

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 2022

March 2022 Newsletter Deadline

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

Saturday, February 19th

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

Upcoming Services



Note from the board regarding COVID precautions

At its January meeting on January 18th, the board elected to continue the current practice of Zoom only church activities, including Sunday services. An exception was made for the OWL classes which are scheduled to begin later this month. All of the youth, as well as the adult OWL instructors who will be participating in the OWL program, are fully vaccinated. Given the importance of this program, the fact that our youth are currently attending school classes, the apparent extremely low rate of serious complications or hospitalization of youth who are infected with COVID, the board decided to make this specific exception. All other church activities are recommended to continue to be done virtually. Resale shop has elected to remain

closed at this time. The board will continue to assess the situation at least monthly and hopes to resume hybrid Sunday services soon. **The next board meeting will be February 15 at 7pm.**

Worship services will continue to be provided online using Zoom.

It is recommended that you join early and use a laptop, desktop with a webcam or you may download the Zoom app on your tablet or smart phone via the App store. We also request when joining the online session limiting to one connection per household.

The Sunday worship service Zoom link will be sent by email on Friday afternoons, February 4, 11, 18 & 25.

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 6, 2022

10:30 AM

Sermon: *"Let's Talk About Being Love"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Chuck Palmer

Following last Sunday's sermon, "Let's Talk About Being Woke," Dr. Riegel will deliver what could now be called the second in a mini sermon series: "Let's Talk About Being Love." When we think of love, we often think of love as a state of total acceptance and veritable passivity. Love, after all, doesn't judge or risk relationships. Or so we think. Dr. Riegel will challenge this notion of love and expand the way we think about love. In sum, love is more multifaceted than we believe and how it appears depends upon the context in which it is expressed.

February 13, 2022

10:30 AM

Sermon: *"Voting Rights - A Historical Take on Current Day Challenges"*

Worship Leader: Tonya Wells

Worship Associate: Meghan Boomhower

Vote suppression has a long and ugly history in the U.S. and over the last two decades, it has resurfaced with a vengeance. We are called as Unitarian Universalists to affirm and promote the use of the democratic process in society at large. Please join us to be inspired by the wisdom of suffragists and other important historical figures.

February 20, 2022

10:30 AM

Sermon: "A Musical Potpourri"

Worship Leader: Dr. Riegel

Worship Associate: Tonya Wells

If it seems like the potpourri theme is becoming more frequent, that's because it is - due to popular demand! This time, Dr. Riegel will be getting a little more creative, digging into the deeper meaning of some popular music, from The Indigo Girls to Tracy Chapman to U2.

February 27, 2022

10:30 AM

Sermon: "Still Waters: On the Spiritual Depths in The Book of Psalms"

Worship Leader: Dr. Riegel

Worship Associate: Carol Guither

A couple of years ago we took a closer look at The Book of Proverbs. This year we take a closer look at The Book of Psalms. Dr. Riegel will delve into a few Psalms and elucidate their deeper spiritual meanings.

Alexander's Meander



In her poem, "Spellbound," Emily Brontë writes:

*The night is darkening round me,
the wild winds coldly blow;
but a tyrant spell has bound me
and I cannot, cannot go.*

The poem continues with harsh descriptions of winter and the repetition of the phrase, "I cannot go." What Brontë is conveying here, through harsh winter images, is the sense of being spellbound by forces from which one cannot mentally and emotionally extricate oneself.

I imagine many of us can relate to this poem these days. Between the doldrums of the winter months, this pandemic, geopolitical unrest, and economic uncertainty, the harshness of winter can be an apt descriptor of our situation. I know I've periodically been feeling "spellbound" lately...so this Meander is for those of you who may be feeling likewise.

One of the things I've learned on my spiritual journey is how tenacious our egoic states can be. I've also learned that one of the best ways to manage our tenacious egoic states is to act counter to its tendencies. When angry, be kind. When critical, be forgiving. This strategy truly works!

What do we do when we're feeling spellbound? We are to take action. This begs the question, though, doesn't it? What action are we to take? We are to *l e a n i n*. Lean into what? Lean into community! The best antidote to feeling spellbound by harsh winters (whether real ones or psychological ones) is to lean into community.

So, in the midst of all we face - *l e a n i n*; lean into family, lean into friends, lean into our beloved community at GPUC. Feel the love and warmth of those on the journey with you!

Here's hoping to see you around the digital hearth soon!

Namaste,

Alex (alexgpuc@gmail.com)

Religious Education News



February arrives cold, gray, and wet! Her gift is Valentine's Day! Gentle is our path and gratitude is the thread we weave into the fabric of our family, jobs and church during February. I am so grateful I had a loving husband for 41 years and my children had a wonderful father. I was thinking about how we all can have FAMILY LOVE RESOLUTIONS. Below is what they may look like for your family.

- Go to Bed at the Same Time. Getting enough sleep is important for every age group, children, and adults alike
- Unplug Devices
- Eat Meals Together
- Create Reading Time
- Exercise as a Family
- Work Toward a Financial Goal
- Switch Out the Soda
- Go Meatless One Day a Week
- Attend Church
- Have a weekly family game night
- Commit to one healthy eating change
- Turn off the TV
- Eat dinner as a family
- Be quick to apologize and forgive
- Revisit your childhood
- Do something new as a family

Over the next couple of weeks, spend some time with your family to think about your FAMILY LOVE RESOLUTIONS!

Religious Education Lessons

GPUC has paused in-person services and religious education classes until COVID + numbers improve in our community. We anticipate the zoom-only format, and we will communicate any changes to the congregation.

Dates to Look for in the Newsletter

- A parent Zoom meeting
- Movie night in the church
- Soup carry-out
- OWL classes-will be in person
- Book Loan Library

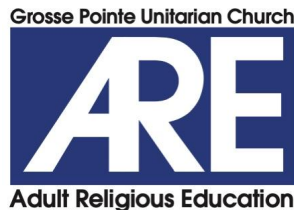
Where there is great love there are always miracles.

— Willa Cather

Happy Valentine's Day.

Julie Artis, Director of Religious Education

Announcements, Upcoming Programs And Events



Welcoming the New Year: We gathered on January 7 to toast the New Year, sharing thoughts, readings, quotations, and good company in what we intend to make an annual event. One of the thoughts we pondered is this bit of advice from an article by Elizabeth Dias in the New York Times, "Making Sense of Time When a Year Feels Lost," (1 Jan. 2022, A9); in it, she quotes America's Poet Laureate, Joy Harjo, who makes this observation: "I like to think of a new year being possible at any moment, as every moment is a kind of doorway ... You can go any direction, although directions can be impeded." By the way, Joy Harjo, the first Native American to become Poet Laureate, has been reappointed to a third term by the Library of Congress — third term appointments not happening very often. Here's a link to a news story about her: <https://www.pbs.org/newshour/arts/joy-harjo-will-serve-a-rare-third-term-as-u-s-poet-laureate>

Read any good books lately? Or what about movies? Our ARE book group read *A Chosen Faith* together this last Fall, with special guest John Buehrens, who is co-author. We would like to plan another reading for the Spring, and would appreciate your suggestions. Even if you don't have a title to suggest, is there a particular kind of book you would like for us to read together?

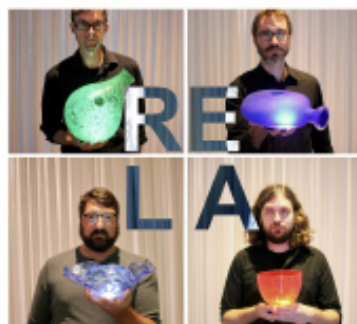
What about poetry, or movies? We'd appreciate you sharing your ideas. Please email our committee chair with suggestions: Jerry.Herron@wayne.edu.

February is Black History Month! Celebrate Black History Month, recognizing the heritage, accomplishments, and culture of African Americans in the United States. [Click here](#) for 28 ideas, one for each day of the month.



Wishing our beloved community good days ahead,
from the ARE Committee:
Ghada Abdallah, Bill Rehahn, Lynn Rehahn,
Jerry Herron, Marlane Washington.

Chamber Music at the Scarab Club Presents
FLORENCE PRICE AND THE RELA QUARTET



Sunday February 6, 2022 | 4 - 6 pm
Grosse Pointe Unitarian Church
17150 Maumee Avenue, Grosse Pointe

Tickets: \$25 in advance, \$30 at the door.
Discounted: \$20 for Scarab Club members and
GPUC members, \$10 for students
This concert will also be live streamed for \$15
For tickets and more info: 248 921-3193
chambermusic@scarabclub.org

Chamber Music at the Scarab Club will present the second concert of its 23rd season at Grosse Pointe Unitarian Church! Enjoy the beautiful Piano Quintet in A Minor by African American composer and pianist Florence PRICE. This piece especially showcases the incredible possibilities of the piano. Her compositions have become increasingly popular on recent concert programs everywhere. Price's music draws on her roots in spirituals, gospel music and jazz, as well as her European classical training. This program also features the RELA Percussion Quartet. They will perform selections with influences from African, Arabic, Caribbean and Indian music as well as jazz and marching percussion. Along with western and global percussion instruments, RELA draws sound from non-traditional objects ranging from metal pipe to flowerpots. You definitely won't want to miss this eclectic program!

Mary Siciliano - piano

Velda Kelly & Molly Hughes – violin

James Greer - viola

Cole Randolph – cello

RELA Quartet - Patrick Fitzgibbon, Mike List, Thomas Monks and Drew Parent

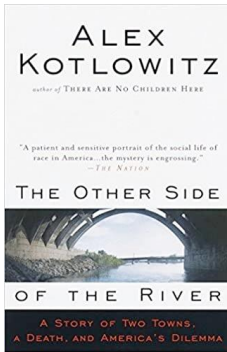
Chamber Music at the Scarab Club is a popular series dedicated to presenting fine chamber music programs in informal, intimate settings that encourage a close rapport between audience and performers. The series includes performances at Detroit's historic Scarab Club and Grosse Pointe Unitarian Church. Innovative programming and a connection with literature and the visual arts have assured this small series an important place in the metropolitan Detroit arts scene.

COVID PROTOCOLS

CMSC is carefully monitoring the latest information about the COVID-19 pandemic. We intend to follow all CDC and MDHHS guidelines, as well as the safety protocols in place for our two venues. At this time, in order to present live concerts while keeping everyone safe and healthy, we will require the following from all CMSC audience members, as well as our artists and volunteers.

- Proof of full vaccination for COVID-19 or proof of a recent negative COVID-19 test (PCR test taken within 48 hours of your performance time, or an antigen test – also known as a rapid test – taken within 6 hours of the performance time.)
- Masks covering the nose and mouth must be worn at all times while inside the venue. Masks are required regardless of vaccination status.

Thank you so much for your patience and understanding! We look forward to seeing you soon.



Book Discussion Group To Discuss: Tuesday, February 15th, at 6 pm

Our next meeting is Tuesday, February 15th at 6 pm via Zoom. Amy Thelen will lead the discussion of Alex Kotlowitz's *The Other Side of the River: A Story of Two Towns, a Death, and America's Dilemma*. The Zoom invitation will be sent the day before the meeting. Non-members can get further information by contacting Juli Moore: jdmoore1415@gmail.com or contacting the church office. All are welcome to join us!

Save the Date: Canvass Kickoff Party on Sunday, March 13 at noon!

This year's Canvass Committee is inviting all GPUC members to a **Pay-It-Forward Party on March 13** — outside on the church terrace, vaccination and masks required. We're all paying it forward these days-storing up all those good vibes and happy wishes that we look forward to making real when the world returns to something like normal. It's Daylight Saving Time day, so your clocks will already have put you ahead an hour — like getting advance placement toward Cocktail Time. So, there'll be drinks, of course, and musical entertainment, some good things to eat, fellowship and good times available, and should local teams dictate the necessity, a big screen basketball game on view, for those stricken with March Madness.

Help us keep GPUC alive and strong, come party at the Oasis, which is what this beloved community is for us all. Let's pay it forward together, come Party the Daylights out of this good occasion together.

Your Canvass Committee: Jerry Herron, Chuck Palmer, Rudy Wedenoja, Marsha Zeller

Calling all talented GPUC musicians!

If you've been itching for a chance to perform, an upcoming event at GPUC may be your chance. The Circle Church Coffeehouse will be making its debut on **Friday, March 18 from 7-10 p.m.** We're brewing up a night of great music, warm beverages, and a chance to connect with new and old friends by the cozy outdoor fires. We're looking for a few more quality folk or rock acts to get things warmed up early in the program.

Contact Maurya Kay or Michelle Scobie if you're interested in being added to the line-up. And look for details on the event soon!

Please let me know if you have any questions or need anything further.

*Thanks,
Brooke Hess*

Newly formed Earth Justice Subcommittee!

Hello to everyone reading this that is interested in Earth Justice and particularly what practical actions you could take to help restore our beautiful Blue Planet, our Earth Home.

The GPUUC Earth Justice subcommittee (let's call it EJS) comes under the Social Justice Committee. Social justice is *Always* involved when any part of our planet is under considerable stressors, such as excessive heat, excessive wind, excessive water, pollutants in the air and water, harmful agricultural methods, harmful methods of raising beef, poultry, pork, fruit, vegetables that begin to strip the nutrients out of the soil and basically kill off its ability to grow anything. That is quite a mouthful to state yet it barely touches the surface of what has been going on. However, there are practical things you and I can do to help bring things into balance.

This is why Samuel Pruitt (a new member of GPUUC) and I have joined together to establish a

regular conduit for sharing information, ways to get involved, and for you to share your skills and knowledge. We are eager for any of you (including representatives of the Youth) to join this subcommittee. Please contact Teresa Ramsey (teresa.ramsey510@gmail.com) or Sam Pruitt (samuelpruitt77@yahoo.com) if you would like to help us in the planning and implementation of practical useful activities to use in your home and neighborhoods.

Sam and I have made some exciting plans for the time frame of March 20 (Spring Equinox) and April 22nd (Earth Day). We plan to offer something educational, social, helpful each week during this time to bring awareness and get us all going. The plans that are in motion at this time can be shared, but stay alert to new ideas as we go along. We will be starting a new section on the GPUUC website under the Social Justice Committee that will include announcements, and links to the national level activities and opportunities.

On some Sunday during that month, Sam and I will be co presenting an overview of Earth Justice. I, Teresa, will be giving an overview of the many facets and opportunities within the national UU church. It is impressive. A bit overwhelming, actually, but I will simplify it as much as possible. Sam is trained as a presenter for the Al Gore Climate Reality project and will have a slide presentation to share with us.

A high goal for all of us is to "Eat High on the Food Chain." The most primary decision we make every meal, every snack is what goes into our mouths. To eat at the highest level is to eat Vegan. Some in our congregation already have made that commitment, but most of us haven't. Neither Sam nor I have made that level of commitment. However, with the assistance of Julie Artis and the Youth, we are launching an adventure in eating Vegan-one meal a week, one day a week or what ever you could commit to.

The final part of what has been planned is the social function after Sunday Service on April 10. The Fellowship Committee will be offering a Vegan luncheon outdoors, health issues permitting. Mark your calendar as this will be fun.

Certain documentaries are readily available for each of us to become better informed about the impact we have on our local environments. You will find links to these on the UU Earth Justice Ministry webpage, <https://www.uumfe.org/>.

There is quite a helpful website called <https://www.storyofstuff.org/>. In particular, there is a short movie about the role 'single use plastics' plays in water pollution. The recent Oscar winning documentary "The Story of Plastics" was hosted by UU churches in NJ and NY last week. The petrochemical industry is concentrating its manufacturing in Louisiana, and Texas (and perhaps other places that I don't know anything about). The overview of this story gives sharp focus to what brave local action can do to bring about justice and remedy to one's local environment. As you can tell, our EJS will very likely be looking at plastics, particularly single use plastics and how we can stop using them in our daily lives.

So, thank you if you have read this far! I hope Sam's passion for Climate Reality justice and local action along with my passion for practical local personal action will be very contagious in a good way.

*Respectfully,
Teresa Ramsey, Samuel Pruitt*

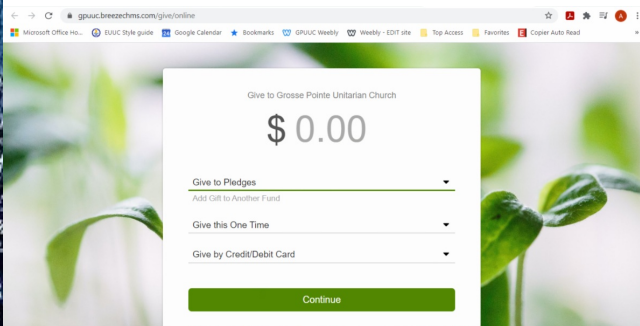
Giving Made Easy Thanks to Breeze!

We have been encouraging many to utilize Breeze as an alternative to paying for your pledges, fundraising or just giving a donation! Breeze gives the option of setting up recurring transactions or give one time.

When using Breeze, 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 and will help us retain every bit of your donation!

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

Thank you!



**Click Here To Give
Now!**

RESALE SHOP NEWS!!!

After a fabulous response to our reopening and a successful holiday season, we are exercising caution during this most recent Covid surge by remaining closed for the time being. Information about our reopening will appear on the church website and in the weekly email. We hope to be open to our loyal customers very soon. In the meantime, our staff has been tidying the Shop and filling the sale rooms with new merchandise in anticipation of your shopping enjoyment. We recently had new lighting installed in the hallway and the Book room — better to see our wonderful items.



We remind our donors and consigners that we accept two small boxes or bags from each person per week. Upon reopening, our Shop hours are Wednesdays, accepting merchandise from 9 am - 2 pm, opening Sale rooms from 10 am - 3 pm. Our sale rooms will be open on the last Thursday of each month from 7 - 9 pm. ***Come shop with us!***

Crossroads East: Second Sunday Food Share Ongoing

Please bring donations of nonperishable food and toiletries to the church so they can be shared with the clients of Crossroads East. Crossroads is a Detroit-based social services nonprofit with a local smaller branch on Moross. If you would prefer to donate money, that is also extremely helpful, as the money is used to purchase eggs, milk, bread, and produce. Thank you for your help. Our donations are greatly appreciated by the staff and clients!

13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.

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.

CHURCH HISTORY UPDATE

GPUC historian Janet Weber is in the process of updating the church history published in 2013. She asks that *if you have items of current or historical church interest or you or a family member of the church has received notice in local papers or magazines, please pass them on. Place in the historians mailbox in the church office or mail to her.* She will gladly take current or past information.

SAVE THE DATE! **SOLO PIANO CONCERT — JOSEPH PALAZZOLO**

I am happy to say that I will be presenting another solo concert fundraiser for the church in April. Please put a placeholder on your calendar for:

Saturday, April 23, 2022
4:00 p.m. at GPUC

I will be performing my trademark mix of genres and styles, along with interesting commentary on what was going on in each composer's life when he composed the music.

This performance is both in person at GPUC as well as online.
\$20 Presale
\$25 At the Door

Tickets will go on sale at the end of February. You'll also be able to buy them online...Stay tuned!



MidAmerica
Region



*The MidAmerica Region is where UUs visibly live our faith,
create connections, grow our membership, and welcome
all persons who share our UU values.*

RA 2022 Registration Now Open!



Friends,

Registration is now open for virtual MidAmerica Regional Assembly (Saturday, April 30, 2022, 10AM – 2PM ET / 9AM – 1PM CT). There is a sliding fee scale between 25.00 to \$50.00 and scholarships are available. Please register on our [RA registration page](#)!

Our keynote speaker, UU educator, consultant, and facilitator **CB Beal**, will present “The Glass is Refillable: Pandemic Exhaustion, Lifelong Faith Formation, and Preemptive Radical Inclusion.” The day will feature worship, keynote presentation and conversation, lunch break, business meeting, and time for social connection. This year we will be using the **Whova** platform, which improves security, accessibility, and ease of use. Upon registration, all participants will receive information on how to access Whova and learn how to get the most out of it.

We look forward to seeing you there!

STAY CONNECTED

midamerica@uua.org

312-636-9724

uua.org/midamerica

Earn Money for Grosse Pointe Unitarian Church



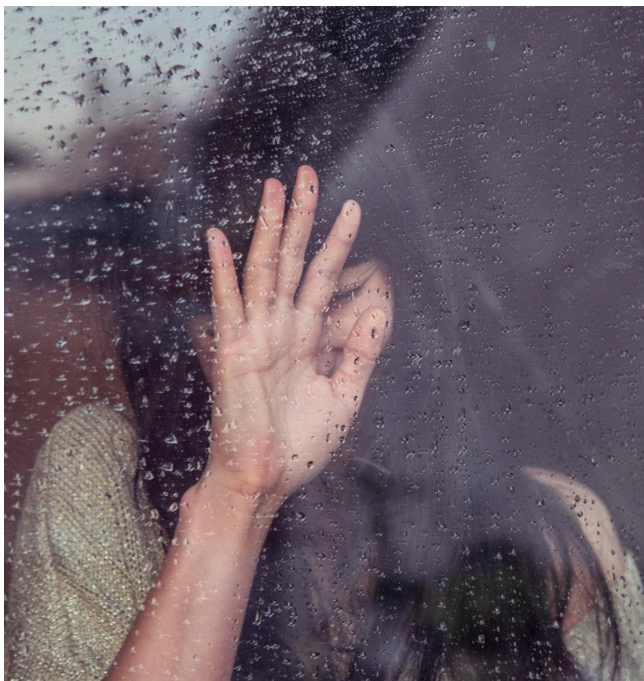
☐ Kroger rewards support GPUC

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.

Photo by Milada Vigerova on Unsplash

Contact information:
Rebekah Agnew, LLPC
Gilda's Club Metro Detroit: Lake House Location
An affiliate of the Cancer Support Community
Program Manager
Email: ragnew@gildasclubdetroit.org

Gentle Yoga

Weekly Gentle Yoga

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

Gentle yoga continues on Zoom only Thursdays 4:30 - 5:30. A weekly email with the Zoom link and the focus of the class comes out from the GPUC Office on Wednesdays.

If you have a yoga belt and blocks, bring them; however, you don't need anything except a mat.

Please make sure you are honoring your own level of activity and flexibility. Make any adjustments you need. The yoga "mantra" always is "honor your own



body". If it's not comfortable, don't do it.

**Cost will be \$5.00 per session, and you can pay through the Venmo app.
Please [click here](#) for Carol's Venmo information.**

If you need help signing up for Venmo, please contact Ameera in the office and she will walk you through the sign up process.

Note: Venmo is a subsidiary of PayPal, and requires a credit card number for the transaction.

Thursday, February 3, 10, 17 & 24

Healing Clinic and Meditation

Healing Clinic and Meditation Third Thursday of the month February 17, 7- 8:30PM

Join us for this in-person community event, every 3rd Thursday of the monthly, 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. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

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

NOTE: If you are symptomatic or not feeling well please stay home. You may schedule a distant healing session. Please call or text if you are requiring distant healing.
Carrie 586-943-4404

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>



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