

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

February 2021

Newsletter Deadline

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

Thursday, February 18th

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

Upcoming Services

In order to protect our congregation and do our part to slow the spread of the Coronavirus (COVID-19), all in-person church events, classes, meetings, rehearsals and workshops are suspended until further notice. The Resale Shop has decided to open but on an appointment only basis. To reach the church office please email officegpuc@gmail.com or leave a voicemail on the office phone 313-881-0420 ext. 10.

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

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.

February 7, 2021

10:30 AM

Sermon: "Do Not Break Faith with Your Awakened Heart"

Worship Leader: Dr. Alexander Riegel

Worship Associate: Chuck Palmer

During Dr. Riegel's recent sermon of The Self, "Keys to the Kingdom," he received a question about how to deal with difficult people in one's life. Using the information contained in that sermon series, coupled with a little help from the psychologist Carl Jung, Dr. Riegel will suggest a different way to view and manage interpersonal relationships.

February 14, 2021

10:30 AM

Sermon: *"Stillness. One of the Doors into the Temple."*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Carol Guither

In her book, *"A Thousand Mornings,"* Mary Oliver, a true, modern mystic poet, drops another spiritual nugget into our laps: "Stillness. One of the doors into the temple." It is in this sermon that Dr. Riegel will bring the sermon series on The Self to a close. He will suggest to us that now that we understand the self, we are more capable of finding the spiritual gold that lies within.

February 21, 2021

10:30 AM

Sermon: *"As They Say in Zanzibar"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Suzanne Ross

This week, Dr. Riegel takes us on a tour around the world to discover the wisdom of different cultures, by exploring their various popular proverbs. He will begin with one of his favorite sayings, "She who has been burnt by the soup blows on the yogurt." Join us! This is one of the ways quickly to gain wisdom regarding how best to meet life's challenges!

February 28, 2021

10:30 AM

Sermon: *"Exploring the Wisdom of Mary Oliver"*

Worship Leader: Tonya Wells

Worship Associate: Chuck Palmer

During this sermon, we will explore the well-loved poetry written by Mary Oliver to extract wisdom for everyday living. The service will include some favorite poems of Mary Oliver as well as some less known works.

Alexander's Meander

"This guy..."



...is an aberration...

When the attack on the Capitol occurred, a deranged slice of America's demographic was on vivid display – coaxed on by Mr. Trump. Our nation was, appropriately, largely aghast at that spectacle. But not entirely... It would be disingenuous to suggest there weren't others, not present, who would have liked to have joined this ludicrous attempt at sedition. Yes, *America, we have a problem...*

That said, I would like to give some perspective to this problem (In case you need it named, it is a two headed monster: "white supremacy" *and* "moral fascism." I won't pontificate on this in this context... simply not enough space.)

For four years, white supremacy and moral fascism have had an inroad to power, due to Mr. Trump's enablement. This gave such people a seat at the heart of our nation (sometimes literally... sometimes figuratively). They have brazenly marched in our streets and haughtily stormed The People's House (save those who were already sitting there). This behavior - and more - has consistently been writ large across our television screens and social media. This has somewhat artificially inflated the reality of the problem.

We have also witnessed a four year phenomenon of mob mentality, fueled in part by social media enterprises that have *willfully* failed to take responsibility to prevent the dissemination of false information and to curb inflammatory rhetoric. The phenomenon is also fueled in part by susceptible psyches with racist and morally fascist leanings, individuals with these tendencies but who, under normal circumstances, would not act them out without the social license that Mr. Trump and social media enterprises have given them. (As Carl Jung said (paraphrasing), "Human destiny hangs by a thin thread and that thread is the human psyche.")

Neither of these points is intended to suggest that the racist and morally fascist forces that have exerted themselves these last four years, culminating in the attack on the Capitol, are not terribly disconcerting – *they are!* But it is to suggest that they have had their heyday and that with new national leadership and some growing accountability on the part of social media enterprises, their routes to power and spectacle (yes, I just made up a word) are greatly reduced. So while the problem hasn't gone away, it is returning to proper proportion.

This means that we now have the opportunity to help love, compassion, justice, and common decency regain lost traction. Stated pragmatically, this is not the time to let our guards down but to commit even more fervently to the work we are called to do in the world. This opportunity coincides with what we now believe will be the beginning of the end of these drastic pandemic measures under which we have been living. To me, this begs the question: *beyond thinking and rhetoric*, how will our beloved community actively help love, compassion, justice, and common decency regain lost traction, as we reemerge into real time and space in the world? Stated otherwise, a new future is about to emerge. How will we help shape it?

Namaste,

Alex

Religious Education News



February arrives wet, cold, and snowy and we need to receive them all as gifts. It is also the month of celebrating the gift of love. So, here are simple ways to show your family love throughout the year. You may also have some unique ways to show your family the love you feel for all of them.

1. **Admit when you are wrong.** It is important for family members, especially your kids, to know you are OK with owning your mistakes.
2. **Smile at your kids when they walk into the room and give them a hug.** Showing love to your family means letting them know you are happy to see them.
3. **Catch your child (and partner) doing something good and praise them.** Nothing makes a person's day by being recognized and praised!
4. **Sharing a meal together is a wonderful time to reconnect.** Maybe it cannot always be dinner, but enjoying breakfast or lunch is equally important.
5. **Do not compare your child to others.** Every child is an individual and needs to know that you support them for who they are.
6. **Tell your family members you love them every day.** You may think it is understood that you love your family, but there's nothing like having that validation and hearing those words.
7. **Be as involved as your schedule permits.** Show your kids you care by getting involved with the things that affect their life and education like going to a teacher meeting, PTO meetings, and supporting them in extracurricular activities.
8. **Model good manners by saying please and thank-you, yourself.** Being polite and expressing gratitude are subtle but powerful ways to show love.
9. **Learn to become a better listener.** When your kids and spouse want to share their feelings, show them you love them by tuning in, asking clarifying questions, and never talking over them or redirecting the conversation.
10. **Schedule dates with each of your children throughout the month as well as your partner.** It is important for you and your spouse to stay connected with regular dates. It is equally important for your children to have some one-on-one time with you.
11. **Routinely send your kids and spouse love notes and cards of appreciation.** Those little things add up!
12. **Be kind to yourself.** Show your family that you value taking care of yourself and you'll be giving them permission to do the same thing for themselves.
13. **Let your child cook with you.** Show your child that you value their skills and choices by letting them take charge and let them do some meal planning.



I would like to thank our secret cookie bakers for the Religious Education Program.

Many thanks to Joy Spurr, Robin Ramsey, Kathrine Nottmeier, Ann Lipsitz, Kathy Marcozzi and Chris Vadino. Your home baked cookies were loved by all! Thank you for stepping up to bring Love and Comfort to our RE Families!

"Where there is great love there are always miracles."

— Willa Cather

Julie Artis, Director of Religious Education

Join the GPUC Religious Education Program's

Puzzle Loan Library

Drop off 1,000-or-less piece puzzles that you are willing to loan.

Please put your name on them, or the word "donate." We are collecting puzzles now.

You can make an appointment with Julie Artis by emailing her at:

julieartis@hotmail.com

Appointments begin Jan. 4, 2021 to choose a puzzle.

Please take a picture of your completed puzzle and send to Julie or post to our Facebook pages.

**Three Part Sermon Series on The Self
Wednesday, February 3rd, 7:30pm**



In January, Dr. Riegel delivered a sermon series on the three aspects of the self: “Ode to Spot” (On the mind); “The Heart Has Its Reasons” (On the emotions); and “Paradise by the Dashboard Light” (On the instincts).

There will be a one session sermon discussion on this sermon series, **Wednesday evening, February 3rd, from 7:30 – 9pm**. If you would like to join us for this discussion, email Dr. Riegel: alexgpuc@gmail.com

To review these sermons prior to our discussion, follow this link:

www.gpuuc.org/virtual-services

Announcing A Series Of Lecture-discussion Meetings

Adult Religious Education Committee is sponsoring a three-part series regarding critical documents of our founding legal framework for the United States.

The first lecture-discussion is scheduled for a ZOOM meeting focused on the **Constitution of the United States**. The meeting will be on **Sunday, February 21, 2021 at 3:00pm**. Watch for the flyer announcing the meeting coming in early February.

Contact John Artis at jartis@hotmail.com to receive an exclusive invitation.

**Movie Discussion
“My Octopus Teacher”
Monday, February 22nd, 7:30pm**

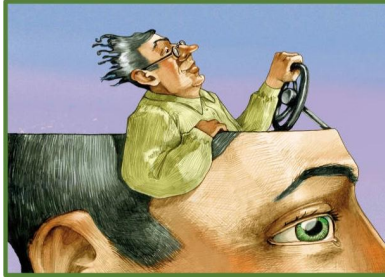


“My Octopus Teacher” is a touching documentary about a man who befriends an octopus. Yes, it’s that simple. Narrated by the man himself and displayed in wondrous undersea videography, he describes his year long relationship with this octopus and how that relationship renewed his life. Per the Wikipedia description:

The film shows how, in 2010, Foster began free-diving in a cold underwater kelp forest at a remote location in False Bay, near Cape Town, South Africa... He started to document his experiences and in time, met a curious young octopus that captured his attention. He decided to keep visiting her den and tracking her movements every day for a year to win the animal’s trust. The two form a bond where she plays with Foster and allows him into her world to see how she sleeps, lives, and eats. In the film, Foster describes the impact on his life of his relationship with the octopus.

The film is available on Netflix. The trailer for the film may be viewed on YouTube: www.youtube.com/watch?v=3s0LTDhqe5A

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



This introduction to logic class is a concise, abridged version that will address some of the basic logical principles that prove beneficial in everyday life.

Though most people believe they reason well, most people do not know how to assess their own reasoning process. By learning these basic logical principles, one will not only learn how actually to reason well but also how to assess one's own reasoning process. Accordingly, one will not merely believe that one reasons well - one will know that one reasons well. Knowing that one reasons well is a critical life tool, with positive implications for one's sense of self and one's interpersonal relationships.

This class runs for five sessions, the first and third Mondays of each month (7-9pm), beginning March 1 and ending May 3. **Registration deadline is February 22nd.** There is no charge for this class and the public is welcome.

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

March 1st

- a) What Is Logic and Why Study It?
- b) What is an Argument?
- c) Inductive and Deductive Reasoning
- d) Premises, Validity, and Truth

March 15th

- a) Review
- b) Syllogisms
- c) Venn Diagrams

April 5th

- a) Review
- b) Fallacies of Informal Logic
- c) Diagramming Arguments

April 19th

- a) Review
- b) Logic for Life: Metacognition As a Life Skill

May 3rd

Comprehensive Review and Conversation

Upcoming Programs And Events

Racial Equity Task Force Book Discussion



RETF maintains a resource page on the GPUC website, updated monthly with links to recommended books, articles, films and organizations. We have hosted book and article discussions and these will continue in the new year.

On **February 8 and February 22 (both Monday nights at 7:30)** Freda Giblin and Chris Vadino will host a discussion of the book "How to Be an Antiracist" by Ibram X. Kendi.

These upcoming events are open to the GPUC community. Please contact Freda Giblin at fggiblin@gmail.com if you are interested in attending these zoom discussions.

Book Discussion Group To Discuss "Olive, Again"

Tuesday, February 16th, at 7 pm via Zoom

Pi Irwin will lead a discussion of "*Olive, Again*" by

Elizabeth Strout.

Book group members will receive the Zoom invitation the day of the meeting. 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.

Those non-group members wishing to attend should contact Juli Moore: jdmoore1415@gmail.com

[Text Link](#)



[Download the Book List here](#)

Curbside Soup Social!

Mark your calendars! The GPUC Fellowship Committee is having a Curbside Soup Social on **Sunday afternoon, February 28th**! We will be making two soups for your enjoyment: Jeff Marotzke's **Chicken Lemon Rice** and Juli Moore's **Dilled Tomato Rice** (vegan and gluten-free.) The soups will be available for pick up at the church Annex at specified times. **Sign up for this tasty event will begin the week of February 1st.**

When signing up please select one time slot for your vehicle/household and in the comments include the quantity and type of soup you would like to receive.

To sign up please go to: <https://www.signupgenius.com/go/10c0d4fa8af28a0fcc16-drive>

Bike Drive 2021

We are kicking off the GPUC Resale Shop used bike drive. Here is a great opportunity to recycle that old bike, clean out a spot in your garage and help GPUC. This winter we are collecting bikes for resale this coming spring. We will take donated bikes in any shape, size or condition. All bikes will be reconditioned and tuned up for resale. Please email, text or call Mark Franchett for pickup of your donated bike. (mark.franchett@gmail.com)



GPUC Online Auction Dates

Silent Auction will be held April 23- May 2, 2021. Live Auction May 1, 2021.

By this time, someone from the Auction Committee should have notified you about our May Day Themed/Online Auction. We are hoping to have 100% participation this year, as we come together virtually to support the Grosse Pointe Unitarian Church. Can you donate a gift card to a local restaurant or business? How about tickets to an outdoor event to be held this summer or fall? Are you able to host a Zoom Party, or an outdoor party in your backyard? Are you willing to cook a delicious meal, soup, or dessert for a lucky auction bidder? The more we ALL SUPPORT this auction, the healthier our church budget for next year, and the more we ALL CONNECT with each other. Please contact Robin Ramsay (rjramsay@comcast.net) or Christy Winder (clwinder@gmail.com) with any questions or good ideas.

Save the dates:

This year the **spring grounds cleanup will be April 11th from 1-3 pm**. Please save the date, enter it into your calendar and plan to join us. This will be (obviously) an outdoor event so social distancing should be easy. It will be an opportunity to see each other face to face (albeit masked), get updates in person as to how your church friends are doing, visit our church building again and help keep our property ready for re-entry hopefully later this year. As usual, bring gloves, rakes, clippers and tarps if you have them.

This year's **annual meeting will be Sunday May 23rd**. It will be held via Zoom once again and will begin shortly after that Sunday's service. More information to follow.

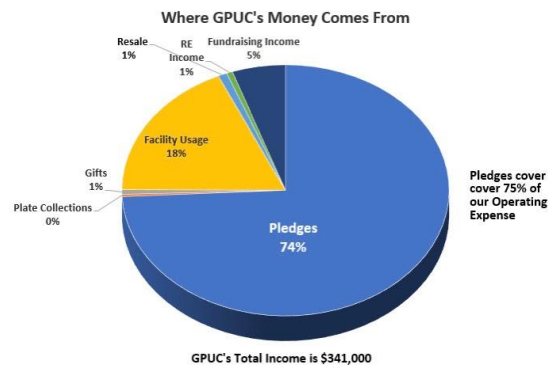
Video Library From GA 2020

It has recently come to my attention that all of the sessions from last year's General Assembly are available to view for free. The UUA has created an on-demand video library including the worship services, Ware Lecture by Naomi Klein (author of *This Changes Everything*) and all of the workshops. There are a vast variety of workshops available to view, consider perusing the offerings via this link: <https://www.uua.org/ga/off-site/2020>. Click on "Showcase" right under the heading "On-Demand Video"

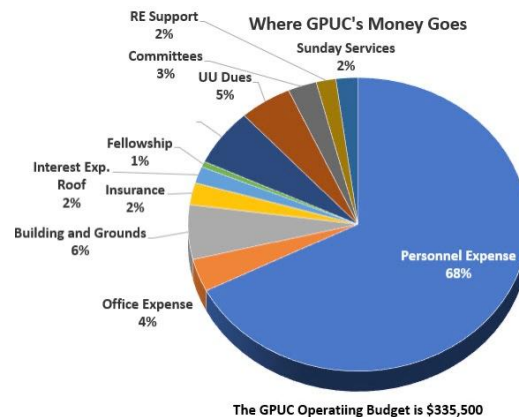
Russell Chavey

Canvass Committee Update: The 2020-2021 GPUC budget

On March 7th, the church will begin our annual financial pledge drive for the next fiscal year. **Due to pandemic related factors, our total income this year is down 14% from the prior year.** The graph below breaks down the sources of our income this fiscal year:



While our income has declined 14%, our costs have only declined by 4% because we continue to pay employee salaries and benefits and maintain our church building and grounds. Here's a graph showing where the money is being spent this year:



We can remedy the shortfall in income by asking members who have not been hurt by the pandemic to step up and increase their pledges. If members who are able are *willing* to meet this challenge, we can get through this dark period with minimal financial pain. We hope you will keep these facts in mind when making your pledge for next year.

*Your Canvass Committee,
Jerry Herron, Juli Moore, Chuck Palmer, and Rudy Wedenoja*

Donating is Easy Breezy...

Members and Friends,

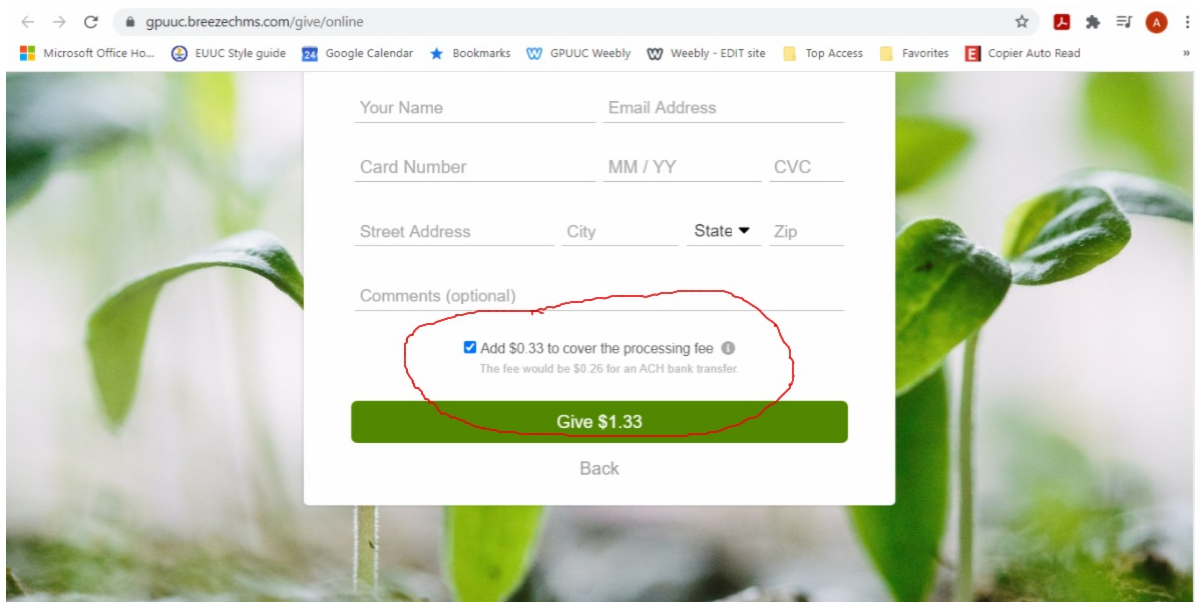
We are so glad that since we have began, many of you have utilized Breeze for donating towards holiday giving or paying towards your pledges. We hope as time goes on, we will continue to use Breeze to keep us all connected and make it easier for donating.

Here are ways to Donate using Breeze:

To give via Text Message you will text the word "Give" to (313) 766-2911.

To help us defray the cost for processing this transaction, we ask that you include the transaction fee amount of 2.9% + \$0.30 to your total.

Example: \$1.00 X .029 = \$0.029 or \$0.03 + \$0.30 Total transaction: \$1.33



To Pay Online go to: <https://gpuuc.breezechms.com/give/online>

When paying online, it will give you the option to cover the processing fee without having to calculate. The processing fee will be credited towards your total tax-deductible giving.

If you have any questions about Breeze, please feel free to reach out to Ameera.

Thank you!

From the Music Director: An open letter to the GPUC Family

Dear GPUC,

During this time of quarantine I have had a chance to reflect.

I have been playing piano and organ, singing, and directing church choirs and instrumental ensembles for over 50 years now.

Since 1998 I have been teaching an average of 20 piano students, directing other choirs, and doing odd gigs like any other freelance professional musician.

In 2002 Larry LaRue is the Music Director/Pianist at GPUC; I become the Adult Choir Director. Four years later, Larry passes away, and the directorship is offered to me. Five years later the Youth Choir is added to my list of responsibilities. So each year I have been signing 3 contracts.

During lockdown I have come to the conclusion that I want more time for myself, which brings me to the point: I have just signed a new contract with the Board continuing my position as Music Director/Pianist, sans my former responsibilities of choir directing.

I want to assure you: I am not going anywhere; I simply will have fewer responsibilities...I will continue to work with my wonderful colleagues Julie Artis and Dr. Alexander Riegel in crafting beautiful liturgies for GPUC. I will also work hand-in-hand with whomever the Board hires as choir director.

GPUC is a warm and open-hearted community whom I continue to enjoy serving...

As she says in "Victor Victoria,"

"See ya in choir!"

— Joseph Palazzolo
Director of Music, Grosse Pointe Unitarian Church

Looking to shop? Resale now accepting appointments!

After much deliberation, the resale has decided to open but on an appointment only basis.
There will be no more than three (3) customers at a given time. Masks will be required.

If you want to take advantage of the great sales, please call Margo Bishop at (586) 778-2185
to schedule your date and time.

We are looking forward to seeing you happy shoppers!

Still haven't gotten your 20-21 Directory?

For those who have requested this years directory, they are available for pick up
Mon-Tues-Thurs-Fri from 9:00AM-4:30PM or may be sent by mail.

Please contact Ameera if you would like to receive your copy.

For our members: The directory is made available on our website in the
"members only" section and will be updated through the year as changes are made.

Thank you!

ENTRY BY APPOINTMENT

Effective as of 7/30/2020: To limit the spread of Covid-19 and with the health of our congregants in mind, we are
requiring all entry into the facility to be by appointment only. We ask our members to please call (313) 881-0420 ext. 10
or e-mail officegpuc@gmail.com to schedule an appointment. Upon entry to the building, we require all to sign in and fill
out a Covid-19 screening form. We appreciate you all very much and will continue to do our best to keep you all informed
of any procedures we are implementing. Thank you! - **Ameera Bandy**

Crossroads East: Second Sunday Food Share Ongoing

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 office
before stopping by to be sure Ameera is there to receive them. Your donations will be taken to Crossroads East on
Moross in Detroit.

Thank you for your continued support of our community.

Spiritual Advice in the Age of Coronavirus

Dr. Riegel has posted videos on the theme, "Spiritual Advice in the Age of coronavirus."

You may view his video post on our GPUC Facebook page, at this link: <https://www.facebook.com/Grosse-Pointe-Unitarian-Church-134606831714/> (You will need to scroll down a bit.)

Virtual Services Archive

Those of you that have missed any of the virtual Sunday worship services can watch, listen to the audio or
read the chat on our website under: [WHO WE ARE - SUNDAY SERVICES - VIRTUAL SERVICES](#) or click this
link: <https://www.gpuuc.org/virtual-services.html>

We continue to upload the weekly virtual services to the church website.

HOLIDAY GIVING KEEPS ON GIVING!

Thanks to many donors, our Church gave \$2,000 in Kroger gift cards to the 25 neediest families at the Detroit Merit Academy, according to information provided by the school's social workers. After delivery to the families, our members and friends gave us an additional \$375, which allows us to provide gift cards to six more families when they are selected. A big thank you to all our donors who helped make the world a better place for the hungry:

Linda Lawrence, Janet Weber, Debbie Connelly, Susan Boynton, Joy Turner & Joseph Buttiglieri, Juli & Bill Moore, Robin Ramsay & Rudy Wedenoja, Karen Webb, Mary Zahler, Jim & Alexi Volz, Mark & Sonja Franchett, Lynn Rehahn, Margit Jackson, Karin Garrett, Teresa & Wayne Ramsey, Ed & Jenny Marck, Meg Baker, Mollie Fletcher, Chuck Palmer, Marlane Washington, Rob Lyles, Ameera Bandy, Randi Borys, Carol Ghesquiere, Bethine Whitney, Christy Winder & Russell Chavey, Jenevieve Lilly, Marlane Harle, Ann Ottenhoff

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/>.

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:

Photo by Milada Vigerova on Unsplash

Rebekah Agnew, LLPC

Gilda's Club Metro Detroit: Lake House Location

An affiliate of the Cancer Support Community

Program Manager

Email: ragnew@gildasclubdetroit.org

Gentle Yoga

Weekly Gentle Yoga Session

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

Carol Guither offers a 60 minute weekly Gentle Yoga session via Zoom every **Thursday from 4:30PM-5:30PM**, as long as there is interest.

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. Feel free to use a



chair instead of the floor.

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

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.

Thursday, February 4th, 11th, 18th & 25th

By clicking the link below, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Carol Guither / Jackrabbit LLC and Grosse Pointe Unitarian Church.

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

Weekly: https://zoom.us/join/join?from=addon&addon=calendar&calendar=weekly&calendar_token=98tyKugsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDgAspkZqdNGumB

[icsToken=98tyKugsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDgAspkZqdNGumB](https://zoom.us/join/join?from=addon&addon=calendar&calendar=weekly&calendar_token=98tyKugsrDMtHtCTuV_Hc7AvW9r-b_GxiE5MnZBspTrLVAV8XQDgAspkZqdNGumB)

Healing Clinic and Meditation

ONLINE Healing Clinic and Meditation First & Third Thursdays of the month February 4th and 18th 7-9PM

The Clinics have changed to an online format for meditation and distant healing. Pranic Healing is a no-touch therapy, therefore distant healing is possible through the principle of oneness.

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

Contact Information

Grosse Pointe Unitarian Church

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Background Image Photo by [David Pisony](#) on [Unsplash](#)