemic situation

Each attendee should bring his/her own beverage and snack. If everyone can be on time to the meeting (it starts at 6 pm), we can have a few minutes of socializing before the leader begins.

Those non-group members wishing to attend should contact Juli

Moore: jdmooore1415@gmail.com

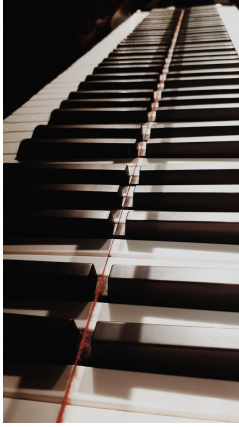
SAVE THE DATE! DUELING PIANOS V

For the 5th year in a row, Anne Roberts along with Joseph Palazzolo present

DUELING PIANOS — FIFTH EDITION

...and what better way to celebrate than with a performance of
BEETHOVEN'S FIFTH?

That's right...his famous Symphony No 5, plus the dynamic duo's usual smorgasbord



of diverse delights served up with some Russian, French, Argentinean, Brazilian, Jewish, and good ol' American fare...

Photo by [Julina Medeiros](#) on [Unsplash](#)

Saturday, Oct. 23 at 4:00 p.m.

This performance both in person at GPUC as well as online.

\$20 Pre-sale \$25 At the Door

Tickets go on sale after Labor Day. You'll also be able to buy them online...Stay tuned!

GPUC Resale Shop Used Bike Donation & Sale

Are you looking for a bike or do you have a old bike to donate? Now is your chance to get a bike or clear that old bike out of your garage and support the GPUC Resale Shop.

Recycle Reuse Repurpose a Bike for a Great Purpose

Please [click here to view all bikes](#) currently up for purchase.



Mark Franchett is now selling the bikes from his garage with all proceeds going to the GPUC Resale Shop. We have had a successful bike sale this spring and summer raising over \$1000 for the resale shop. There are a few remaining bikes. If you have a bike to donate, please contact Mark.

If you are interested, please send him an email(mark.franchett@gmail.com) or call the phone number listed in the GPUC directory. From there, you can set up a time to stop by for a test ride. If needed, he can deliver the bike to your home if you are unable to fit the bike in your car.

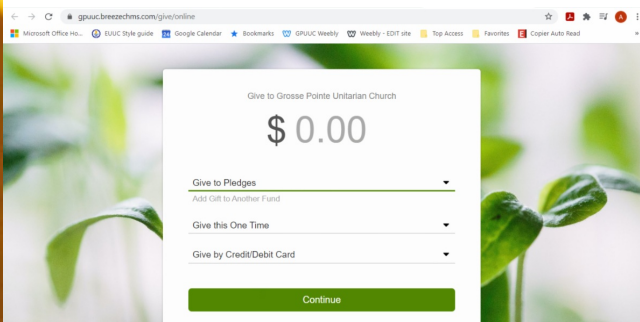
Giving Made Easy Thanks to Breeze!

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.

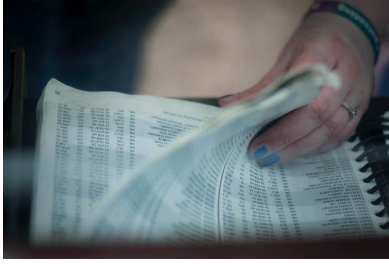
Thank you!



Click Here To Give Now!

Time to get ready for the 2021-22 Directory!!

Ameera will begin collecting updated information for our church directory. If you have anything to change, please contact her directly with the updates. This will



be ongoing between now and September 17th so be sure to get it in before then.

Directories will be ordered and will be mailed or handed out in October (hopefully). Please let Ameera know if you will want a physical or PDF copy.

Photo by [Brittany Colette](#) on [Unsplash](#) There is also Directory access on the [church website](#) (for members only).

RESALE SHOP NOW OPEN!!!

We are so excited to announce that the GPUC Resale Shop will be open for business on Wednesdays from 10AM-3PM.

They will also be accepting donations, up to 2 (two) boxes or small bags (No big garbage bags), on Wednesdays from 9AM-2PM.

Upon re-opening, regardless of vaccination status, masks will be required to shop. We will keep you informed as things evolve. This is one step in the right direction towards normalcy. So brace yourself and get ready to shop!!



We are looking forward to seeing you happy shoppers!

Needed. Volunteers for two hours --- 7 pm to 9 pm --- on Thursday evenings at the GPUC Resale Shop, which is located in the Annex. Average yearly contribution to GPUC from the shop, before COVID, was about \$20,000; we are looking to bring our contribution up to the same level again. We were closed for nearly two years because the shop is configured in such a way that we couldn't safely open during quarantine restrictions. But donations are coming in, and our rooms are filling up with "new" merchandise, from mens' and womens' clothing, to household goods, tools, books, CDs, DVDs, plus many Treasures and Trifles.

Depending on the number of volunteers, you would likely work about one Thursday a month. Consider bringing a friend to volunteer with you, there are two chairs at the checkout table!

For more information or to volunteer, contact Suzanne Ross at 586-405-6707, or suz55555@gmail.com

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. Ameera is in the office Thursdays and Fridays during the summer. We also gladly accept monetary donations, which are used to purchase fruit, veggies, eggs, milk, and bread. Thank you for helping!

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.

Earn Money for Grosse Pointe Unitarian Church

Kroger rewards support GPUC

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



Kroger Community Rewards gives to GPUC - enroll at any time!
 Our organization number is: FF794
 Go to: <https://www.kroger.com/account/enrollCommunityRewardsNow>

Thanks, Janet Weber

FREE Grief Support Offering



Grief: Releasing Pain, Remembering Love & Finding Meaning

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

Additional grief support:

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

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

Weekly Thursday afternoon yoga classes will continue in the Church Memorial Gardens, 4:30-5:30 on Thursdays. If the weather is bad, we will be inside the church. Vaccination and masks are required inside the building.

After almost a year and a half of free yoga classes, Carol Guither, our instructor, has made the decision to begin charging for the Grosse Pointe Unitarian Church's gentle yoga classes. Photo by [Avrielle Suleiman](#) on [Unsplash](#)



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. Carol will be sending out Venmo instructions soon, and they will also be included in the weekly email from the church.

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

Thursday, September 2, 9, 16, 23 & 30

By clicking the link below, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Carol Guither / Jackrabbit LLC and Grosse Pointe Unitarian Church.

Join Zoom Meeting

<https://zoom.us/j/845443715?pwd=ZzJlcTdvK0xZalFsQWxDaXJSYzNmUT09>

Meeting ID: 975 6787 7997

If prompted, please use password: 897206

Healing Clinic and Meditation

ONLINE Healing Clinic and Meditation First & Third Thursdays of the month September 2nd and 16th 7-9PM

The Clinics have changed to an online format for meditation and distant healing. Pranic Healing is a no-touch therapy, therefore distant healing is possible through the principle of oneness.

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

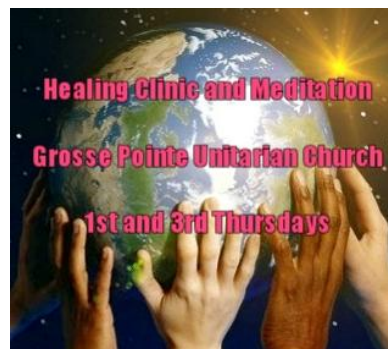
[https://cash.app/\\$CarrieViviano](https://cash.app/$CarrieViviano)

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



Contact Information

Grosse Pointe Unitarian Church

17150 Maumee Ave., Grosse Pointe, MI 48230

Office Hours: Mon-Tues-Thurs-Fri 9AM-4:30PM

Phone: 313-881-0420 Fax: 313-881-6430

Email: officegpuc@gmail.com

Website: gpuuc.org

Editor: Kathleen Ruhl newslettergpuc@gmail.com

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