

*Unconditional Love*  
**Grosse Pointe**  
**Unitarian Church**  
*Radical Inclusivity*



**Welcome! You have found a beacon of liberal religious and spiritual exploration serving  
the Grosse Pointes and the surrounding east side communities.**

**Reverend Mitra Rahnema**

## November 2023

### DECEMBER 2023 NEWSLETTER DEADLINE

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

**November 21 - 27**

Submit items to the newsletter email address: [newslettergpuc@gmail.com](mailto:newslettergpuc@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,  
November 3, 10, 17 and 24 at 4PM.**

#### **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.

[Click Here For Current COVID 19 Policy](#)

## Note from the President from the Board of Trustees

Hello Beloved Community,

As you are aware no one has stepped forward to chair the Adult Religious Education Committee. This has been a great concern to me and Ann Helm, the chair of the Leadership Development Committee.

After discussing the situation with the Leadership Development Committee and consulting with Rev Mitra, we feel that for this year the position will remain unfilled. Rev Mitra has a great deal of work for the congregation to do to prepare for the settled ministry search which we believe will take much of our time and effort.

One idea which was put forward, that will depend upon the congregation's engagement, is to offer an "A La Carte " program where a member can come forward with a program that they feel would benefit the congregation. The member will be responsible for organizing, publicizing, and executing the program. It is an idea for providing additional adult programming for the church.

During our congregational meeting in September, I made a request for members interested in serving on an interim search committee to please come forward. I am repeating the request. We need to prepare for next spring to participate in the Unitarian Universalist Association search process. We do not want to wait and have to scramble in the spring. Please email me if you have interest in this important project .

Sincerely,

Ann Lipsitz  
President  
Board of Trustees

## Upcoming Services

**November 5, 2023**

**10:30 AM**

**Sermon:** *"The Freedom to Receive"*

**Worship Leaders:** Rev. Mitra Rahnema

**Worship Associate:** Miriam Engstrom

This month we will explore the Five Smooth Stones of Religious Liberalism put forth by theologian James Luther Adams. Today's service explores the first two foundations of liberal faith; continuous revelation and the freedom to consent.

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**November 12, 2023**

**10:30 AM**

**Sermon:** *"A Moral Source"*

**Worship Leader:** Rev. Mitra Rahnema

**Worship Associate:** Michelle Scobie

Today we continue to explore the five smooth stones of religious liberalism by James Luther Adams. The foundational touchstones are the moral call for a just and loving world



and ways we can make good things happen. Come root yourself in liberal faith!

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**November 19, 2023**

**10:30 AM**

**Sermon:** *"Attitudes of Hope"*

**Worship Leader:** Rev. Mitra Rahnema

**Worship Associate:** Chuck Palmer

Today we complete our exploration of the five smooth stones of liberal religion outlined by James Luther Adams. Let us reveal the sources of hope. Come collect all five stones!

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**November 26, 2023**

**10:30 AM**

**Sermon:** *"Glass Half Full"*

**Worship Co-Leaders:** Michelle Scobie and Meghan Boomhower

Linda Lawrence has quite the collection of favorite literary pieces and quotes featured in this service, focusing on looking at the world with hope and celebrating the beauty of the little things. Michelle Scobie and Meghan Boomhower will co-lead this service integrating the selections of Linda and reflecting on the joys found in friendship, the wisdom of Winnie the Pooh and the glimmers in life that make it sparkle.

## **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!**

## **Mitra's Musings**



GPUC,

The month of Thanksgiving reminds us about gratitude. Finding things to be grateful for opens our spirit. Remembering what we are grateful for softens our hearts.

Expressing our gratitude humbles us.

Being grateful expands our love.

Let us all take extra time this month to be grateful. Write a card. Send an email. Make a call – just to say thank you for the support, love, encouragement. Thank you for making the world a better place.

As I look at November, I see the church buzzing with activity. Things like Spaghetti Lunch, visitor orientation, Fall Grounds Clean up, church potluck, choir, Fireside Chat... oh my! Also, in worship, I am planning to focus on the roots of liberal faith, so we can be reminded as we head into the holiday season. It is an exciting month with so many good plans. I hope you will find one or two things you can participate in – and join in the community

building.

In addition, if you want to schedule a meeting with me (in person, phone call, zoom), or put your committee meeting on my schedule, please contact Ameera Bandy, our Church Administrator. She is managing my calendar and will make sure we find time together. You are welcome to reach out for pastoral conversation, informational or coordinating meeting, or some other reason. Ameera is much better at email/phones and will be easier to contact for scheduling. Ameera is in the church office Monday-Friday 9am - 3pm. Email: [officegpuc@gmail.com](mailto:officegpuc@gmail.com). Church phone: 313-881-0420. Of course, you can email me at: [mitraingp@gmail.com](mailto:mitraingp@gmail.com) – but if it is not confidential, I might ask Ameera to help out.

I am grateful for the Grosse Pointe Unitarian Universalist Church and look forward to November fun!

*Rev. Mitra*

## Covenant Letter

Dear GPUC Members and Friends,

Over the last few months Rev. Alex and I have been working on a covenant with one another. I understand our ministries are very different and I have care and respect for that difference. A covenant is a common tool made between ministers when there is a transition. I share it with you because I love this congregation and I am committed to the health of the community.

Take a read below. If you have questions, concerns, or just want to chat about it – or anything else – come to the Fireside Church Chat on November 16th at 6:30pm.

### **A Covenant between the Reverends Mitra Rahnema and Alexander Riegel 2023-2024**

At the end of July 2023, Reverend Riegel ended his ministry at Grosse Pointe Unitarian. Since then, Mitra and Alex have been in conversation about GPUC's transition. They will continue to be in consultation about the health of the future ministry at GPUC, as needed.

Being in fellowship with the Unitarian Universalist Association as well as members of the Unitarian Universalist Ministers Association, Mitra and Alex currently adhere to a professional code of conduct. In addition to those professional guidelines, we have created a covenant we want to share with the congregation. We have agreed:

All ministerial roles or duties with any congregant and their families are the responsibility of Mitra, as the congregations' current Consulting Minister. All services, such as weddings, memorials, worship, blessings, pastoral care, or pastoral counseling will be directed to Mitra.

In an effort to maintain our professional care for the congregation, Alex will not initiate contact with members, friends, or staff of the congregation. In return, Alex asks that members not contact him about congregational matters but if so contacted, he will not engage in that topic and instead direct people back to Mitra. Congregational matters aside, Alex will also inform Mitra about any interactions with congregants. (Please note that this is standard protocol upon the departure of a minister from a congregation.) In sum, we agree that all ministerial authority and decision making is the responsibility of the current minister.

This covenant comes with deep recognition of the needs of a congregational community facing a ministerial transition. These needs include:

- Community time to experience and mourn the loss of a former minister;
- Space to consider the new identity, direction, and purposes of the congregation;
- Shifts in decision making process;
- The welcoming of new ministerial (pastoral, administrative, and prophetic) leadership, beginning with the Consulting Minister and continuing by building deep

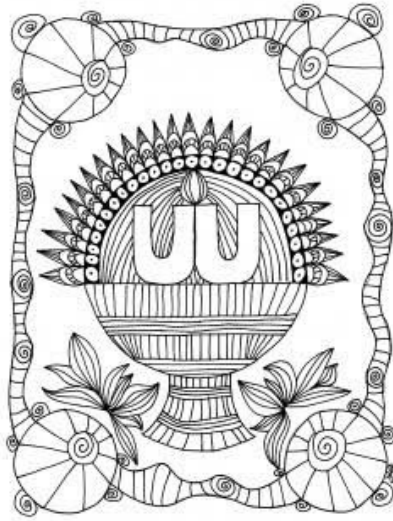


trust with a newly settled minister.

We both are wanting the best for the Grosse Pointe Unitarian Universalist Community and therefore make these agreements with love.

*Alex Riegel and Mitra Rahnema*

## Religious Education News



The holiday season is beginning and the first of many holidays is Thanksgiving. This is my favorite holiday of the year. Thanksgiving is a time of gratitude, thanks, blessings and giving to others. I love this post on Facebook from **12 Tomatoes** that I would like to share with all the parents. A mother writes in her journal:

GRATEFUL FOR.....

1. Early wakeups = Children to love.
2. House to clean = Safe place to Live.
3. Laundry = Clothes to wear.
4. Dishes to wash = Food to eat.
5. Crumbs under the table = Family meals.
6. Grocery shopping = \$ to provide for us.
7. Toilets to clean = Indoor plumbing.
8. Lots of noise = People in my life.
9. Endless questions about homework = Kid's brains growing.
10. Sore and tired in bed = I'm still alive!



All students and their families are asked to attend the Juniors' Spaghetti Lunch on Sunday, November 5th right after church. The funds from the Spaghetti Lunch will go towards events for the Jr/Sr students. **Tickets are available online, in the lobby before and after church**

and at the door on November 5th. Adults tickets are \$12. Students 10 years old and under are \$8. This is an afternoon of fun, good food and fellowship. See you all on Sunday, November 5th.

### **The students are looking for sponsors!!**

We want to start the meal with a zero debt. If you would like to sponsor the lunch you can help by sending a check to cover the salad materials for \$130, the sauce for \$100, bread & pasta for \$60, beverages for \$40 and dessert for \$40. Please support our students by attending the event with your family and friend

### **Religious Education Lessons**

Permission sheets will be sent out for your student to participate in our holiday pageant. It will be presented on Sunday, December 17 at 10:30 a.m. This year our pageant will be "One World, One Light" UU style.

The GPUC nursery will be open at 10:15 a.m. every week for our very young UU's.

### **Dates to Remember**

**Sunday, November 5** – Spaghetti Lunch right after church

**Sunday, November 12** - start in church, classes, and then Fall Cleanup, Seniors will be selling chili

**Sunday, November 19** - RE Committee meeting, 9:15 a.m.

**Sunday, November 19** – Sustenance Service, All Family

**Sunday, November 26** – practice "One World, One Light" UU style

This DRE is Grateful for the students, parents, GPUC Board, Rev. Mitra, congregation, staff and my family and friends. May each one of you have a wonderful Thanksgiving of stories, family, friends and love and trust in your holiday season. Let it begin.

*Peace,*

*Julie Artis,*

*Director of Religious Education*

[\*\*Click For The Spaghetti Lunch RSVP Form\*\*](#)

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# Hire a Teen



Do you have a task too much for you and need help?

Do we have the help for you!

Contact Julie Artis at: 313-590-2464

[julieartis@hotmail.com](mailto:julieartis@hotmail.com)

**\$20.00 hr**

Christmas Trees



## **Fresh, 6-7 Foot Tall Fraser Fir Christmas Trees!**

Available For The First Time Through The  
Grosse Pointe Unitarian Church

17150 Maumee Ave  
Grosse Pointe City  
Corner Of Neff And Maumee

*Put Some Green Into Your  
Holiday Season. These Trees  
Are Fresh, Fragrant And Will  
Be A Delightful Addition To  
Your Holiday.*

**The Competitive One-Price-For-All is  
\$60.00, If Purchased Sight Unseen- By  
Phone Or On-Line, Before Thanksgiving  
Day. Pickup Available As Of Friday,  
November 24th.**

After Thanksgiving Day, Trees Will Be  
Available For Viewing And Choosing In  
The Church Parking Lot. **\$80.00 One-  
Price-For-All After Thanksgiving Day.**

Local Delivery Is Available For An  
Additional \$10.00 Per Tree.

**Reserve Your Tree Today By Calling  
313-881-0420. You Can Also Reserve  
On-Line At [WWW.GPUUC.ORG](http://WWW.GPUUC.ORG) -Or  
Simply Stop By After Thanksgiving Day  
And Pick The One You Like Best.**

All Profits From These Christmas Tree Sales Go To  
The Grosse Pointe Unitarian Church.

**Best Wishes For This Holiday Season!**



**Click here to order a Christmas tree**

### **RE REGISTRATION 2023-24**

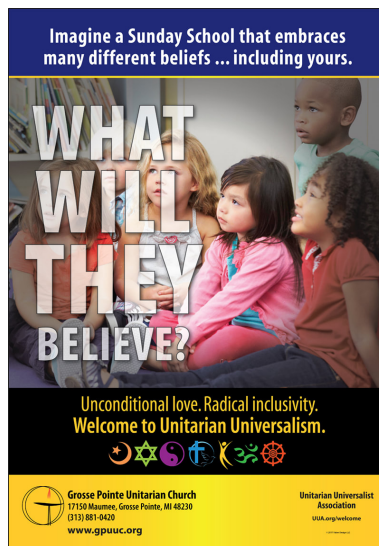
It's that time of the year to register your students for GPUC's Religious Education Program. Since 1963, we've been providing our students with a well rounded Religious Education. Let us tend to the spiritual lives of our children together!!

For more information, please email our Director of Religious Education,  
Julie Artis: [julielartis@gmail.com](mailto:julielartis@gmail.com).

Thank You!

**Click Here For RE Registration Forms**





## Announcements, Upcoming Programs And Events

### ***Newcomers...*** **New UU Meeting and Lunch** **November 5th**

There will be a Newcomers meeting, a New UU get-together, on Nov. 5th, at 11:45 A.M. in the church library, right after the service. All are welcome! We can share stories about how our life journeys all ended up meeting at GPUC. You can learn more about our church programs and religious education, as well as our spiritual and learning community. Ask any questions you may have for Rev. Mitra Rahnema or other long-time church members.

After about an hour, we will walk to the Annex for a special church social spaghetti lunch, prepared by our Religious Education students for the congregation. Child care will be provided for the meeting and children are welcome to be part of the lunch.

We hope to see you on Nov. 5th! Please RSVP your "yes" attendance to our office administrator, Ameera Bandy, at [officegpuc@gmail.com](mailto:officegpuc@gmail.com).



### **Spaghetti Lunch** **Sunday, November 5**

All students and their families are invited to attend the Juniors' Spaghetti Lunch on Sunday, November 5, right after church. The funds from the Spaghetti Lunch will go

towards events for the Jr/Sr students.

**Tickets are available online, in the lobby before and after church and at the door on November 5th. Adults tickets are \$12. Students 10 years old and under are \$8. Gluten Free option is available!**

This is an afternoon of fun, good food and fellowship. See you all on Sunday, November 5th. The students are looking for sponsors!! We want to start the meal with a zero debt.

If you would like to sponsor the lunch you can help by sending a check to cover the salad materials for \$130, the sauce for \$100, bread & pasta for \$60, beverages for \$40 and dessert for \$40.

Please support our students by attending the event with your family and friends.

[Click Here to RSVP](#)



**REMINDER: Turn your clocks back Sunday, November 5th**



The poster features a background of autumn leaves in shades of orange, red, and yellow. At the top, an orange oval contains the text 'Come join us for an afternoon of crisp autumn air and a little hard work with your fellow GPUC'ers'. Below this, the main title 'GPUC FALL GROUNDS CLEAN UP' is written in large, white, outlined letters. The date '11.12.23 (SUN)' and 'FOLLOWING SUNDAY SERVICE' are also in white. A white box in the middle contains text about seniors selling chili. A thick orange line separates this from the bottom text, which is in brown. The entire poster is framed by vertical borders with colorful geometric patterns.

Come join us for an  
afternoon of crisp autumn  
air and a little hard work  
with your fellow GPUC'ers

# GPUC FALL GROUNDS CLEAN UP

11.12.23 (SUN) FOLLOWING  
SUNDAY SERVICE

RE SENIORS WILL BE SELLING \$4 BOWLS OF  
MEAT AND VEGAN CHILI TO EAT ON SITE  
AND/OR TAKE TO GO!

**Bring your raking and trimming  
skills! We will have equipment but  
feel free to bring your own rakes,  
trimmers and gloves!**

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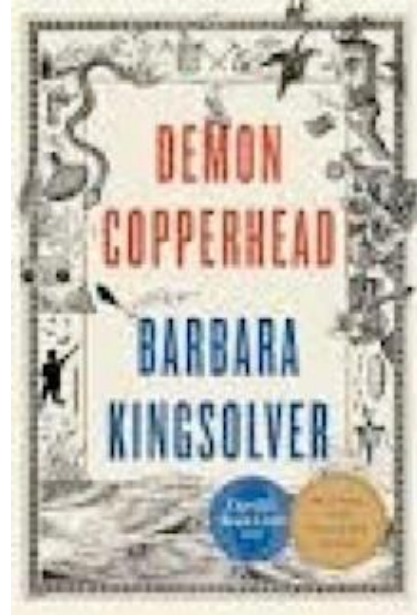
## **Book Discussion Group News Tuesday, November 14, at 6 p.m.**

We will meet to discuss *Demon Copperhead* by Barbara Kingsolver on Tuesday, November 14th, in person at the church Annex at 6 p.m. Christy Winder will facilitate.

Check the church website for the 2023-2024 schedule of books for the rest of the season. Meetings are held on the second Tuesday of the month.



Everyone is welcome. For more information, please contact Kathy Kuehn ([kgkkuehn@gmail.com](mailto:kgkkuehn@gmail.com)).



[Click Here For The 2023-24 Reading List](#)

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**Fireside Chat hosted by Rev. Mitra  
Thursday, November 16 at 6:30PM**

**Let's Fireside chat!**



**Let us talk, listen, and maybe even laugh a little.**

***Once a month: Thursdays, Nov. 16th, Dec. 14th, 6:30 - 8pm in the gallery.***

Do you want to talk about what's happening in the church, or what the minister is thinking about, or Unitarian Universalist faith, or things happening in our larger community? Do you have questions, comments, or concerns to lift up? Come share what is on your mind and/or ask questions at this informal evening community conversation.

Rev. Mitra will bring a bottle of wine to share — feel free to bring something too.

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Grosse Pointe Unitarian Church



**THANKSGIVING POTLUCK**  
**SUNDAY, November 19, 2023**

Come celebrate with our beloved Church friends!

The Fellowship Committee will provide ham, pumpkin pie, cider, coffee, tea & water.

**Bring one of the following:**

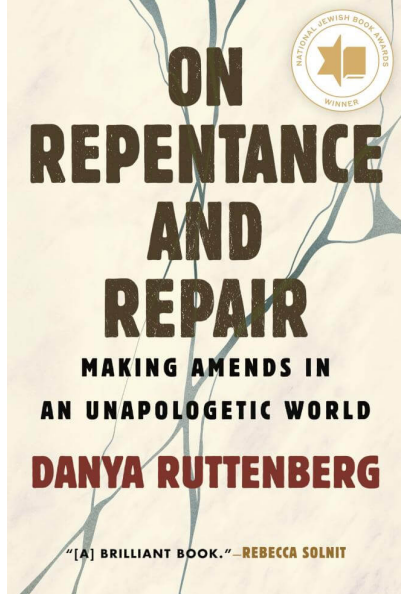
- Main dish, side dish, bread and spread, or dessert.
- (No warming trays will be available so please package food accordingly.)
- Please indicate if your dish is gluten free, vegan vegetarian or contains nuts.
- Wine will be permitted. If desired, bring a bottle to share with your table mates.



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**UU Common Read begins Fall 2023**

This Year's UU Common Read "*On Repentance and*



*Repair* proposes a practice of accountability for hurt we may cause in our relationships, our communities, or as part of global/systemic harms.

Rabbi Danya Ruttenberg's book shares wisdom based on the 12th c. writings of Maimonides.

Find Workshop 1 and more resources for this Common Read at <https://www.uua.org/read>

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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 themes are **announced weekly on Wednesdays.**

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, November 2, 9, 16, & 30**

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## Lay Pastoral

*As we enter this Season of Thanksgiving let us remember to hold one another close in mind and heart.*

*The care committee is here for you and anyone in need of assistance. Please contact a committee member when a need arises.*

*Blessings to all from the committee:*

Debbie Connelly, Chair

Margo Bishop

Susan Boynton

Karin Garrett

Carol Ghesquiere

Susan Hartz

JoAnn Kelly

Linda Lawrence

Mary Morshead

Kathleen Ruhl

Joy Spurr

Janet Weber

MAY THE WARMTH OF  
THE HARVEST FILL  
YOUR HEART THIS  
SEASON

YOU ARE SPECIAL TO  
OUR CHURCH  
COMMUNITY AND  
WE WOULDN'T BE  
COMPLETE WITHOUT  
YOU!



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## RESALE SHOP NEWS!!!

We would like to remind all donors that **weekly donations are limited to two small boxes OR two small bags**. We especially need donations of household items, treasures and trifles. We are open on Wednesdays, accepting merchandise from 9AM – 2PM. The sale rooms are open from 10AM – 3PM. ***Come visit us!***

## RESALE SHOP NOW ON SOCIAL MEDIA

We decided it's time to have our own Instagram account

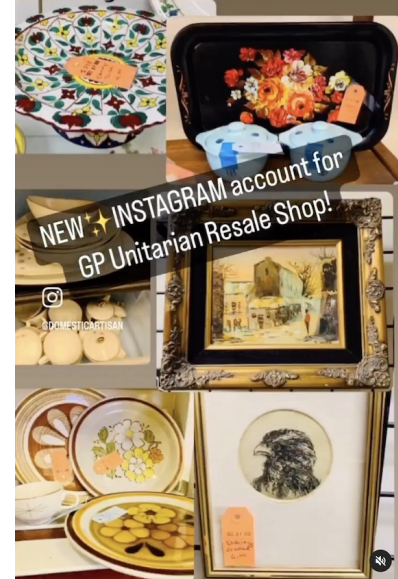


where we'll be able to feature vintage & seasonal displays, special event days, monthly bag day in the clearance room, and much more!!

**Volunteer Christina initiated this account and has currently achieved 153 GP Unitarian Resale Shop followers!!! Thank you Christina...you ROCK!!!**

*Follow so you don't miss a thing at this great space in our community!!!*

**My faves in the shop today! 8 rms. 10-3**



[Click For Important Guidelines ...](#)

[Click to find us on Instagram or Scan the QR code below](#)



### **Coffee Volunteers Needed!**

Need is high for volunteers to sign up to make the coffee and tea we all enjoy after service.

Current openings include making coffee and/or clean up.

If you are a new volunteer, pick a date and an experienced congregant will show you the ropes.

Call Kathy Konwiak if you need more information, Thank you.





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## Do you enjoy singing? Well, GPUC's newly reformatted adult choir wants YOU!

Do you want to spend your precious free time with generally nice, kind, fun, and like-minded folk? Well we do, and we also share the love of performing music together!

That's right, GPUC's very own church choir is just that! We all are good people who enjoy singing together and performing for our great congregation every few weeks! Please come and join this wonderful group of choristers!

We rehearse on Thursday evenings at 7:00 p.m. in room #2, the purple room, of the R.E. Wing of the church. We love having Kayvon Kashani-Gharavi as our new, enthusiastic Choir Director! You're sure to meet some old and new friends in this choir. We have a terrific time together! But we certainly could use your voice to buffer our choral sound!

Questions? See or contact Birdi Hansen-Marr at 586-696-4529.



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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.***

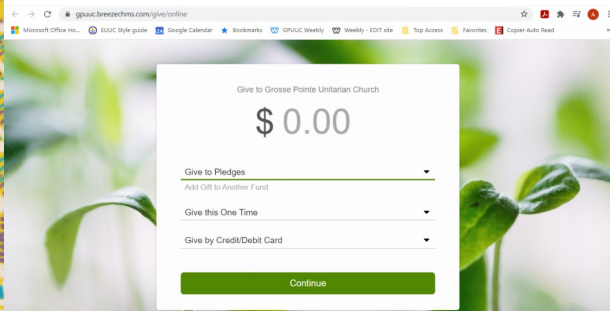
Upon checking out, ***Breeze will give you the option to cover the processing fee.*** The processing fee will provide you with credit towards your total tax-deductible giving for the year and will help us retain every bit of your donation.

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!](#)

## 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.

## Sunday Morning Flowers

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.



## 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**

**Grosse Pointe Unitarian Church**

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

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

**Phone: 313-881-0420 Fax: 313-881-6430**

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

**Website: [gpuuc.org](http://gpuuc.org)**

**Editor: Kathleen Ruhl [newslettergpuc@gmail.com](mailto:newslettergpuc@gmail.com)**

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