


Grosse Pointe Unitarian Church

A Welcoming Congregation 



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 27, 2014

Upcoming Services

November 2, 2014

10:30 AM

"Traces and Imprints"

Rev. Alex Riegel

Jim Moir, Worship Associate

During this service we will be honoring those who have passed, reflecting upon the lineage they leave us and to which we are indebted. We will especially note those whose passing has occurred this year. **SPECIAL NOTE - We will continue the tradition of the Memory Table.** You are invited to bring a photo to display, of someone whose memory you wish to recall (whether a member of this congregation or not), and/or a symbolic flower to place upon the altar. You will also have the option of briefly speaking to the significance this person has had in your life. Dr. Riegel will be preaching a sermon on the importance of keeping in mind, as a spiritual practice, an awareness of the ways we receive traces and leave imprints upon other people as we move through this mystery journey we call Life.

November 9, 2014

10:30 AM

"It's His Dog. Let Him Walk It."

Rev. Kimi Riegel Joseph P. Buttiglieri, Worship Associate

"We have always done it that way," is a phrase we hear often around the office, at home, even in church. The internet has a new meme that has been making the rounds: "not my monkeys, not my circus." Some of what we do from habit is helpful - we don't have to think. Some of what we do from habit is destructive - we don't think. Join Rev. Riegel to explore how to let people "walk their own dogs."

November 16, 2014

10:30 AM

"The Problem of the Good."

Rev. Alex Riegel

Janet Weber, Worship Associate

Most people have some idea of the theological "problem of evil," either having discussed it in a long ago undergraduate philosophy class or simply musing about it over coffee with friends. Simply stated, the problem of evil poses the question, "If there is a God, why is there evil in the world?" The assumption is that God would not allow a world with evil in it. So, the implied answer to the problem is, "There is evil in the world, hence, there must not be a God." But, I wonder, what about the problem of the good? Join me as I share with you how this thought came upon me and how it can inform our living in this world.

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Upcoming Events

[Sun Nov 2 Spaghetti Dinner](#)

[Sun Nov 2 - Food](#)

November 23, 2014

10:30 AM

[Sharing](#)

"Stone Soup Sunday"

Rev. Alex Riegel

Tonya Wells, Worship Associate

This Sunday is our traditional, intergenerational Stone Soup service, after which we turn our sanctuary into a dining hall and partake of a meal we create together (Thank you Stone Soup cooks!). Dr. Riegel will deliver a homily on the theme of Interbeing, the Buddhist idea of the deep, interrelatedness of all aspects of existence with one another. There will be readings, a story, and music, after which we will "break bread" together.

[Sat, Nov 8 Parade Co. Studio Visit](#)

[Sun Nov 16 - Conflict Resolution Forum](#)

[Thu Nov 20 - Women's Book Group](#)

November 30, 2014

10:30 AM

"Hey, What Happened to Thanksgiving"

Cynthia Luce

Tonya Wells, Worship Associate

Somewhere between what has become two major holidays for children, Thanksgiving has gotten lost. Oh, we still have it and we are grateful for the day off from work, the chance to get together with family, and the opportunity to gorge ourselves with a great meal, but it still seems like Thanksgiving itself has faded into the background.

[Mon, Dec 1 - Mental Health Workshop Part 1](#)

[Mon, Dec 8 - Mental Health Workshop Part 2](#)

[Forward To A Friend](#)

Comments from Rev. Riegel



Kintsugi

In Japan there is a craft known as "kintsugi." Kintsugi is the practice of restoring valuable china (like the vase pictured above) with a golden lacquer. In this manner, the vase increases in value over time not because its original state has been maintained but contrariwise, because it has been broken and beautifully restored. It is in the golden seams that "healed the brokenness" of the vase that its increased value is to be found.

As I reflect on kintsugi vases I think back over the many years of my ministry and my own life, recalling how much time has been spent healing that which was broken. Certainly life is full of abundant blessings (I will be preaching on this topic in my sermon entitled, The Problem of the Good, on Nov. 16th.) but so, too, brokenness. The experience of brokenness in life is unavoidable, especially when it comes to relationships. Sometimes we simply fail to hold one another with enough care and consideration.

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

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

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

Namaste,
Alex

Announcements

Spaghetti Dinner

The dinner is from 5-7 p.m. **The Spaghetti Dinner** is a fundraiser for the Junior/Senior Fund, helping cover expenses for trips to places like Point Pelee, Camp Howell and Boston. Tickets are \$12 for adults and \$8 for students, 10 and under. Tickets can be purchased in the foyer before and after church or at the door on **Sunday, November 2** in the Olympia Brown Fellowship Hall (Annex). The dinner includes a salad bar, spaghetti, (meat or veggie sauce), garlic bread, dessert and coffee, all served with a smile by our junior class students. You won't want to miss this wonderful meal and fellowship. The junior students are looking for sponsors!! We want to start the meal with a zero debt. **If you would like to sponsor the dinner you can help by sending a check to cover the Salad Materials for \$130, the Sauce for \$100, Bread & Pasta for \$60, Beverages for \$40 and Dessert for \$40.** Please support our students by attending the event with your family and friends.

Tutors Dinner Coming Up

The Schools Tutoring Committee will hold a Tutors Dinner on **Monday, November 3 at 5:30 p.m.** in the annex to socialize and to hear from principal Sandra Martin updating us about Detroit Merit Academy. For more information or to RSVP for dinner, contact Susie Boynton

Mental Health First Aid Training Course

(FREE @ GPUC due to a limited-time grant which WAIVES the normal charge of \$75/125 per person.)

LEARN HOW TO HELP PEOPLE DEVELOPING A MENTAL ILLNESS OR IN A CRISIS.

In this 2-part, 7-hour, in-person training course (2, 3.5-hour sessions)

learn the skills to identify, understand, and respond to signs of mental illnesses and substance use disorders.

Mental Health First Aid teaches you:

- Signs of addictions and mental illnesses
- 5-step action plan to assess a situation and help
- Impact of mental and substance use disorders
- Local resources and where to turn for help

As class size is limited, please pre-register by signing the clipboard in the GPUC foyer. This class is also open to the public, so please feel free to bring friends!

What: 7-hour Mental Health First Aid class (2, 3.5-hour sessions. **Please commit to attending BOTH halves of this course.)

When: First half of course: Monday, December 1, 6:30-9pm

Second half of course: Monday December 8th, 2014, 6:30-9pm

Where: GPUC Annex More info: www.MentalHealthFirstAid.org

Scrip is back!

GPUC RE is once again offering the scrip program to raise funds for future Boston trips and other activities. Scrip simply means "substitute money" - in other words, scrip is gift cards from national and local retailers, and they're the same gift cards you buy at the store. Hundreds of familiar retailers participate in the scrip program. How do these stores help us raise money? It's simple - scrip participating retailers agree to sell gift cards to GPUC at a discount. GPUC families and friends buy the cards for full face value, they redeem them for full face value, and GPUC RE keeps the difference as revenue.

It's not too early to start thinking about the holidays! Gift cards are perfect for teachers, babysitters, family and friends. Even better, you can put your regular household shopping dollars to work. Just spend your regular shopping dollars with scrip at stores that participate in the program! Scrip can be used for many purchases including dining out, clothing, entertainment and gasoline. You can support GPUC's RE students all year!

Order forms are available in the GPUC foyer and office or emailed to you by contacting Candy Dunn in the church office. You may drop your order in the church office at any time. Orders are placed every two weeks or so, and cards are distributed upon their arrival. Please make checks payable to GPUC, with "scrip" in the memo line. **(SPECIAL NOTE: The deadline to order cards for the holidays is December 8!)**

If you have questions, please contact Jennifer Semanision, the Scrip Coordinator. Thank you in advance for your support of the GPUC RE Program!

Community Rewards

GPUC members have been participating in the Kroger Community Rewards Program since 2009. This program returns money to the participating organization based on a percentage of the purchases made by the members of the organization who have signed up.

About \$1000.00 has been earned by GPUC annually since the program began. Have you signed up to participate? If not, please consider doing it as every little bit helps!

All you need to do is:

Sign up at a Kroger store for the Kroger Plus Shopper's Card.

Go to krogercommunityrewards.com and follow the prompts remembering to check the church name. You may need to use this code: 83283.

Our office administrator, Candy Dunn is a whiz at this and will be glad to help, call her if you encounter trouble or can't access the internet. She says the process has gotten easier every year.

Sit and Stitch

HOLIDAY SCHEDULE

Sit and Stitch will meet on the second Tuesday of the month from 7 -9pm in November and December (November 11 and December 9) in the Annex. We will not meet the fourth week of the month due the holidays. All are welcome to join us for an evening of social stitching (knit, crochet, quilting, needlepoint, etc.). Please contact Ann Helm with any questions. Feel free to just drop in and join the group! Our next Sit and Stitch meeting is Tuesday, October 28 at 7pm.

First Sunday Food Sharing November 2

Thanks to our congregation's generosity, 1145 pounds of food were delivered to Crossroads East Food Pantry during the month of September. What does that really mean, though? It means that we helped our neighbors put eggs, milk, lunch meat, bread, produce, cereals, peanut butter, and pastas on their tables during a time that they were struggling. It means that we are trying to live our values of justice, equity, and compassion. It means that we understand we truly are all connected in this web of life. Thank you to everyone for your donations to Crossroads East. If you have enough to share, please remember First Sunday Food Sharing coming up on November 2. Your donations are very much needed and appreciated!

GPUC History

The 75th anniversary year of GPUC's founding is coming to an end and the 50th anniversary of the laying of the cornerstone of our unique church building is coming up November 1st. A wonderful Church History has been written by GPUC Historian Janet Weber. It is available for \$15 from the book cart on the first and third Sundays of the month. If that is not convenient, a call to the church administrator, Candy Dunn will assure a copy will be waiting for you in the office on other days.

Resale Shop News

The GPUC Resale Shop located at the back of the church parking lot is open Wednesdays from 10 AM until 3 PM and Thursday evening from 7 to 9. We accept donations and consignment items on Wednesdays from 9 AM until 2 PM. Further information is available on the [GPUC website](#).

Musical Notes

GPUC's **Adult Choir** is off and running this new and exciting church year! The choir welcomes any new, or returning, singers. If you are not sure which part you sing, our Music Director, Joseph Palazzolo, will help determine your best and most comfortable range. The Adult Choir meets on Wednesday evenings, from 7:30-9:00 in room #2 of the Religious Ed. Wing. The choir sings approximately twice each month. We are flexible, so even if you are not able to make each weekly rehearsal or cannot always sing on a scheduled Sunday, you are still welcome. We are a great bunch of people who love to sing. No terrifying audition process and no dues! Many of us even go out after choir for a social hour! Please contact Joseph or me, Birdi Hansen-Marr.

Our awesome **Youth Choir** wants new singers, too! Children in grades Kdg. through 6 are welcome. The Youth Choir regularly sings in the beginning of the service. Rehearsals are Sundays after RE classes, from 11:45 - 12:15, in Room 2 (purple room), of the RE Wing.

We are always looking for **performers** from our church community, both adults and youth. If you sing, play an instrument, or are in a small musical ensemble and would like to perform, please contact Joseph or me to schedule an audition.

If you are performing in any type of **stage production** in the greater Detroit area, please send me the information on your upcoming performance so it can be included in the monthly newsletter. Let's get the word out about our many talented church folk so we can support you and your group!
Looking forward to making and sharing more beautiful music with this wonderful church community!
Birdi (Roberta) Hansen-Marr

Adult Religious Enrichment

Chalice Circles continue at their appointed times

Assertiveness and Conflict Resolution Forum with Robin Ramsay and Karen Webb Sunday, November 16 at Noon in the Annex

For the past several years Robin and Karen have discussed many topics surrounding mental health issues. Please join us on Sunday, November 16, when Robin and Karen present: *What do you do when you don't agree? When you're angry? When you're in conflict with someone? It's a tricky business to work through situations like these in a positive way. We'll explore some constructive approaches to dealing with anger and conflict.* We will have a light lunch. Donation: \$3 per person.

A sign-up sheet can be found on the table in the church foyer. Please indicate if you need child care.



Women's Book Discussion Group
Thursday, November 20, 6pm, GPUC Annex

Book: ***We are all Completely Beside Ourselves*** by Karen Joy Fowler

Meet the Cooke family. Our narrator is Rosemary Cooke. As a child, she never stopped talking; as a young woman, she has wrapped herself in silence: the silence of intentional forgetting, of protective cover. Something happened, something so awful she has buried it in the recesses of her mind. Now her adored older brother is a fugitive, wanted by the FBI for domestic terrorism. And her once lively mother is a shell of her former self, her clever and imperious father now a distant, brooding man. And Fern, Rosemary's beloved sister, her accomplice in all their childhood mischief? Fern's is a fate the family, in all their innocence, could never have imagined. Book lists available on the table in the foyer.

Discussion Leader: Ann Lipsitz

Refreshments: Barbara Moran

Jill Crane, Director of Adult Religious Enrichment

Religious Education News

"All freezes again-among the pines, winds whispering a prayer."
-RIEI, Eighteenth-Century Japanese Poet

November, daylight savings time, the holidays, the cold, a time for giving, all are sneaking up on us. This time of year is my favorite and it catches my senses and pulls my heart by surprise. As we gather at GPUC to worship during this time, the following describes what our students will be learning.



We are continuing to study World Religions in our Religious Education classes. We are helping our students to understand what other people believe and how their beliefs may influence their actions. Our classes are designed to help our UU students claim their UU faith in the midst of religious diversity. The classes and their friendships with other UU's will help them to appreciate the beliefs of others and to grapple with their own beliefs. As our world becomes more diverse, our students need to know who they are and how they can get along in the world. Unitarian Universalist classes will provide some help along the way.

Lower and Upper Elementary students on November 2, 9 and 16 will be studying Native American Spirituality. The heritage of the First Americans offers many diverse answers to personal beliefs about spirituality.

Junior students on Sunday, November 2 will be preparing for their annual **Spaghetti Dinner**. The dinner is from 5-7 p.m. **The Spaghetti Dinner** is a fundraiser for the Junior/Senior Fund, helping cover expenses for trips to places like Point Pelee, Camp Howell and Boston. Tickets are \$12 for adults and \$8 for students, 10 and under. Tickets can be purchased in the foyer before and after church or at the door on Sunday, November 2 in the Olympia Brown Fellowship Hall (Annex). The dinner includes a salad bar, spaghetti, (meat or veggie sauce), garlic bread, dessert and coffee, all served with a smile by our junior class students. You won't want to miss this wonderful meal and fellowship. The junior students are looking for sponsors!! We want to start the meal with a zero debt. **If you would like to sponsor the dinner you can help by sending a check to cover the Salad Materials for \$130, the Sauce for \$100, Bread & Pasta for \$60, Beverages for \$40 and Dessert for \$40.** Please support our students by attending the event with your family and friends.

Senior students will be attending the Spaghetti Dinner on November 2 at 6:00 p.m. November 9, at noon the seniors will be meeting with Rev. Alexander Riegel to discuss Hinduism. The seniors will meet in Room 7 of the RE wing and there will be a pizza lunch provided. Saturday, November 15 from 9-noon the seniors will be going to Gleaners Community Food Bank for a service project. On Sunday, November 23rd seniors attend church with their family for our annual Sustenance Service.

The Parade Company

The GPUC Alliance and the Religious Education Program would like to invite you to visit The Parade Company! We have an opportunity to share in the fun and fantasy of touring the Parade Company Studio on Saturday, November 8 at 10:00 a.m. The cost is \$8 for students and \$12 for Adults, \$10 for seniors 62+. The guided tour will be one hour and you can also visit the gift shop. Cameras are highly encouraged!! The Parade Company is located at 9500 Mr. Elliott Studio A, Detroit, Michigan 48211 www.theparade.org Please sign up in the GPUC lobby.

Dates to Remember

Spaghetti Dinner-November 2, 5-7 p.m. (annex)

The Parade Company-Saturday, November 8 at 10:00 a.m.

RE Committee Meeting-Sunday, November 9, at 9:15 a.m., Room 7

Julie Artis, Director of Religious Education

Contact Information

Grosse Pointe Unitarian Church
17150 Maumee Ave., Grosse Pointe, MI 48230
Phone: 313-881-0420 Fax: 313-881-6430
Email: gpuc@gpuc.us
Website:
www.gpuc.us
Editor: Rudy Wedenoja newsletter@gpuc.us