

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 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, May 1, 8, 15, 22 & 29.

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.

May 3, 2020
10:30 AM

Sermon: *"Here Be Dragons"*

Worship Leader: Dr. Riegel
Worship Associate: Joe Buttiglieri

Ancient cartographers used to write the phrase, "Here Be Dragons," when they mapped out uncharted ocean territory. What is our modern version of these dragons? And, how best to engage these creatures in our lives? Join us as Dr. Riegel delivers his first sermon upon returning from sabbatical.

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Upcoming Events

[Tue May 5th Budget Review Meeting](#)
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**May 10, 2020
10:30 AM**

Sermon: *"Religion without a Net"*

Worship Leader: Dr. Riegel
Worship Associate: Carol Guither

Unitarian Universalism is a creedless religious path. We offer no prescribed beliefs or ritualistic practices by which one may guide one's religious life. Instead, we hold to the right of conscience in determining one's own spiritual path. The apt metaphor here is walking the high wire without a net beneath oneself. Similarly, Dr. Riegel calls Unitarian Universalism "religion without a net." **[*Note - This is a good sermon to which to invite anyone you feel may be a UU but doesn't know it yet!]**

**May 17, 2020
10:30 AM**

Sermon: *"9/11, 2008, Coronavirus, Kundabuffer, and Remembrance"*

Worship Leader: Dr. Riegel
Worship Associate: Meghan Boomhower

Lately, we have repeatedly heard that this pandemic we face is going to bring a new normal to our lives. Be prepared for ongoing social distancing and face covers. But what about a different type of new normal? Crisis tend to help one get one's priorities in order. Will this reordering of our priorities last? What would it take for us to carry *this* kind of new normal into the future?

**May 24, 2020
10:30 AM**

Sermon: *"Transitions"*

Worship Leader: John Artis
Worship Associate: Suzanne Ross

In a time of deep physical and emotional change, how do we embrace the transitions in our life? We all face tremendous change in our lives and have so many questions to answer about how to transition through the changes. On this Memorial Day, let us examine the transitions and make a commitment to handle the change in a positive way.

**May 31, 2020
10:30 AM**

Sermon: *"RE Sunday"*

Worship Leader: Julie Artis
Worship Associate: Dr. Riegel

We will have our first Religious Education Sunday on Zoom! Mark your calendars to hear our three graduating seniors Morgen Bocci, Ada Marotzke and Noelle Shields share their Statement of Faiths Projects. Our guest soloist will be Henry Sendra. We hope you join us to share the end of the year celebration of this unusual church school year. We are a community that lifts up the span of all ages.

Alexander's Meander



Photo by zoo_monkey on Unsplash

It feels grounding to write my first newsletter article in four months. While I certainly enjoyed and took productive advantage of my sabbatical time, I've missed my peeps! Unfortunately, we have this pandemic on our hands and its consequent "social distancing" demand. So, our connections are going to remain virtual for the foreseeable future.

This is not the best of situations, obviously - two-dimensional virtual relationships are lacking those important social cues that happen in the third dimension, those cues that tell us a deeper connection is taking place. Nevertheless, this is the way it has to be for now. So, I'm reentering sabbatical on a steep learning curve. I'm quickly trying to figure out the best way to reconnect with all of you virtually.

First off, I want to encourage you *not to be shy* if you'd like to chat with me personally. Shoot me an email and we can set up a Zoom meeting or phone call. Second, I'm hoping to hear from you all about what I (and Julie) can do virtually to continue to minister to you during these difficult times. This can take many forms, such as the aforementioned one-on-one conversations, to a number of different ways to connect as smaller and larger groups online. Currently, I am brainstorming a number of different ways that I can deliver content that people will find meaningful. But that's kind of like throwing pasta at the wall and seeing what sticks. It would be most helpful if you reach out with any ideas you have of your own. It is easier to meet expectations when you know what they are :-)

I also want to take this time once again to shower accolades upon our church leadership! I've been in touch with them during this time and have been very impressed with the leadership they've shown and the decisions they've made. They are doing everything they can to help keep the church running as normally as possible and to keep the members of our beloved community connected with one another.

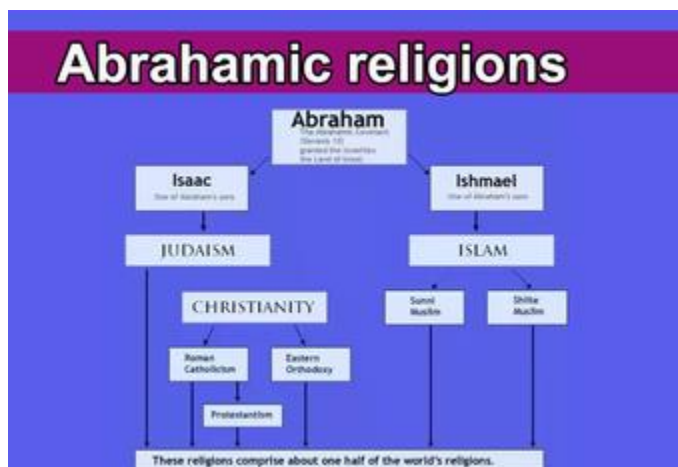
I know a number of you are already on my personal distribution list for www.alexanderriegel.com. If not, you might consider sending me an email requesting so, so you can get whatever content I post there in addition to efforts I make to connect through the church itself. Also, as you may have read in a previous email, I've launched another new website, namely, www.savingnietzsche.com. That website is devoted strictly to content about the German philosopher Friedrich Nietzsche. So far, the content that is gone up has been somewhat academic in scope. In another week or two I'll be doing blog posts there that anyone with a philosophical bent would find more personally applicable (less academic). So, if this interests you, you can shoot me an email requesting to be put on that distribution list as well.

I think that's it for now... I hope to connect with you all in the very near future, especially on Sunday mornings. I'm very much looking forward to getting back to preaching, even if it is virtual... This Sunday, look out! "Here Be Dragons!"

Namaste,

Alex

Religious Education News



It is hard to believe that our church school year is winding down. This year we started off by studying the Abrahamic Faiths curriculum for Lower through Senior High grades. Our conversations were about Judaism, Christianity, and Islam. We explored the ideas from each faith and how those ideas impacted Unitarian Universalism. When March arrived, our world completely changed with the invasion of COVID 19. To continue our religious commitments, we moved to weekly Zoom classes for all levels. Much of our work was devoted to sharing our Joys and Concerns and discussing current events. Through such initiatives we continued to build our community of faith.

The good news is that on Sunday, May 31, 2020 we will have our first Religious Education Sunday on Zoom. Mark your calendars to hear our three graduating seniors, Morgen Bocci, Ada Marotzke and Noelle Shields share their Statement of Faith projects. We hope you join us to share the end of the year celebration of this unusual church school year.

As we all go forward with sheltering at home, I would like to share a phrase with you - **Bloom where you are planted!** We can all work on the below statements to make our at home experience the best it can be.



1. Develop the Right Mentality to stay positive
2. Accept changes as they occur
3. Value what you have
4. Focus to learn lessons from this situation
5. Practice Radical acceptance

I encourage all of you to make time on Sunday morning to join the Zoom service at 10:30 a.m. We will now be sharing a Time for All Ages each week. You can also view all services on our website at www.gpuuc.org

Dates to Remember

Sunday, May 10th is Mother's Day. All students are asked to attend the Zoom service.

Please check out <https://www.uua.org/pressroom/stories/radical-roots-mothers-day>

Sunday, May 31st is our Religious Education Sunday. All students are asked to attend the Zoom service.

**"Every spirit builds itself a house, and beyond its house a world,
and beyond its world a heaven. Know then that world exists for you."
- Ralph Waldo Emerson**

Peace and love,
Julie Artis, Director of Religious Education

GPUC Annual Meeting

Notice of Annual Meeting of Grosse Pointe Unitarian Church

The annual meeting of the congregation of Grosse Pointe Unitarian Church will take place on **Sunday, May 17th at 1pm**. This year's meeting will be held electronically via zoom due to the social distancing requirements currently in place secondary to the Governor's executive order.

The Leadership Development Committee has prepared a slate of candidates to be nominated as chairs of the standing committees, church auditor, president and vice-presidents of the Board of Trustees, committee on ministry and the leadership development committee.

A proposed budget for the upcoming fiscal year will be presented to the congregation for discussion and approval. All members in full standing are encouraged to attend the meeting and vote upon these issues as well as any other matters that come before the meeting.

The Secretary of the Board of Trustees has a list of qualified members in full standing and any members of the church who are unsure of their status as members may check that status by contacting the church administrator at gpuc@gpuc.us.

The process of attending the annual meeting will require registration before being admitted to the meeting. An invitation to the meeting will be sent to all members in full standing at least a week prior to the meeting. Members may pre-register by clicking on the link to the meeting in the invitation at any time prior to the actual meeting. Once pre-registered, a new link will be sent that will allow one to go directly to the meeting. Those who are not pre-registered will be sent to a waiting room where they will wait to be registered. Any members without computer access may attend by phone. The meeting will be recorded so anyone not able to attend the meeting may view it later.

The slate of candidates to be presented by the leadership development committee for election at the annual meeting is:

President of the Board of Trustees: Russell Chavey
Vice-President of Program: Karen Webb
Vice-President of Administration: Maurya Kay
Trustees: Jenevieve Lilly and Lynn Rehahn

Chairs of standing committees:
Buildings & Grounds: Russell Chavey
Endowment: Jerry Herron
Adult Religious Education: John Artis
Associational Affairs: Christy Winder
Children's Religious Education: Michelle Scobie
Lay Pastoral: Carol Guither and Linda Lawrence co-chairs
Publicity: Giuseppe Filippone
Membership: Sonja Franchett
Social Justice: Suzanne Ross
Sunday Services: Tonya Wells

Committee on Ministry: Mark Franchett (chair), Sarah Neely, Jud Cole, Kathy Konwiak

Leadership Development Committee: Lynn Baker-Hunter, Amanda Batts, Everett Keyser, Christy Winder, Ann Lipsitz

Church Auditor: Mark O'Keefe

The bylaws of the church state that additional nominees may be presented to the congregation if a list of such nominees are furnished to the Leadership Development Committee signed by ten or more members in full standing at least 15 days prior to the annual meeting. The current chair of the Leadership Development Committee is Rob Lyles.

Budget Review Meeting

GPUC 2020-2021 Proposed Budget

At this year's annual meeting on May 17 a major item will be the approval of the budget for fiscal year 2020-2021. The COVID-19 pandemic has had a major impact on our budget both this year and next. To help the congregation understand the budget we have recorded a video explaining it and will have a **Zoom call to review the budget at 7 PM on Tuesday May 5th**. We ask that you review the video and provide any questions to Rudy Wedenoja at treasurergpuc@gmail.com prior to the May 5 meeting.

We are expecting a 15% decline in our income in the new fiscal year. As a result, we are eliminating our contributions to the Capital Reserve Fund and have cut the operating budget by 4%. Even with these actions we still have pandemic associated risks in our budget.

It is our hope that with the budget video and a review session on May 5 we will be able to address all your questions and have a quick approval at the annual meeting.

[GPUC 2020-2021 Proposed Budget](#)

The video can be viewed here:

[Video Explaining the GPUC 2020-2021 Proposed Budget](#)

The budget review meeting will be over zoom:

Topic: GPUC 2020-2021 Budget Review Meeting

Time: May 5, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/7407914681?pwd=Y2N0WTVpNEtUbzhia1E4RktLTSt5UT09>

Meeting ID: 740 791 4681

Password: 463465

One tap mobile

+13126266799,,7407914681#,,1#,463465# US (Chicago)

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 740 791 4681

Password: 463465

Find your local number: <https://zoom.us/u/acWqtck9I4>

Rudy Wedenoja

Treasurer, GPUC

Food Sharing

Crossroads East Update

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 has delivered those items to Community Treehouse Center, which serves Jefferson Chalmers area.

Thank you for your continued support of our community.

Resale News

A message from Amy Thelen

I came across a beautiful, four strand stone & bead necklace the other day. The necklace was lovely, but it made me tear up. Sadly, we lost Jeri Grover in March. Jeri was a cherished member of our Resale Shop family - a tall redhead with a wonderful smile.

One of the last times I spoke with Jeri was a discussion over this necklace. She was our go-to gal for identifying unusual stones and primitive antiques. A jewelry designer, she delighted us with her unique creations weekly.

With this particular necklace, we had a tough time identifying the unusual stones, but Jeri was always determined. She called me from home with the helpful news that she had the answer! Whether pricing stuff for the shop, cleaning jewelry, or helping on Monday mornings collecting estate sale donations, Jeri was committed, even when we found out later, she wasn't well.

We will remember this terrific woman, who loved the antics of her beloved cats, vintage hats, dressing up for Halloween, and participating in outdoor re-enactments with her late husband. She was GOOD, a gem. Jeri was a wife, a Mother, grandmother and a friend. We will miss you Jeri!

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 (rjramsay@comcast.net) or Christy Winder (clwinder@gmail.com), or Kristen Foley (smithk@umich.edu).

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.

Things To Do



During this time I wanted to give you some resources of activities you can find online for all ages to nurture the mind, body and soul. Creating art (see my art above) is one of the things that is great therapy for me. Knitting, reading, gardening, sewing, home decorating, woodworking, washing the car...all can be therapeutic...calming and a means to get into a positive zone. Enjoy these links and know that the world is a big and wonderful place and..."this too shall pass".

GPUC newsletter editor -- Kathleen Ruhl

Peabody Essex Museum: <https://artsandculture.google.com/partner/peabody-essex-museum>

Virtual concerts, plays, museums:

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Russia's Hermitage Museum: <https://www.youtube.com/watch?v=49YeFsx1rlw>

Explore With Googles Arts & Culture: <https://artsandculture.google.com>

Especially for the kids...Storyline Online: <https://www.storylineonline.net>

The Metropolitan Opera: <https://www.metopera.org>

BroadwayHD: <https://www.broadwayhd.com>

Claudio Constantini Music: <https://www.youtube.com/user/consclau>

Detroit Zoo | Virtual Vitamin Z: <https://detroitzoo.org/virtual-vitamin-z>

Zoos Victoria: <https://www.zoo.org.au/animal-house>

YouTube Livestreaming Animals: https://www.youtube.com/results?search_query=live+streaming+animals

This American Life: <https://www.thisamericanlife.org>

Stitcher Podcasts: <https://www.stitcher.com>

Skillshare online classes | Creativity, Business, Technology, Lifestyle: <https://www.skillshare.com>

**Lynda.com FREE online learning (Grosse Pointe library card residents only)
Business, Software, Technology and Creative Skills:**
<https://www.lynda.com/portal/patron?org=gp.lib.mi.us>

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

Grosse Pointe Unitarian Church is inviting you to a scheduled Zoom meeting

Carol Guither will lead a 60 minute gentle yoga session every Wednesday from 11am - 12 noon through Wednesday, May 20th 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 May 20, 2020, 3 occurrence(s)

May 6, 2020 11:00 AM
May 13, 2020 11:00 AM
May 20, 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_cvTHF4uRjQ/ics?icsToken=98tyKuqsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDqAspkZqdNGumB](https://zoom.us/join/https://zoom.us/meeting/vpAvf-6sqj0j_bWSQYEN7EO_cvTHF4uRjQ/ics?icsToken=98tyKuqsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDqAspkZqdNGumB)

Healing Clinic and Meditation

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

7:00 p.m. May 7th and May 21st

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 symptoms 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 **Friday, May 15th at noon.**

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

Contact Information

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