

*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 2023

### March 2023 Newsletter Deadline

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

**Tuesday, February 21st**

Submit items to the newsletter email address: [newslettergpc@gmail.com](mailto:newslettergpc@gmail.com)

#### **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 3, 10, 17 and 24.**

#### **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.

**It remains a requirement that all in-person attendees  
are up to date on vaccination (bivalent booster).**

### Upcoming Services

**February 5, 2023**

**10:30 AM**

**Sermon:** *"Are the Poor in Spirit Truly Blessed?"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Chuck Palmer

The Sermon on the Mount is said to be Jesus' words of consolation to the downtrodden, those living under the power and oppression of Rome. "Blessed are the..." as it goes. This interpretation of the Sermon is a worldly interpretation. Interpreted from the spiritual vantage point, the sermon has a very different meaning.

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**February 12, 2023**

**10:30 AM**

**Sermon:** *"Hacking Your Spiritual Practice"*

**Worship Leader:** Carol Guither and Meghan Boomhower

**Worship Associate:** N/A

The Vagus nerve, the longest nerve in the body, has not only vital health importance, it is also important as a spiritual element of our being. In this sermon, Carol and Meghan will describe:

- what the vagus nerve is,
- how it works and problems associated with vagal malfunction,
- how to calm the vagus nerve using breathing and simple movement, and
- why this wonderful nerve is an important tool to help us embody some of

our seven principles.

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**February 19, 2023**

**10:30 AM**

**Sermon:** *"Thought"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Michelle Scobie

The Jain tradition is India's oldest religious tradition and the source of *ahimsa*, i.e., nonviolence. *Ahimsa* is the Jain's most cherished religious principle and practice, a principle applicable in any age and time. In this three-part sermon series, we will consider the Jain commitment to nonviolence in thought, word, and deed.

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**February 26, 2023**

**10:30 AM**

**Sermon:** *"Word"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Michelle Scobie

The Jain tradition is India's oldest religious tradition and the source of *ahimsa*, i.e., nonviolence. *Ahimsa* is the Jain's most cherished religious principle and practice, a principle applicable in any age and time. In this three-part sermon series, we will consider the Jain commitment to nonviolence in thought, word, and deed.

**Can't make Sunday Service?**  
**Recordings are made available on our website.**  
**Visit [www.gpuuc.org/virtual-services](http://www.gpuuc.org/virtual-services) to watch at any time!**

### Alexander's Meander



Is it me? Or am I correct in perceiving a pervasive doldrum hovering about us? I don't think it's me... after all, the world has provided us enough excuses for possessing heavy spirits. I won't list all the travails we face – I've gotten a little tired of doing that.

Instead, I'd like simply to quote some Camus, a moment of existential cheerfulness for us all (not all existentialists suffered pernicious angst). It is a reminder that this, too, shall pass and that when it does, we shall find that what is best and most essential about us remains. Camus once wrote:

*"In the midst of winter, I found there was, within me, an invincible summer."*□

The quote comes from an essay entitled "Return to Tipasa," which you can find, if you are so inclined, in a book titled "Personal Writings," by Ellen Conroy Kennedy and Justin O'Brien.

The above quote is inspiring enough but sadly, as with most cherry pickers, the better part of it usually gets left on the tree. So, here it is, in its larger context, and for that reason even more compelling:

*"My dear, in the midst of hate, I found there was, within me, an invincible love.  
In the midst of tears, I found there was, within me, an invincible smile.  
In the midst of chaos, I found there was, within me, an invincible calm.  
I realized, through it all, that...  
In the midst of winter, I found there was, within me, an invincible summer.  
And that makes me happy.  
For it says that no matter how hard the world pushes against me,  
within me, there's something stronger-  
something better, pushing right back."*

So, take Camus to heart. There is something inside of you pushing back against the

world. Take faith in that. Further, if you are able, spend some time cultivating that invincible love within you, that invincible smile, that invincible calm... that invincible summer. No need to wait for this season to pass.

*Namaste,*

*Alex*

## Religious Education News



***"We are not automatic lovers of self, others, world, or God. Love does not just happen. We are not love machines, puppets on the strings of a deity called "love." Love is a choice — not simply, or necessarily, a rational choice, but rather a willingness to be present to others without pretense or guile. Love is a conversion to humanity — a willingness to participate with others in the healing of a broken world and broken lives. Love is the choice to experience life as a member of the human family, a partner in the dance of life, rather than as an alien in the world or as a deity above the world, aloof and apart from human flesh." By Carter Heyward***

[As February arrives cold, wet and gray, it also brings Valentine's Day!!](#) The first [love](#) you ever know often comes from your parents and your immediate family members. This unconditional love seeks nothing in return. Those loving times you remember cuddling with your parents, playing ball with your siblings in the backyard, or getting ice cream down the street with your grandparents aren't just cherished memories.

A family's love psychologically grounds you and provides a framework for future relationships. It enables you to form secure attachments. Securely attached children feel safe and cared for. If you had secure bonds, your parents were likely responsive and fulfilled your needs when you were young.

Having positive attachments and feeling cared for by your loved ones leads to higher social functioning later on. A child with secure attachments also can more easily form healthy ties with others when they grow up and throughout their future. Part of feeling secure is also being part of a church home, like GPUC. Here at GPUC we want your children to feel safe and cared



for by a church community.

Here are 14 ways to love your family well!

1. Be patient
2. Be kind
3. Don't be rude
4. Be full of joy
5. Protect them
6. Trust them
7. Be honest
8. Be happy for good things
9. Watch your temper
10. Be proud of them
11. Have hope for them
12. Be part of your church
13. Provide a good education
14. Love Love Love them

GPUC is the best kept secret on the East side. GPUC is the place that intrigues us and encourages us to share love and feel love together!!

## **Religious Education Lessons**

The nursery and preschool will be open at 10:15 a.m. every Sunday morning. We have the same loving childcare workers to provide a safe and caring place for our young UU's. We also have a pot of coffee for parents to enjoy and get to know each other.

- K-3 graders will continue with their Abrahamic Faith curriculum
- 4-6 graders will continue with OWL classes
- 7-9 graders will continue with OWL classes
- 9-12 graders schedule will be sent to them

***Happy Valentine's Day!***

*Julie Artis,*

*Director of Religious Education*



# GPUC Religious Education Book Loan Program

Interested in reading more about Unitarian  
Universalism for adults?

Would you like to read more books  
about UU for children?

Learn about our history, spiritual growth,  
our hymns, our search for free and  
responsible truth and meaning.

Email Julie Artis, Director of  
Religious Education to request  
a list of Religious Education  
books in our library. [julieartis@hotmail.com](mailto:julieartis@hotmail.com)

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Announcements, Upcoming Programs And Events

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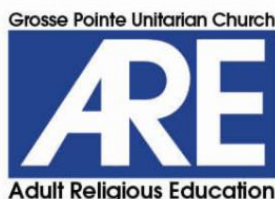


## ***Ideas Wanted!***

The Adult Religious Education Committee needs your help. Tell us what you want to see on the upcoming ARE schedule. What kinds of events would you like to attend? What programs would attract more folks to GPUC? Is it movie discussions, lectures, tours, book talks, writing workshops, fieldtrips? You tell us, and we'll try to make it happen!

Please forward ideas to Rev. Alex and Jerry Herron (chair of the

ARE Committee): [alexgpuc@gmail.com](mailto:alexgpuc@gmail.com);  
[Jerry.Herron@wayne.edu](mailto:Jerry.Herron@wayne.edu).



To Learn more about these programs, click here to go to the  
ARE page of the GPUC website

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## **GPUC Movie Night: "Defying The Nazis: The Sharps' War"**

Please join us this Friday, February 3, 2023  
for our first movie night in the New Year:

**"Defying the Nazis: The Sharps' War."**



This is the never-before-told story of Waitstill and Martha Sharp, an American minister and his wife from Wellesley, Massachusetts. Waitstill was a UU minister. He and Martha left their children behind in the care of their parish and boldly committed to a life-threatening mission in Europe. Over two dangerous years they helped save scores of imperiled dissidents and refugees fleeing the Nazi occupation across Europe.



Doors in the Annex will open at 6:00 P.M. for fellowship, wine, soda, and snacks provided by the Fellowship Committee. Donations will be gladly accepted.

**The film will start at 7:00 P.M. sharp,** followed by discussion of the film, led by Dr. Riegel and Julie Artis.

**Note** — sign up is required. If you need help signing up, call the church office. Members and friends welcomed!

[Click Here to View The Trailer!](#)

[Click Here to RSVP for 2/3/23!](#)

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## **WOMEN IN MUSIC**

**Sunday Feb. 5, 2023 at 4:00 pm**

***Grosse Pointe Unitarian Church***

**Chamber music for voice, violin, and piano by**

***Women Composers***

**featuring**

**Alta Boover, mezzo soprano**

**Velda Kelly, violin**

**Mary Siciliano, piano**

**This program is dedicated to the memory of Joan Whittingham,  
friend and long-time CMSC volunteer and supporter**

**17150 Maumee Ave, Grosse Pointe 48230**

**Tickets available at [www.scarabclub.org](http://www.scarabclub.org) or 248 921-3193**

**\$30 at the door, \$25 in advance, \$10 students with ID**





FOR IMMEDIATE RELEASE

**PERFORMANCE: WOMEN IN MUSIC**

Sunday, February 5, 2023 at 4:00 pm

Grosse Pointe Unitarian Church, 17150 Maumee Ave, Grosse Pointe 48230

Chamber Music at the Scarab Club will present a delightful concert at Grosse Pointe Unitarian Church on Sunday, February 5<sup>th</sup> at 4 pm. The program features mezzo soprano Alta Boover, violinist Velda Kelly and pianist Mary Siciliano performing chamber music by a great variety of women composers from the 1600s through the present day! These amazing composers include Francesca Caccini, Anna Amalia, Fanny Mendelssohn, Florence Price, Amy Beach, Jessie Montgomery and more.

ALTA BOOVER, mezzo-soprano, is an active performer of opera and concert works, and has appeared as a soloist at venues across the country including Avery Fisher Hall at Lincoln Center and Carnegie Hall, and with opera companies and symphonies in diverse repertoire encompassing Bach through Sondheim. She is praised by audiences and critics for her "richly timbred voice with manifest and endearing sincerity" (Fanfare) and her "perfect comic timing" (Cleveland Plain Dealer). Dr. Boover is an Assistant Professor of Voice at Oakland University in Rochester, MI, where she teaches Lyric Diction.

Pianist MARY SICILIANO has a multi-faceted career. She was on the piano faculty at Oakland University, where she taught applied piano, piano ensemble, chamber music, and coordinated the piano-pedagogy program. She also taught piano-pedagogy classes at the University of Michigan, Madonna University and Schoolcraft College. She currently has a very successful private studio and continues to give pedagogy workshops throughout the country. Mary Siciliano performs throughout the United States, Canada, and France. She received her Master's in Piano Performance from the University of Michigan.

Violinist VELDA KELLY has been teaching and performing in metropolitan Detroit since 1983. She holds music degrees from Boston University and the University of Cincinnati College-Conservatory of Music where her violin teachers included Henry Meyer, Joseph Silverstein and Denes Zsigmondy. Ms. Kelly is a member of the Detroit Opera Orchestra and has an active chamber music career. Velda also performs as an extra musician with the Detroit Symphony Orchestra, has a large class of private violin students, and is on the faculty of Madonna University.

Masks covering the nose and mouth  
while inside the venue are strongly encouraged but not required at this time.

Tickets - \$30 at the door, \$25 in advance, \$10 for students. Purchase online [here](https://www.scarabclub.org):  
[www.scarabclub.org](https://www.scarabclub.org) or call (248) 921-3193

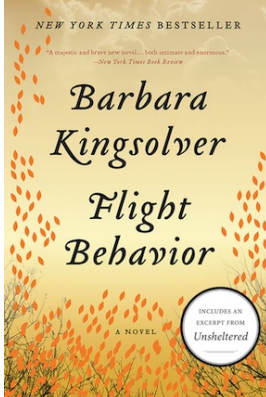
Chamber Music at the Scarab Club is a popular series dedicated to presenting fine chamber music programs in informal, intimate settings that encourage a close rapport between audience and performers. The series includes performances at Detroit's historic Scarab Club and Grosse Pointe Unitarian Church. 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.

**Click here to register for the Women In Music Event. GPUC Member tickets are \$20 for either pre-registration or at the door.**

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**Book Discussion Group News  
Tuesday, February 21, at 6 pm**

Our next meeting will be Tuesday, February 21st at 6 pm  
via Zoom. Susie Boynton will lead a discussion of Barbara



Kingsolver's "*Flight Behavior*". The Zoom invitation will be sent the day before the meeting. Everyone is welcome. For more information, please contact Juli Moore ([jdmoore1415@gmail.com](mailto:jdmoore1415@gmail.com)).

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## Weekly Gentle Yoga

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

This is a 60 minute gentle yoga session that occurs every Thursday from 4:30 - 5:30pm with Carol Guither virtually via Zoom.

Session theme will be **announced weekly**.

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.



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 participants can either pay cash/check in person for each session, or pay by 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 2, 9, 16 & 23**

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## How to find great films to watch and have fun along the way

As the weather is getting colder and many of us are looking for a good movie to watch...here's a link that may have some ideas of films you can enjoy. Bored with Hollywood and Netflix? Becoming an adventurous and informed explorer of the cinema world is in everyone's grasp.

[https://psyche.co/guides/how-to-find-great-films-to-watch-and-have-fun-along-the-way?utm\\_source=instagram](https://psyche.co/guides/how-to-find-great-films-to-watch-and-have-fun-along-the-way?utm_source=instagram)

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## **The Canvass Committee cordially invites you to a festive luncheon in the Annex immediately following church on Sunday, March 19th.**

Please join us for food, fellowship and maybe even a mimosa as we celebrate the kickoff of our 2022-23 Canvass campaign. But just so you don't get the wrong idea, this is going to be a party — no canvass speeches or program at the luncheon, just a good time we'll share with this beloved community.

*The Canvass Committee*

*Jerry Herron, Chuck Palmer, Rudy Wedenoja, and Marsha Zeller*

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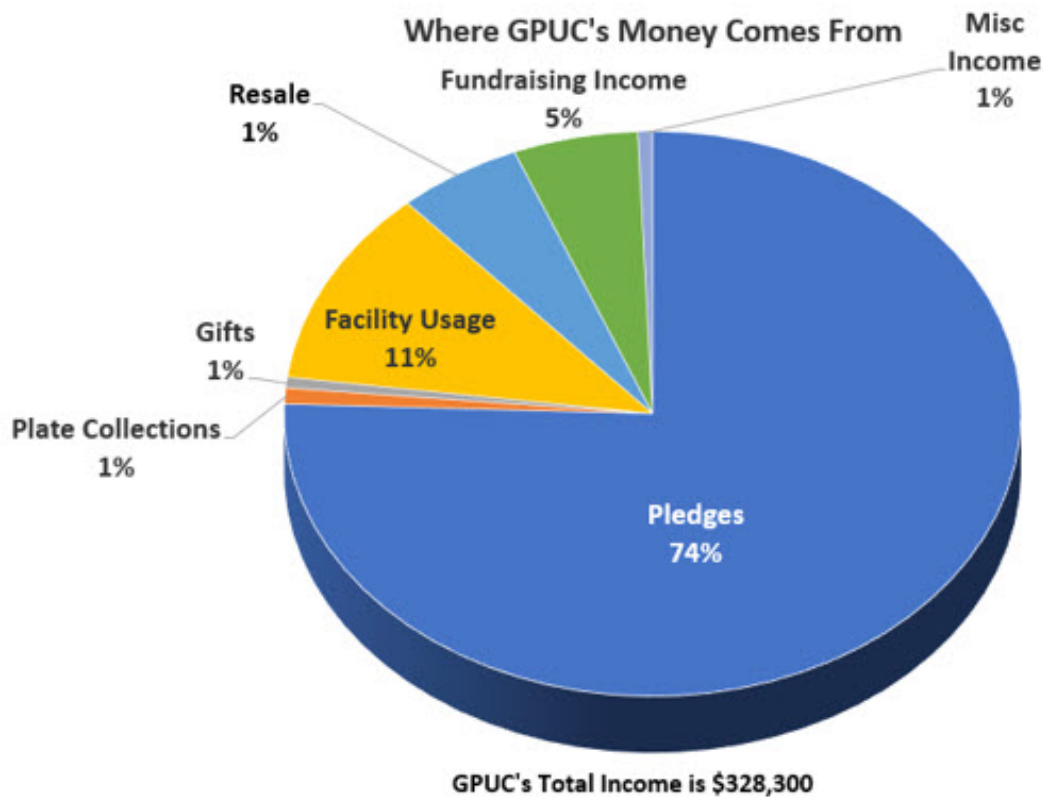
Photo by [Marc-Olivier Jodoin](#) on [Unsplash](#)

### **Fixing the Hole The 2023 GPUC Canvass Kickoff**

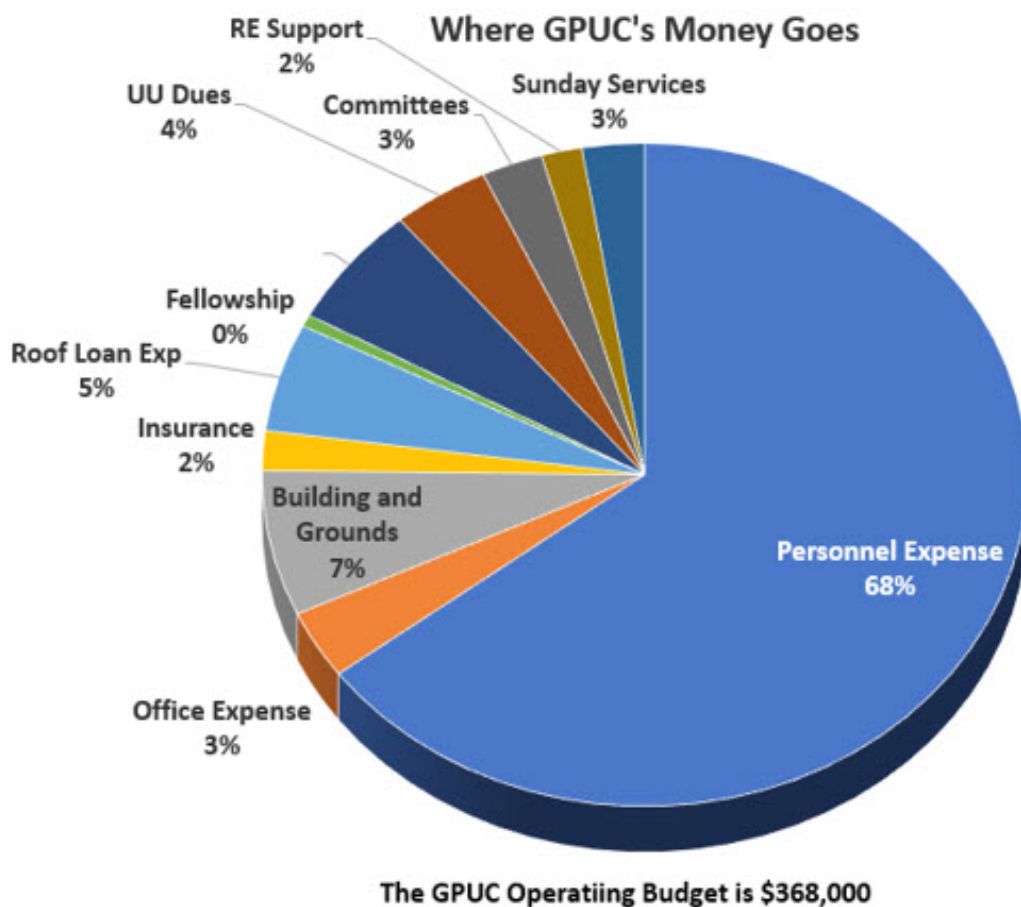
The theme for this year's canvass is "Fixing the Hole." That hole is both real and also symbolic. As to real holes, you may have noticed that there are no longer buckets up around the ledge in the sanctuary. That's because we recently fixed the holes in our roof. And there were plenty of them—as the number of buckets attests. To fix those holes, we took out a commercial loan that will cost us about \$23,00 in additional expense per year.

Which gets us to the symbolic hole; it's a projected shortfall in our budget, now that Beaumont has discontinued using our parking lot. Despite our best efforts, reaching out to them and offering a new contract, we were unable to get a response. They have stopped paying for use of the GPUC lot, and that creates a \$47,000 hole in the budget.

The board has taken several actions to reduce expenses. We will be using a bequest to cover the loan for the roof; and we will draw on our capital reserves to balance the budget — for now. But going forward, this fix is not sustainable, so the symbolic hole in the budget becomes real. That means we must grow pledge income. Our goal for this coming year is to increase pledge income from \$250,000 to \$300,000. We realize this is a big jump, so we need your help, fixing the hole, being good stewards of this beloved community.



Facility usage dropped from 18% of our income to 11% due to the loss of Beaumont.



Building and grounds expense went from 5% of our budget to 7% to cover the cost of snow plowing and salting of the lot and walks.





## *The Lay Pastoral Committee* **Love is in the Air**

The committee would like to remind you all that we are here for you.

No matter the need, we are ready to assist.

### **— Helping Hands —**

The program offering the hiring of a student to help with tasks around the home continues.

Please feel free to contact Julie Artis or Debbie Connelly to set up your helper.

Contact information can be found in the GPUC membership directory.

The Committee offers hope and help to our members through empathetic compassionate support, helping hands, and caring friendship.

Please contact the committee chairs, Ameera or Reverend Alex if you are in need of support.

## **Committee Members**

**Chairperson:** Debbie Connelly

**Co-Chair:** Lynn Rehahn

Margo Bishop  
Susie Boynton  
Karin Garrett  
Carol Ghesquiere

Susan Hartz  
Lynn Baker-Hunter  
JoAnn Kelly  
Linda Lawrence

Mary Morshead  
Kathleen Ruhl  
Janet Weber

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### **RESALE SHOP NEWS!!!**

We celebrate the last Wednesday of each month with Bag Day (fill a bag for \$5 – a great deal!) in our Clearance Corner, and with selected items 50% off in the other Shop rooms. Don't miss out on some fabulous bargains!

**The Shop needs paper grocery bags, preferably with handles. You can bring the bags to the Shop**



on Wednesdays from 9AM – 3PM or drop them off in the church cloak room when the church is open.

The GPUC Resale Shop is looking for a church member to act as a third person to share the weekly leadership responsibilities now handled by co-chairs Margo Bishop and Malo Villareal. This position includes responsibility for opening and closing The Shop on Wednesdays, evaluating incoming donations and consignments, assigning work to volunteers, pricing merchandise, and clearing the work room at the end of the day.

For more information and to respond to this unique opportunity to help our church, please contact Margo Bishop (contact info in the church directory) or visit The Shop on Wednesday between 9AM and 3PM. We look forward to hearing from you.



The Shop would like to remind all donors that **weekly donations are limited to two small boxes OR two small bags.**

***Check out our very own Ameera, Kathy & Melanie (above) looking fabulous in their Resale Shop fashions!  
We are the friendliest Shop in town!***



**Save the Date!**  
**The GPUC Auction for this church year will be held**  
**Saturday, May 6, 2023**

Our "Roaring 20s" GPUC auction is roaring along! We are in the process of gathering exciting and fun donations from our congregation. Parties, tickets, gift certificates, handmade items, baked goods and much more are being donated for our auction.

We ask that all congregants finalize their donation offers with the Acquisitions Committee members in the month of February. Kristen Foley ([smithk@umich.edu](mailto:smithk@umich.edu)) can explain all issues

related to donations. Our GPUC church is full of creative and generous folks. The auction is sure to be a success, when everyone pitches in to help!

If you have questions, please email either Robin Ramsay ([rjramsay@comcast.net](mailto:rjramsay@comcast.net)) or Sonja Franchett ([skrfranchett@gmail.com](mailto:skrfranchett@gmail.com))

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## Holiday Giving Report

**Congratulations to our congregation! We reached our goal of raising \$3000 to give Kroger Gift Cards to the 25 neediest families at Detroit Merit Academy.** The amount, which varied by the size of the family, provided for several special holiday meals and more later another \$200 arrived, so we bought an additional 19 sturdy gloves and mittens to augment the 26 pair hung on the Mitten Tree.

Ann Helm continued her tradition of knitting 60 colorful hats for the tree and she inspired a friend to knit another dozen beautiful, striped hats. Even the Wild Child Play School located in the RE wing added to the tree along with a box of 31 brand new books. The last of the items came from the Resale Shop to join five donated scarves and one pair of slippers. **Your generosity and kindness made a wonderful holiday season for 34 adults and 63 kids (97 total).**

*Thank you,*

*Susan Boynton*

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## Giving Made Easy Thanks to Breeze!

Whether you are looking to pay toward your pledge, register for RE or just making a donation to the church, Breeze makes donating so easy that you can do it from the comfort of your couch.

Breeze's checkout module gives you the options of donating using ***Credit/Debit Cards or an ACH Payment directly from your bank account.***

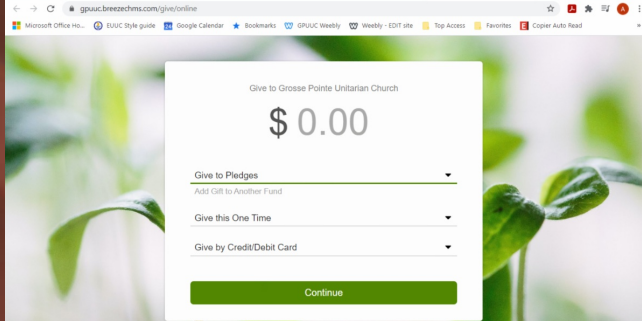
Upon checking out, ***Breeze will give you the option to cover the processing fee.*** The processing fee will provide you with credit towards your total tax-deductible giving for the year and will help us retain every bit of your donation.

Another awesome feature of using Breeze is that you can set up recurring transactions so that you never have to worry about falling behind on your pledge!

If you have any questions about Breeze or how to get started with Automatic Payments, please feel free to reach out to Ameera via email at [officegpuc@gmail.com](mailto:officegpuc@gmail.com).

Thank you!

**Click Here To Give  
Now!**



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## Crossroads East: Second Sunday Food Share Ongoing

As part of our social justice outreach, GPUC is continually accepting donations for the Detroit social services nonprofit Crossroads.

As all of us are aware, inflation has been high and many people are struggling. If you are interested and able, please bring your donations of nonperishables and hygiene items to church for transport to Crossroads.

If you prefer to make a monetary donation, we also purchase perishables such as milk, eggs, bread and produce. **Our donations are always gratefully received by Crossroads staff!**  
**Thank you!**

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.

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.
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# SEEKERS OF SACRED THINGS

Seeking the sacred over here

Seeking the sacred

over there

Seeking the sacred

Under  
The  
Stairs

|  
Or in a chair

T  
N A  
U I  
O N  
S

Seeking the sacred in M

And near the shore

Where is this cosmic door?

Seeking the sacred in Books...Churches...Music...TV  
All revealed bits and pieces to me

And then  
One quiet day  
I found it  
In the place I'd least expected  
Hidden, patiently waiting

((within))

*Written by Carol Ghesquiere*

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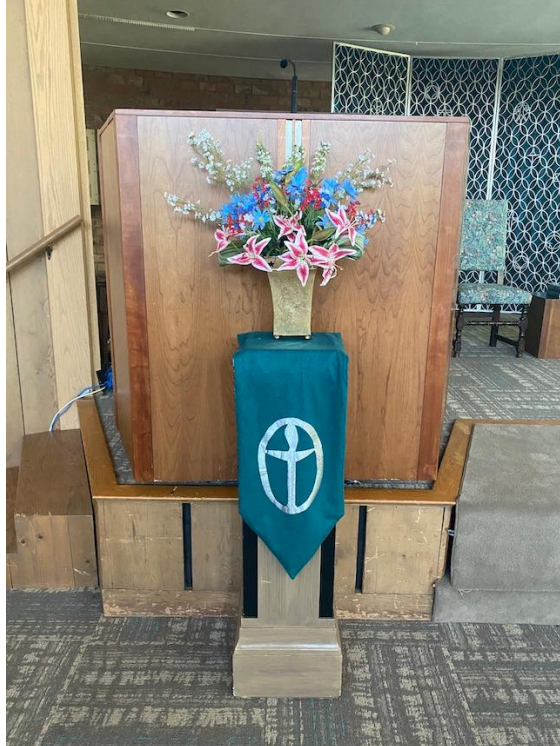
## Sunday Morning Flowers

Now that we are having in-person services, we are resuming having flowers to add to the ambience of the Sanctuary on Sunday morning.

We welcome donations for flowers on Sunday mornings. Take a moment to recognize or honor someone dear or to commemorate a special occasion by providing fresh flowers for the Sanctuary. You can make arrangements to

bring your own flowers or a monetary donation and someone from the Flower Committee will purchase flowers and make a beautiful arrangement. Please use the insert in the Sunday order of service or contact the church office and sign-up for a Sunday or two.

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



## 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.

## 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**

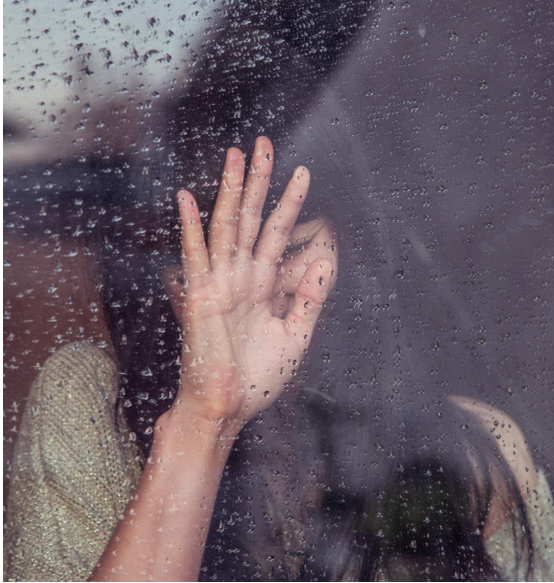
**Go to: <https://www.kroger.com/account/enrollCommunityRewardsNow>**

*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/>. You can also catch him on Instagram @iamdavidkessler and through his amazing podcast Healing with David Kessler on Spotify. <https://grief.com/podcasts/>.

Tender Hearts grief support group <https://www.davidkesslertraining.com/tenderhearts>.

**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

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**Gilda's Club Metro Detroit: Lake House Location**

An affiliate of the Cancer Support Community

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