

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

January 2022

February 2022 Newsletter Deadline

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

Saturday, January 22nd

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

Upcoming Services



Sunday services policies

As you all should be aware, the board decided early in the summer to resume in-person Sunday services “officially” on September 12, with several trial runs in July and August. The situation with COVID in our community and State remains quite fluid so the board and the Sunday services committee are continually re-evaluating our policies related to in-person gatherings. At this time we will continue to plan for in-person services Sunday mornings with a zoom option available for those who are unable or are uncomfortable with attending in-person. However, since data show that singing produces anywhere from 3 to 11 times more droplets that then circulate throughout the occupied space (compared to speaking), services will not include singing at this time. We will continue to have hymns during the service and those who are viewing via zoom can sing at home if they wish. Those who are in-person in the sanctuary can feel free to hum along with the music, tap their feet, clap, sway with the music or express themselves in any way that does not involve verbalizing with an open mouth. As a reminder, current church policy requires anyone entering the church must be fully vaccinated (if eligible) and masked (if over two years of age). We also encourage everyone to inquire of friends you see in church as to their comfort level with handshakes, fist bumps, hugs, etc. before engaging anyone physically. Greeters will not be touching folks upon entry to the church.

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, January 7, 14, 21 & 28.

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.

January 2, 2022

10:30 AM

Sermon: "Lessons from Mr. Rogers Neighborhood...one kind word at a time"

by Theresa Willingham

Worship Leader: Tonya Wells

Worship Associate: Meghan Boomhower

Please join us in starting the new year with reflections on the beloved American Educator, Presbyterian Minister, Songwriter, Author, and Television Host, Mr. Fred Rogers.

REMINDER – This is a Zoom only service.

January 9, 2022

10:30 AM

Sermon: *"Father Time and Mother Wisdom: Reflections on the Aging Process"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Maurya Kay

This sermon addresses the third and final request Dr. Riegel received when he invited the congregation to email him topics as grist for his sermon mill. Apparently, Dr. Riegel is perceived to be old enough to have some wisdom about the aging process. He is choosing to take that as a compliment!

REMINDER – This is likely to be a Zoom only service. We will keep you apprised as the date approaches.

January 16, 2022

10:30 AM

Sermon: *"Afoot and Light Hearted"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Meghan Boomhower

Philosophers, poets, and various and sundry other thinkers connect the simple practice of walking with thinking and general well-being. Even our modern scientists are beginning to unearth the physiological underpinnings as to why this is the case. Come take a "walk" with us.

REMINDER – This is likely to be a Zoom only service. We will keep you apprised as the date approaches.

January 23, 2022

10:30 AM

Sermon: *"Quarreling with God"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Michelle Scobie

It's been a while since we've dipped into the mystic poets and Dr. Riegel has a new treasure trove from which to share. In this service we will look at certain Dervish poets to hear see what they have to say about our human relationship with the Divine. Hint: God never promised us a rose garden!.

REMINDER – This is likely to be a Zoom only service. We will keep you apprised as the date approaches.

January 30, 2022

10:30 AM

Sermon: *"Let's Talk about Being Woke"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Carol Guither

There is a lot of talk about being "woke" these days, the term sometimes being used derogatorily and sometimes as an indicator of one's own moral superiority. However, there is another reference point by which to understand this term, namely, the spiritual reference point. Dr. Riegel will discuss what it means like be "woke" from the spiritual point of view and why it is that today's "woken" ones are actually dreaming they are awake.

REMINDER – This is likely to be a Zoom only service. We will keep you apprised as the date approaches.

Alexander's Meander



As the New Year approaches, I imagine we are all disappointingly surprised that this pandemic is still upon us. Our souls grow weary, do they not? This is not to mention the other travails and trials of life these days, which I've mentioned recently enough, so I will spare you the retelling.

You all know the script...

Thinking on all of this, and the onset of New Year's, my mind drifts toward what lesson there might be for us in all of this. In that mental drift, I find my mental boat still bumping into Leonard Cohen, my most recent sermon still fresh in my mind. (You may see that sermon by visiting our GPUUC sermon page (<https://www.gpuuc.org/virtual-services.html>) and as always, if you find any meaningful grist for your spiritual mill, feel free to send that link to a friend.)

So much of what Cohen "preached" was how difficult human life can be but how in all that difficulty we must find a way to say "hallelujah" - a celebratory hallelujah, a sorrowful hallelujah, a confused hallelujah, an exasperated hallelujah, what have you - just find your hallelujah! (That's part of your homework for the new year.)

Another part of Cohen's wisdom that sticks with me these days is not just that human life can be difficult but that because life is so difficult, none of us comes out perfect. We are all trying the best we can, especially in this pandemic, and finding that we don't always have what it takes to get through every day the way we would want. We're sometimes depressed, sometime reactive, sometimes this... sometimes that...

But here's the thing... *we don't have to be perfect. Our best is good enough.* In fact, part of what makes us all so wonderful is the fact that none of us is perfect. We're all a little "cracked," so to speak, but that's how the light gets in, per Cohen:

*Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.*

We're all a little "cracked." Given that, let's begin the new year with a commitment to ourselves and each other to go gentle on ourselves and one another. Indeed, let's practice being the love that is the light...

Namaste,

Alex

Religious Education News



January, the month of new beginnings and new memories. We begin this year with high hopes of the COVID Virus getting under control. I seem to spend an inordinate amount of time working on my mental wellbeing these days. What are some sure-fire actions to help me and maybe you live our lives to be happier, smoother, and more peaceful as we start 2022? Below are some thoughts and New Year's Resolution Quotes for the New Year. These New Year's Resolution Quotes will offer up just the right amount of inspiration to help you stick to your promises this year.

- “Always bear in mind that your own resolution to succeed is more important than any other.” — Abraham Lincoln
- “If you asked me for my New Year Resolution, it would be to find out who I am.” — Cyril Cusack
- “Let our New Year’s resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.” — Goran Persson
- “How few there are who have courage enough to own their faults, or resolution enough to mend them.” — Benjamin Franklin
- “Character is the ability to carry out a good resolution long after the excitement of the moment has passed.” — Cavett Robert.
- “The changes in our life must come from the impossibility to live otherwise than according to the demands of our conscience, not from our mental resolution to try a new form of life.” — Leo Tolstoy
- “We must always change, renew, rejuvenate ourselves; otherwise, we harden.” — Johann Wolfgang von Goethe
- “One resolution I have made and try always to keep is this: To rise above the little things.” — John Burroughs
- “Good resolutions are simply checks that men draw on a bank where they have no account.” — Oscar Wilde
- “Learn from yesterday, live for today, hope for tomorrow.” — Albert Einstein
- “We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.” — Ellen Goodman



Religious Education Events

The RE Program is sponsoring a Family Movie Night on Friday, January 21, 2022, at 6:30 p.m. It will be in the GPUC church sanctuary. The Movie will be announced after the New Year. You must be masked and vaccinated to attend. There will be a sign-up sheet after the New

Year that will be sent out by email. Mark your calendars!!!

Religious Education Lessons

The RE classes will begin on Sunday, January 9, 2022. The seniors, juniors and grades 4 - 6 will be attending OWL (Our Whole Lives) classes.

All student’s preschool through 3rd grade will attend classes in the RE wing. I look forward to seeing everyone on January 9th! If you have any questions, please call me at 313-590-2464 or email me at julieartis@hotmail.com

Happy New Year and stay safe.

Julie Artis

Announcements, Upcoming Programs And Events

**Our Holiday Giving Made
118 People Very Happy!**

Members and friends of GPUC delivered \$2,877,87 worth of Kroger gift cards to the 25 neediest families



at Detroit Merit Academy to provide a special holiday meal to 40 adults and 78 children. In addition, we donated the decorations on the Mitten Tree to keep the children warm this winter, which consisted of: 60 hats (52 knitted by Ann Helm), 28 sturdy gloves and mittens, 8 scarves and 3 pairs of socks. A few members joined the teachers and staff to add some toys to Santa's bag. The principal, Sandra Martin, on behalf of the recipients and staff thank you for your generosity and caring. In this time of many needs, GPUC came through again!

Donors of Kroger Gift cards: Margit Jackson, Lynn & Bill Rehahn, Juli Moore, Chris Vadino & Chuck Palmer, Joy Turner & Joe Buttiglieri, Kathy Marcozzi, Rudy Wedenoja & Robin Ramsay, Christy Winder, Stanley Harr, Jo Ann Kelly, Mary Zahler, Ed & Jenny Marck, Wayne & Theresa Ramsey, Lauri Hoese, Judith Lebeau, Sam & Veronica Smith, Janet Weber, Kathy Kuehn, Sonja & Mark Franchett, Alan Darr & Mollie Fletcher, Beth Whitney, Jackie Shields, Karin Garrett, Janna Sendra, Resale Shop, and Susie Boynton.

Grosse Pointe Unitarian Church



Adult Religious Education

- **JOIN US!** If you are interested in becoming a member of the ARE Committee, please let us hear from you. Members are Ghada Abdallah, Jerry Herron, Bill Rehahn, Lynn Rehahn, and Marlane Washington. If you want to join us, or if you would like more information, please contact our chair, Jerry: Jerry.Herron@wayne.edu.

SAVE THE DATES — PLEASE!

Special Invitation
The Adult Religious Education committee invites the congregation to join in a celebratory virtual New Year's Toast via Zoom

**Friday, January 7, 2022
@ 7 p.m.**

Bring:

- *your favorite beverage*
- *a poem, joke or inspiring words*
- *Celebrate our GPUC community!*

Register at: <https://bit.ly/gpucNewYearToast>



Grosse Pointe Unitarian Church
ARE
Adult Religious Education

The New Year's Toast Links:

<https://bit.ly/gpucNewYearToast>
<https://www.signupgenius.com/go/10C0D4FA8AF28A0FCC16-gpuc2>

The Adult Religious Education Committee Is Requesting Your Help

On behalf of the Adult Religious Education Committee, I am asking your help in planning future programs. Are there specific kinds of events that you would like our committee to consider — lectures, films, book study and/or discussion groups, guided visits to local arts or cultural institutions, or some other kind of programming? Please let me know. We would be grateful for your suggestions!

Thanks,

Jerry Herron, on behalf of the ARE Committee (Jerry.Herron@wayne.edu)

Rev. John Buehrens, co-author of "A Chosen Faith: An Introduction to Unitarian Universalism," will be leading a 4-week discussion titled "Transcendentalism: Then & Now."

No registration is necessary.

Here is a timeline of the 4-session discussion that can be found on the facebook event page:

Date: Sundays, January 9, 16, 23, and 30, 2022

Time: 7:00 – 8:30 pm

Presenter: Rev. John Buehrens

The four sessions will cover the following topics:

Jan. 9 will be about who the Transcendentalists were and what we can still learn from them about spiritual practices to sustain our souls in perilous times when injustice is all around us.

Jan. 16 will be about the forgotten women in the Transcendentalist movement: six of them; three occasionally remembered – Margaret Fuller, Julia Ward Howe, and Emily Dickinson; and three now almost totally forgotten, sadly – Elizabeth Palmer Peabody, Lydia Maria Child, and Caroline Healey Dall.

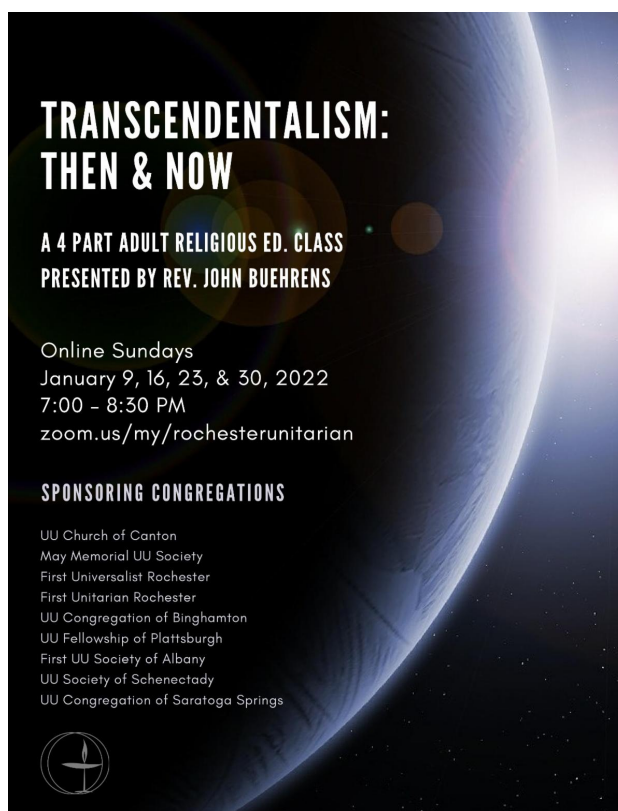
Jan. 23 will be about white and Black Transcendentalists in the anti-slavery/abolitionist movement.

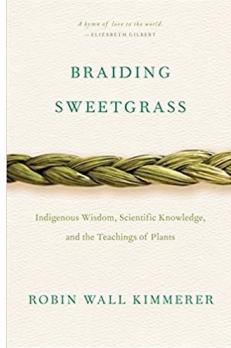
Jan. 30 is about the Transcendentalists as American pioneers in interfaith understanding and concern for the environment, ending with discussions of how their legacy continues today.

Click Here For More
Information

**Book Discussion Group To Discuss:
Tuesday, January 18th, at 6 pm**

Our next meeting is Tuesday, January 18th at 6 pm via Zoom. Pi Irwin will lead the discussion of Robin Wall Kimmerer's ***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teaching of***





Plants. The Zoom invitation will be sent the day before the meeting. Non-members can get further information by contacting Juli Moore: jdmoore1415@gmail.com. All are welcome to join us!

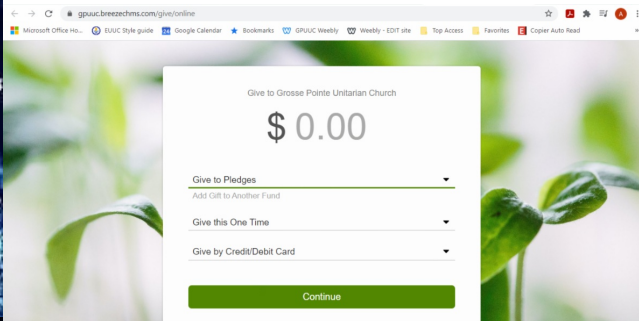
Giving Made Easy Thanks to Breeze!

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!!!

Thanks to our donors, consigners and shoppers, the GPUC Resale Shop had a wonderful Holiday Season with no supply chain problems. **The GPUC Resale Shop will be closed on December 29th and January 5th. We will reopen on January 12th** with many new items in our sale rooms. *We remind everyone we accept two small boxes of clean, useable items from each donor or consigner each week on Wednesdays from 9 am - 2 pm. Our sale rooms are open on Wednesdays from 10 am - 3 pm. Beginning in January we will also be open on the last Thursday evening of the month from 7 - 9 pm.*



Come shop with us!

Crossroads East: Second Sunday Food Share Ongoing

Crossroads East is back in full swing, and is so grateful for our donations! We very happily take your gifts of nonperishable foods, as well as toiletries and other basic essentials, to help people who visit the Crossroads East office located on Moross near 1-94. Monetary gifts are used to purchase fruits, veggies, eggs, milk, and bread, which are always received with a hearty thanks!

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.

Sunday Morning Flowers

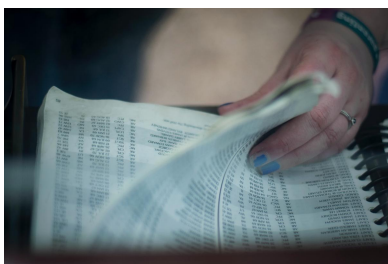
Now that we are having in-person services, we are resuming having flowers to add to the ambience of the Sanctuary on Sunday morning.

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 officegpc@gmail.com or (313) 881-0420. Thank you for sharing your remembrances of special occasions and important people in your life.

2021-22 Directories are now available!



Directories are available for pick up during Sunday Services. They will be in alphabetical order next to the sign in sheet. They will also be available for pick up during the week as well as by mail. Please contact Ameera to secure your copy.

There is an online version of the directory available on our website under our password protected "Membership" section. The online version will be updated throughout the year as changes are received.

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!

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

**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, January 6, 13, 20 & 27

Healing Clinic and Meditation

**Healing Clinic and Meditation
Third Thursday of the month
January 20, 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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