

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

May 2023

June 2023 Newsletter Deadline

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

Sunday, May 21st

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

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,
May 5, 12, 19 and 26 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.

**It remains a requirement that all in-person attendees
are up to date on vaccination (bivalent booster).**

FAKE EMAILS GOING AROUND!

Once again, someone is trying to take advantage of our congregation by using a fake email address to conduct a phishing scam in my name. This has happened several times over the years, as some of you will no doubt remember.

Please, ALWAYS check the address from which suspicious emails come. I only have two email addresses that I use for church purposes and I seldom use my Harvard email address for church communications.

ONLY THESE TWO email addresses are legitimately from me:
alexgpuc@gmail.com and alexriegel@post.harvard.edu

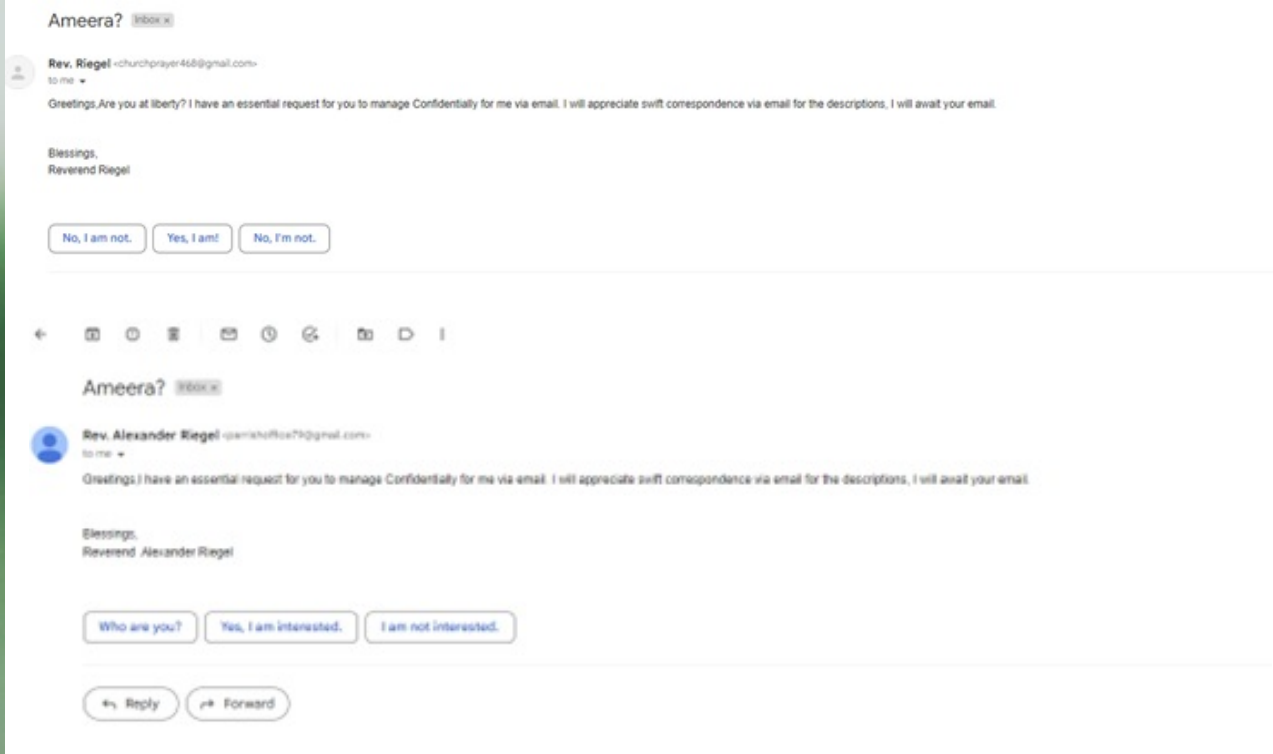
IGNORE ANY EMAIL THAT DOES NOT EXACTLY REFLECT ONE OF THESE EMAIL ADDRESSES AS THE SENDER.

Further, as a reminder, I will never solicit money from individuals in the congregation (or otherwise) via email. If ever (which is unlikely) I were to do this, I would make personal phone calls to discuss the matter.

Please keep these things in mind whenever a suspicious email arrives in your email box purporting to be from me.

Dr. Riegel

How to Spot Phishing in Emails Article — GPUC Newsletter March 2023



Upcoming Services

May 7, 2023

10:30 AM

Sermon: "A Final Potpourri"

Worship Leader: Dr. Alexander Riegel

Worship Associate: Chuck Palmer

I've received a fair amount of positive feedback regarding my potpourri sermons over the years. Drawing from poetry, prose, or simple one liners, these sermons are a good way of providing more than one theme on a Sunday morning, as grist of our spiritual mills.

May 14, 2023

10:30 AM

Sermon: *Wisdom from The Dhammapada*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Miriam Engstrom

As the Buddha's Birthday approaches, we will take stock of some of the wisdom he shares in The Dhammapada. (The Dhammapada is a collection of the Buddha's sayings for the layperson.) Despite the Buddha's insistence not to wax philosophical, Buddhism became one of the most philosophical religions in the world. The Dhammapada is the exception to this rule. It is a relatively accessible text – though it still requires some thoughtfulness and self-awareness.

May 21, 2023

10:30 AM

Sermon: *R.E.Sunday*

Worship Leader: Julie Artis and Dr. Alexander Riegel

Join us for our end of the year recognition of all the wonderful people who work to make our Children's Religious Education program the great success that it is. As a highlight (this year and every year), our Seniors will be speaking to us as they say their goodbyes to our program and launch themselves into the larger world... always poignant moments when our Seniors speak! We will introduce our Boston group to the congregation. We hope you join us after church for a Seven Principle Sundaes with GPUC members and friends.

May 28, 2023

10:30 AM

Sermon: *"Earth Day"*

Worship Leader: TBD

Worship Associate: Michelle Scobie

TBD

Can't make Sunday Service?

Recordings are made available on our website.

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

Alexander's Meander



As the calendar turns to the month of May, we are reminded of the blessings that abound about us!

It's been a long, turbulent time for us these past several years. We have faced many challenges: the pandemic, the economy, global politics, personal losses and challenges, and now a transition in ministry. Such challenges can draw our attention away from the beauty and sacred depth that surrounds us. The burst of flowers in the month of May shouts out to us about beauty and sacred depth! Let that beauty and sacred depth remind us... let it bless us... let it carry us... let it *captivate* us...

Along these lines, I'm reminded of something my enneagram teacher, Helen Palmer, taught me. She used to say that "the kingdom of heaven is only a shift of attention away." This is so true! No matter where our attention goes, beauty and sacred depth abound. *Manage attention...*

Speaking of blessings, there's that old Gaelic blessing most people know and which I'd like to share as this season turns, encouraging us to settle into beauty and sacred depth:

- Deep peace of the running wave to you. □*
- Deep peace of the flowing air to you. □*
- Deep peace of the quiet earth to you. □*
- Deep peace of the shining stars to you.*
- Deep peace of the infinite peace to you.*

Deep Peace!
Alex

Religious Education News



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 them 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 21, we will celebrate the Religious Education program. We invite all members to listen, sing, and celebrate the UU year as our students present a small part of what they learned this past year. We are dedicated to come 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. Our GPUC community welcome children into the human community, in the spirit of human oneness, and into the fellowship of life. We encourage you to share RE Sunday, May 21 with us. This Sunday we will share our belief of each individual and the power of community. After our presentation we would like you to enjoy our Seven Principle Sundaes out in the garden area. See you all May 21!!!

Dates to Remember:

- May 14 - Mother's Day
- May 21 - RE Sunday

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

Children must be taught how to think, not what to think.

— Margaret Mead

Julie Artis,

Director of Religious Education

GPUC Religious Education Book Loan Program

Interested in reading more about Unitarian
Universalism for adults?

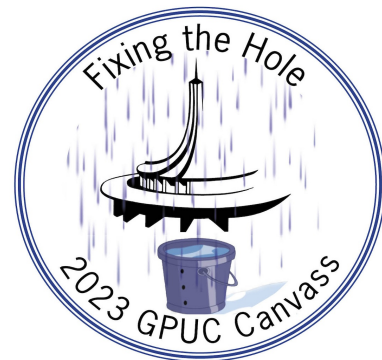
Would you like to read more books
about UU for children?

Learn about our history, spiritual growth,
our hymns, our search for free and
responsible truth and meaning.

Email Julie Artis, Director of
Religious Education to request
a list of Religious Education
books in our library. julieartis@hotmail.com

News from The Canvass Committee

As of today, we have received pledges totaling \$260,129. If you haven't submitted your pledge yet, please return the call of the Canvass Committee member who has called you recently and make your pledge of financial support for next year. If you haven't received a call, please contact Chuck Palmer. Thank you to all of the members who have generously continued their financial support.



The Canvass Committee

Jerry Herron, Chuck Palmer, Rudy Wedenoja, Marsha Zeller

[Click Here to Submit Your Pledge
Online](#)

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.

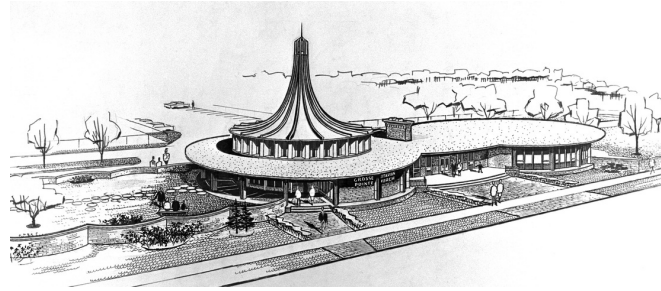
A copy of the *UUA Transitional Ministry Handbook* is available on our Members Only Page on the GPUC website. If you need help accessing that page, please contact Ameera in the office.

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

GPUC Annual Meeting

Greetings to all GPUC Members,

This year's annual meeting is scheduled for **Sunday, May 21 after Sunday Service at 12:00 p.m.**



A proposed budget for the upcoming year will be presented for discussion and vote. The Leadership Development Committee has prepared a list of candidates for all open positions to be presented for discussion and vote. It is important that all members in good standing be present at the meeting to ensure we have the quorum required to vote. The Board of Trustees urges all members to plan to attend. The meeting will be held in the sanctuary, and Zoom access will also be provided.

In addition, the Leadership Development Committee is still seeking persons to chair Adult Religious Education and the (extremely important) Grounds committees. If you are willing to contribute to GPUC with your time next year in either of these roles, please share your interest at or before this meeting.

With kind regards,
Maurya Kay, Board of Trustees Secretary

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 **May 5th at 4 pm PT/ 5 pm MT/ 6 pm CT/ 7 pm ET**. We hope you join us!

A poster for "Full Moon Monthly Spiritual Gatherings". At the top, it says "UUMFE invites you to our new...". The main title "Full Moon Monthly Spiritual Gatherings" is written in a large, elegant, cursive font. To the right of the text is a large, detailed image of a full moon. Below the title, it says "7pmEST/4pmPST via Zoom". At the bottom left is the website "www.uumfe.org" and a small globe icon. At the bottom right is a list of dates: "January 6", "February 5", "March 7", "April 6", "May 5", "June 3".

UUMFE invites you to our new...

*Full Moon
Monthly
Spiritual
Gatherings*

7pmEST/4pmPST
via Zoom

www.uumfe.org

January 6
February 5
March 7
April 6
May 5
June 3

**Register for Our Full Moon
Gathering**

Thursday, May 11
□ 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET

DRUUMM PUBLIC WORSHIP

SHINE ON BEAUTIFUL
& RESILIENT PEOPLE

MAY 11, 2023 8 PM ET
REV. KATIE ROMANO GRIFFIN
AMANDA THOMAS



RSVP: druumm.org/events

OPEN TO ALL



Shine on Resilient and Beautiful People

□ Is a DRUUMM Virtual Public Worship via Zoom and is open to all.

Shine on resilient and beautiful people with DRUUMM for our annual public worship featuring a festival of Black and Brown joy and resilience through original works of music and preaching. Musical director Amanda Thomas and guest minister Rev. Katie Romano Griffin are joined by gifted black and brown colleagues from across UU-verse to help bring some shine to your day including The Rev. Dr. Kristen Harper, Nasreen Khan, and Cassie Montenegro. We will feature original works of music, prayer, and poetry.

[Register for Worship Here!](#)

NO FAITH IN FOSSIL FUELS
A CLIMATE FINANCE SUMMIT
May 8-11

From **May 8-11**, people of faith will gather to learn about how banks and asset managers continue to invest in the fossil fuel industries that are destroying communities in the U.S. and around the world – and then find out how to hold these financial institutions accountable. Together, we can commit to taking the bold steps necessary to effect real change.

This summit is for you if you're just making the connections between faith, finance, and climate, if you're a money manager rooted in just climate values, or if you are part of a community wrestling with these questions.

[Learn More and Register Here!](#)

Announcements, Upcoming Programs And Events



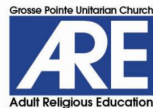
Ideas Wanted!

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.



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

Book Discussion Group News Tuesday, May 16, at 5 pm

I am happy to announce that Kathy Kuehn will be the new leader of the GPUC Book Group. I have enjoyed and been enriched by our discussions over the years and will continue as a member of our wonderful group.

Our next meeting will be in person on **Tuesday, May 16th at 5pm (notice the earlier time)** at the home of Anne Roberts. We will enjoy a pizza and salad dinner and will select books for our '23-'24 season. Watch for an email from Kathy with specifics about the meeting.

Everyone is welcome. For more information and to RSVP for the meeting please contact Kathy Kuehn (kgkkuehn@gmail.com).

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.

Thursday, May 4, 11, 18 & 25



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

Happy Mother's Day!

*Motherhood is the biggest gamble in the world.
It is the glorious life force. It is huge and scary –
it's an act of infinite optimism.*

— Gilda Radner

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

**If you are in need of any assistance, please contact
Reverend Alex, Ameera, Debbie Connelly or a member
of the Care Committee.**

RESALE SHOP NEWS!!!

The Shop 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.

RESALE SHOP NOW

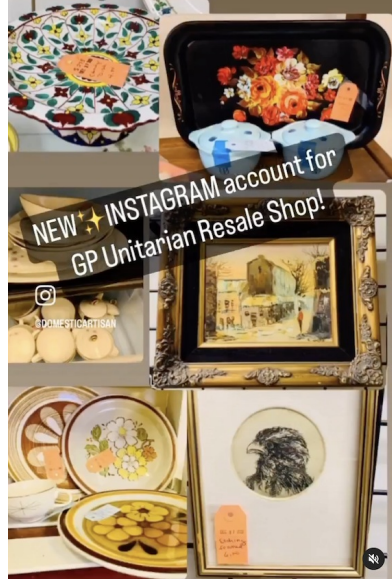
ON SOCIAL MEDIA

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 119 GP Unitarian Resale Shop followers in 40+ days!!! Thank you Christina...you ROCK!!!

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

My faves in the shop today! 8 rms. 10-3



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

Ameera wears her Resale finds when she performs in and around Detroit.





Celebrating Carole!

In March the Resale Shop volunteers celebrated Carole's birthday during our luncheon. Here's wishing Carole another wonderful year around the sun.



Our first GPUC Mom to Mom sale was a success!

On Earth Day, so many good items were kept out of a landfill and given new life and new homes while table rental money went toward church intentions!

Many vendors also elected to leave some unsold items behind as donations to be picked up by the Institute For Population Health by church member, Karen Valliere. And it is all going toward the Institute of Population Health Baby Shower event on 5/9, for those local in need... furthering the awesome impact of our Mom to Mom Resale day!



Thank you to all of the vendors, shoppers, and volunteers that made the sale and the Resale Shop open on a special Saturday possible!

Look out for another sale date toward the Fall for back to school and holiday items. Also, remember, every Wednesday can be Earth Day if you shop at the GPUC Resale Shop!

Our GPUC Roaring 20's Auction will be held on May 6, 2023 at the church.

Our auction donations have yielded amazing items from the congregation: Fun and unique parties, delicious soup and other food offerings, gift cards and tickets, artwork, hand-made pieces of clothing, vacations at cabins, and even some cool and artsy compression socks!

We are ready to celebrate GPUC at the Roaring Twenties Auction Party on May 6th, at 4:00 pm at the church! All bidding will be done in person this year. But we encourage you to please register in advance online to assist with planning our delicious food and drink menu.

The auction catalog can be previewed here:

<https://event.auctria.com/275fe540-2645-49ea-bf5d-fe6bd616abec/a780d600ec2e11e9ae081db830846aa5>

Auction Items can be purchased with credit cards or personal check, at the end of the party. (Personal checks are preferred, as they do not entail an extra processing fee.) You must bring cash or checks for raffle tickets or tin can auction purchases.

We thank you for your generosity, cooperation and enthusiasm for this important church event! Please direct all comments and questions to: Robin Ramsay (rjramsay@comcast.net), Sonja Franchett (skrfranchett@gmail.com), or Kristen Foley (smithk@umich.edu).

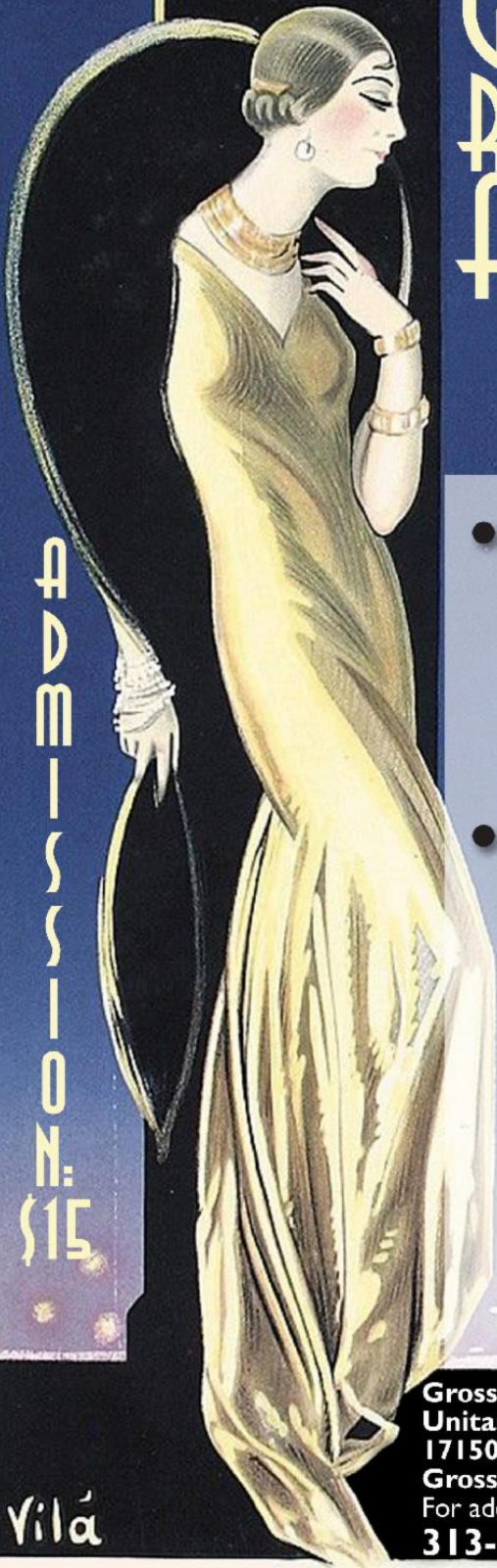
\$15 Tickets on Sale Now. Click Here to Purchase Auction Tickets!

LA NUIT DE L'ÉLÉGANCE

G P U C ROARING TWENTIES AUCTION

Saturday
May 6th, 2023
4 p.m.-9:30 p.m.

ADMISSION:
\$15



- **SILENT AUCTION: 4-5:30 PM**
(CHAMPAGNE, HORS D'OEUVRES)

Items in RE hallways

- Party Room
- Tin Can Bidding
- Gift Certificates
- Junior Auction

- **LIVE AUCTION: 5:45 PM**

Followed by:

Dessert & Coffee

Drawings

Tin Can Winners Announced

50/50 Raffle Winner Announced

Winners of both must be present to win

Checkout

Collect Your Goodies

Bring a Friend!

Grosse Pointe
Unitarian Church
17150 Maumee Avenue,
Grosse Pointe, MI. 48230
For additional information call
313-881-0420

Vila

Exempt du droit de timbre

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.

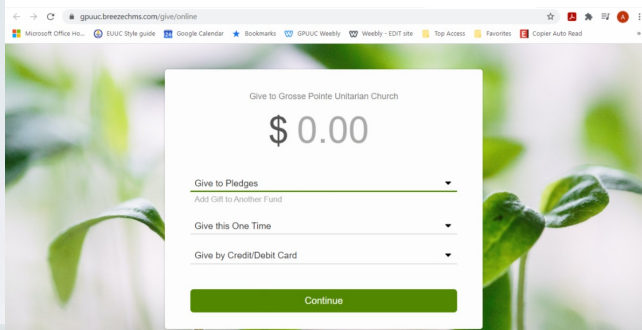
Breeze's checkout module gives you the options of donating using **Credit/Debit Cards or an ACH Payment directly from your bank account.**

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!

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.

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.

Sunday Morning Flowers

Now that we are having in-person services, we are resuming having flowers to add to the ambience of the Sanctuary on Sunday morning.

We 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.

If you have questions, please feel free to email or call the church office at officeguc@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

Contact Information

Grosse Pointe Unitarian Church

17150 Maumee Ave., Grosse Pointe, MI 48230

Office Hours: Monday - Friday 9AM - 3PM

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

Email: officegpuc@gmail.com

Website: gpuuc.org

Editor: Kathleen Ruhl newslettergpuuc@gmail.com

Background Photo by [Kristine Tanne](#) on [Unsplash](#)