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*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*

## June 2022

**After the Summer break, September 2022 Newsletter Deadline**

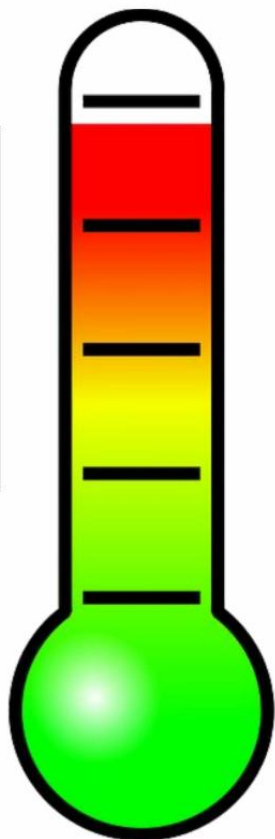
Mark your calendars and please submit your contribution to the next newsletter by

**Thursday, August 25th**

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

### Upcoming Services

Current  
community  
spread is  
high



## GPUC COVID GUIDELINES

Based on Wayne County community guidelines tracked on [www.covid.cdc.gov](https://www.covid.cdc.gov)

All members attending in person must have COVID vaccines up to date – virtual option also available. It is the expectation that all members and visitors would respectfully stay home or get tested if any question of active infection.

Critical high spread – board will determine if appropriate to be all virtual

High spread – N95 type mask highly recommend for in-person

Medium spread – Mask use recommended in-person --especially if you are at high risk for severe illness

Low spread – Mask use to your comfort level



## Announcement Regarding Sunday Service Mask Policy

Dear Congregants,

It has been two years since the pandemic was declared, and our church began to worship on zoom and "mask up" to keep our beloved community safe. Throughout the pandemic, we have monitored the COVID case positivity rates closely to determine whether we could congregate safely, but have always asked you to wear a mask in the building.

We are excited to announce that we have lifted the mask requirement for Sunday services. With Wayne County's positivity rate dipping below 2%, we believe the time is right for this change. We will continue to monitor the Covid positivity rates and make science-based decisions if there are future surges. *It remains a requirement that all attendees are vaccinated and boosted for Covid.* We understand that some congregants will be more comfortable wearing masks when attending worship in person, and we will make N95 masks available for anyone that would like one. We will also continue to offer zoom services.

When visiting the church or meeting in smaller groups, we ask that congregants respect the wishes of others and continue to mask up if that is preferred by anyone in the group. All people entering the church are still expected to be fully vaccinated and boosted.

**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, June 3, 10, 17 & 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.
- 

**June 5, 2022**

**10:30 AM**

**Sermon:** *"Kierkegaard's Counsel"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Anne Roberts

Soren Kierkegaard was a 19th century Danish theologian, considered one of the early existentialist philosophers (even though he was a theologian). He is most famous for his works "Either/Or" and "Fear and Trembling." Rather than dip into the theology of those works, Dr. Riegel will ponder his counsel in tidbits (wise one liners from his collected works).

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**June 12, 2022**

**10:30 AM**

**Sermon:** *"It Is Only with the Heart That One Sees Rightly"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Meghan Boomhower

This is Flower Communion Sunday (followed by our annual picnic in the Memorial Garden!) during which we remember and honor the message of Dr. Capek, who began this tradition during World War II. Dr. Riegel will also read and reflect upon some of his favorite poetry about flowers.

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**June 19, 2022**

**10:30 AM**

**Sermon:** *"A Literary Potpourri"*

**Worship Leader:** Dr. Alexander Riegel



**Worship Associate:** Chuck Palmer

This is Dr. Riegel's last Sunday in the pulpit until after summer break. So, he will return to the popular potpourri format, this time pulling from literary sources, including: Chekhov's "Uncle Vanya," Orwell's "Animal Farm," and Babbitt's "Tuck Everlasting."

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**June 26, 2022**

**10:30 AM**

**Sermon:** "*The Swerve*"

**Worship Leader:** Rev. Leonetta Bugleisi

**Worship Associate:** Carol Guither

The Rev. Leonetta Bugleisi shares precursor thoughts\* (written in circa 400 BCE: before common era) that led to the creative explosion of the Renaissance. These ideas can serve as a transparency for each of us as we move through our lives, never knowing the impact that our own revolutionary ideas might have on future generations. One of the thoughts written by Lucretius was: "The highest goal of human life is the enhancement of pleasure and the reduction of pain." After the year we have been through, this sounds more like a good prescription for daily life rather than a hedonistic thought.

*[\*Pulitzer Prize Winning book by Stephen Greenblatt]*

### Alexander's Meander



He carried himself with such nonchalance... as if to say, "I know you send the bank money every month but remember, I am the true owner of this territory."

This is what I imagined the black bear that walked through our front yard in Grayling last night was saying, as he glanced at me through the window of our cottage. It was a poignant reminder from a gentle friend. Black bears are seldom dangerous.

In truth, I have been struggling a great deal with all that we are facing these days: the mass shootings in Uvalde and Buffalo, exceeding one million deaths due to covid, the war in Ukraine, inflation near to running amok, political insanity (only a smidge too strong a word for our political dynamics these days), global warming, the list goes on... and on...

Last night's messenger recalibrated my system. He was a powerful reminder of many things

but mostly, that the world with which I have been greatly struggling lately is a world of our human creation. It is very far removed from the natural world that gives us birth and sustains us. Something is terribly awry.

But, since we created this problem set, we can fix it. I suggest we begin by asking ourselves, “How can we bring the world into greater harmony with life as it was meant to be, life in harmony, life that supports life, life that sees Life as the utmost value?” If such questions were the third rail of our political, social, and interpersonal discourse, what would our world be like then?

What say ye, Mr. Bear?

*Namaste,*

*Alex*

## Religious Education News



The 2021-22 Religious Education Church School year is coming to an end. Thank you for coming to celebrate on Sunday, May 22 and hoped you enjoyed the presentations from the students about UUism. Also, the two presentations from our graduating seniors.

We hope you make and enjoy the Seven Principle Sundaes with your family. What is a Seven Principle Sundae?

**COOKIE:** A cookie at the bottom of the bowl represents the EARTH. Our 7th UU Principle reminds us to take care of the planet we call home.

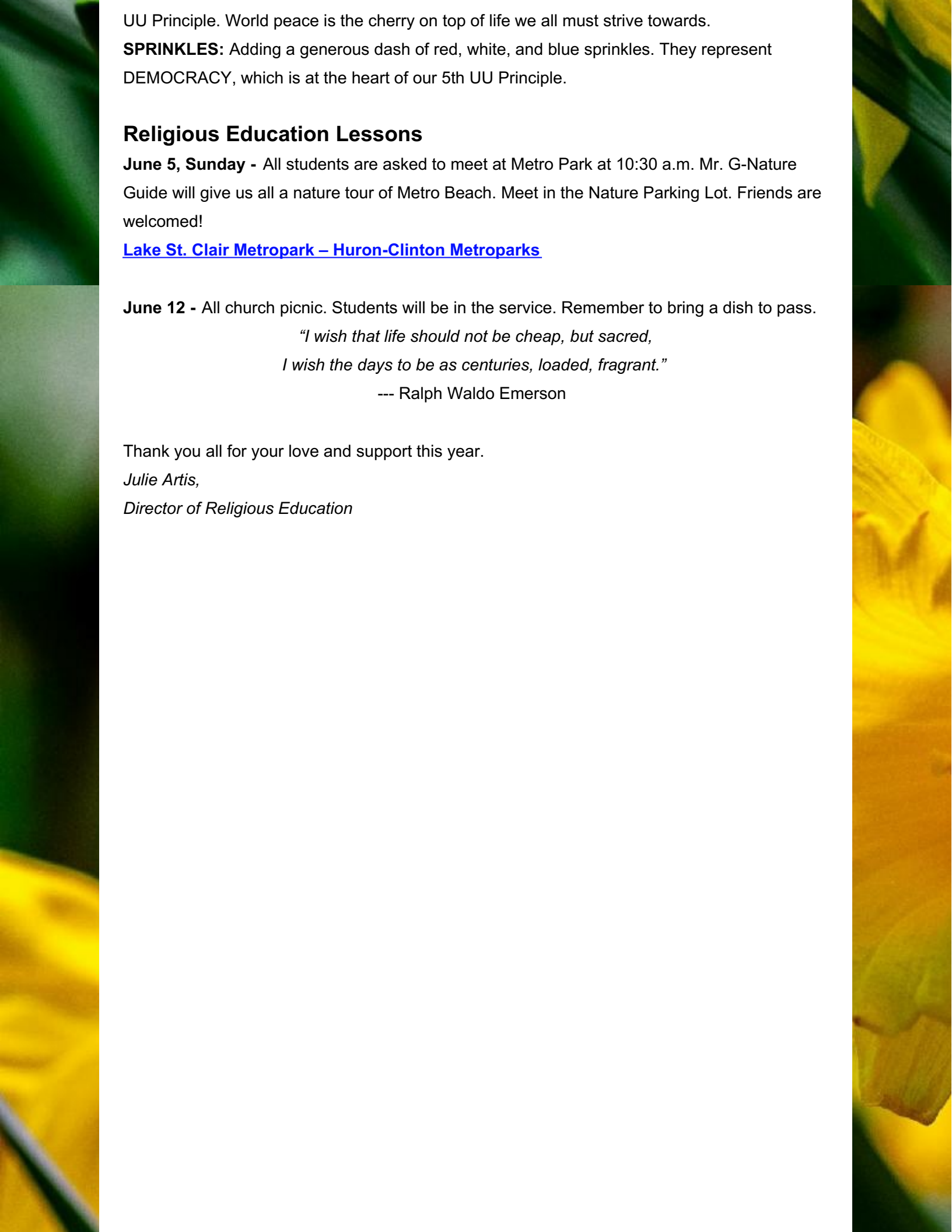
**ICE CREAM:** One or two scoops of ice cream represent LOVE. Love is the spirit of our church and is our 1st UU Principle to remind us to respond with love to everyone we meet, because each person is important.

**TOPPINGS:** Toppings like hot fudge, caramel or strawberries represent our 3rd UU Principle of learning, to be wise together. You chose your favorite to add, and some even take a little of each because WISDOM can come from many places.

**MIXED NUTS:** Nuts represent our 4th UU Principle. We all are on a SEARCH for truth and meaning. You searched through these mixed nuts to find the ones you like to add to your life.

**WHIPPED CREAM:** Adding whipped cream to your sundae represents the JUSTICE and EQUITY mentioned in our 2nd UU Principle. This makes life that much better.

**CHERRY:** A cherry on top represents PEACE. We work for a fair and peaceful world in our 6th



UU Principle. World peace is the cherry on top of life we all must strive towards.

**SPRINKLES:** Adding a generous dash of red, white, and blue sprinkles. They represent DEMOCRACY, which is at the heart of our 5th UU Principle.

## Religious Education Lessons

**June 5, Sunday** - All students are asked to meet at Metro Park at 10:30 a.m. Mr. G-Nature Guide will give us all a nature tour of Metro Beach. Meet in the Nature Parking Lot. Friends are welcomed!

[Lake St. Clair Metropark – Huron-Clinton Metroparks](#)

**June 12** - All church picnic. Students will be in the service. Remember to bring a dish to pass.

*“I wish that life should not be cheap, but sacred,  
I wish the days to be as centuries, loaded, fragrant.”*

--- Ralph Waldo Emerson

Thank you all for your love and support this year.

*Julie Artis,*

*Director of Religious Education*



# Summer Art Camp

## 2022

### **Session 1**

**Art and Nature**

**Grades 1-3**

**July 11-15, 9-11 am**

### **Session 2**

**Art and Nature**

**Grades 4-6**

**July 18-22, 9-11 am**

### **Session 3**

**Art and Mindfulness**

**Grades 1-3**

**August 8-12, 9-11 am**

### **Session 4**

**Art and Mindfulness**

**Grades 4-6**

**August 15-19, 9-11 am**

Cost is \$275

per session

All materials and  
supplies included

10 students

per session

To reserve your spot,  
scan the code below  
to complete the  
registration and make  
your payment.

Erica Phardel is a  
certified art teacher  
with more than 25 years  
of experience

All classes will be held at:

**Grosse Pointe Unitarian Church**

**17150 Maumee**

**Grosse Pointe, Michigan 48230**

**313.881.0430**





# 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)

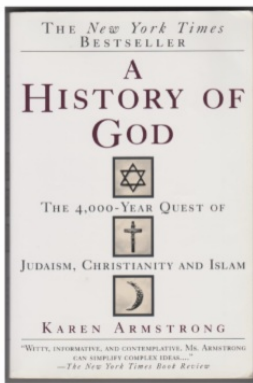
Announcements, Upcoming Programs And Events

Grosse Pointe Unitarian Church



Adult Religious Education





**April 6, and every first and third Wednesday in April, May, and June.** Zoom events, 7:30 PM: Book discussion of *A History of God* by Karen Armstrong (Intro and Ch1 for first week; 2 chapters per session thereafter).

Whether an atheist, a model of devout piety, or curmudgeonly Unitarian, there's no denying that the world's three main monotheistic religions have shaped world history. Humans have always held to the notion that a divine presence influences worldly affairs. But there's something distinctive about the history of a single God as conceived by Judaism, Christianity and Islam.

In reading the book you'll get a sense of how the concept of God has evolved, as well as how humankind's changing conceptualization of itself is reflected in the mutable figure of God him/her self.

These discussions will be held virtually, led by members of the ARE Committee.

Book discussions will begin April 6, and will take place every first and third Wednesday in April, May, and June, at 7:30 PM via Zoom.

**In order to receive a Zoom link to the discussions, please RSVP using the sign-up link below no later than Tuesday, April 5. Thank you!**

<https://www.signupgenius.com/go/10C0D4FA8AF28A0FCC16-gpuc5>

<https://www.signupgenius.com/go/10C0D4FA8AF28A0FCC16-gpuc5>

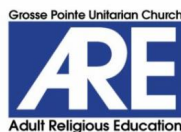
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## **Ideas Wanted!**

The Adult Religious Education Committee needs your help. Tell us what you want to see on the ARE schedule this Fall. What kinds of events would you 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 let us have your suggestions by Friday, June 3. Kindly 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).



Please join the GPUC Social Justice Committee on **Thursday, June 9 at 7 PM** **in the GPUC sanctuary to hear from Sue Acton, President of the League of Women Voters of Grosse Pointe**, about how we can take action to improve access to voting in the state of Michigan.

Ms. Acton will also describe the efforts on redistricting and ongoing Michigan ballot initiatives. It is sure to be an educational and engaging session and the Social Justice Committee welcomes all GPUC members and guests to participate. ***We will be offering a zoom option for this***



The Fellowship Committee is hosting their annual end-of-year church picnic which is planned for **Sunday, June 12 at 11:30 in the Memorial Garden!**

We're looking forward to sharing time with everyone so please plan to come and **bring your favorite dish to share!**

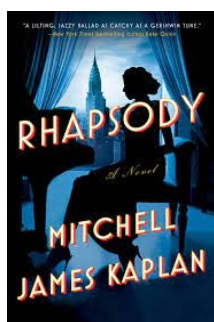
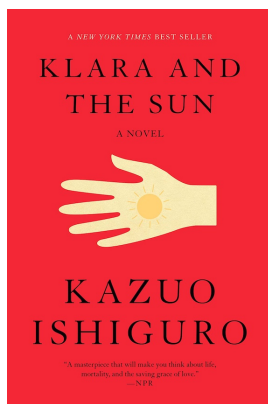
***RSVP Ends Next Monday June 6th!***



session.

Click here to RSVP For Sue Acton

Click Here to RSVP for The Fellowship Picnic



## Book Discussion Group News Tuesday, June 21st and July 19th, at 6 pm

The book selections for the 2022-23 season are complete, and the list will be sent to all active members of the discussion group. Any non-members wanting the list and/or wanting to join the group should contact Juli Moore ([jdmoores1415@gmail.com](mailto:jdmoores1415@gmail.com)).

Our next meeting will be June 21st at 6 pm via Zoom. Kathryn Kuehn will lead a discussion of *Klara and the Sun* by Kazuo Ishiguro. Our July 19th meeting will be at the home of Anne Roberts and will include a light repast. Anne will lead the discussion of *Rhapsody* by Mitchell James Kaplan. Information on the time and address will be sent to all who RSVP to Juli Moore.

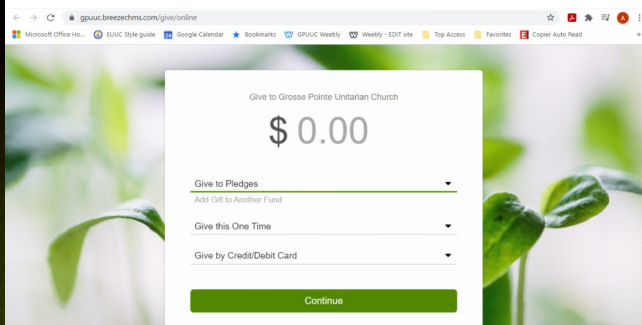
## Giving Made Easy Thanks to Breeze!

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!!!

The **SHOP** has “sprung” into the new season with lots of fun fashions, unique jewelry, and plenty of FREE



books! Mark Franchett donated newly refurbished bikes – great deals! We could use more household items, treasures and trifles, and gardening supplies.

Drop off your donations (two small boxes or bags per week, please!) on Wednesdays from 9 am - 2 pm and stay to shop with us from 10 am – 3 pm.

***Check out our very own Ameera looking fabulous in her Resale Shop fashions!***

***We are the friendliest Shop in town!***



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### **Sunday Morning Flowers**

The Last Sunday for Flowers for the 21-22 Season will be Flower Communion Sunday, June 12th and we will begin again with the September 11th Service.

Come September, we will again 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 starting September 11th.

If you have questions, please feel free to email or call the church office at

[officegpuc@gpuc.us](mailto:officegpuc@gpuc.us) or

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

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## Crossroads East: Second Sunday Food Share Ongoing

Our FOOD SHARING collection is always taking donations! Please consider bringing nonperishable food and toiletries when you go to church. Or, if you prefer, monetary donations are extremely helpful. As we all know, our grocery money does not stretch nearly as far these days. We use the money we receive to purchase produce, milk, eggs, and bread for Crossroads East clients. GPUC is a regular contributor to Crossroads East, the local branch of the social services nonprofit Crossroads.

***Our donations are always greatly appreciated by the staff and clients!***

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"><li>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.</li><li>2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.</li><li>3. Everyone donates pasta sauce and spaghetti noodles.</li><li>4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.</li><li>5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.</li><li>6. Spices or salt and pepper would be a real Christmas gift.</li><li>7. Tea bags and coffee make them feel like you care.</li><li>8. Sugar and flour are treats.</li><li>9. They fawn over fresh produce donated by farmers and grocery stores.</li><li>10. Seeds are cool in Spring and Summer because growing can be easy for some.</li><li>11. They rarely get fresh meat.</li><li>12. Tuna and crackers make a good lunch.</li></ol> | <ol style="list-style-type: none"><li>13. Hamburger Helper goes nowhere without ground beef.</li><li>14. They get lots of peanut butter and jelly but usually not sandwich bread.</li><li>15. Butter or margarine is nice too.</li><li>16. Eggs are a real commodity.</li><li>17. Cake mix and frosting makes it possible to make a child's birthday cake.</li><li>18. Dishwashing detergent is very expensive and is always appreciated.</li><li>19. Feminine hygiene products are a luxury and women will cry over that.</li><li>20. Everyone loves Stove Top Stuffing.</li></ol> |
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### 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.

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### 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.

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### Announcement of Elections at UUA General Assembly

At this year's General Assembly in Portland, Oregon, delegates will be given the opportunity to vote on candidates to serve on the UUA Board of Trustees. We, Rebecca Mattis and Beverly Seese, petitioned to be placed on the ballot providing delegates a choice on who will serve as

future UU leaders.

Please visit our personal campaign websites,  
[RebeccaMattisUU.Blogspot.com](http://RebeccaMattisUU.Blogspot.com) and [BeverlySeeseUU.Blogspot.com](http://BeverlySeeseUU.Blogspot.com)  
to learn about our backgrounds and campaign platforms.

We have arranged to hold three Meet the Candidates Townhall meetings on May 25th (already held) and June 2nd. Details can be found on our campaign websites. Delegate voting opens June 1. We encourage you to become informed voters and live into our Fifth Principle, the right of conscience and the use of the democratic process within our congregations and in society at large.

## 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](mailto:ragnew@gildasclubdetroit.org)

## Gentle Yoga

### 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 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, June 2, 9, 16, 23 & 30**

## Healing Clinic and Meditation

**Healing Clinic and Meditation  
Third Thursday of the month  
June 16, 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>**

**Contact Information**

**Grosse Pointe Unitarian Church**

**17150 Maumee Ave., Grosse Pointe, MI 48230**

**Office Hours: Monday - Friday 9AM - 3PM**

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**Email: [officegpuc@gmail.com](mailto:officegpuc@gmail.com)**

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