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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

# September 2023

### **OCTOBER 2023 NEWSLETTER DEADLINE**

Mark your calendars and please submit your contribution to the next newsletter by Thursday, September 21st

Submit items to the newsletter email address: 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, September 1, 8, 15, 22 and 29 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

### A Word From Ann Lipsitz, President, Board Of Trustees

I hope all of you have enjoyed and appreciated the beautiful summer we have enjoyed these past months. Paul and I just returned from visiting our family for the past two weeks. On Sunday, I was in our lovely sanctuary sitting with our congregation and I felt I had truly arrived home.

I enjoyed engaging and thought-provoking services all summer and I want to recognize our worship associates for their outstanding work in putting together our summer services. Please take the time to thank the members personally and all those members who contributed to the service.

The board of trustees met on Tuesday, August 29 at 7:00 PM in the church library for its August meeting. In September, the meeting will be September 19th. All members of the congregation are welcome to attend.

This Spring at the annual meeting we had two committee chair positions that went unfilled. I have the grounds committee chair position filled, but we still need an Adult RE chair. This is an important role, please consider taking on this assignment. The board is also looking for someone to join the Leadership Development committee. Our church operates through volunteers and we cannot function without everyone's help.

Covid, it is still with us. The board recently updated our Covid policy to include, *"if you have tested positive for COVID and recently attended a church event, please notify the church office so we can make the congregation aware of possible exposure".* 

Mitra Rahnema is coming! Her first Sunday is September 10. I have had several members request Mitra's email address. Mitra has already reached out to several committee chairs and members, but she has asked for her email address not to be shared until she has arrived as she is now engaged in a lot of planning for the coming year and busy with the move. Please be patient.

We have many wonderful events coming this fall, but I want you to be especially aware and hope you will attend the Detroit Metro UUA picnic on Saturday, September 23 on Belle Isle. There are flyers in the foyer, and we have put the notice in the congregation blast. I would love for us to be fully represented at this event.

This past spring, the church has been very engaged in locating individuals and businesses in our community to rent space in our building for instruction and various programs. In addition to Wild Child Play School, we will have a variety of concerts, weddings and programs active in our building. This brings additional rental income and increases our visibility in the community.

With all this activity, please open and read all the communication that comes into your email box. I do not want you to miss any of our excitement this Fall.

*Please mark your calendars to Welcome our new minister, Rev. Mitra Rahnema on Sunday, September 10, 2023, at 10:30 a.m. To get a sense of Mitra, check out her 'Ambiguity' article, which is taken from our GPUC Facebook page.* 

### A Message from the Sunday Service Committee (Worship Associates)

### Hurrah for Our Summer Services!

With the departure of our Minister, Dr. Riegel, we have had great luck with members of our beloved community stepping up to provide summer services. A big thanks to the following congregants and guests who have preached this summer:

- Anne Roberts
- Carol Guither
- Meghan Boomhower
- Sam Smith
- Paul Lipsitz
- Jerry Herron
- Tonya Wells
- Maurya Kay

In upcoming services, we will hear from:

• A selection of musical members of our community, led by Anne Roberts and Jeremiah Hess

Please join us for this upcoming services.

### **Upcoming Services**

### September 3, 2023

### 10:30 AM

Sermon: "Musings and Music"

Worship Leader: Jeremiah Hess & Anne Roberts

### Worship Associate: Carol Guither

This service will highlight the talent in our community as well as contemplative words about music. Join us as our musical students and adults play beautiful music, interspersed with spiritual words about the music.

### September 10, 2023 10:30 AM Sermon: "Introductions"

Worship Leader: Rev. Mitra Rahnema

### Worship Associate: Anne Roberts

Introducing ourselves and others can be one of the most anxiety-provoking things we do. Yet, that is how we begin a relationship. Today, Rev. Mitra will (re)introduce herself as she begins her 2023-2024 interim ministry.

### 10:30 AM

Sermon: "Recalculating" Worship Leader: Rev. Mitra Rahnema Worship Associate: Miriam Engstrom

Tis the season to recalculate and begin again. With the arrival of Rosh Hashanah, the Jewish New Year, let us explore the days of awe, acts of introspection, atonement, and the reforming of our hearts and minds for the coming year.

### September 24, 2023 10:30 AM

Sermon: "Libraries and our UU Values" Worship Co-Leaders: Jessica Keyser and Michelle Scobie Worship Associate: Michelle Scobie

Just as we have our Seven Principles in Unitarian Universalism, libraries have core professional values that guide our work as individuals and organizations. These values are clearly outlined by the American Library Association in The Library Bill of Rights, which interestingly, has seven guiding principles. We will explore how these principles often intersect, and how these shared values can be put into action.

### Can't make Sunday Service? Recordings are made available on our website. Visit <u>www.gpuuc.org/virtual-services</u> to watch at any time!

### **Mitra's Musings**



Hello Grosse Pointe Unitarian Universalists!

Mitra here! For those of you I have met - I very much look forward to seeing you again. For those of you who are wondering "what is all this talk about a Mitra" - I look forward to meeting and getting to know you. And for those who have never been to the church (such as spouses, lurkers, strangers, friends of friends) now is the time to show up and let yourself be known – because all of you are loved!

Yes, after 10 years, I am coming back to Pure Michigan. I'm thinking Grosse Pointe has a hold on me because yes, I am surprised – and excited. I have changed over the years. I

know you have too. So has the world. I suppose it's time to revisit and catch up?

I also know the congregation has had a rough go of it the last few years. I imagine there are many mixed emotions and torn hearts. I too, in the last few years, have had a rough go of it. Therefore, I hope to join our heavy-hearted journey's together toward expressing and maybe even mending what was broken.

I hope you will tell me about what you have been through. I hope to make transparent the workings of congregational life. I hope we can remember why church life matters. I hope we will come together and invigorate new hopes for ourselves, our communities, and our faith in

the world.

This year will be a bit different. Here is some basic calendar information: **I will be in town Sept. 9th - 17th.** During this week I will be:

- Leading worship. Orientating myself to the office. And meeting with leaders in the congregation.
- Tuesday the 13th between 2 5pm will be open office hours. Anyone is welcome to drop by for a short meeting. If you would like a longer meeting or pastoral meeting we might need to schedule it for another week.

Additionally, our Board of Trustees will be hosting a Meet and Greet gathering on Wednesday the 14th from 4 - 6pm. Everyone is welcome to drop by, say hello, and tell me a story about yourself. There will be beverage and light snacks.

I return October 1st and will be in town through December 2023. January/February 2024 I will be in Portland, OR – working part time online to offer institutional support and planning. March – May 2024 I will return to Grosse Pointe to be with you in person.

I know it is a little different of a schedule – but this is what made it all possible – and we can make it work. There is a lot of possibility ahead – let us discover what that is – together. See you soon!

With love, Mitra

### **Religious Education News**



Welcome to the 2023-24 Religious Education Program! We are creating new ways to learn and be together. We will be holding classes in person, outside, and we will go on field trips. We have a resilience we did not know we had. We are UU's and we can do this. I know we are living with tremendous uncertainty about life and what life will be like next year again and what our church will be like. Most of all I have adjusted to being flexible and grateful for our church family and ways to stay together. We will welcome a new minister, Rev. Mitra Rahnema with open arms.

Parents, I do need your help. This is what you can do: teach classes, record stories, write lessons, help with care packages and art projects, and help find stories. The first RE Committee parent meeting is September 17 before church in Room 7 at 9:15 a.m.

Our classes are designed as a three-year pillar system, beginning with Unitarian Universalism, followed by Abrahamic Faith religions, and ending with World Religions. For the 2023-24 year

we will be studying **Abrahamic Faiths**. We will be offering OWL classes to Lower Elementary students. We will have a Camp out at GPUC, a Holiday Pageant, service projects and more. Registration forms and volunteer sheets have been sent by email and you can register and pay online at <u>https://www.gpuuc.org/childrens-religious-education-registration-form.html</u>, go to Sunday School and you can find the registration form and pay button. Please send in your forms ASAP.



Our Campout is Saturday, September 30 starting at 5:00 p.m. with an all RE Family BBQ. If you would like to pitch a tent in the Memorial Garden or sleep in the church, please email me at julieartis@hotmail.com

Our possibilities may change as the year goes along with a new minister. I am looking forward to us working together as a healthy learning community for our students. For now, we will be outside & inside for student events and we will talk, text and email as much as we can. My phone number is 313.590.2464 or email me at julieartis@hotmail.com

### **Dates to Remember**

Sunday, September 10, first Sunday with fellowship outside with cake and coffee, all students in the service
Sunday, September 17, RE Committee meeting at 9:15 a.m.
Saturday, September 30, BBQ and Campout at the church

### All RE Families please watch the video below.

https://www.uua.org/beliefs/who-we-are/video

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. — **Barack Obama** 

Peace, Julie Artis, Director of Religious Education







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

Do we have the help for you!

Contact Julie Artis at either:

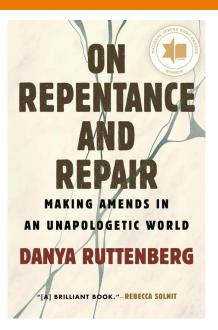
313-590-2464

julieartis@hotmail.com

### \$20.00 hr

# Hire a Teen!

### Announcements, Upcoming Programs And Events



### 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.

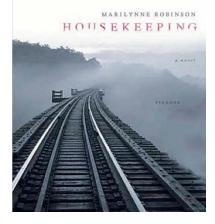
Find Workshop 1 and more resources for this Common Read at <u>https://www.uua.org/read</u>

### Book Discussion Group News Tuesday, September 12, at 6 p.m.

The group will read *Housekeeping* by Marilynne Robinson, and Carol Guither will facilitate. We will meet in the Church Annex on Tuesday, September 12 at 6 p.m. Marilynne Robinson's tale of orphaned sisters and their oddball aunt in a remote Idaho town is admired by critics and readers alike for its beautiful writing and meditative prose.

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. (Note the change.)

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



Click Here For The 2023-24 Reading List

### ALL ROOTS MUSIC NIGHT - TICKETS ON SALE NOW!



# all roots MUSIC NIGHT

FEATURING SEAN BLACKMAN

FRIDAY, SEPTEMBER 15 AT 7 P.M.

HOSTED BY GROSSE POINTE UNITARIAN CHURCH

We're incredibly excited to have talented local legend <u>Sean Blackman</u> and his band as our headliners. Blackman's unique World Music style is influenced by his deep passion for traditional ethnic music from around the world and of course, growing up in Detroit -- jazz, blues, rock and soul. He works with internationally renowned performers as well as Detroit's finest and always brings a cross-culture approach to his shows and recordings.

Non-alcoholic drinks and other light refreshments will be available for sale. (BYO alcoholic beverages.)

Tickets are \$20 per person (plus fees) in advance, or \$30 at the door. There will also be an option for donations towards the event for those attending or for those that are unable to attend but would still like to contribute towards the cause.

A portion of the proceeds will be donated to the <u>Detroit Black Community Food Security</u> <u>Network</u>. Buy your tickets today!

Click Here to Purchase Tickets Today!

### SAVE THE DATE!



**Click This Link To Sign Up And Receive Forms** 

# SATURDAY, OCTOBER 14, 2023 | 4 PM DUELING PLANOS VI ANNE ROBERTS & JOSEPH PALAZZOLO

LETIT BE A DANCE

Including"Jamaican Rhumba," "Shall We Dance?" & "Waltz" from Sleeping Beauty by Tchaikovsky

> TICKETS ON SALE NOW! \$25 GENERAL ADMISSION \$50 VIP

# VISIT WWW.GPUUC.ORG/CONCERTS OR SCAN QR CODE TO PURCHASE TICKETS!

GROSSE POINTE UNITARIAN CHURUCH 17150 MAUMEE AVE GROSSE POINTE, MI 48230



**Click Here to Purchase Tickets Today!** 

# Unitarian Universalists of Metropolitan Detroit



# Saturday, Sept. 23

### 12 noon – 5 pm, Shelter 8W

### (follow the signs the day of)

Bring a side, salad or dessert to share if you can!

RSVP to: officeadmin@1stuu.org

Come for games and good stories, leave with friends from other churches!



### **Registration Form**

Please <u>register online</u> if possible.



Use this QR code or go to https://tinyurl.com/2dkvdea3

Name

Email Address \_\_\_\_

Phone

Congregation \_\_\_\_

#### Lodging

\_ I need a single room (limited availability)

\_ I'd like to room with the following 2-4 people

### Special Diet

\_ Vegetarian \_ Vegan Other \_ Gluten Free

#### Additional Details

\_ I have life-threatening allergies to \_\_\_\_

\_ I carry an epi-pen at all times.

I have accessibility challenges. (We'll contact you for details.)

\_ I'm 14-17 years old, coming with an adult. Adult sponsor: \_\_\_\_\_\_

#### Registration Fee & Scholarships

The full fee is due at registration. Registering early helps us meet attendee minimums. Registration is refundable (less \$25 admin fee) with 2 weeks notice or in case of illness.

| Full weekend              | \$170 |
|---------------------------|-------|
| Full weekend (ages 14-25) | \$125 |
| Saturday-only             | \$125 |

\_ I need a scholarship. I can pay \$\_\_\_\_\_. \_ I can include an extra \$\_\_\_\_\_ for scholarships.

#### Paying by Check

Make check payable to First UU Congregation of Ann Arbor Memo: 2023 WomUUn's Retreat

Paying by Credit / Debit Card Use Realm to send your payment



### UUAA WOMUUN'S RETREAT OCTOBER 6-8, 2023

This year, our retreat focuses again on finding joy. We invite attendees to seek out joy through connection with themselves, each other, and the natural world.

Rekindle old friendships and form new ones. Connect with women\* of all ages. Step back from the daily grind to relax and reflect in a peaceful setting. Rejoice in the warmth of the campfire.

\* All WomUUn's Community activities are open to anyone with a marginalized gender identity, including non-binary or gender fluid folks, trans women, and trans men. We recognize our language is imperfect and welcome feedback.

The retreat is also open to teens ages 14-17, with an adult sponsor. This sponsor does not need to be a parent.

### 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 <u>click here</u> 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, September 7, 14, 21 & 28



**Grosse Pointe Unitarian Church** 

### Lay Pastoral Committee

\*The Mission of this Committee is to provide short term relief and direct handson assistance to GPUC members and Friends in times of crisis and need for support.

Our assistance can include occasionally arranging transportation to church services, delivering meals on a short-term basis after hospitalization, assisting with celebration of Life services with church receptions and visiting or sending notes of care to shut-ins and those in the hospital.

As we care for each other, we grow and develop as a community that is grounded in the wisdom, of our UU Traditions.

Our lives are transformed by our caring practice.

The second UU principle:

### JUSTICE, EQUITY AND COMPASSION IN HUMAN RELATIONS

Our strength is based on the willingness of congregation members and friends to keep this committee informed of any need for supportive services.

The Congregation's support of the Lay Pastoral Committee is reflected in the volunteer efforts of our congregation's members and Friends. We all need to do our part in caring for each other while building our beloved Community

When needs arise please contact any of the following:

^ Debbie Connelly ^ Lynn Baker-Hunter ^ Margo Bishop ^ Susan Boynton
 ^ Karin Garrett ^ Carol Ghesquiere ^ Susan Hartz ^ JoAnn Kelly
 ^ Linda Lawrence ^ Mary Morshead ^ Kathleen Ruhl ^ Joy Spurr ^ Janet Weber

\*Thank you to Anne Roberts and the UUCGN Caring Committee for assistance with this description.



### **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!!

Christina initiated this account and has currently achieved 141 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!!!

Click For Important Guidelines ...

### Click to find us on Instagram or Scan the QR code below





My faves in the shop

today! 8 rms. 10-3

N + INSTAGRAM account for GP Unitarian Resale Shop!

### 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 <u>officegpuc@gmail.com</u>.

Thank you!

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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.

 Seeds are cool in Spring and Summer because growing can be easy for some.
 The unarrate part for all most

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**

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 10th.

If you have questions, please feel free to email or call the church office at <u>officegpuc@gmail.com</u> or

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



### 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.** 

### 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

<u>https://www.facebook.com/groups/DavidKessler/</u>. You can also catch him on Instagram @iamdavidkessler and through his amazing podcast Healing with David Kessler on Spotify. <u>https://grief.com/podcasts/</u>.

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

> 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: <u>officegpuc@gmail.com</u> Website: <u>gpuuc.org</u> Editor: Kathleen Ruhl <u>newslettergpuc@gmail.com</u> Background Photo by <u>Sunira Moses</u> on <u>Unsplash</u>