

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 2020

Upcoming Services

In order to protect our congregation and do our part to slow the spread of the Coronavirus (COVID-19), all congregation events, worship services, OWL classes, committee meetings, and choir rehearsals are suspended until further notice. This includes the closure of the Resale Shop for the duration. The Church office is closed but Candy is working from home - please feel free to email gpuc@gpuc.us or leave a voicemail on the office phone 313-881-0420 ext. 10 as Candy is monitoring both.

Worship services will 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 5, 12, 19 & 26.

UNFAMILIAR WITH ZOOM? - DO THIS IN ADVANCE OF SUNDAY

- If you are unfamiliar with Zoom, become acquainted with the technology - it is easy to use but going through these steps in advance will ensure you are ready.
- Click on the Zoom link that will be emailed on the Friday prior to the Sunday service at least 15 minutes before you plan to use it the first time. This will prompt an app to download onto your device. You may use a laptop, tablet, desktop or smartphone.
- You will then be asked whether you wish to join the "meeting" with your device audio and device camera.
 - If you do not want others to see what you are wearing at that moment, you can join without activating your camera.
 - Throughout the service, all participants besides the worship leaders will be muted to prevent background noises (barking dogs, ringing phones, etc.) from being included in the worship service.

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Upcoming Events

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June 7, 2020
10:30 AM

Sermon: *"The Rose and the Nightingale"*

Worship Leader: Dr. Riegel
Worship Associate: Chuck Palmer

"The Rose and the Nightingale" is a beautiful, tragic-romantic short story by Oscar Wilde. Dr. Riegel will do a special reading of the "The Rose and the Nightingale" and reflect upon its meaning. Dr. Riegel will also be providing another hammered dulcimer Prelude for this service.

[*Note - This is Flower Communion Sunday. While we are not able to gather in person and exchange flowers with one another, you are encouraged to have a flower beside you as you view this service. Ideally, perhaps you can arrange to have your flower also in view of your camera, if you are joining us via video on Zoom.]

**June 14, 2020
10:30 AM**

Sermon: *"Finally! An Answer to the Question:
'Is the Glass Half Full or Half Empty?'"*

Worship Leader: Dr. Riegel
Worship Associate: Tonya Wells

The question, "Is the glass half full or half empty?" is supposed to be an indicator of the optimistic and pessimistic personality types. The logician in me has always chagrined this because it forces a false choice upon us. A "false choice" is a logical fallacy in which someone is presented with predetermined answers from which to choose when there is another possible answer that is not presented. Regarding the "Is the glass half full or half empty" question, this missing possible answer happens to be the correct one! I will share what I think that is and why I think it is the correct answer.

**June 21, 2020
10:30 AM**

Sermon: *"Welcome to the Machine"*

Worship Leader: Dr. Riegel
Worship Associate: Maurya Kay

On the quickly approaching reality of Artificial Intelligence. What are the promises and what are the dangers? An intoxicating world of convenience is fast approaching. So is the consequent demand for conformity such convenience will require. What happens to individualism when AI finally emerges in full force? Maybe Pink Floyd was right all along - are we all just bricks in the wall now? And if so, does it matter?

[*Note - Special musical guest Joe Jencks returns for this Sunday morning service.]

**June 28, 2020
(Two Viewing Times)
10:00 a.m. EDT
10:00 a.m. PDT (1:00 p.m. EDT)**

Sermon: *"General Assembly Worship Experience"*

Join us for the largest annual gathering of UUs joining in worship. This powerful, communal worship experience will stream on [uua.org/ga](https://www.uua.org/ga)
Sunday, June 28, 2020 at 10:00 a.m. EDT and AGAIN at 10:00 a.m. PDT (1:00 p.m. EDT).

Each year a talented group of choral singers perform at the Sunday Morning Worship for the General Assembly audience.

More information may be found here:

<https://www.uua.org/ga/program/highlights/sunday-morning-worship>

The Tigers and the Strawberry

A man was walking across a field when he saw a tiger. He fled but the tiger ran after him. Coming to the edge of a cliff he spied the root of a wild vine. Grabbing onto it, he swung himself down over the edge, out of reach of the tiger. He was safe!

The tiger came to the edge and sniffed him from above. Trembling, the man looked down and saw another ferocious tiger prowling below. Only the thin vine held him.

Two mice, one white and one black, scurried out of a nearby nest on the cliff and began gnawing at the vine. As they chewed, the man saw a luscious strawberry on a nearby ledge.

Grasping the vine with one hand, he plucked the strawberry with the other. Ah! How sweet it tasted!



This is a well-worn story. It is a Buddhist story that's often used to teach about living in the moment, though some people use it to teach about the dangers of overindulgence in ego satisfaction. I prefer the former interpretation.

I'm resurfacing this story because it seems apropos for today. During this pandemic, it can feel as though tigers lurk above us, tigers lurk below us, and mice are gnawing at what sustains us.

It is important, then, to recognize what still feeds one's soul. So, this meander has one simple agenda, namely, to ask you to think about what feeds your soul during this time of endemic.



If we look about ourselves - *receptively* - there is still much to nourish the soul: flowers abloom, re-connections with long lost friends (virtually, of course!), the sound of an owl at night (we have a hoot owl that sings us to sleep every night!), a late evening fire in the pit, and even a robin's nest that holds new life!

Don't get fixated by the negative, my friends. Shift your attention and take in the blessing! Despite our travails, there is still much for which we ought to be grateful!

Namaste,

Alex

Religious Education News

What Our Children Learn

1. Each person is important;
2. Be kind in all you do;
3. We're free to learn together;
4. We search for what is true;
5. All people need a voice;
6. Build a fair and peaceful world;
7. We care for Earth's lifeboat.



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. We had to change our path of meeting from classrooms in our beautiful church to Zoom classrooms in our own homes. We made it work because we all did it together. We do not know what September will bring for our classes, but we will meet and decide together this summer how to go forward.

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

1. Please keep a **Happiness File**. Everyday write down what is bringing you and your family happiness. I would like you to send me your top 10 and in August and I will include them in the September newsletter.
2. 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!



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 time. Do not be afraid to change and stay connected to your UU friends from GPUC. You can always email or call Rev. Alex and me. We are there for you and your family.

Stay safe and enjoy the sun,
Julie Artis, Director of Religious Education

Virtual Programming

Virtual Programs Offered

During this time of social distancing, we are delivering some program opportunities online. You may find our online programming opportunities on our [Virtual Programs](#) page.

All Programs Are Led By Dr. Riegel and Take Place via Zoom.

Email Registration is Required.

To register, email Dr. Riegel: alexgpuc@gmail.com

Please register by noon the day of your program.

(Register with the email address where you would like us to send your Zoom invite.)

We cannot guarantee that you will receive the Zoom invite if you register after that time.

Tuesday, June 2, 7:30 p.m.: Poetry Circle - We will discuss two poems each evening. We begin with *I Cobbled Their Boots*, by St. John of the Cross, and end with *Are You Looking for Me*, by Kabir. This is intended to be a group discussion so please read the poems enough in advance so you have time to bring your own reflections to the group. (These poems are cited beneath this virtual programs schedule.)

[To register, email Dr. Riegel: alexgpuc@gmail.com]

Thursday, June 4, 7:30 p.m.: Sanskrit Mantra with Dr. Riegel

- This will be our first mantra session, beginning with the Pavamana mantra, more commonly known by its beginning phrase: *asato ma*. In the first half of our session, Dr. Riegel will discuss the origin, meaning, and use of this mantra. In the second half of our session, Dr. Riegel will teach the proper articulation, intonation, and meter of this mantra. Upon registration, all participants will be given access to an instructional video on this mantra.

[To register, email Dr. Riegel: alexgpuc@gmail.com]

Friday, June 5, 7:30 p.m.: Movie Discussion - Peter Rainer of *New York Magazine* describes "Waking Life" as "an astounding, one of a kind movie." From the director (Richard Linklater) of *Slacker* and *Dazed and Confused* comes one of the most imaginative animated features ever made. This funny, ingenious film, which *Premiere Magazine* calls a "must see," explores the fascinating question: "Are we sleep-walking through our waking state or wake-walking through our dreams? Join Wiley Wiggins as he searches for answers to life's most important questions in a world that may or may not be reality. * **Note** - You will DEFINITELY want to take notes for our discussion so *keep a note pad handy!*

[To register, email Dr. Riegel: alexgpuc@gmail.com]

Church Administrator Search

As you already know, Candy Dunn has announced her retirement and will be leaving her position as of July 1. We are in search for her replacement and the job posting is below. If you know of someone who might fit our needs and is not a member of our church, please let the committee know by emailing employmentgpuc@gmail.com or contacting one of us.

Ann Helm, Jenevieve Lilly, Ann Lipsitz, Veronica Smith.

Church Administrator, 30 Hours Per Week

At the end of a day, you will know the job you do has real impact with our vibrant Grosse Pointe Unitarian Universalist Church. We are located at 17150 Maumee Ave, Grosse Pointe, MI.

We seek a self-motivated person who can work individually with minimal supervision in a busy communications/administrative hub. You will support our professional staff of 3 and our congregation by managing the administrative day-to-day operations of our energetic church. Reporting directly to our minister, you will be creative and proactive while seeking to continually improve church administrative practices and procedures. Equally important will be your outstanding communication and interpersonal skills as you engage with members of

the congregation, the professional staff and members of the community.

A relevant college degree and/or working experience is required. Proficiency in Microsoft Office Suite is required, including database/email/newsletter creation/internet/editing/proofreading skills. Constant Contact and Google Apps are additional software utilized. A demonstrated track record in maintaining confidential information is a prerequisite. The position includes the use of accounting software (Power Church) to enter checks, track expenses, generate financial reports for various committees and make financial deposits for the church. Experience with financial responsibility and administration is a plus.

In addition to outstanding working conditions, the church contributes to a pension plan on your behalf. Salary is competitive and will consider your qualifications and professional experience. The work schedule is 30 (thirty) hours per week from September through June, Monday through Friday, and 12 (twelve) hours per week during the summer months, normally on Thursday and Friday. Weekend hours are rarely worked. The church administrator also receives paid vacation, paid holidays, and paid sick days.

Qualified candidates are highly encouraged to submit a resume to: employmentgpuc@gmail.com. Professional references and background check are required.

Thank you so much for considering employment with our church family.

No phone calls or walk-ins, please.

Volunteer Opportunity

Zoom Masters Needed

Being Unitarians, we are well acquainted with Zen masters and a Zoom master is almost the same thing. But rather than inner control the Zoom master focuses on outer control. We will be having our services over Zoom throughout the summer and probably need to continue "broadcasting" services into the fall and winter even if some of us are back in the sanctuary.

We are forming a Zoom technical team to manage our Sunday services on an ongoing basis. Think of it as the technical worship associate team. Hopefully, we can have 4 or 5 of us capable of managing the Sunday service. Over the past 10 weeks I have been working on the process and have most of the bugs out but going forward we will have new challenges. We want to continue to improve the quality and expand our capabilities.

What makes a Zoom master?

1. You are comfortable with technology.
2. Have a PC or Mac with camera, microphone and speakers.
3. Have access to MS Word and PowerPoint.
4. You have experience working with cloud storage.
5. Have a solid internet connection from home. Speed isn't as important as stability.
6. Have time to work with speakers during the week and run the Sunday service.

Coverage of Sunday services would rotate among the Zoom Masters. We will work closely with the worship associates, Joseph, and Alex to not only put on the show but also make sure all the speakers look and sound great.

Please contact Rudy Wedenoja by email.

Notice from the Treasurer

The 2019-2020 church year comes to a close on Tuesday, June 30. The last date checks will be printed in this fiscal year is Thursday, June 25. Any receipts that pertain to the current church year must be submitted to the church office no later than Wednesday, June 24, 2020. Please contact Rudy Wedenoja or Candy Dunn in the office 313-881-0420 if you have questions. Thank you.

Notes from the office

Year End Pledge Payment Summaries

The pledge payment summaries for the current fiscal year will be emailed or mailed to all pledging members and friends the first week in June. The fiscal year will end on June 30; if your pledge is not yet complete we ask that you please send us payment as you are able by June 30th. Your support of the church makes it possible to continue our active program and maintain our beautiful facility. The new fiscal year will begin on July 1, 2020.

Pledge Reminder: The new Fiscal Year begins on July 1, 2020. *Please remember to write 2019-20 pledge or 2020-21 pledge on the memo line of your check to receive credit in the intended pledge year.*

Lost and Found: There is an odd assortment of items in the "Lost and Found" box located in the coat room. We also have youth and adult coats that were left behind. If you think any of the items may be yours, please contact Candy in the church office by phone 313-881-0420 or by email: gpuc@gpuc.us Unclaimed items will be donated.

GPUC Book Discussion

GPUC BOOK LIST 2020-2021

Thanks to all who helped compile this list of books.

As far as we know at this time, future meetings will be held on Zoom, thanks to Christy and Russ. Some

suggestions have been made regarding how we participate in discussions.

If everyone can be on time to the meetings (they start at 7 pm), we can have a few minutes of socializing before the leader begins.

We should decide if we want to have an open mike, be muted until called upon to speak, or have the leader call on each person in turn as the discussion progresses.

It would be helpful for the discussion leaders to provide a few questions to the group before the day of the meeting, just to get things going.

The first Book Discussion meeting will be held on the fourth Tuesday in June. The July 2020 through April 2021 meetings are scheduled for the third Tuesday of the month; we will not meet in December.

- ***The Undertaking* by Audrey Magee**
June 23, 2020 - **Discussion leader:** Mary Zahler
(If you have trouble getting this book, Mary suggests eBay.)
- ***The Last Painting of Sara DeVos* by Dominic Smith**
July 21, 2020 - **Discussion leader:** Lynn Baker-Hunter
- ***The Splendid and the Vile* by Erik Larson**
August 18, 2020 - **Discussion leader:** Anne Roberts
- ***On Gold Mountain* by Lisa See**
September 15, 2020 - **Discussion leader:** Barbara Moran
- ***Blowout* by Rachel Maddow**
October 20, 2020 - **Discussion Leader:** Erin O'Mara
- ***The Engineer's Wife* by Tracey E. Woods**
November 17, 2020 - **Discussion leader:** Juli Moore
- ***The Starless Sea* by Erin Morgenstern**
January 19, 2021 - **Discussion Leader:** Carol Guither
- ***Olive, Again* by Elizabeth Strout**
February 16, 2021 - **Discussion leader:** Pi Irwin
- ***The Water Dancer* by Ta-Nehisi Coates**
March 16, 2021 - **Discussion Leader:** Christy Winder
- ***Manhattan Beach* by Jennifer Egan**
April 20, 2021 - **Discussion leader:** Kathy Marcozzi and Julie Artis (?)

Food Sharing

Crossroads East Update: Second Sunday Food Share This is an anxious time for all of us, but especially for people struggling to access life's basic necessities. If you are in a position to help, please consider bringing non-perishable food or toiletries to the church. Please call or email the Church office in advance if you plan to make a donation as Candy is working from home and is not in the office.

Crossroads is temporarily closed. Members have donated non-perishables and Jenny Marck is delivering those items to Community Treehouse Center, which serves Jefferson Chalmers area.

Thank you for your continued support of our community.

Kroger Kards bring Kash!! Over \$500.00 per year is earned for our church by members who have signed up for the *Kroger Community Rewards*. If you are one of these supportive families, thank you!!! The recent budget report indicates that our beloved church may be in for some tough financial times. This is an easy way to help, once you enroll all you need to do is buy some groceries once in a while at Kroger. Every little bit helps. If you are unsure if you are signed up, check the bottom of your register receipt. You should see "At your request, Kroger is donating to GROSSE POINTE UNITARIAN CHURCH".

If you would like to enroll for the first time here is the way to do it:

Sign up at a Kroger store for the Kroger Plus Shopper's Card if you don't already have one. Go to krogercommunityrewards.com and follow the prompts remembering to check the church name. You will need to use this **code FF794**.

Our office administrator, Candy Dunn is glad to help, call her if you encounter trouble or can't access the internet.

Auction News



Auction Update

The Roaring 20's auction party **has been rescheduled for Saturday, October 17, 2020**. If you have questions about the auction, email Robin Ramsay or Christy Winder, or Kristen Foley.

Remembering Jim Kelly

Jim Kelly Virtual Memorial



From the GPUC home page...follow these links:

Who We Are/Sunday Services/Virtual Services/Jim Kelly Memorial or click on this link to go there directly.

<https://www.gpuuc.org/jim-kelly-memorial.html>

The video is posted as a password protected Members only section.

Members may contact the church office if you have forgotten the password.

GPUC Facebook page

This is a reminder to everyone that there is a **GPUC Facebook page**, administered by Julie Artis, Nikki Filippone and Rev. Alex (Grosse Pointe Unitarian Church - Members and Friends; <https://www.facebook.com/groups/647592795635301/>). This can be a place for church members and friends to keep up to date on:

- RE happenings,
- post about significant events in their family,
- link to events happening in the area that may be of general interest to our church family,
- give feedback to someone who has done something especially noteworthy to help the church community, etc.

If you have not visited the page or have not been there in a while, consider joining and checking it out periodically. This can be a way to stay in touch with our church family and to read positive messages of hope and strength.

UUA General Assembly

Get the scoop on virtual GA 2020!

From [Unitarian Universalist Association](https://www.uua.org/newsletter) Newsletter 05-01-2020



General Assembly June 24-28, 2020

The global pandemic has created disruptions in all of our lives, including in how we gather for our annual conference, General Assembly (GA). Originally planned to be held in Providence, RI, UUA leadership and the Board of Trustees have decided to transform the onsite event into an all-virtual event, in response to public health guidance discouraging in-person gatherings. I know that I will certainly miss the in-person connections and catching up that happens onsite at GA, but I am also excited that an all-virtual GA has the potential to be more inclusive and environmentally sustainable. I hope you'll join us online as we imagine and embody new ways of being in community with one another.

Yours in faith,

Rev. Dr. Susan Frederick-Gray

UUA President

Rev. Dr. Susan Frederick-Gray spends her days strengthening the thriving mission of this faith. In her spare time, she enjoys being with her family and playing with their dog, Hercules.



May this pandemic be a time where our connections deepen, even if our routines change. The UUA transformed the Rev. Lynn Ungar's beautiful poem, "Pandemic," into a video message we can all share.

[Play Video](#)

Virtual GA retains many of the important elements that attendees have come to expect and cherish: worship experiences, powerful speakers, learning opportunities, and dozens of interactive programs over five days. Register online to be part of this exciting, nascent virtual experience!

[Register Today](#)

Naomi Klein will give this year's Ware Lecture. A leader in the call for taking action for climate justice, Klein has written extensively about the structural causes of climate change, has been awarded the Sydney Peace Prize for this work, and is co-founder of The Leap, a Canadian climate justice organization working at the intersection of

climate change, racism, and inequality. The Ware Lecture is part of a distinguished lecture series for all registered GA attendees.

Ware Lecture

A cherished GA event for many is a gathering to honor religious leaders past, present, and future: the Service of the Living Tradition. The Rev. Danielle DiBona—a beloved religious leader in her own right, a former President of the Diverse and Revolutionary Unitarian Universalist Multicultural Ministries and the 2018 recipient of the Award for Distinguished Service to the Cause of Unitarian Universalism—will deliver the sermon.

Service of the Living Tradition

Thanks in part to the generosity of UUA publisher Beacon Press, a wide range of writers, activists, and thought leaders will hold talks for those registered to attend virtual GA this year. Featured speakers include noted author of Indigenous history Roxanne Dunbar Ortiz, sports commentator and writer Howard Bryant, transqueer activist and Latinx scholar Robyn Henderson-Espinoza, and more.

Featured Speakers

The Rev. Joan Javier-Duvall, minister of the Unitarian Church in Montpelier, VT, will lead Sunday Morning Worship, a powerful, communal worship experience. The collection taken during the service will benefit the Tomaquag Museum, an Indigenous museum featuring an extensive collection from Southern New England tribal communities.

Sunday Morning Worship

FREE Grief Support Offering



Photo by Milada Vigerova on Unsplash

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/>.

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. 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

Volunteer Offering

Weekly Gentle Yoga Session

Carol Guither is offering a 60 minute gentle yoga session every Wednesday, as long as there is interest, through Wednesday, June 24th via Zoom. Info will be emailed weekly prior to each session.

If you have a mat, blocks and a strap (or neck tie) that is helpful but you don't need anything except a clean space to lie, sit and stand on. **Feel free to use a chair instead of the floor.**

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.



Photo by [Avrielle Suleiman](#) on [Unsplash](#)

Every week on Wed, until June 24, 2020, 4 occurrence(s)

June 3, 2020 11:00 AM
June 10, 2020 11:00 AM
June 17, 2020 11:00 AM
June 24, 2020 11:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://zoom.us/meeting/vpAvf-6sqj0j_bWSQYEN7EO_cvTHF4uRiQ/ics?icsToken=98tyKuqsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDgAspkZqdNGumB

Healing Clinic and Meditation

Now online...Pranic Healing Clinic 1st and 3rd Thursdays each month

7:00 p.m. June 4th and June 18th

Join us for this online Zoom community event offering Pranic Healing sessions and Meditation on Twin Hearts.

Pranic Healing is an advanced system of energy medicine that utilizes prana or chi to cleanse and harmonize the body's energy system.

The healing clinic begins with a beautiful guided meditation using the universal Prayer of St. Francis of Assisi. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

Donations welcome.

Venmo

<https://venmo.com/Carrie-Viviano>

Cash App

[https://cash.app/\\$CarrieViviano](https://cash.app/$CarrieViviano)

Paypal

<https://www.paypal.com/paypalme/carrieviviano>

Must be 16 yrs old to participate in the meditation. All ages welcome for healing.

To receive Zoom event scheduling info via email or for questions please contact: Carrie Viviano, Pranic Healer/Intro Leader, carrie@pranichealing.com or 586-943-4404



Update from Congresswoman Debbie Dingell



Thought of the day: The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way. - *Victor Frankl*

Much of time in the last few days has been spent with the manufacturing sector in particular the autos, suppliers and the UAW focused on workers' health and safety. It is clear that more and more PPE equipment is going to be needed first for hospitals and frontline workers, but all workers as the economy begins to start up. Our country is in the middle of the worst worker safety crisis in recent history. If we are to open the economy any time soon, we must have standards in place that keep workers safe. Congresswoman Tlaib and I are working with House leadership, labor and manufacturers to ensure all future coronavirus legislation puts worker safety first.

Michigan is expanding its COVID-19 testing capacity to give those with mild symptoms access to testing. Start by calling your healthcare provider or contacting a testing site. Testing site numbers and locations can be found [here](#).

Testing, testing, testing, is how we will get things back to normal.

If you are not experiencing systems and don't need to be tested, the best thing you can do is stay home. This is real. We've seen the number of cases decline but that's because people are doing a good job staying home. We're not out of the woods yet but progress is being made and people are doing what's right.

Team Dingell is here seven days a week and wants to listen and help. It isn't as smooth as we want on some issues, but we will never stop fighting for you. Call our office at 313-278-2936 or contact us through [Facebook](#) or our [webpage](#).

New information becomes available every day. Below is a list of resources and information that can be helpful during this time. Please share this information with your family, friends, and colleagues. Remember, stay home, stay safe, save lives.

- [Coronavirus information](#)
- [File for unemployment](#)
- [Small Businesses can apply for low-interest disaster loans](#)
- [Navigating Social Security Benefits](#)
- [School Based Food Service Interactive Map](#)

[Food Banks and Kitchens in Michigan's 12th Congressional District](#)

Contact numbers for people looking for information are:

- * Centers for Disease Control, [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus), 1-800-CDC-INFO (1-800-232-4636).
- * [Michigan.gov/coronavirus](https://www.michigan.gov/coronavirus), or 888-535-6136.

Newsletter Deadline

Newsletter Deadline

Please submit your contribution to the next newsletter by **Tuesday, August 18th at noon**.
Submit items to the newsletter email address: newslettergpuc@gmail.com

Contact Information
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