

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

June 2023

SUMMER OFFICE HOURS:

Beginning Thursday, June 22nd,

Summer office Hours will be

Thursday and Friday from 9AM - 3PM.

September 2023 Newsletter Deadline

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

Monday, August 21st

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

A Message from Ann Lipsitz, President Board of Trustees

Dear Friends,

After a Spring that took a recommendation from a very cold winter, we are now enjoying sunshine and warmth. Summer is here and I hope everyone is enjoying the trees and the summer blooms. Rejuvenation!

I want to thank all the members who attended the Annual Meeting that allowed us to have a quorum and move ahead with the business of the church.

We still have two committees in need of chairpersons – Grounds and Adult Religious Education. Please consider contributing to the congregation by volunteering to head one of these committees.

With new committee chairs in place for 2023-2024 fiscal year, your board of trustees recognizes, appreciates and wants to thank all the committee chairs and members who served this past year. Taking committee responsibility requires commitment and work. Your work is valued.

During these summer weeks, please remember the outstanding services provided by our dedicated worship associates. The services give us the opportunity to hear a variety of voices from both inside and outside our congregation. It enriches our experience.

We are also a congregation in transition. The interim ministerial search committee is currently working through the final details for a contract with an interim minister. We will announce and introduce the interim minister as soon as the contract is signed. We are anxious to share the news with you.

June is the last month we have Reverend Alex with us as our minister. Please take the time to express your best wishes and shared memories with him. We wish him well in his new ministry.

A Message from the Sunday Service Committee (Worship Associates)

After we bid farewell to our minister, Rev. Alex Riegel, at the end of June, the Worship Associate Committee invites and strongly encourages everyone to attend summer services. Why? Well, we have a wonderful roster of speakers, including our own Chuck Palmer, Maurya Kay, Jerry Herron, Carol Guither, and Paul Lipsitz, Sam Smith, Jessica Keyser & Michelle Scobie, Anne Roberts, and Jeremiah Hess! More details about speakers and their topics will be shared throughout the summer, so stay tuned. Let's support this beloved community by showing up for each other, learning from each other, and connecting during a time of transition and transformation.

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, June 2, 9, 16, 23 and 30 at 4PM.

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.

May 16, 2023

Grosse Pointe Unitarian Church COVID Vaccination/Booster And Masking Policy

Throughout the pandemic, we have regularly updated our COVID policies to closely follow the Centers For Disease Control (CDC) recommendations on best practices to minimize COVID risk to our congregants.

The CDC has recently declared the COVID pandemic emergency stage to be over. The result for our church is that Grosse Pointe Unitarian Church will no longer require persons attending in-person services to be fully vaccinated and boosted. However, following CDC guidelines, **it is highly recommended** that all people who attend in-person services be fully vaccinated and boosted. Being fully vaccinated and boosted helps ensure the continued health and safety of our most precious resource, our people.

Grosse Pointe Unitarian Church continues to offer hybrid services (that is, in-person and on Zoom) each Sunday to ensure the most vulnerable among us can participate in services should they not feel comfortable attending in person. The church continues to make masks available for those who prefer to wear one during in-person services. **If members have even minor cold/flu/cough symptoms, we strongly encourage individuals to enjoy the service from home via Zoom.**

Grosse Pointe Unitarian Church will continue to monitor CDC recommendations closely regarding COVID. Church COVID policy may change in the future as CDC guidelines evolve.

Sincerely,

Your Grosse Pointe Unitarian Church Board of Trustees

Upcoming Services

June 4, 2023

10:30 AM

Sermon: *"Action Science Redux"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: John Engstrom

Sometime during the BP era (BP = Before Pandemic), I did a sermon expounding a few principles of Action Science. (Action Science is a highly effective theory of organizational communication.) As I begin to take leave of GPUC, I am going to revisit this topic once more, as I suspect these communication principles may come in handy in GPUC's not too distant future.

June 11, 2023

10:30 AM

Sermon: *"Flower Communion"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Michelle Scobie

Flower Communion was begun in 1923 by the Czechoslovakian Unitarian minister Dr. Norbert Capek, who ultimately died at the Dachau prison camp in 1942. The meaning of Flower Communion is rooted in its powerful simplicity. Each person brings a flower to church. The flowers are blessed with Capek's own words. At the end of the service, each person takes home a flower, symbolizing the wonder of life and each person's part in beloved community. So, on this Sunday, *please bring a flower to church with you.*

June 18, 2023

10:30 AM

Sermon: *Two Stories: "A Nervous Condition" and "The Bridge"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Meghan Boomhower

Edwin Friedman was an ordained rabbi and practicing family therapist. Part of his work involved bringing his psychological insights regarding individuals to bear on organizations. This Sunday, Dr. Riegel's last Sunday with us, Dr. Riegel will share two of his favorite Friedman stories. Along these lines, you will not be surprised to hear Dr. Riegel say, "These stories will change your life!".

June 25, 2023

10:30 AM

Sermon: *"The Doctrine of Discovery"*

Worship Leader: Chuck Palmer

Worship Associate: Carol Guither

In the 1400's, papal proclamations provided European explorers a religious justification for the domination and control of any "discovered" lands in Africa and the Americas.

The Doctrine of Discovery became the foundation of the international law of colonialism and was even recognized in a U.S. Supreme Court case. Chuck will trace the origin of the doctrine and its deadly consequences for Native Americans.

Can't make Sunday Service?

Recordings are made available on our website.

Visit www.gpuuc.org/virtual-services to watch at any time!



Well, Dear Friends, this is my last newsletter article to you. It's hard to know what to say on such an occasion and me being me, I am pulled in a number of different directions. Should I philosophize? Should I share a poem? Should I drop one last pearl of spiritual wisdom on you? In the end, I've decided simply to say, "thank you." For the last nine years you have been some of the grist for my mill and in many regards, I leave an enriched and better person for having known you – and I will always remember you...

In that spirit, I'll let the fox speak my last words for me:

...to me you are still nothing more than a little boy who is just like a hundred thousand other little boys. To you I am nothing more than a fox like a hundred thousand other foxes. I have no need of you and you have no need of me.

But if you tame me, then we shall need each other. To you, I shall be unique in all the world. To me, you shall be unique in all the world. I shall know the sound of a step that will be different from all others. Other steps send me hurrying back beneath the ground. Yours will call me, like music, out of my borough.

And then look: you see the grain-fields down yonder? I do not eat bread. Wheat is of no use to me. The wheat fields have nothing to say to me. But you have hair that is the color of gold. Think how wonderful that will be when you have tamed me! The grain, which is also golden, will bring me back the thought of you. And I shall love to listen to the wind in the wheat.

When you hear that rustling, pause and remember me... perhaps some little way I've managed to "change your life" for the better...

Namaste,
Alex



We should not hesitate to help our children see that what they learn and feel here is Unitarianism, and that our effort in the direction of liberal religion is born of a deep commitment to life. Through worship and through learning and through relationships with others, it is the love of life we are doing our best to help along.

— Robert Doss

As our Religious Education year winds down, I want to express my deep appreciation for all the volunteers who made this year successful. It is through your commitment and caring that makes our Religious Education Program work. On May 21st, we celebrated the Religious Education program. We invited all members to listen, sing, and celebrate the UU year as our students presented a small part of what they learned this past year. We are dedicated to coming together from different places and examine our own paths. Our young people have attended the beginning of the regular worship service all year. This brings the whole congregation together for the chalice lighting, hymn, and Time for All Ages. Our young people feel a part of the larger congregation. This participation with our youth helps to strengthen their identity as Unitarian Universalists. We also shared in Children's Chapel in the RE wing this year. Your DRE led the children in child centered, developmentally appropriate worship during Sundays this past year. Multi-Generational Worship services occur at holidays and other special times to include our students with the whole congregation. After the RE Sunday Service, we shared Seven Principle Sundaes. On June 19th, 17 of our students and parents will be taking their trip to Boston. Here they will explore the roots of UUism in North America.

Dates to Remember:

June 11 - Flower Sunday and church picnic, all students in church service

June 18 - Father's Day, all students in the church and the nursery will be open at 10:30 a.m.

The Nursery will be open at 10:30 a.m. every Sunday morning starting, June 18th, for the summer. We will have the same loving childcare workers to provide a safe and caring place for our young UU's.

There are two things I would like you to focus on this summer.

- I would like you to make a Seven Principle Sundae with your family. This Sundae will

remind you what binds us together and you can have some fun, and it tastes delicious too!

- Check out some of our summer services. We always have interesting speakers.

SEVEN PRINCIPLE SUNDAE

COOKIE: A cookie at the bottom of the bowl represents the **EARTH**. Our 7th UU Principle reminds us to take care of the planet we call home.

ICE CREAM: One or two scoops of ice cream represent **LOVE**. **Love** is the spirit of our church and is our 1st UU Principle to remind us to respond with love to everyone we meet, because each person is important.

TOPPINGS: Toppings like hot fudge, caramel or strawberries represent our 3rd UU Principle of learning, to be wise together. You chose your favorite to add and some even take a little of each because **WISDOM** can come from many places.

MIXED NUTS: Nuts represent our 4th UU Principle. We all are on a **SEARCH** for truth and meaning. You can search through these mixed nuts to find the ones you like to add to your life.

WHIPPED CREAM: Adding whipped cream to your sundae represents the **JUSTICE** and **EQUITY** mentioned in our 2nd UU Principle. This makes life that much better.

CHERRY: A cherry on top represents **PEACE**. We work for a fair and peaceful world in our 6th UU Principle. World peace is the cherry on top of life we all must strive towards.

SPRINKLES: Adding a generous dash of red, white, and blue sprinkles. They represent **DEMOCRACY**, which is at the heart of our 5th Principle.



This is a time that we are all learning about ourselves and our families. If you are experiencing new things you are flourishing inside. Your heart is changing too. It may be feeling that there is more to recognize, and it wants something new. You can positively change during this summer time. Do not be afraid to change and stay connected to your UU friends from GPUC.

Stay safe and enjoy the sun.

Julie Artis,

Director of Religious Education

Ministerial Transition Update

Attached is a transcript of the presentation Ann Lipsitz gave in church on Sunday, April 23rd. It was presented to give our members an understanding of where we are in our ministerial transition.

A copy of the *UUA Transitional Ministry Handbook* is available on our Members Only Page on the GPUC website. If you need help accessing that page, please contact Ameera in the office.

[Click Here to Read the Sunday, April 23rd](#)

UU Ministry for Earth Events

Monthly Spiritual Gatherings

Our Monthly Spiritual Gatherings help us ground, recenter, and imagine what is possible in a world in need of repair. This year to draw us more closely into alignment with Earth-based philosophies, we will follow the Lunar Calendar. We will gather each month, via Zoom, on the Full Moon to nourish our spirit. Our next gathering will be on **June 1st at 4 pm PT/ 5 pm MT/ 6 pm CT/ 7 pm ET**. We hope you join us!



Register for Our Full Moon Gathering

Announcements, Upcoming Programs And Events

Ideas Wanted!

Ideas Wanted!
The Adult Religious Education Committee needs your help. Tell us what you want to see on the upcoming ARE schedule. What kinds of events would you like to attend? What programs would attract more folks to GPUC? Is it movie discussions, lectures, tours, book talks, writing workshops, fieldtrips? You tell us, and we'll try to make it happen! Please forward ideas to Rev. Alex and Jerry Herron (chair of the ARE Committee): alexgpuc@gmail.com; Jerry.Herron@wayne.edu.

Grosse Pointe Unitarian Church
ARE
Adult Religious Education

To Learn more about these programs, Click here to go to the
ARE page of the GPUC website

**Hot Dogs! Cold Refreshments!
Delectable Side Dishes!**

GPUC CHURCH PICNIC

Sunday, June 11, 2023

11:30 a.m.

Memorial Garden

Bring a covered dish to share

There will be a Sign-up sheet in the lobby on Sunday mornings or
Sign up online by clicking the button below!

[Click Here To Sign Up For The GPUC Church Picnic Today!](#)

OLIVIA VAN GOOR & CAITY GYORGY

SCOTT GWINNELL, PIANO
SAMUEL CHASE HARRIS, BASS
DAVE ZWOLINSKI, DRUMS

2 YOUNG JAZZ VOCALISTS TOGETHER IN CONCERT



SAT. JUNE 3, 2023 @ 7PM

Grosse Pointe Unitarian Church

17150 Maumee Ave Grosse Pointe, MI

TICKETS AVAILABLE ON EVENTBRITE.COM

VIP afterglow with Olivia & Caity tickets are limited!

EMAIL OLIVIAVANGOORMUSIC@GMAIL.COM WITH QUESTIONS

**GPUC Members receive 20% off of
General Admission Tickets
Please use code: GPUCMEMBER**

[Click Here To Purchase
Tickets!](#)

Free Piano and Cello Recital at GPUC Wednesday, June 7th at 7 p.m.

Joseph Palazzolo's friend & fellow pianist Wesley Fishwick, who can be found on *Apple Music* and *Spotify*, is giving us a free performance with his cello-playing colleague, David Levine, on June 7th at 7 p.m.

Wes studied piano with Mischa Kottler, Eugene List, and Van Cliburn and is a virtuoso. He also is a composer and lives in the Grosse Pointes.

Cellist David Levine studied at Juilliard and has been a member of the Detroit Symphony and the Cleveland Orchestra.



Please join Joseph as we welcome them on Wednesday,
June 7th at 7 p.m.

to hear this gift of beautiful music *for free at GPUC!*

[Click Here to View Wes Fishwick's Website](#)

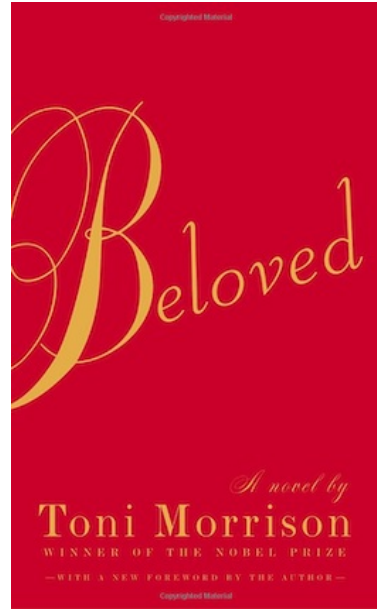
Book Discussion Group News Tuesday, June 13, at 6 p.m.

For June, the group will read Toni Morrison's *Beloved*, and Kathy Kuehn will facilitate. The group will meet offsite for dinner and discussion Tuesday, June 13th, at 6 p.m.

On Tuesday, July 11th at 6 p.m., the group will discuss *In Memoriam* by Alice Winn in the garden or Annex. There will be no meeting in August.

Check the church website for the 2023-2024 schedule of books for the rest of the season. Link below. Meetings are held on the second Tuesday of the month. (Note the change.)

Everyone is welcome. For more information, please contact Kathy Kuehn (kgkkuehn@gmail.com). To RSVP for the June meeting, please contact Beth Whitney by email (bethine2@aol.com) or text 313-689-1263 **no later than Sunday June 11th** and include any food issues or allergies.



[Click Here For The 2023-24 Reading List](#)

Weekly Gentle Yoga

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

This is a 60 minute gentle yoga session that occurs every Thursday from 4:30 - 5:30pm with Carol Guither virtually via Zoom.

Session theme will be **announced weekly**.

If you have a mat, blocks and a strap (or necktie) that is helpful but you don't need anything except a clean space to lie, sit and stand on.



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.

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. Please [click here](#) for Carol's Venmo information.

If you need help signing up for Venmo, please contact Ameera in the office and she will walk you through the sign up process.

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



How to find great films to watch and have fun along the way

As the weather is getting colder and many of us are looking for a good movie to watch...here's a link that may have some ideas of films you can enjoy. Bored with Hollywood and Netflix? Becoming an adventurous and informed explorer of the cinema world is in everyone's grasp.

https://psyche.co/guides/how-to-find-great-films-to-watch-and-have-fun-along-the-way?utm_source=instagram



Grosse Pointe Unitarian Church
Lay Pastoral Committee

**The Care Committee will be available
throughout the Summer.
Please contact Debbie Connelly if the need arises.**

Just As The Calendar Began to Say Summer

I went out of the schoolhouse fast
and through the gardens and to the woods,
and spent all summer forgetting what I'd been taught —

two times two, and diligence, and so forth,
how to be modest and useful, and how to succeed and so forth,
machines and oil and plastic and money and so forth

By fall I had healed somewhat, but was summoned back
to the chalky rooms and the desks, to sit and remember

the way the river kept rolling its pebbles,
the way the wild wrens sang though they hadn't a penny in the bank,
the way the flowers were dressed in nothing but light.

— Mary Oliver

Have a Fun and Safe Summer!



Grosse Pointe Unitarian Church Lay Pastoral Committee

*"When all Americans are created as equal, no matter who they are or whom they love, we are all more free."
- Barack Obama*

Care Committee Members

Chairperson: Debbie Connelly

Co-Chair: Lynn Rehahn

Margo Bishop
Susie Boynton
Karin Garrett
Carol Ghesquiere

Susan Hartz
Lynn Baker-Hunter
JoAnn Kelly
Linda Lawrence

Mary Morshead
Kathleen Ruhl
Janet Weber

RESALE SHOP NEWS!!!

We would like to remind all donors that **weekly donations are limited to two small boxes OR two small bags**. We especially need donations of household items, treasures and trifles. We are open on Wednesdays, accepting merchandise from 9AM – 2PM. The sale rooms are open from 10AM – 3PM. We will be closed July 5th in observance of the Independence Day holiday.

Have a great summer! Come visit us!

RESALE SHOP NOW ON SOCIAL MEDIA

We decided it's time to have our own Instagram account where we'll be able to feature vintage & seasonal displays, special event days, monthly bag day in the clearance room, and much more!!

Christina initiated this account and has currently achieved 129 GP Unitarian Resale Shop followers!!! Thank you Christina...you ROCK!!!



Follow so you don't miss a thing at this great space in our community!!!

Click to find us on Instagram or Scan the QR code below



Giving Made Easy Thanks to Breeze!

Whether you are looking to pay toward your pledge, register for RE or just making a donation to the church, Breeze makes donating so easy that you can do it from the comfort of your couch.

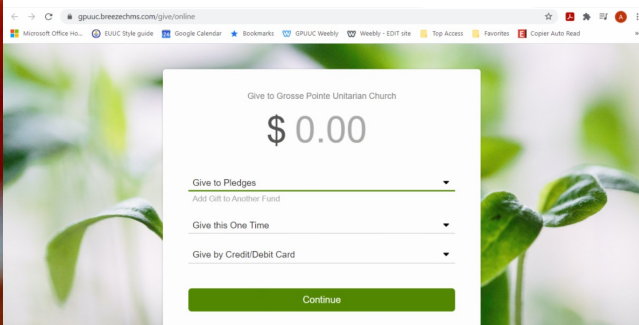
Breeze's checkout module gives you the options of donating using **Credit/Debit Cards or an ACH Payment directly from your bank account.**

Upon checking out, **Breeze will give you the option to cover the processing fee.** The processing fee will provide you with credit towards your total tax-deductible giving for the year and will help us retain every bit of your donation.

Another awesome feature of using Breeze is that you can set up recurring transactions so that you never have to worry about falling behind on your pledge!

If you have any questions about Breeze or how to get started with Automatic Payments, please feel free to reach out to Ameera via email at officegpuc@gmail.com.

Thank you!



[Click Here To Give Now!](#)

Crossroads East: Second Sunday Food Share Ongoing

As part of our social justice outreach, GPUC is continually accepting donations for the Detroit social services nonprofit Crossroads.

As all of us are aware, inflation has been high and many people are struggling. If you are interested and able, please bring your donations of nonperishables and hygiene items to church for transport to Crossroads.

If you prefer to make a monetary donation, we also purchase perishables such as milk, eggs, bread and produce. **Our donations are always gratefully received by Crossroads staff!**
Thank you!

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.

13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

Sunday Morning Flowers

The Last Sunday for Flowers for the 22-23 Season will be Flower Communion Sunday, June 11th and we will begin again with the September 10th Service.

Come September, we will again welcome donations for flowers on Sunday mornings. Take a moment to recognize or honor someone dear or to commemorate a special occasion by providing fresh flowers for the Sanctuary. You can make arrangements to bring your own flowers or a monetary donation and someone from the Flower Committee will purchase flowers and make a beautiful arrangement. Please use the insert in the Sunday order of service or contact the church office and sign-up for a Sunday or two starting September 10th.

If you have questions, please feel free to email or call the church office at officegpuc@gmail.com or (313) 881-0420. Thank you for sharing your remembrances of special occasions and important people in your life.



HOLLY FAIRS...CHURCH HISTORY UPDATE

Church historian and archivist, Janet Weber, is putting together a file about the Holly Fairs that were produced from 1965 to 1994 mostly by the women of the church and were important fund raisers making \$11,793 in that final year. If you have saved any flyers, news articles, or other

items from that time as well as information about the Women's Alliance that was so critical in producing these fairs, and you're willing to part with it, now's the time!! **Bring to the church office and place in the historians mail box.**

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/>. You can also catch him on Instagram @iamdavidkessler and through his amazing podcast Healing with David Kessler on Spotify. <https://grief.com/podcasts/>.

Tender Hearts grief support group <https://www.davidkesslertraining.com/tenderhearts>.

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.

Photo by Milada Vigerova on Unsplash

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

Grosse Pointe Unitarian Church

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