

*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*

## March 2023

### April 2023 Newsletter Deadline

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

**Tuesday, March 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, March 3, 10, 17, 24 and 31.**

### **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

**March 5, 2023**

**10:30 AM**

**Sermon: "Deed"**

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Maurya Kay

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 are considering the Jain commitment to nonviolence in thought, word, and deed. In part one, we considered the Jain commitment to nonviolence in thought. In part two, word. In part three (this sermon), deed.

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**March 12, 2023**

**10:30 AM**

**Sermon:** *"The Awe Fullness of Life"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Carol Guither

As the seasons turn and life springs anew from its wintry slumber, we will celebrate the "awe fullness" of life, those wondrous, beautiful, mesmerizing aspect of existence that move the mind to awe and fill the heart with gratitude. Have you ever watched representations of those incredible molecular mechanisms that take place deep within the structure of the human cell? Have you watched as the JWST telescope, situated a million miles beyond earth's orbit, delivers to us images of the cosmos in its infancy? From the most microscopic to the grandest, we are enmeshed in sacred depth!

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**March 19, 2023**

**10:30 AM**

**Sermon:** *"Wetiko"*

**Worship Leader:** Dr. Alexander Riegel

**Worship Associate:** Chuck Palmer

In the film "I Am," released in 2011, Thom Hartmann discusses the native American term, "wetiko." Wetiko literally means "cannibal." More loosely, it refers to the tendency to "eat the life of another." When Europeans came to America, native peoples' quickly diagnosed them as having wetiko. Dr. Riegel will discuss what this means in that context and how wetiko saturates the American culture that rose from the European invasion of the Americas.

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**March 26, 2023**

**10:30 AM**

**Sermon:** *"Savage Economic Inequality"*

**Worship Leader:** Joseph Buttiglieri

**Worship Associate:** Carol Guither

The Unitarian Universalist Association has much to say about issues and causes of economic

inequality. However, do most people even think there is a problem? Is it systemic or are we to believe the poor will always be with us, so it is no big deal? Let's examine how we got here, what societal policies helped create this situation and what should we do as Unitarian Universalists. "Challenging extreme inequity locally and globally is a moral imperative." Quote from: Escalating Economic Inequity, UUA 2017 Statement of Conscience. Many questions, some answers and hopefully, food for thought, further questions and action.

**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



Last Sunday (2/19) I said a few words about the tragic shooting and loss of life at Michigan State University. I mentioned that a while back, about mid pandemic, while Kimi and I were facing loss in our lives, we had discussed how many people we have had to say goodbye to over the sixty collective years of our ministries.

That's when a thought struck me, which, in my mind, pretty much sums up life.

***"Life is a loving and a letting go."***

Letting go is inevitable. The Buddha nailed that one.

Loving is optional.

So, here is the simple, short message of this Meander... Given that letting go is inevitable, let us make the choice to pour our loving, every day, into our loved ones while they are with us, for they can neither feel our love nor hear us profess it when we gather in our grief after they have parted.

Mic drop...

*Namaste,*

Alex





Dear RE Families,

Is GPUC important to you? We are 84 years old!! Below is information that I would like you to read to your family about March 19, 1939, which is GPUC's Founders Day. What Founders Day means? **A day celebrating the anniversary of the establishment of a society or organization, on which its founders are honored.** ... 'In any organization the celebration of the Founder's Day is undoubtedly the most important in the calendar of annual events. There were 66 members who founded GPUC. We updated our mission and vision statement over the years. This is our present mission and vision statement.

The members of our church have established a mission statement and a vision statement. It is important that our students hear these words, and we teach them the mission and vision of our beloved church.

### **GPUC Mission Statement**

We are a welcoming, compassionate community.

☐ Committed to learning, service, social justice. ☐

Celebrating joy, diversity, and integrity on our spiritual journey. ☐

### **GPUC Vision Statement**

#### **Preamble**

We, the Grosse Pointe Unitarian Church congregation, commit to creating a liberal religious presence in our community and beyond — a dynamic presence that enables us to "envision a life filled with compassion for all, shared in beloved community, and lived in a just world."

□ Our vision statement reflects our congregational commitment to the future. It is based on the congregational responses to an anonymously administered survey followed by vigorous discussion shared in open, small groups.

The vision captures our congregational dreams for our spiritual and programmatic needs, outreach and social justice efforts, facilities needs, pastoral care, fellowship opportunities and fundraising efforts.

### **Vision Statement**

We provide diverse and compelling ways for people of all ages to grow in spirit, conscience, and wisdom. Our worship services, lifelong educational programs, music, and service initiatives inspire children, youth, and adults to live with greater purpose, respect, and love. Through meaningful advocacy, outreach, and service we express our common commitment to social justice, peace, and compassion within and beyond our community.

As a welcoming and compassionate community we recognize that the care of one another is our shared responsibility. We recognize the importance of deep and enduring relationships within our congregation. We respond kindly and generously to needs within our community. We □ strive to welcome and integrate newcomers effectively. We foster fellowship by offering a variety of opportunities for social interaction in large and small groups.

The architectural design of Grosse Pointe Unitarian Church and its grounds are a statement of hope for all to see. We will maintain and enhance our church grounds and facilities to meet the needs of our church family.

### **Religious Education Lessons**

**Sunday, March 5, 12, and 26** we will be having classes and check your schedules.

**Sunday, March 19** there will be a luncheon for the students in the RE wing at 12 noon. There will be sitters to care for the students. All parents are asked to sign up and attend the adult luncheon that will take place in the Annex.

**Sunday, March 19** the students will learn about GPUC Founders Day, March 19, 1939.

*It is the first mild day of March.  
Each minute sweeter than before...  
There is a blessing in the air...*  
— William Wordsworth

Please come to the luncheon and parents sign up with Google that has been sent out through our main office.



Julie Artis,  
Director of Religious Education

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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*

**Please RSVP for the Canvass Committee Luncheon by clicking here.**



## **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)

**Creative Corner**





# March

The sun is nervous  
As a kite  
That can't quite keep  
Its own string tight.

Some days are fair,  
And some are raw.  
The timid earth  
Decides to thaw.

Shy budlets peep  
From twigs on trees,  
And robins join  
The chickadees.

Pale crocuses  
Poke through the ground  
Like noses come  
To sniff around.

The mud smells happy  
On our shoes.  
We still wear mittens,  
Which we lose.

# EARTHRISE



[Click here to watch ... 24 Hours of Reality: "Earthrise" by Amanda Gorman](#)

## Announcements, Upcoming Programs And Events



**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).

Grosse Pointe Unitarian Church  
**ARE**  
Adult Religious Education



### March 16 — *Anger, The Gift that keeps on Giving*



**Dr. Margarita Gurri, CSP – Misbehavior Expert**

Ethics-Communication-Conflict | Speaker-Advisor | Onsite-Virtual

Margarita Gurri, PhD, CSP, is a **Misbehavior Expert** who solves people problems. Known affectionately as **Dr. Red Shoe**, she is a global speaker, licensed psychologist-consultant, and trainer. Leaders and team rely on her insight, humor, and wisdom to update the communication skills needed to de-escalate crises, deal with difficult people, and lead ethically.

Programs such as *Tango Leadership*, *Color Me Difficult*, and *The Rabbi and The Shrink: Everyday Ethics Unscripted* podcast offer field-tested strategies for productive, profitable, ethical work and happy, healthy relationships.

Dr. Red Shoe lives in Michigan where she hikes, cooks Cuban feasts with her family, and fires up the family forge as a new blacksmith.

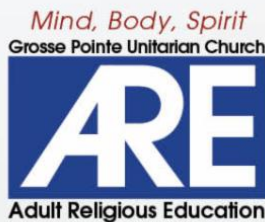
To learn more about Dr. Gurri and her programs, visit: <https://DrRedShoe.com>

To learn more about these programs, visit the ARE page of the GPUC website: <https://www.gpuuc.org/adult-religious-education.html>

These are weekly events, from 7:30-9:00 pm (one hour presentation followed by Q&A)

Grosse Pointe Unitarian Church | 17150 Maumee Grosse Pointe, MI 48230  
phone: 313-881-0420 | email: [officegpuuc@gmail.com](mailto:officegpuuc@gmail.com) | web: [gpuuc.org](http://gpuuc.org)

**To Learn more about Dr. Gurri and her programs, visit  
<https://drredshoe.com/>**



All programs, unless otherwise noted, occur in the sanctuary of Grosse Pointe Unitarian Church.  
Programs will begin at 7:30 pm

## GPUC Spring 2023 Speakers Series

### **March 16 — *Anger, The Gift that keeps on Giving***

Dr. Margarita Gurri, CSPI

### **March 23 — *Women Artists at the Detroit Institute of Arts***

Grosse Pointe Unitarian Church Member Freda Giblin

### **March 30 — *The Politics Of Novelty***

*What Changing Party Politics in Europe Can Tell Us  
About the Future of Our Country and Our World*  
Prof. Kevin Deegan-Krause

### **April 6 — *Renga Workshop***

Grosse Pointe Unitarian Church Member Bill Rehahn

### **April 13 — *Things to Do with Poems and Stories***

Grosse Pointe Unitarian Church Member Prof. Jerry Herron

### **April 20 — *The 100th Monkey***

Dr. Alexander Riegel

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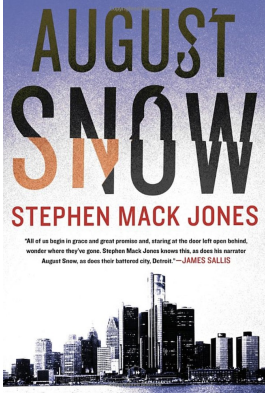
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**To Learn more about these programs, click here to go to the  
ARE page of the GPUC website**

### **Book Discussion Group News Tuesday, March 21, at 6 pm**

Our next meeting will be Tuesday, March 21st at 6 pm via Zoom.  
Christy Winder will return to lead the discussion of local author  
Stephen Mack Jones' thriller set in Detroit – ***August Snow*** -....."  
a fast-paced tale of murder, greed, sex, economic cyber-terrorism,  
race, and urban decay. Tough, smart, struggling to stay alive,





August Snow is the embodiment of Detroit...." (Google Books) 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, March 2, 9, 16, 23 & 30**



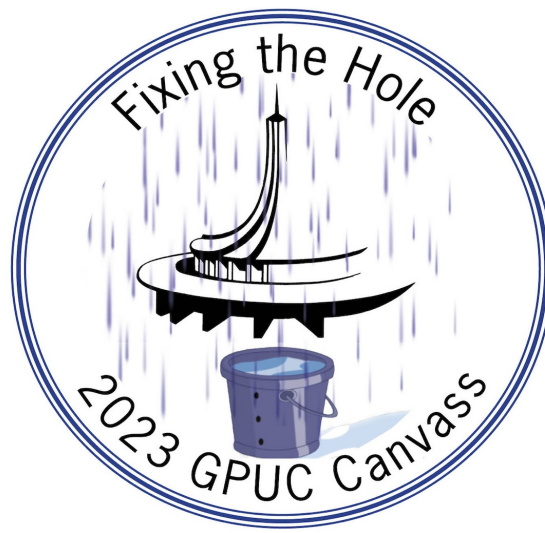
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## How to find great films to watch and have fun along the way

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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On January 22nd, Rev. Riegel gave a sermon entitled, “A Link in the Chain”. He talked about the history of Unitarianism, going back to the rejection of the orthodox religious beliefs of the early 19th century and the birth of the Unitarian movement. He talked about how each of us and our congregation are links in the chain of liberal religion. Our beautiful church home stands as a beacon of liberal religion, a refuge for people who have faced oppression or alienation, who seek a religious home for themselves and their families. He reminded us that many of us have found this community as a place where our children learn the important principles of unconditional love and radical inclusivity.

Liberal religion is struggling right now in our country, and we represent the thin veil between our beliefs and elements of our culture that threaten the ideas we hold so dear. He reminded us that this church is a great gift to us, and as members of this church, we have the responsibility to support our church, as generously as we are able. This year, that responsibility carries a much larger price tag.

The Canvass Committee is asking for your help in Fixing the Hole- not just the roof, where the rain got in, but the large hole in the budget caused by the end of the parking lot rental by Beaumont Hospital Grosse Pointe. For decades, we enjoyed a substantial yearly income from the rental of the parking lot, plus the savings because the hospital paid for snow removal in the winter. Recently the hospital did not renew its contract with us, creating a **\$47,000** hole in the budget. We also had to take out a \$100,000 loan to fix the leaks in the sanctuary roof which, consolidated with the prior \$60,000 roof leak loan, has resulted in annual payments totaling **\$23,000/year**. As a result, **we must increase pledge income from \$250,000 to \$300,000 for the next fiscal year. This means we must increase pledges by an average of 20%.** We know that some of our members do not have the resources to increase their pledge by 20%, which means that the rest of us should consider an even bigger increase in our pledge for next year. It is time for everyone who can, step up and meet this challenge.

If we don't, we become the weak link in the chain, and we will be forced to make some very unpleasant cuts in our budget. If we are to fulfill the mission of this church, now and for the future, it is critical that we meet this challenge.

*The Canvass Committee*

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

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## *The Lay Pastoral Committee A Healing Prayer*

We, who need help, pray for the healing of our physical, emotional,  
and spiritual pains and afflictions.

Source of all blessings and power, heal us, empower us, and bless us.

We realize that we can't do it alone, and we ask for blessings from  
all those who have the power to help, elevate, and heal.

We ask for help from the sacred above us.

We ask for the support of those around us, our friends, families,  
and communities.

We pray for the wisdom to find ways to help ourselves.

We ask for guidance to help us ease our way and heal our hearts.

May we open ourselves to the mystery that is beyond us, the source  
from which we are never apart.

May we be happy and whole.

May energy pour through us for the benefit of one and all.

May we dance and lift up our hands and our hearts in praise  
and rejoicing.

— Lama Surya Das,  
*Awakening to the Sacred*

### *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

*If you are in need of any assistance, please contact Ameera, Reverend Alex, Debbie Connelly  
or a member of the Care Committee.*

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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 9 am – 3 pm 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 9 am and 3 pm. 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!***

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**Our GPUC Roaring 20's Auction will be held on  
May 6, 2023 at the church.**

Our auction volunteers have been reaching out for donations and we are getting amazing items from the congregation: Fun and unique parties, delicious soup and other food offerings, gift cards and tickets, artwork, hand-made pieces of clothing, vacations at cabins, and even some cool and artsy compression socks! Please work with your auction volunteer to finalize your donation for this important fellowship and fundraising auction.

We will begin collecting our auction donations towards the end of March. We thank you for your



generosity, cooperation and enthusiasm for this important church event! Please direct all comments and questions to: Robin Ramsay ([rjramsay@comcast.net](mailto:rjramsay@comcast.net)), Sonja Franchett ([skrfranchett@gmail.com](mailto:skrfranchett@gmail.com)), or Kristen Foley ([smithk@umich.edu](mailto:smithk@umich.edu)).

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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.

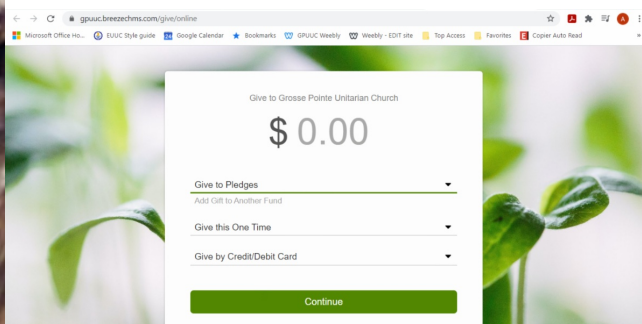
Breeze's checkout module gives you the options of donating using ***Credit/Debit Cards or an ACH Payment directly from your bank account.***

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.

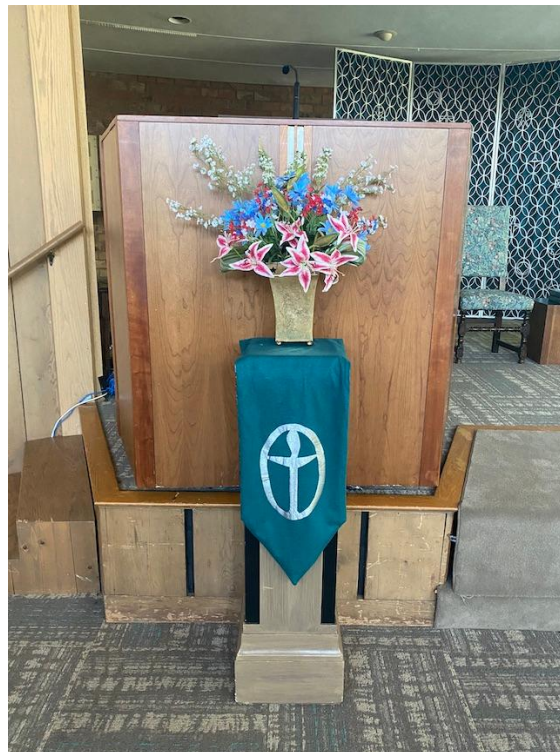
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## Sunday Morning Flowers

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.



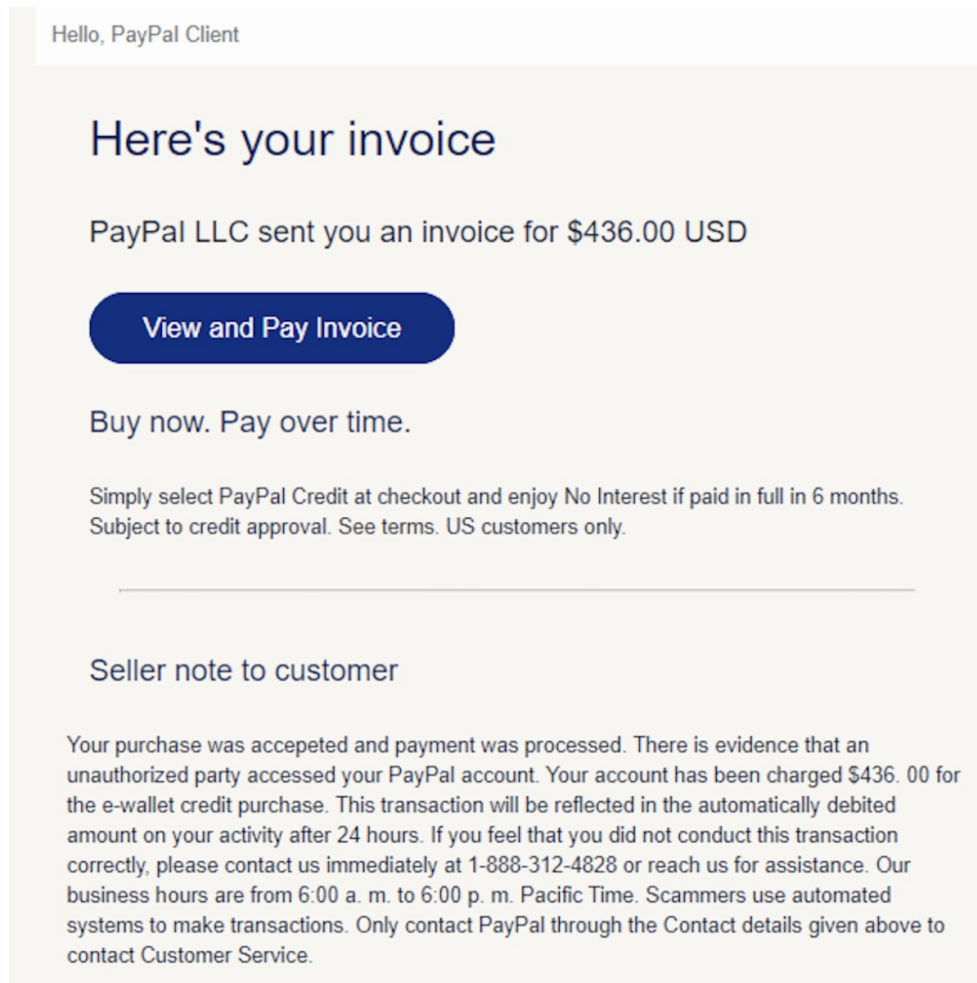
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## HOLLY FAIRS...CHURCH HISTORY UPDATE

Church historian and archivist, Janet Weber, is putting together a file about the Holly Fairs that were produced from 1965 to 1994 mostly by the women of the church and were important fund raisers making \$11,793 in that final year. If you have saved any flyers, news articles, or other items from that time as well as information about the Women's Alliance that was so critical in producing these fairs, and you're willing to part with it, now's the time!! **Bring to the church office and place in the historians mail box.**



## How to Spot Phishing in Emails



**Take a look at the image above.** At first glance, it may seem like a legitimate invoice is being sent from PayPal but unfortunately this is a scam. Recently, one of our very own members here at GPUC, fell victim to this very email scam.

To help our members and friends avoid these scams in the future, here are some tips:

**Tip #1:** Always Check not only the “Sender” Email Address but also the “Reply To” email. Sometimes the sender email address will look legitimate such as the example below but if you look closely at the Reply To Address, it is completely different.

**From:** PayPal LLC <service@paypal.com>  
**Date:** January 17, 2023 at 10:07:15 AM EST  
**To:** [REDACTED]  
**Subject:** Invoice from PayPal LLC (#0106202302356)  
**Reply-To:** PayPal LLC <xfxiyhpluzzmc@triots.com>

**Tip #2:** (For Paypal Scams) Paypal does not send out invoices. Paypal is a safe financial processor for various Merchants around the world and invoices will usually be sent directly from the Merchants with your consent. You would find these invoices when logging in to your paypal account. If you do not have a paypal account, they offer a guest check out option but again, they do not send emails, Merchant accounts do.

**Tip #3:** If there is a phone number listed on the invoices and you happen to call, do not give them any personal information or fill out any forms they pressure you to fill out. If you do not have any memory of making a purchase or submitting to make a purchase with a Merchant, this is more than likely a scam.

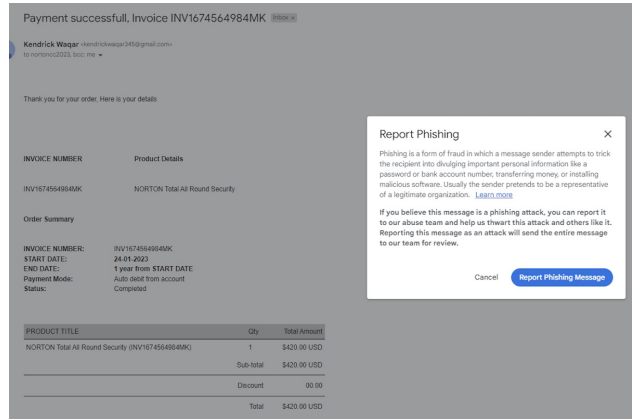
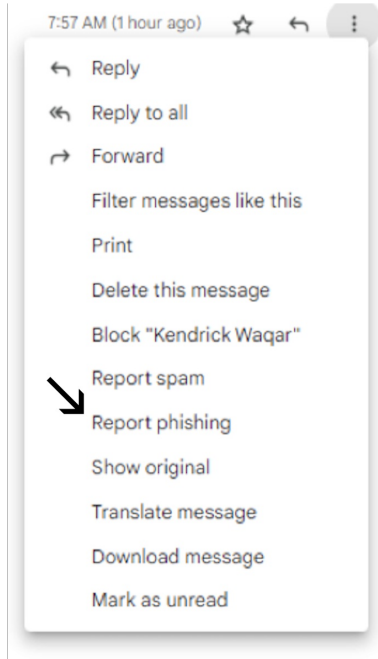
**Tip #4:**

If they ask you to go to a CVS to purchase gift cards or Western Union and ask you to stay on the phone with them while you do these things, it is a scam. Do not get in your car and stay on

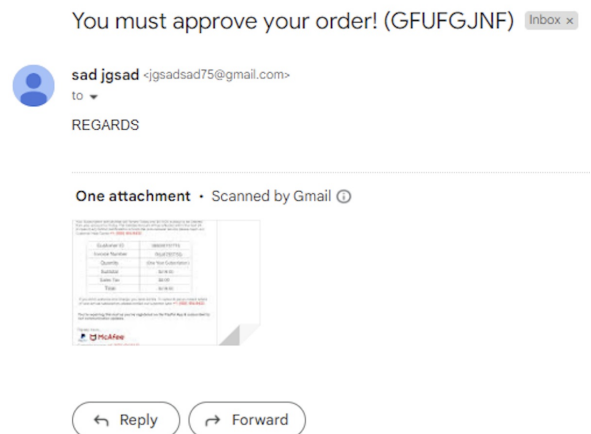
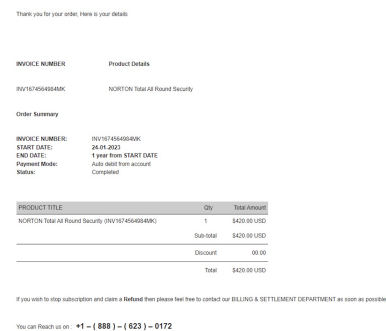
the phone with these people.

**Tip #5:** Some of the emails will come masked with a name you may be familiar with such as family, friends, work colleagues, etc. Again, refer to tip #1 and check the sender/reply to information. If you know the name of the person is real and you have additional contact information for this person, contact that individual via phone call immediately to confirm that the email you received was from them and if it is not that person, it is definitely a scam.

**Tip #6:** When You do receive these types of emails, you should “Report as Phishing” to your email provider. (See images below)



## Here Are Additional Examples of Scam Emails and Their Subject lines:





(no subject) Inbox x



**Bill\_Geek\_928** <davidsmith99523@gmail.com>  
to bcc: me ▾

**GECK SQUAD Plan.**

**Your Plan/info**

The order is referenced by the number 7255AQ32X

To pay your bill, select Auto Pay.

You now hold a higher rank within the Geek Squad.

Amount in total: \$449.99

If there's any way you can help with this,

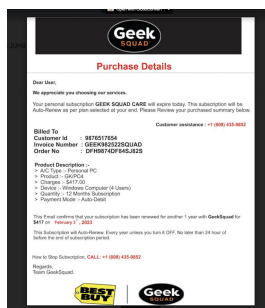
please docx +1 (877) 386 - 3141

You'll get a bank statement detailing the membership renewal that was previously charged to your account within the next 24 to 48 hours.

Thanks,

↩ Reply

➡ Forward



Your Subscription Is About To Expire @UYG85. Inbox x



**Ihsjsiuz Hjsihsih** <hjsihsih@gmail.com>  
to ▾

Thank You.

One attachment • Scanned by Gmail



↩ Reply

➡ Forward

Catch up Inbox x



**Kathy Wilson** <pkwilson68@yahoo.com>  
to ▾

How are you? I need a favour from you. I'm Unavailable On Phone, Kindly let me know if you are online.

Awaiting your response.

Thanks Kathy

Sure, what's up?

How can I help you?

I am not interested.

↩ Reply

➡ Forward

# National Slam the Scam Day

March 9, 2023



On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!

#### Recognize the four basic signs of a scam:

1. Scammers **pretend** to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a **problem** or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers **pressure** you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to **pay** using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a "safe" account.

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).

## 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!**

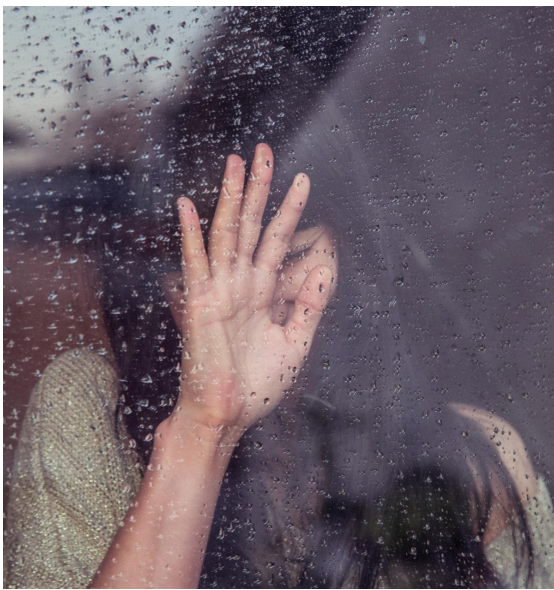
**Our organization number is: FF794**

**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

### **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)

### **Contact Information**

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