

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

May 2021

Newsletter Deadline

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

Friday, May 21st

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

Upcoming Services

In order to protect our congregation and do our part to slow the spread of the Coronavirus (COVID-19), all in-person church events, classes, meetings, rehearsals and workshops are suspended until further notice. The Resale Shop has decided to open but on an appointment only basis. To reach the church office please email officegpuc@gmail.com or leave a voicemail on the office phone 313-881-0420 ext. 10.

Worship services will 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 5, 12, 19, & 26.

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.

May 2, 2021

10:30 AM

Sermon: "Trust Thyself"

Worship Leader: Dr. Alexander Riegel

Worship Associate: Tonya Wells

Ralph Waldo Emerson was a Unitarian minister, essayist, and public speaker, best known for his Transcendentalist theology. He is also known for his theology of radical individualism. In this sermon, Dr. Riegel will reacquaint us with Emerson's radical individualism and also consider what happens when radical individualism slips from the realm of the theological into the psychological.

May 9, 2021

10:30 AM

Sermon: *"Mother's Reflections On the Meaning of Mother's Day"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: N/A

A few years ago, several members of our congregation spoke about the meaning of Mother's Day. This Mother's Day, Dr. Riegel will deliver a brief homily on the Divine Feminine, after which three members of our congregation will share their reflections on Mother's Day.

May 16, 2021

10:30 AM

Sermon: *"I-Thou"*

Worship Leader: Dr. Alexander Riegel

Worship Associate: Anne Roberts

Martin Buber was a secular Jewish Philosopher at the turn of the 20th century. He is most famous for his book, "I and Thou," which discusses two different types of interpersonal relationships: the egoic (which is rooted in subject-object) and the trans-egoic (which is rooted in subject-subject). Knowing the difference between these two types of interpersonal relationships and understanding their implications helps one to create a new model of what it means to "show up" in the world.

May 23, 2021

10:30 AM

Sermon: *"RE Sunday"*

Worship Leader: Julie Artis & Dr. Alexander Riegel

Worship Associate: N/A

We will have our second Religious Education Sunday on Zoom! Mark your calendars to hear our two graduating seniors Laila Panzenhagen and Irving Sendra share their Statement of Faith Projects. We will have a guest soloist and a slide show of what has brought our RE Families comfort this past year. We hope you stay on Zoom and go to the Annual Meeting right after the service. At 1:00 p.m. to 2:00 p.m. you can drive by the church and pick up an Ice Cream from our Ice Cream Cart!!! Our parents and students will be handing them out!! We celebrate our GPUC community that lift up the span of all ages.

May 30, 2021

10:30 AM

Sermon: *"In The Beginning, God Created...": a Kabbalistic Reading"*

Worship Leader: Rabbi Olivier

Worship Associate: Chuck Palmer

Our guest speaker on Sunday, May 30th, will be Rabbi Olivier BenHaim, a teacher of Jewish mysticism from Seattle who will unpack the Book of Genesis' Creation Story anew for us, through the lens of the Kabbalah. What will ensue will challenge us to understand the early verses of this story in a radically different way. It might cause us, at least, to reexamine our assumptions. At most, it might just change our life.

Alexander's Meander

"A Shout Out"



We are well over a year into this pandemic "thing" and the landscape keeps shifting. A month ago things were looking relatively positive. Your minister was even so naive as to think we might be able to start meeting in person again before summer arrives. Then came this most recent wave, hitting Michigan the hardest. So sadly, it is going to be a while before our beloved community can meet in our beloved building...

That said, and reflecting on the year plus behind us, I want to use this Meander as an opportunity to do a few shout outs to our hardworking lay leadership team and staff.

First off, our incredible Board, which has seen us through unprecedented times with great commitment, hard work, and competency. Every time a Board meeting ends here at GPUC, I leave that meeting reminded how lucky I am to be able to serve this congregation! **So, Board, HERE'S TO YOU!**

Next, I want to give a shout out to the three person Zoom team that has kept our Sunday service digitally afloat. Learning to Zoom was a steep curve and at this point in time, they make it seem effortless. **So, Zoom team, HERE'S TO YOU!**

Next, here's a shout out to our canvass team, which just completed the canvass drive for the 2021-22 church year. Raising funds under these conditions is no mean task. I am delighted and impressed that we are close to the mark! (This is also a testimony to how engaged and committed our entire congregation has remained!) **So, Canvass team, HERE'S TO YOU!**

Next is a shout out to our auction committee. They, too, have had a steep learning curve as they have transitioned our canvass to a digital experience. Quietly but assuredly, they have worked diligently to prep our upcoming auction event, which is a vital part of our fundraising efforts. **So, Auction committee, HERE'S TO YOU!**

Next is a shout out to our Lay Pastoral committee. This committee has worked with me all year to keep contact with as many people as possible, for pastoral needs but also just to let everyone in our beloved community know that we have not forgotten about you! (And, also, as a reminder, we are still here if you need anything from your minister or church community. Just tap on our digital doors...) **So, Lay Pastoral committee, HERE'S TO YOU!**

Finally (I have to stop somewhere), here is a shout out to our staff. Our D.R.E., Julie Artis, per usual, has performed above and beyond the call of duty this past year. Our Music Director, Joseph Palazzolo, has continued to dazzle us with his great talent. Willie has continued to keep the place sparkling clean (even though his hard work goes largely unseen these days). And our "new" (Can you believe it's already been a year?!) Office Admin. Ameera, has continued to provide a seamless transition in the office and provides a very welcoming presence. **So, staff, HERE'S TO YOU!**

In sum, because of the aforementioned, and for **MANY, MANY**, reasons more, I am reminded how lucky I am to be able to serve this congregation! **To one and all, then, HERE'S TO YOU!**

Be seein' ya round the virtual ben...

Alex

Religious Education News



We are finally in the month of May which casts her promise of spring's fulfillment! We can turn our attention homeward to our beautiful church, Grosse Pointe Unitarian Church. Our Religious Education Program is going to celebrate our church by planting a new Peace Pole on our grounds. What is a Peace Pole? It is an internationally recognized symbol of the hopes and dreams of the entire human family, standing vigil in silent prayer for peace on earth. Our Peace Pole will bear the message **May Peace Prevail on Earth** in different languages on each of its sides. There are estimated over 250,000 Peace Poles in every country in the world dedicated as monuments to peace.

Planting a Peace Pole is a way of bringing people together to inspire, awaken and uplift the human consciousness the world over. It is a wonderful project for any community, organization, or your home. They remind us to think, speak and act in the spirit of peace and harmony. A Peace Pole stands as a silent visual for peace to prevail on earth.

The Religious Education Program will have a Peace Pole Ceremony on Sunday, May 16th at 1:00 p.m. The power of the words, **May Peace Prevail On Earth** carry vibrations strong enough to inspire, heal and transform the human heart as well as the Kingdom of plants, animals and all creation. The words also bring together of all faiths, backgrounds, and cultures to embrace the Oneness of our planetary family. If you would like to know more go to

www.peacepoleproject.org

Religious Education Lessons

Sunday, **May 2nd, 1-3 p.m.** All classes are invited to Metro Beach for a tour with Shawn & Jen Grose.

Sunday, **May 9th**, please attend the Mother's Day Church Service at **10:30 a.m.** on Zoom.

Sunday, **May 16th**, Peace Pole Ceremony at **1:00 p.m.** on the church grounds.

Sunday, **May 23rd**, RE Sunday at **10:30 a.m.** on a Zoom Service, annual meeting right after the service and at **1:00 p.m.** an Ice Cream Cart at the GPUC parking lot. All members and friends are welcome to drive by and receive an Ice Cream.

Every spirit builds itself a house, and beyond its house a world, and beyond its world a heaven.

Know then that world exists for you. — Ralph Waldo Emerson

Julie Artis, Director of Religious Education

Join the GPUC Religious Education Program's

Puzzle Loan Library

Drop off 1,000-or-less piece puzzles that you are willing to loan.

Please put your name on them, or the word "donate." We are collecting puzzles now.

You can make an appointment with Julie Artis by emailing her at:

julieartis@hotmail.com

Appointments begin Jan. 4, 2021 to choose a puzzle.

Please take a picture of your completed puzzle and send to Julie or post to our Facebook pages.

Announcements, Upcoming Programs And Events



Grosse Pointe Unitarian Church
MAY DAY AUCTION
Many Opportunities to Participate!
Online Silent Auction
Tin Can Auction, Gift Certificates
from April 23, 2021 @ 5pm
to May 2, 2021 @ 5pm
Live Auction
May 1, 2021 @ 7pm
via **zoom**
Email registration required
Grosse Pointe Unitarian Church • 17150 Maumee Avenue • Grosse Pointe, MI 48230 • 313-881-0420

Don't Miss Out! May Day GPUC Online Auction Dates:
Silent Auction is on for two more days through May 2, 2021, 5:00 pm
Live Auction TODAY - May 1, 2021, 7:00 pm
Register below to be part of the fun!
charityauction.bid/mayday2021

Here is the Zoom link for the May 1st live auction @ 7:00 pm Eastern:

Join Zoom Meeting

<https://zoom.us/j/91559601502?pwd=bE42YzNDYXpMWmZaSk6eGhZZVE5UT09>

Gift cards for restaurants and shopping, themed baskets, vacation rentals, exercise equipment, special hand-crafted items for sale, outdoor dinners and parties, family games, books, music and ZOOM lessons - so many interesting and fun ways to connect with other GPUC members through our auction! MANY THANKS to everyone for their support of this important church fundraiser. Please contact Kristen Foley (smithk@umich.edu), Robin Ramsay (rjramsay@comcast.net) or Christy Winder (clwinder@gmail.com) with any questions.

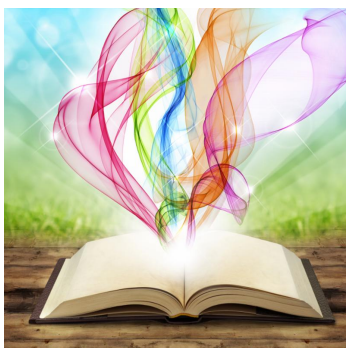
Since this is an online auction, the highest bid winners will be able to collect their winnings from the church.

Please plan to claim ALL auction items you have won from the Grosse Pointe Unitarian Church on Tuesday, May 4th or Thursday, May 6th, between 6-8 pm. Items need to be prepaid on the auction website, or a check may be delivered to the church at the time of pickup. If you have any difficulties with this arrangement, please contact one of the auction chairs above.

Yesterday, Friday, April 30th, an email blast was sent out with information regarding the auction including zoom

AUCTION EMAIL BLAST

Book Discussion Group To Discuss Book Selections & Readers for 21-22 Reading Year



Tuesday, May 18th, at 7 pm via Zoom

During this meeting Books and Discussion Leaders will be selected!

Book group members will receive the Zoom invitation the day of the meeting. If everyone can be on time to the meetings (they start at 7 pm), we can have a few minutes of socializing before the leader begins.

Those non-group members wishing to attend should contact Juli Moore: jdmoore1415@gmail.com

GPUC Resale Shop Used Bike Sale

Are you looking for a bike or do you have a old bike to donate? Now is your chance to get a bike or clear that old bike out of your garage and support the GPUC Resale Shop.

Recycle Reuse Repurpose a Bike for a Great Purpose

Please [click here to view all bikes](#) currently up for purchase.



Mark Franchett is now selling the bikes from his garage with all proceeds going to the GPUC Resale Shop.

If you are interested, please send him an email(mark.franchett@gmail.com) or call the phone number listed in the GPUC directory. From there, you can set up a time to stop by for a test ride. If needed, he can deliver the bike to your home if you are unable to fit the bike in your car.

Save the date:

This spring the **Annual Meeting** of the congregation will be **after service Sunday, May 23rd**.

The Board will be proposing an amendment to the church bylaws which will need to be voted on by the congregation.

BREEZE TEXT ALERTS

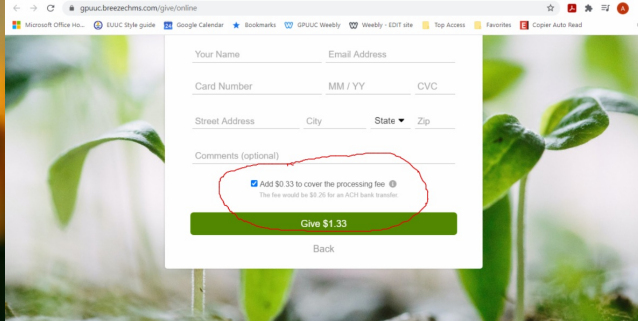
As many of you are aware, we have been utilizing Breeze for pledges, gift giving and fundraising but we've also been using it for another reason: Text Communication. Over the last few months, we've sent out text messages to alert congregants of upcoming events & programs with this past Thursday's Auction text being the most recent. If you are not receiving these texts and would like to begin, please send Ameera an email: officegpuc@gmail.com, with your cell phone number so you may be added to our database.

We also want to encourage all our committee heads to take advantage of the Breeze Texting tool as a way to send out alerts to members and friends to get them on board with your programs and events. You may do so by sending Ameera an email with what you would like sent out via Text Message. You have 160 Characters to work with, so be as direct as possible with your message that is to be sent out!

To Pay for Pledges or to Make a Donation to the GPUC Community, Please Visit

<https://gpuc.breezechms.com/give/online>

When paying online, 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.

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

Thank you!

Video Library From GA 2020

It has recently come to my attention that all of the sessions from last year's General Assembly are available to view for free. The UUA has created an on-demand video library including the worship services, Ware Lecture by Naomi Klein (author of This Changes Everything) and all of the workshops. There are a vast variety of workshops available to view, consider perusing the offerings via this link: <https://www.uua.org/ga/off-site/2020>. Click on "Showcase" right under the heading "On-Demand Video"

Russell Chavey

Looking to shop? Resale now accepting appointments!

After much deliberation, the resale has decided to open but on an appointment only basis. There will be no more than three (3) customers at a given time. Masks will be required.

If you want to take advantage of the great sales, please call Margo Bishop at (586) 778-2185 to schedule your date and time.

Good News...while the Resale Shop remains closed due to Covid-19, our on-line Ebay site is selling unique gift items and jewelry. New items are being added weekly. Need a gift? We may have it! The Ebay link, **gpannex**, is easily accessible through the link on the church website.

We are looking forward to seeing you happy shoppers!

Still haven't gotten your 20-21 Directory?

For those who have requested this years directory, they are available for pick up Mon-Tues-Thurs-Fri from 9:00AM-4:30PM or may be sent by mail.

Please contact Ameera if you would like to receive your copy.

For our members: The directory is made available on our website in the "members only" section and will be updated through the year as changes are made.

Thank you!

ENTRY BY APPOINTMENT

To limit the spread of Covid-19 and with the health of our congregants in mind, we are requiring all entry into the facility to be by appointment only. We ask our members to please call (313) 881-0420 ext. 10 or e-mail officegpuc@gmail.com to schedule an appointment. Upon entry to the building, we require all to sign in and fill out a Covid-19 screening form. We appreciate you all very much and will continue to do our best to keep you all informed of any procedures we are implementing.

Thank you! - **Ameera Bandy**

Crossroads East: Second Sunday Food Share Ongoing

Despite church being online only, GPUC is still collecting contributions of food and toiletry staples for Crossroads East. If you are in a position to help, your donations of nonperishable items are gratefully accepted at church. We are also still purchasing produce, milk, bread, and eggs, so if you prefer to donate monetarily that is also extremely helpful.

Thank you for your continued support of our community.

Spiritual Advice in the Age of Coronavirus

Dr. Riegel has posted videos on the theme, "Spiritual Advice in the Age of coronavirus."

You may view his video post on our GPUC Facebook page, at this link: <https://www.facebook.com/Grosse-Pointe-Unitarian-Church-134606831714/> (You will need to scroll down a bit.)

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.

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

Weekly Gentle Yoga Session

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

Carol Guither offers a 60 minute weekly Gentle Yoga session via Zoom every **Thursday from 4:30PM-5:30PM**, as long as there is interest.

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. Feel free to use a chair instead of the floor.



Photo by [Avrielle Suleiman](#) on [Unsplash](#)

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.

Thursday, May 6, 13, 20 & 27

By clicking the link below, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Carol Guither / Jackrabbit LLC and Grosse Pointe Unitarian Church.

Join Zoom Meeting

<https://zoom.us/j/845443715?pwd=ZzJlcTdvK0xZalFsQWxDaXJSYzNmUT09>

Healing Clinic and Meditation

**ONLINE Healing Clinic and Meditation
First & Third Thursdays of the month
May 6th and 20th 7-9PM**

The Clinics have changed to an online format for meditation and distant healing. Pranic Healing is a no-touch therapy, therefore distant healing is possible through the principle of oneness.

Join us for this online Zoom community event 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 using the universal Prayer of St. Francis of Assisi. Then Pranic Healers offer mini healing sessions for relief from physical and/or emotional issues.

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>

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

To receive Zoom event scheduling info via email or for questions please contact: Carrie Viviano, Pranic Healer/Intro Leader, carrie@pranichealing.com or (586) 943-4404

Contact Information

Grosse Pointe Unitarian Church

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