

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 2017

Upcoming Services

September 3, 2017 **10:30 AM**
Health Care- Is it a Human Right?
Worship Ldr: Chuck Palmer Worship Assoc: Meghan Boomhower

Chuck will discuss the history of medical insurance in the United States and the world, and consider the question of whether is a human right or just an economic commodity. He will conclude by analyzing the politics of universal health care insurance.

September 10, 2017 **10:30 AM**
Love! Love! Love!
Worship Leader: Dr. Riegel Worship Associate: Julie Artis DRE

This is our Ingathering service, when we gather together to start the new church year in full swing (meaning our R.E. families will be expected to be back with us as R.E. gears up for another amazing year under the tutelage of our D.R.E. Julie Artis and the amazing R.E. parents who help make our program one of the best in the District!) This is an intergenerational service so everyone will join together in the sanctuary for the entire service. Our theme is Love! Love! Love! (to steal a phrase from the Beatles...)

September 17, 2017 **10:30 AM**
Come, Come, Whoever You Are!
Worship Leader: Dr. Riegel Worship Associate: Janet Weber

The hymn *Come, Come, Whoever You Are* is a favorite of many UUs. It is taken from a Rumi Poem but when I discuss the poem with people I find that many do not know the most important line in the poem (in my opinion): "Even though you've broken your vows a thousand times," This line hints at how our "failures" in life can make us feel unworthy. But it also tells us, in no uncertain terms, that we remain worthy. Dr. Riegel will discuss this private struggle that takes place within every heart...

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September 24, 2017

10:30 AM

Ancient Wisdom for Modern Times

Worship Ldr: Dr. Riegel & Russill Paul Worship Assoc: Suzanne Ross

As part of Russill Paul's weekend at Grosse Pointe Sept. 22 - 24, Russill will join Dr. Riegel for this morning's service. They will discuss the theme, *Ancient Wisdom for Modern Times*, drawing from the weekend's work together and their mutual study of the ancient mystics. They will also incorporate mantra in the service, to demonstrate the power of this ancient spiritual practice.

Alexander's Meander

The Beginning of a New Church Year

Feels like a long time since I've written a newsletter article, though we've only missed one edition, being in the midst of summer and all. This must mean that I am ready to be back at work again, which I have been for a few weeks now (If you have been missing services this summer, remember that you can always catch up at our YouTube channel these days: www.youtube.com/channel/UC-Exer7CjEV0bHELaTSCz6Q).

I am looking forward to reengaging our beloved community in so many ways. First, I love being back in the pulpit and with you all on Sunday mornings. (If you have any sermon requests, I won't make promises to address them all but you are welcome to put yours into the hopper. Just send me the idea via email: alexgpuc@gmail.com). Second, take note in this newsletter (and the Face Book posts that have already gone out) of our numerous upcoming events! I hope to see as many of you as possible at our last opportunity to see *Brother Sun* in concert, Wednesday, Sept 6 @7pm. Following that, Russill Paul returns again (I have made the workshop as inexpensive as possible this time around) and we have a couple of people coming in October to lead us through a weekend study of *The Aramaic Jesus*. Tickets for all of these events are now available on our website. Please join us and share this information with anyone you think may be interested!

And of course, we have been reminded very recently of the importance of our social justice voice in today's world, on the heels of the unfortunate events of Charlottesville. I look forward to getting back together with our Social Justice committee to rekindle that important work, now that everyone will soon be back in full swing. Stay tuned for more info on where GPUC goes next in this regard...

Finally, please keep in mind those GPUC members and their families that are struggling with pastoral issues. Don't underestimate how meaningful a simple card or phone call can be to these people and if you know of anyone who is struggling and think I may not be aware, please send me an email in that regard. I would rather hear from a dozen people about the same situation than have people assume I know of a situation when I actually may not.

Namaste!

Alex

Religious Education News



Welcome to the 2017-18 Religious Education Program! We are excited about another year filled with our members, new friends, opportunities to explore our world together, and relationships that nurture the hearts, minds and souls of our young students and parents.

It is our goal each year to create a community of many ages that nurtures compassion and integrity, while inspiring spiritual exploration and service for the greater good. Our classes are designed as a three year pillar system, beginning with Unitarian Universalism, followed by the Abrahamic Faiths and ending with World Religions. For the 2017-18 year we will be in our third year of the pillar system with a focus on World Religions. Our classes and activities create an environment in which our students can think critically, recognize their own inherent worth and that of others and can discuss and discover their own beliefs, values and ideals.

Our program is a cooperative system and requires the work of many hands and hearts to thrive each week. Please take the time to look through the opportunities for volunteer service which are available and decide how you would like to be involved. Your involvement will not only support the health of our program, but it will also help you to find and build a church community and help you feel at home in our wonderful and vibrant church.

Religious Education Lessons

September 10th will be our first Sunday back with an all Family Service. This is a wonderful time for you and your family to hear our minister, Rev. Alex Riegel. Please remember to bring your registration forms to the Religious Education office. On the following Sunday, September 17th the students will begin go to the purple room at 10:30 a.m. in the RE wing. The nursery will be open every Sunday including Labor Day Sunday, September 3rd. Our caring sitters will be there to greet your young UU's.

Registration forms have been mailed out to all past parents. If you are new and would like to register your child, please contact me by phone or email at Julie@gpuc.us Teaching assignments will be sent out during the second week of September.

The first Religious Education Committee meeting will be at 9:15 a.m. on September 10 in Room 7 of the RE wing.

"We are resolved to protect individual freedom of belief. This freedom must include the child as well as the parent. The freedom for which we stand is not freedom of belief as we please, not freedom to evade responsibility, but freedom to be honest in speech and action, freedom to respect one's own integrity of thought and feeling, freedom to question, to investigate, to try, to understand life and the universe in which life abounds, freedom to search anywhere and everywhere to find the meaning of Being, freedom to experiment with new ways of living that seem better than the old"

-Sophia Lyon Fahs, 1876-1978, Unitarian Universalist Educator

I look forward to greeting you every Sunday!

Julie Artis, Director of Religious Education

Brother Sun in Concert - Wednesday September 6



The acclaimed folk trio *Brother Sun* is coming to the end of its farewell tour, as the three incredibly talented personalities that make up the trio will be pursuing their individual projects for the foreseeable future. Grosse Pointe Unitarian Church is lucky to be one of their final stops. It is a show you will NOT want to miss and of course, your final chance to see them! (Visit the Brother Sun website (www.brothersun.com) to learn more about the trio.)

Tickets: \$15 in advance through the church website (www.gpuuc.org/brother-sun-farewell-tour-concert) or through the church office; \$18 at the door.

Russill Paul



Mystic, musician, and Spiritual Director Russill Paul returns to Grosse Pointe Unitarian Church to address the theme: *Mantra, Mysticism, and Modern Life: Esoteric Wisdom for Our Challenging Times*. Indeed, the ancient mystics discovered great wisdom in their spiritual pursuits, from astute psychological insights to practical wisdom for daily life to spiritual methods that helped them attain the higher states of consciousness that make the human experience what it was meant to be. Further, what they discovered remains as pertinent and necessary today as it was then. Join us for a weekend of delving into the spiritual wisdom of the mystics!

Tickets: (Available in advance through the church website: (www.gpuuc.org/mantra-mysticism-and-modern-life))

Friday Evening (7pm): Ecstatic Mantra, Music, and Meditative Experience - **\$15**

Saturday (9am - 4pm): A Practical and Experiential Workshop: Mantra, Mysticism, and Modern Life - **\$95**

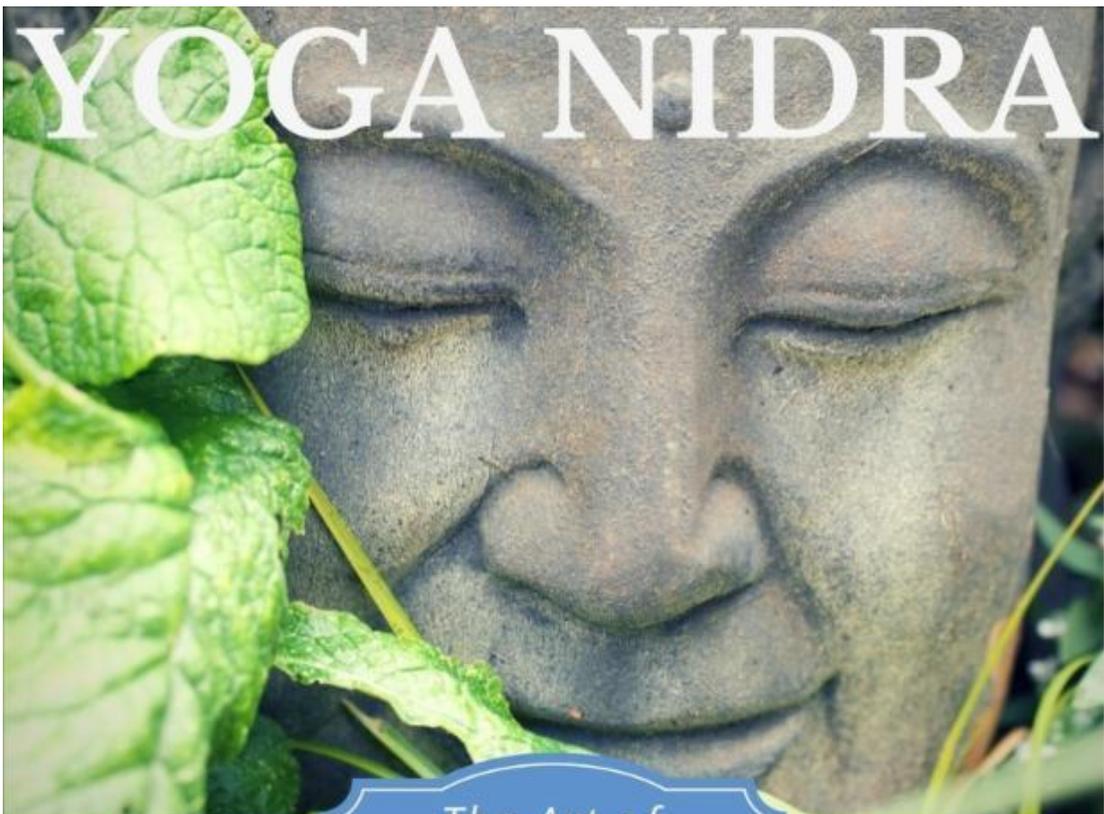
Saturday Evening (7pm): Lecture (Esoteric Wisdom for Our - Challenging Times - The History of Mantra and Its Relevance Today), Dialogue, and Chant (with Russill Paul and Dr. Alexander Riegel) - **\$15**

Sunday Afternoon (2 - 3pm:) Workshop with The Grosse Pointe Mantra Shala (**free and open to the public**); (**3 - 4pm**): Live Session with All Attendees (**free and open to the public**)

SPECIAL PACKAGE PRICE BEFORE SEPT 15 (absolutely no exceptions): \$100.00

* **NOTE** - No meals are included in the price of events. Saturday workshop participants are encouraged to dine at local establishments.

Yoga Nidra



*Saturday
September 30
Noon - 1:30*

*The Art of
Conscious Deep
Relaxation*

*Price
\$10 a person
(Cash only)*

This workshop will consist of a brief history of Yoga Nidra followed by a practice of Yoga Nidra. Yoga Nidra is an ancient technique that allows you to go to the place where you are completely aware- yet completely relaxed. Yoga Nidra can help you relieve stress and anxiety, relieve depression, unlock creativity, and bring about healing. This deep state of relaxation also allows us to begin to heal our samskara's (karmic patterns or imprints on the mind)- and begin to sand them down and set new patterns by setting a true Sankalpa (heartfelt intention). Classic Yoga Nidra is done entirely laying down, no asana (postures) and is perfect for everyone. All you have to do is relax!

PLEASE NOTE: Bring a yoga mat or something to lay on, pillows, a blanket and anything else you need to be comfortable.

Join Jen Norber, Registered Yoga Instructor further certified in Yoga Nidra at the Sivananda Ashram by the California College of Ayurveda. Jen is also working on her Master's in Lay Ministry at Meadville Lombard.

Grosse Pointe Unitarian Church
17150 Maumee Ave, Grosse Pointe MI
Email Jen with questions
jennorber@yahoo.com

This year Dr. Riegel is serving as the teaching pastor for a student from Meadville Lombard Theological School. Her name is Jennifer Norber and while she is not an *intern* at GPUC (she will simply be meeting with Dr. Riegel on a biweekly basis for ministerial formation supervision) you will occasionally see her at GPUC. Jennifer is offering this *Yoga Nidra* class at a discount to our GPUC members as a way of saying thank you and also as making it possible for folk intimidated by yoga to try a user friendly style of yoga. If that includes you, consider joining Jennifer for this class!

Namaste,

Alex

GPUC's Adult and Youth Choirs

Music is an important part of our Sunday services. Here at GPUC, we are fortunate to have TWO choirs that provide thoughtful pieces to accompany the sermons. **Joseph Palazzolo** directs the **Adult Choir** and the **Youth Choir**. The choirs perform sacred and secular music that may be new or familiar, and from many genres. Please consider joining our Adult Choir or having your youngster sing in our Youth Choir. Both groups are comprised of people who love to sing. There are NO AUDITIONS, just show up at a rehearsal and Joseph will help determine your best vocal range, if needed. Don't worry if you are not an accomplished singer nor musician. Folks of all levels of musicianship share in the joy and fun of singing together. While it would be wonderful if you are able to attend every rehearsal and performance, that is not realistic. Hopefully you will be able to join us for many. Please consider singing with us this new church year. We all learn a lot from Joseph and have a blast doing so! Just ask any current choir member! The specifics of both choirs are listed below.



Children's Choir

ADULT CHOIR

WHO: Adults 18 - 118!

WHERE: Rehearsals in room #2 (purple room)
in the Religious Ed. wing

WHEN: Rehearsals on Wednesdays, 7:30 - 9:00 pm *

FIRST REHEARSAL: Wed., Sept. 13 **
FIRST PERFORMANCE: Sun., Sept. 10 **
with a 9:30 am warm-up/practice
Adult Choir *generally* sings the 1st & 3rd
Sundays

YOUTH CHOIR

WHO: Youth in grades 2 - 6

WHERE: Rehearsals in room #2 (purple room)
in the Religious Ed. Wing

WHEN: Rehearsals immediately after RE classes,
from 11:45 - 12:15 pm

FIRST REHEARSAL: Sunday, Sept. 17 **
FIRST PERFORMANCE: Sun., Sept. 10 **
with a 10:00 warm-up
The Youth Choir *generally* sings the 2nd & 4th
Sundays



QUESTIONS? Call the church office at 313-881-0420 to get your question(s) forwarded to Joseph Palazzolo or Birdi Hansen-Marr.

* Some folks go out afterward for 'Beer Rehearsal' at Bogart's for a bite &/or a drink (nonalcoholic beverages, too) to socialize!

** Due to the special performance by *Brother Sun* on Wed., Sept. 6th, there will be NO Adult Choir rehearsal that evening. We'll sing an old stand-by for our 1st performance Sun. on Sept. 10th, practicing before the service. Likewise for the Youth Choir. They will brush-off a familiar song before the service on Sun., Sept. 10th, since they will not have had an official rehearsal yet.

Dueling Pianos

Dueling Piano Dances:
Performed by Anne Roberts & Susan Weiss,
*both lifelong Grosse Pointers and
accomplished pianists*



**Dances from Bach to Bernstein
including Symphonic Dances
from West Side Story**

Everything Is A Dance

Saturday, October 21, 7:30PM
Grosse Pointe Unitarian Church
"Saturdays at 7:30" Concert Series

17150 Maumee Avenue | Grosse Pointe, MI 48230
(313) 881 - 0420 | www.gpuuc.org

**Come hear some of the
world's most stirring
piano music October 21st.**

**Proceeds of concert benefit
Grosse Pointe Unitarian Church.**



Grosse Pointe Unitarian Church

Siillienne
Bach

Valse-musette
Poulenc

Danse Macabre
Saint Saens

Libertango
Piazzolla

**Symphonic Dances
from West Side Story**
Bernstein

**Samba Triste &
Country Blues**
Bennett

Malaguena
Lecuona

TICKETS (Limited Seating)
Presale - \$20
At Door - \$25

Go to
www.gpuuc.org/upcoming-events.html
and buy tickets with PayPal or buy
them through the church office during
business hours, (313) 881-0420.

There is a \$1 service fee for using PayPal.
If paying via PayPal, we will keep your name
at the event ticket desk for check-in upon
arrival. NO tickets will be otherwise issued,
so please bring a copy of your PayPal email
receipt as proof of purchase.



Not ready for Summer to be over yet? Great news! We'll bring it back in November at GPUC's **No One is an Island** Auction! We'll transform the church into a tropical paradise complete with tasty appetizers, adult beverages and desserts, and some special laid-back musical entertainment!

Don't be an island.

Together we can make a difference!
 Donate something awesome to GPUC,
 ... And wear your flip-flops in November.

The auction features a fabulous selection of items to bid on in all price ranges. If no one has called you about making a donation, please give Suzanne Ross a call. We're aiming for 100% participation!

We are currently looking for congregation members to donate items that they themselves enjoy doing or having . Past donations have included:

- Use of vacation cottage
- Dinner party
- Event tickets
- Themed gift baskets
- Boating Excursion
- Babysitting, Gardening or other services

Ideas for what to donate are limited only by your imagination! Members can also obtain donations from local businesses looking to showcase their products and services.

It's a Beach Party, and a lot more!

- A **50-50 Raffle**- Some lucky person will win half the cash!
- A **Silent Auction** and an exciting **Live Auction**- Appealing items large and small.
- **Parties and other Events** - Purchase a seat (or two) to attend a small or large dinner party, a beer-tasting party, a Halloween party, a boating excursion, concert, or more.
- The **Junior Auction** - Our juniors offer services and homemade treats!
- The **Tin Can Bidding** - Bidders drop tickets into a tin can next to the item -- and the winning ticket is drawn at the end of the auction.

You can help!

There are lots of ways to get involved. We could use your help with...

- food donations,
- setting up and decorating, cleaning up afterward,
- distributing "won" items at the auction,
- serving beverages,
- taking tickets

Please call or email

Robin Ramsay at 313-702-0062 / rjramsay@comcast.net
Chrissy Whitwell at 307-699-3349 / cmpapen369@hotmail.com

Announcements

Make A Difference In A Child's Life

Tutoring a student can make such a wonderful change in a child's life and yours. It's a built-in reward to watch a child blossom and learn to love reading or math. The Schools Tutoring Committee is seeking members or friends to volunteer for this very important experience in nearby schools such as Detroit Merit at Alter and Jefferson. Most tutors volunteer once a week (some twice!) for an hour and a half. You pick the age group you prefer to work with, the day and time. We will conduct an orientation at the school in early October. For further information, contact Susie Boynton, coordinator, or Candy Dunn in the church office.

Resale Shop News

The Resale Shop has implemented new guidelines for donations and consignments. Please check out the website for details! <http://www.gpuuc.org/resale-shop.html>

Committee Fair - Sunday, September 24th

A Committee Fair will be held on Sunday, September 24th, immediately following the worship service. Come see what all the GPUUC committees are and what they do. It will be an opportunity to choose how to serve the church and help propel it into the future. The Fair will be held in the garden, weather permitting. Coffee will be served.

The Leadership Development Committee

Committee Meeting Schedules Needed

Attention all Committees - please turn in your proposed meeting schedule if you haven't already, in order to have your meeting dates, times and space reserved on the church calendar.

This also applies to any special events planned for the church year. The calendar is filling quickly
Thank you, Candy Dunn, Office Administrator

Care Committee Update

We have secured a small table just outside the sanctuary where you will be able to write a message of cheer to anyone in the congregation. There are note cards and paper, envelopes, pens, etc. A member of the Care Committee will be sure to see that your message is sent.

Linda Lawrence and the Care Committee

Women's Book Discussion Group

The GPUUC Women's Book Discussion Group usually meets on the Third Wednesday of the month at 5:30pm in the GPUUC Library. We serve wine and cheese and divide the cost between attendees.

An email is sent out the week before to see who plans to be there. Please email Jill Crane if you wish to be put on our email list. villaiilla@sbcglobal.net We welcome new members!

The 2017-18 book list is available in the foyer.

Jill Crane

Our next discussion is **Wednesday, October 18, 5:30 p.m. in the library of GPUC**

A Little Life by Hannah Yanagihara (720 pages)

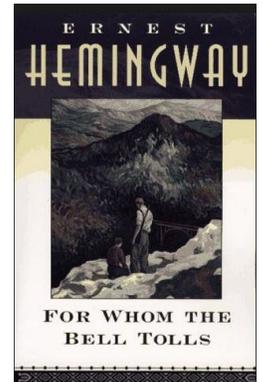
Brace yourself for the most astonishing, challenging, upsetting, and profoundly moving book in many a season. An epic about love and friendship in the twenty-first century that goes into some of the darkest places fiction has ever traveled and yet somehow improbably breaks through into the light. Truly an amazement-and a great gift for its reader.

In rich and resplendent prose, Yanagihara has fashioned a tragic and transcendent hymn to brotherly love, a masterful depiction of heartbreak, and a dark examination of the tyranny of memory and the limits of human endurance.

Led by Anne Roberts

Coed Book Discussion Group

We are organizing a new book discussion group in addition to our Women's group. Our first organizational meeting will be held in the Gallery at GPUC on Tuesday September 26 at 7:00 PM. Please contact Rudy Wedenoja if you are interested in participating.



UU Crafters

UU Crafters usually meet on the 3rd and 4th Tuesdays of the month in the Annex 7-9pm. In September, we will meet on the 19th and 26th. Our next meeting takes place on Tuesday, September 19th. All are welcome to join in for an evening of social stitching (knit, crochet, quilting, needlepoint, etc.) and other small crafts. Also, if you like to color and haven't tried the new adult coloring books there are books and markers for anyone who would like to give it a try. Check the church calendar on the website and the weekly email for any changes. Please contact Ann Helm with any questions.

Newsletter Deadline

Please submit your contribution to the next newsletter by Friday, September 22 at noon. They should be sent to newsletter@gpuc.us.

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