

*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*

**October 2017**

**Upcoming Services**

**October 1, 2017** **10:30 AM**  
*A Wisdom Potpourri*  
Worship Leader: Dr. Riegel      Worship Associate: Anne Roberts

The "living tradition" that is Unitarian Universalism professes Seven Principles that guide our movement and Six Sources of wisdom from which we draw. This Sunday we will collectively discuss a few different religious and/or philosophical quotations, sharing our wisdom and perspectives with one another as we continue on the journey.

**October 8, 2017** **10:30 AM**  
*"Sermoni Perfectus!": The Power of Language in Life*  
Worship Leader: Dr. Riegel      Worship Associate: Maurya Kay

Next weekend (October 13 - 15) we will have the opportunity to study Jesus' teaching through an examination of his original language - Aramaic. The significance of this opportunity lies in the fact that language shapes the way we perceive, interpret, and even have experiences. Hence, Jesus' words in English convey one meaning, another in Greek, and yet another in Aramaic. In preparation for this opportunity I will talk about the power of language in life.

**October 15, 2017** **10:30 AM**  
*God, Mammon, Instinct, and the Balanced Life*  
Worship Leader: Dr. Riegel      Worship Associate: Chuck Palmer

This sermon will look at our instinctual nature; the motor that powers our lives. As such, it determines a great deal of our life experience. Yet, we give it very little consideration. In this sermon I will propose that attending to the instinctual life is integral to living a balanced - and therefore contented - life.

**October 22, 2017** **10:30 AM**  
*"Your Seafaring Soul": On the Wisdom of The Prophet*  
Worship Leader: Dr. Riegel      Worship Associate: Tonya Wells

Many people have heard of The Prophet, Kahlil Gibran. His words are often recited at weddings, and sometimes funerals and child dedications. However, few people have delved into The Prophet's wisdom beyond these sporadic encounters. We will explore what he says on other subjects, such as beauty, friendship, sorrow, reason, and love.

**October 29, 2017** **10:30 AM**  
*To Be Determined*  
Worship Leader: Joe Buttiglieri      Worship Associate: Janet Weber

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**Forward To A Friend**



*Return again..  
Return again..  
Return to the land of your soul..*

This past weekend my good friend and spiritual teacher Russill Paul visited GPUC. The weekend was a deeper dive into spiritual practice amidst the theme of modern life.

Modern life poses a host of challenges to us as we strive to live and love and find contentment on this journey. It is hard to open one's eyes these days and not be impacted by negative news: the threat of nuclear war, the devastating effects of global warming, or the dis-empowerment of the individual via politics, technology... what have you.

Indeed, the challenges of modern life can be daunting. In such a context it is important to maintain (or discover) a sense of personal power that helps us feel secure, capable, and optimistic about life. It is important to nurture oneself, by turning one's attention to those aspects of one's life that buoy one up, that motivate one, that grounds one's life: people we love, projects that beckon us, opportunities to serve others, acts of creativity... moments in solitude surrounded by beauty. The list is long...

Doing these things returns us to our souls and in so doing, serve as an antidote to the myriad ways modern life threatens to deplete oneself. So take the time to...

*return to what you are...  
return to who you are...  
Return to where you are, born and reborn again...*

- Shaina Noll

*Namaste,  
Alex*

Message from the GPUC Board of Trustees

**Active Engagement**

The GPUC Board has replaced Fireside Chat, an opportunity to speak with board members with Active Engagement. The feedback and questions that emanated from fireside chat had declined to an almost nonexistent degree. Thus, fireside chat as a scheduled event has been eliminated. Board members encourage and are always available for discussion, questions and suggestions whenever they are in church and members are encouraged not only to speak with board members at church, but to call and email them with comments, praise, complaints, questions, concerns and ideas. Board members will be active in engaging in conversations with members and visitors and will be asking for feedback. We want to know what is on the minds of members and visitors and how we can improve the loving community our church it strives to be.

Members should also be aware of the role of the Committee on Ministry. The Committee on Ministry is tasked with monitoring the health of the overall ministry of the church. These members are also available for feedback, questions and comments. The members of this committee are: Wally Friesen, Mary Morshead, Sarah Neely and Mark Franchett.

<b>GPUC Board of Trustees</b>	<b>2017-2018</b>
President	Joseph Buttiglieri
Vice President	Russ Chavey
Treasurer	Sabrina Biernat
Secretary	Paul Rowady
Trustee	Jud Cole
Trustee	Lynn Rehahn
Trustee	Chris Vadino
Trustee	Christine Whitwell
Religious Ed Chair	Michelle Scobie



The traditional church school is in full swing. We work hard to empower our young UU's in our classes to care and to act in our community and our world. One of the ways we encourage caring at GPUC/RE program is through a collection of funds at Halloween. We ask each child to come in their Halloween costume the Sunday before Halloween. This year we are collecting for **Make a Wish-Michigan**. We ask the congregation to bring in coins and paper money to insert into the **Make a Wish** boxes on Sunday, October, 29.

We all need to inspire giving and the spirit of giving. The **Make a Wish** program's mission is to grant a wish to children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. A wish experience can be a game-changer for a child with a life-threatening medical condition. We want to teach our children lessons of charity as a way of life. We must start while they are young. How does this become a habit to give? This is a good example how to give to other children. The children that our facing life-threatening conditions are asked the question, "I wish to go ....., I wish to give....., I wish to have....., I wish to meet...., I wish to be..... The **Make a Wish** program then works to grant them their wish. A few examples are Amy wanting a puppy. Amelia wanted to go to the Walt Disney World Resort. Wyatt wanted to meet a celebrity. Make a Wish grants a wish, on average, every 34 minutes to a child with a life-threatening medical condition. Wishes come in all shapes and sizes. Some are heartfelt or jaw-dropping others funny or tear-jerkers. Be part of this journey.

On Sunday, October 29 remember to bring your funds to put in the **Make a Wish** boxes. When you give to others you give to yourself and your family.

### **Religious Education Lessons**

All classes will be studying World Religions for this church year. The classes are beginning with developing their class rules and setting the stage on how they will treat each other during the year.

The GPUC nursery will be open at 10:00 a.m. every week for our young UU's. Remember there is always a pot of coffee at 9:30 a.m. if you want to come in and chat with other parents.

### **Dates to Remember**

Sunday, Oct. 8 - RE Committee Meeting at 9:15 a.m.

Sunday, Oct. 22 - Junior's Spaghetti Dinner

Sunday, Oct. 29 -Trick or Treat for Make a Wish-Michigan

Julie Artis, Director of Religious Education

*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](http://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

**Sicilienne**  
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](http://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.

[Click here to purchase tickets by credit card](#)





## Saturday, November 11, 4:00

You may have heard by now, but we're bring SUMMER BACK THIS NOVEMBER AT GPUC! Mark your calendars to come enjoy tropical paradise complete with tasty appetizers, adult beverages and desserts, and some special laid-back musical entertainment all while supporting your church!

Thank you to everyone who has already donated. If you haven't yet, that's okay! Please contact Suzanne Ross at [suz55555@gmail.com](mailto:suz55555@gmail.com) and she can help you get signed up.

Also, 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

### 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.

Please call or email Robin Ramsay or Chrissy Whitwell to sign up.

This is our largest fundraiser at GPUC. We can't wait to see you there!



# 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!

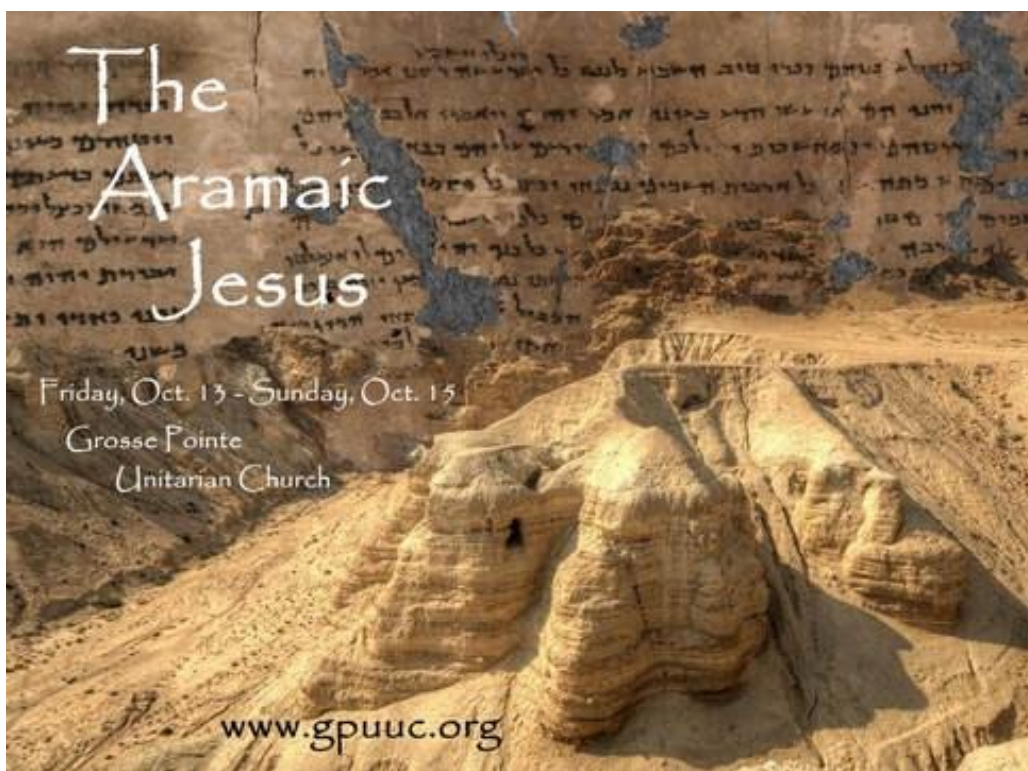
**PLEASE NOTE: Bring a yoga mat or something to lay on, pillows, a blanket and anything else you need to be comfortable.**

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!

## The Aramaic Jesus



# The Aramaic Jesus

Friday, Oct. 13 - Sunday, Oct. 15  
Grosse Pointe  
Unitarian Church

[www.gpuuc.org](http://www.gpuuc.org)



Based on the work of scholar Neil Doulgass-Kloz, our presenter, Munira Elizabeth Reed will lead us to an understanding of The Lord's Prayer in accordance with the original Aramaic language that Jesus (Yeshua) spoke.

**Friday Evening Introduction (7 - 8:30pm - free and open to the public)** - Come for a taste of Aramaic and a new view of Jesus (Yeshua).

**Saturday Workshop (9am - 5pm, lunch break from 12:30 - 2pm)** - We will look closely at the language Jesus (Yeshua) spoke, how it is interpreted, and gain a new perspective on his message. We will chant, move, and sit together as we experience the Lord's Prayer from a fresh and personal perspective.

**Workshop Tickets ([www.gpuuc.org/the-aramaic-jesus-workshop](http://www.gpuuc.org/the-aramaic-jesus-workshop)):** \$30 in advance through the church website ([www.gpuuc.org/the-aramaic-jesus-workshop](http://www.gpuuc.org/the-aramaic-jesus-workshop)) or through the church office; \$35 at the door. \* NOTE - **Friday and Saturday evening events are free and open to the public.**

**Saturday Evening (7 - 8pm - free and open to the public)** - Chanting and Meditation

**Sunday - Noon Potluck and Dances of Universal Peace (*free, but please bring a small dish to pass! AND, help clean up!*)**

## Closer by Love Retreat



In this retreat we will look at the path of love as the path to God. Specifically, we will discuss Sufi teachings pertaining to the relationship that holds between the capacity for interpersonal love and the capacity for loving the Divine. We will discover that there is a strong connection between the two, as our models of interpersonal love strongly influence the way we think about, as well as experience and approach, the Divine. As part of the spiritual practice segments of this retreat we will also partake in a Sufi song circle and brief silent meditation practices.

**Tickets ([www.gpuuc.org/closer-by-love](http://www.gpuuc.org/closer-by-love)):** \$30 in advance through this web site (see purchase option below) or through the church office; \$35 at the door. (Lunch not included. Participants are encouraged to dine at local establishments.)

## Spaghetti Dinner

*Good Friends, Good  
Food, Good Times*

**"Dinner is better when we eat it together"**

Do you know what happens when you eat a dinner together with family and friends? Well, sharing food together is authentic and normal. Great relationships happen when you begin with breaking bread and sharing the same dish. This is why potlucks have endured and why people love to eat out of waxy white boxes of Chinese take-out. We consider this togetherness. When we share a dinner, it is possible the future of our relationships will go on.

You have a chance to share dinner with your GPUC friends and family on **Sunday, October 22 at 5:00 p.m. or 7:00 p.m.** at our Spaghetti Dinner. Our junior high students will be cooking and serving their annual Spaghetti Dinner in the fellowship hall/annex. Tickets can be purchased in the foyer before and after church on Sunday, October 8th or at the door. The dinner includes a salad bar, spaghetti, (meat or veggie

sauce), garlic bread, dessert, coffee and tea, all served with a smile by our junior class students. The tickets are \$10 for adults and \$8 for students, ages 10 and under. 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 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. **Remember the church that eats together stays together!!**

## Musical Notes

### 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.

#### 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

*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

*Youth Choir generally sings the 2nd & 4th Sundays*

## Announcements

### Campers and Tutors

Thanks to the generosity of members and friends, GPUC sent seven of the most improved sixth graders from Detroit Merit to the Howell Nature Center's "Lakeshore Adventures." They enjoyed the climbing tower, ropes course and zip line in camp before leaving to climb the giant dune at Sleeping Bear Sand Dune National Park, to float in inner tubes on the Platte River and to try to take every ride at Michigan Adventure Theme Park. For many of the campers, it was their first trip away from this area. For these students, the experiences during one week at camp are unforgettable. If you want to continue making a difference with young Detroiters, please consider tutoring once a week for an hour and a half at the day and time of your choosing to help a student having difficulties with reading, math or other assignments. Some members have shared their hobbies and interests with the clubs that meet after school. For more information, contact coordinator Susie Boynton or Candy Dunn in the office.

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### First Sunday Food Sharing Sunday October 1

Fall is here! The smell of the leaves is in the air, football is quickly replacing baseball season, and kids are walking to school. It is time, also, to stock the pantry- both our own, and the one at Crossroads East.

Each month, the first Sunday at Grosse Pointe Unitarian means First Sunday Food Sharing. Members and friends are encouraged to bring nonperishables to church and the donations are taken to Crossroads East, (located in Salem Lutheran Church on Moross in Detroit), the next day. All monetary donations are used to purchase milk, eggs, produce, and bread each week, which is very helpful to Crossroads, as most of the pantry donations are in the form of canned and boxed items. They also appreciate toiletries, such as deodorant, toothpaste, and soap. So, if you have extras or any hotel samples, please feel free to bring them along with any food or monetary donations.

Many thanks for your help!!!

Jenny Marck

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### Flowers for the Sanctuary

Please consider recognizing or honoring someone dear or commemorate a special occasion by providing fresh flowers for the Sanctuary. Flowers add significantly to the ambiance on Sunday mornings. Please use the insert in the Sunday order of service or contact the church office to sign-up for a Sunday or two.

Let us know if you will bring your own arrangement or provide a check (minimum cost \$20) for Susan Hartz (our talented flower chairperson) to purchase and arrange the flowers.

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

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### Buck a Bowl Soup Sunday! Sunday, October 29th in the Annex

Please join us for our first "Buck a Bowl" Soup Sunday of the church year. Come to the annex after coffee hour on Sunday, October 29th where you will choose from two delicious soups made by Juli Moore.



Juli plans on making one vegan friendly.

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### **Fall Grounds Cleanup**

Fall is upon us and with it comes several things. One of those things is the fall yard cleanup at GPUC. Each fall the congregation is invited to come together for a few hours on a Saturday morning to clean up and help put to rest our wonderful church grounds. Many hands make light work as we trim bushes, rake leaves, cut back weeds and branches, clean gutters and do a few other small tasks to help maintain our grounds. This is a family friendly affair and can be one hour or three hours, it is up to you. Please join us at **9 am on Saturday, October 21** (the 28th will be a "rain date"). Bring rakes, tarps, gloves, clippers, pruning shears if you have them, but mostly your enthusiasm.

Russell Chavey for the Grounds Committee

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### **Alliance Update**

The Alliance fall program will be held **Tuesday, October 24** at 7pm in the church sanctuary. Dr. Gary Niehaus, superintendent of Grosse Pointe Schools will be our featured speaker. He is relatively new to the Grosse Pointe Schools and we look forward to hearing what challenges our schools face and what we need to do to prepare our students for the 21st Century. With declining enrollment and less money how do we provide the services our students require? There will be time for a question and answer after the presentation. Nothing is more important for our democratic society than the education of its people. Please join us for this informative evening.

Mary Morshead

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### **Thanksgiving Potluck Sunday, November 19th**

We are planning our second Thanksgiving Potluck which was such a hit last year. Sign-up sheets will be available at the Soup Sunday event and then will be available in the church foyer. More information to follow.

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### **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

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### **Women's Book Discussion Group**

The GPUC Women's Book Discussion Group usually meets on the Third Wednesday of the month at 5:30pm in the GPUC 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. [villajilla@sbcglobal.net](mailto:villajilla@sbcglobal.net) We welcome new members!

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**The 2017-18 book list is available in the foyer & on the church website: [click here & scroll down](#)**

### **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. **Discussion Leader: Anne Roberts**

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### **UU Crafters**

UU Crafters usually meet on the 3rd and 4th Tuesdays of the month in the Annex 7-9pm. In October, we will meet on the 17th and 24th. Our next meeting takes place on Tuesday, October 17. 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.

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### **Newsletter Deadline**

Please submit your contribution to the next newsletter by Friday, October 20 at noon. They should be sent to [newsletter@gpuc.us](mailto:newsletter@gpuc.us).

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