



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

*Reverend Mitra Rahnama*

## May 2024

### **JUNE 2024 NEWSLETTER DEADLINE**

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

***May 21 - 29***

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, May 3, 10, 17, 24 and 31 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](#)

## Upcoming Services

**May 5, 2024**

**10:30 AM**

**Sermon:** *"Monkeys with Car Keys"*

**Worship Leader:** Kristen Foley

**Worship Associate:** Michelle Scobie

As UU's, we are encouraged to view ourselves within the context of the larger web of life. But our language, science, and culture encourage us to consider ourselves separate in many ways from the rest of the living world. Author Richard Powers says, about his book *Overstory*, *"We like to think about people and nature as two separate things. This book is precisely a challenge to that notion of human separatism."* Another inspiring book, Lydia Millet's *We Loved it All*, is described this way: *"Modernity has created a fissure between humankind and the natural world, as Millet illuminates; her book is an attempt to bridge that divide, a work of spiritual grounding and radical realignment."* We will explore the ways our own wildness makes us part of the natural world, and how that radical realignment can be lived.

---

**May 12, 2024**

**10:30 AM**

**Sermon:** *"Resilience"*

**Worship Leader:** Reverend Mitra Rahnema

**Worship Associate:** Chuck Palmer

It can be difficult to find the strength and resolve to focus on the life we hope for. Today, we explore the qualities of a resilient life. As a bonus, come learn why this Mother's Day is specifically a Unitarian day and together we will be able to honor and celebrate our newest congregational members!

---

**May 19, 2024**

**10:30 AM**

**Sermon:** *"Religious Education Sunday"*



**Worship Leader:** Julie Artis

**Worship Associate:** Reverend Mitra Rahnema

Join us for our end of the year recognition of all the wonderful people who work to make our Children's Religious Education program the great success that it is. As a highlight (this year and every year), our only Senior Graduate will be speaking to us as they say their goodbyes to our program and launch themselves into the larger world...always poignant moments when our Seniors speak! We hope you join us after church for a Seven Principle Sundaes with GPUC members and friends.

---

**May 26, 2024**

**10:30 AM**

**Sermon:** *"What's Next?"*

**Worship Leader:** Reverend Mitra Rahnema

What is the state of our union? Is our community strong? What can we expect in the next year of congregational life? Come be a part of Reverend Mitra's last Sunday for a few months as she reflects on church life in transition.

**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

Dear GPUC Community,

These days there is a lot of rapidly changing Spring weather. Some hours are warm (even hot in the sun) and a few hours later its chilly. The wind comes in randomly – while other times the world is oddly still. Rain, sun, then rain again. Some trees are showing their beautiful leaves and blooms while some are barely budding. The tulips and the smell of fresh rain can take hold of the senses. These rapid changes might be normal for Spring – but it can also be a bit overwhelming as we structure our days; Thinking it is t-shirt weather, then wishing for a raincoat. The quick switching up seems emblematic of a busy season in life. This month, our lives are full of blustery to-do lists, family events, household chores, work projects and travel. There is a lot going on – just like the sun and the rain.



During these busy times, when we quickly pivot from moment to moment, we need to care for stability too. In comes the month of May, which is, perhaps ironically, Mental Health Awareness Month. Mental health covers a range of issues; therefore, it concerns us all. This year, NAMI (National Alliance of Mental Illness), has begun a campaign reminding us to "Take the Moment." While they have all sorts of resources, I love the simple reminder: Take the moment!

It reminds me to Take the Moment to:

- Notice and adjust to a rapid change (weather or otherwise).
- Reconnect with yourself – remembering yourself.
- Breathe deeply – and then slow your breath – for this moment.
- Look around until you find something of beauty.
- Relax the tensions in your body.
- Remind yourself you are safe.
- Remember you have a community that cares.

Take the Moment: what a simple and beautiful practice to care for our mental wellbeing. Therefore, here I lift it up for all of us to try out this month. I know I will be "Taking a Moment" and hope you do too.

As for Church Happenings: Church life seems as busy as the weather. I am spending a lot of time wrapping up end of "church" year business, supervisory things, Music Director search, and planning the next six months. Don't forget we have one more church chat on Wednesday, May 8th at 6:30pm. This is the last one. I hope you will join me to toast all we have accomplished this year.

This summer I will be back in Oregon – but definitely still working for GPUC. If you need to contact me – feel free to email [mitraingp@gmail.com](mailto:mitraingp@gmail.com) or let Ameera know and she will schedule an appointment.

*Let us love one another well during May –  
and remember, we can love better when  
we Take a Moment!*

*With love,  
Rev. Mitra*



## **Church Chat with Rev. Mitra**

**Wednesday 6:30 - 8pm in Sanctuary  
May 8th**

All are invited to come for renewed conversation about what's currently happening in the church. Are you curious what folks are thinking about, or the happenings of our community, or the directions on Rev. Mitra's mind? Do you have questions, comments, or concerns to lift up? Come share what is on your mind at these casual community conversations.

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

*Let us talk, listen, and maybe even laugh a little. Let's chat!*





Mother's Day this year is Sunday, May 12, 2024. Here is the original Mother's Day Proclamation from 1870, followed by a bit of history (or should I say "herstory").

*Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of fears! Say firmly: "We will not have great questions decided by irrelevant agencies. Our husbands shall not come to us, reeking with carnage, for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs. From the bosom of the devastated earth a voice goes up with our own. It says "Disarm, Disarm! The sword of murder is not the balance of justice." Blood does not wipe our dishonor nor violence indicate possession. As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after their own time the sacred impress, not of Caesar, but of God. In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace. **Julia Ward Howe-Boston, 1870***

The speech above was given by Julia Ward Howe, a Unitarian. She started this special

day for all women, all over the world to work for PEACE. She believed in leaders using peaceful ways to settle problems. She started a festival which she named "Mother's Day." Julia Ward Howe is best remembered for writing the famous song, "The Battle Hymn of the Republic" and her stance against slavery. We can share our UU faith on Mother's Day by teaching our children and reviewing our 7 Principles of Peace with our whole family.



### **7 Principles of Peace:**

**LOVE • HOPE • JUSTICE • FORGIVENESS • COURAGE • FAITH • UNITY**

Sunday, May 19 at 10:30 a.m. is our Religious Education Sunday. Please mark your calendars and join us to share our celebration of learning this past year. Our students will share quotes on being "One". We will also hear from our graduating senior as she shares her "Statement of Faith" project. Mark your calendars for this exciting end of the year Religious Education Service.

We will be sharing **Ice Cream Sundaes** with all members and friends right after the service.

The Nursery will be open at 10:15 a.m. every Sunday morning. We have the same loving childcare workers to provide care for our youngest UU's.

***We should not hesitate to help our children see that what they learn and feel here is Unitarianism, and that our effort in the direction of liberal religion is born of a deep commitment to life. Through worship and through learning and through relationships with others, it is the love of life we are doing our best to help along. — Robert Doss***

*Julie Artis,*

*Director of Religious Education*

---





Do you have a task that's too much for you?  
Need help boxing up those Decorations?  
We have the solution for you!



## Hire a Teen!

\$20.00 per hour



Contact *Julie Artis*  
313-590-2464  
email: [julieartis@hotmail.com](mailto:julieartis@hotmail.com)

### Leadership Development Committee: Slate of Nominees

The Leadership Development Committee is pleased to post the Nominating Slate of people who have accepted a leadership position at GPUC for the 2024-2025 church year. We appreciate everyone who has accepted these nominations!

*Leadership Development Committee:*  
*Ann Helm (chair), Miriam Engstrom, Erica Phardel,*  
*Daniel Rathbun, and Marsha Zeller*

[Click Here to view the  
Slate of Nominees to  
be voted on 5/19/24](#)

[Click Here to view a  
complete list of  
Leadership Positions  
for FY24-25](#)

**Celebration of Life for Jane Spaulding  
Saturday, May 4th at GP War Memorial**



PLEASE JOIN US FOR A  
**CELEBRATION OF LIFE**

IN LOVING MEMORY OF

*Jane Warren Spaulding*

SATURDAY, MAY 4TH, 2024

GROSSE POINTE WAR MEMORIAL  
32 LAKESHORE DRIVE, GROSSE POINTE FARMS, MI

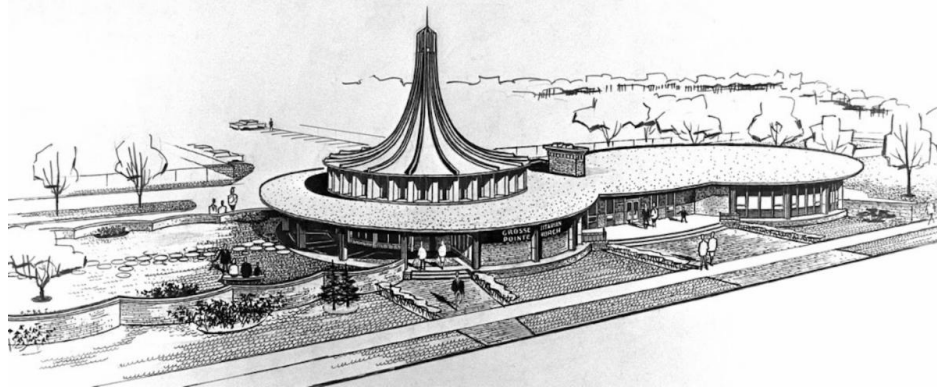
WE WILL BE GATHERING TO SHARE OUR FAVORITE MEMORIES OF  
JANE AT AN OPEN HOUSE FROM 10AM-2PM.

WE LOOK FORWARD TO COMING TOGETHER IN JANE'S MEMORY

[Click Here To View Jane's  
Obituary](#)

Announcements, Upcoming Programs And Events





## GPUC Welcomes our New Members on May 12th

Please plan on attending our program during the service on May 12th to celebrate our newest GPUC members. You will have the opportunity to enjoy some coffee and cake and have personal conversations after the service with someone new! *Don't forget to wear your nametag.*

---

## Book Discussion Group News

The book club will meet **Tuesday, May 14, at 5:30 pm** in the Annex for pizza, beverages, and dessert and a discussion of the upcoming 2024 - 2025 books. Please send book suggestions ahead of time along with a short comment about the book to [kgkkuehn@gmail.com](mailto:kgkkuehn@gmail.com). Book ideas may be brought to the meeting as well.

RSVP to Kathy Kuehn at ([kgkkuehn@gmail.com](mailto:kgkkuehn@gmail.com)).

---



THE NEXT  
**FRIENDSHIP DINNER**

is

SATURDAY  
**MAY -18**



JOIN US FOR A POTLUCK  
DINNER AT A MEMBER'S HOME  
FOR FUN, FOOD + FELLOWSHIP

Sign Up  
Sunday! OR Call → Carole Kindle - 313-901-8821  
→ Jan Vern - 517-918-0447



**Friendship Dinner  
May 18th**

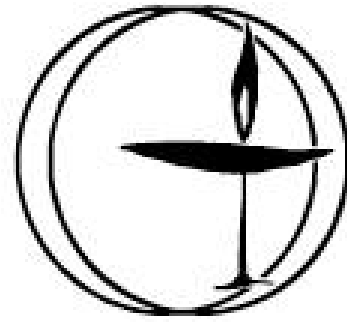
Enjoy a lovely social evening in a members home with dinner and conversation. There will be about 8 people per home. The host/hostess will ask their guests to bring different contributions to the menu. A sign-up sheet will be available in the church lobby or to sign-up online, click the button link below.

**CLICK HERE TO SIGN-UP FOR THE FRIENDSHIP  
DINNER**



Greetings to all GPUC Members,

This year's annual meeting is scheduled for  
**Sunday, May 19 after Sunday Service at 12:00.**  
It will be held in the sanctuary.



- A proposed budget for the upcoming year will be presented for discussion and vote.
- The Leadership Development Committee has prepared a list of candidates for all open positions to be presented for discussion and vote.
- We will also be voting on a proposed By Laws amendment.
- It is important that all members in good standing be present at the meeting to ensure we have the quorum required to vote. The Board of Trustees urges all members to plan to attend.

Yours in Love,  
Daniel Rathbun, Board of Trustees Secretary



### **International Day of Biodiversity** May 22, 7pm ET/ 6 pm CT/ 5pm MT/ 4pm PT

Join UU Ministry for Earth for poetry, song and story to honor International Day for Biological Diversity with Dr. Lyla June Johnston.

There will be a donation collection, half of which will go to the National Indigenous Women's Resource Center.

[Click to Register Here](#)

[National Indigenous Women's Resource Center](#)



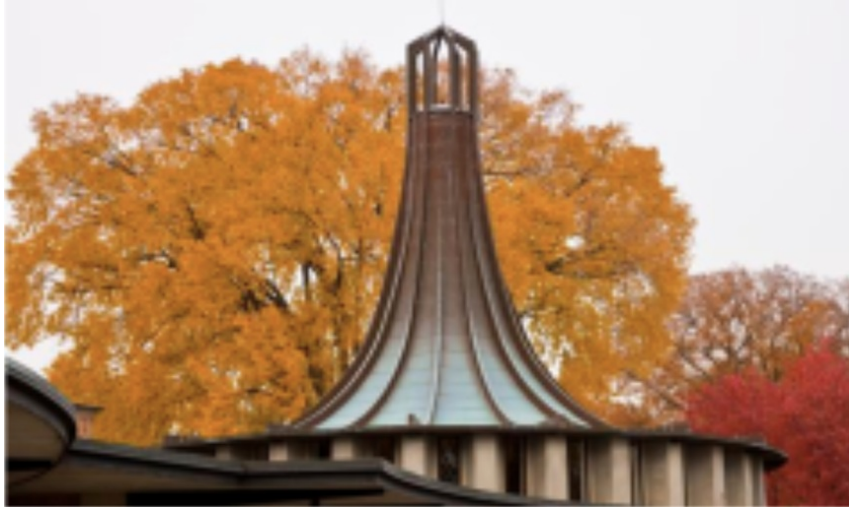
### **Foraging as an Earth Care Practice**

UU Ministry for Earth's constituent, Laura Emerson, offers this informative and moving blog post on how UUs can engage with nature closest to us.

[Click To Read The Full Blog Post Here](#)

---

## Attention GPUC Visitors and Newcomers



Have you been attending church services in person or via Zoom for the past few months or longer? Are you ready to make a more formal commitment to GPUC? Consider officially becoming a member and joining our church.

As an official member of GPUC you will be able to vote and have a say in our church business, both financially and in areas of outreach and policy. We are a member run church, and we are in transition to find a new settled minister. This is a great time in our church's history (over 75 years) to have your voice officially heard.

You can join our church by completing the membership form found here: [www.gpuuc.org/membership](http://www.gpuuc.org/membership). Our interim minister Mitra Rahnama will contact you to welcome you and affirm your membership. If you have any questions, please contact our membership chair, Sonja Franchett: [skrfranchett@gmail.com](mailto:skrfranchett@gmail.com)

---

## Committee Forming On How To Improve The GPUC Website

Hello Members and Friends,

Our face to the greater community today is our website. This is where new residents to the East Side and seekers of a faith community start to search for a church home.

The website is also our internal library for our members. It is the location for our history, current practices, how we are organized, what is going on and our greater connection to the UUA.

While our current website is adequate, we can do better. At our last board meeting, we discussed how we could enhance and improve our current website to provide a stronger informational site and to design it to be easier to navigate.

I am requesting volunteers to explore how we can improve our website. This is a first step. Please reach out to me if you are interested in this important work.

Sincerely,  
Ann Lipsitz  
President Board of Trustees



## 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, May 2, 9, 16 & 23 (There is NO class on May 30)**

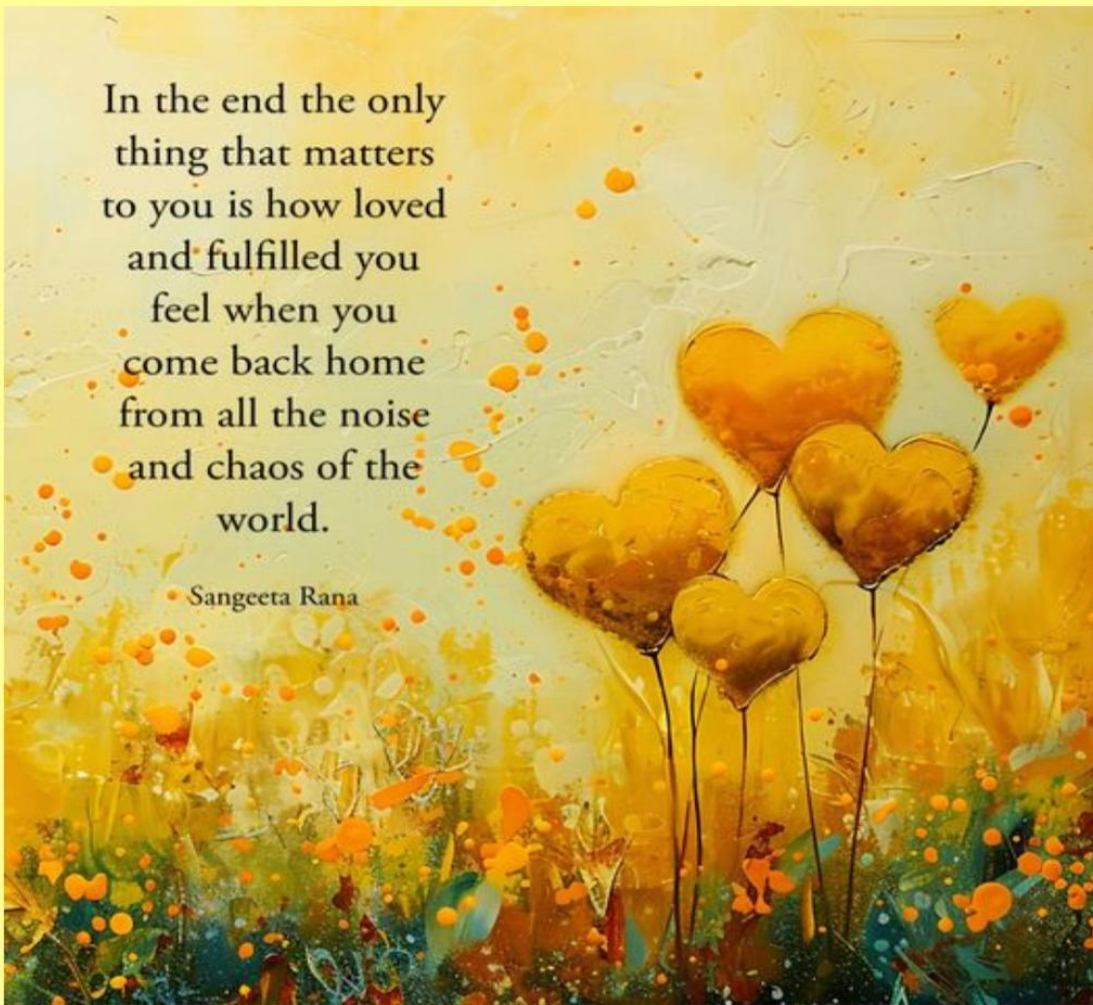
---





In the end the only  
thing that matters  
to you is how loved  
and fulfilled you  
feel when you  
come back home  
from all the noise  
and chaos of the  
world.

Sangeeta Rana



**Did you have a church member come to mind that you miss seeing?**

Consider sending a card, by simply using one of the cards provided at the desk in the hall by the church office. Write a note and put the person's name on the envelope.

We will make sure it is mailed for you!

**Please continue to keep these members close in thought:**

**Suzanne Ross**

**Karin Garret**

**Shirley Reeves**

**Bill Salot**

Do you have a Lay Pastoral moment you would like shared during  
Sunday Service?

Contact: Debbie Connelly 810-278-0226 or M040685@yahoo.com

---

**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 207 GP Unitarian Resale Shop followers!!! Thank you, Christina...you ROCK!!!**

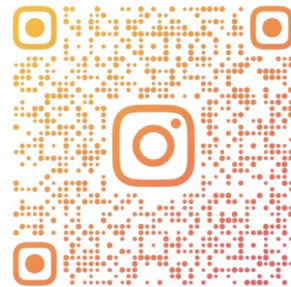
*Follow so you don't miss a thing at this great space in our community!!!*

**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](#)



[@GPUNITARIANRESALESHOP](#)

**Hot Dogs! Cold Refreshments!  
Scrumptious Side Dishes!**

**GPUC CHURCH PICNIC**

**Sunday, June 9, 2024**

**11:30 a.m.**

**Memorial Garden**

**Bring a covered dish to share**

Sponsored by the Fellowship Committee



**GPUC Women Are Invited To A Fall Retreat**

The WomUUn's Community at First UU of Ann Arbor is hosting their annual **WomUUn's Retreat on October 11-13**, at YMCA Camp Copneconic in Fenton, MI. They would like to invite women from our congregation and several others in Michigan and Ohio to join them as attendees at the retreat.

This year's retreat kicks off on Friday evening with a pot-luck Community Café, book and jewelry exchanges, tile painting and a Welcoming Session and a bonfire with storytelling. Saturday will be packed with small group gatherings; good food; relaxed and fun art and craft workshops; outdoor activities such as zip lining, archery and high ropes course, and a joyful singalong/jam session/dance party. Sunday morning will wrap up with a closing Community Celebration.

**Registration opened April 1, and all registration materials are available at <https://uuaa.org/womuuns-community/>. Women should register (and pay) by June 30 to receive early bird pricing.**

---





## Bayside UU Family Camp

Looking for a great summer experience? Join us at Bayside UU Family Camp held at Lutherdale Camp on the shores of Lauderdale Lakes in Elkhorn, WI. This year, camp will take place June 30th - July 6th. This special week includes adult workshops, activities for children, free time for family fun and relaxation, and intergenerational activities.

For more information visit their website at <https://baysideuu.wixsite.com/baysideuu> or contact [baysideuu@gmail.com](mailto:baysideuu@gmail.com).

---

## Zoom Techs Needed

Zoom continues to be popular with our congregants and we publish the recordings on our website. We are now using 2 cameras when the choir sings and with our sound mixer we can provide an excellent audio and video experience.

Broadcasting the service requires a technician to set up, monitor and tear down the equipment for each service. Most of the services are covered by the lead tech Abe Neds-Fox a college student and we have 3 others trained but we need more. We will provide live training and an instruction guide with pictures.

1. General PC Skills
2. Familiarity with uploading Google drive.
3. Zoom experience.
4. Simple trouble-shooting skills
5. Reliable
6. Available Sunday mornings 9:45AM to 12:00PM

We pay \$20/hour.

If you are interested, please contact Rudy Wedenoja at [rudy@wedenoja.com](mailto:rudy@wedenoja.com) or Ameera in the office.

---

## 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 cleanup.

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.



## "! W A N T E D !"

**crooner, minstrel, warbler,  
songster/songstress, diva,  
nightingale, lounge lizard,  
chorister, vehicle vocalist,  
troubadour, shower  
chanteuse . . . YOU!!!**

If you can relate with any of the above titles, then you're a WANTED person! By whom do you ask? Why the Grosse Pointe Unitarian Church's Adult Choir! Our small choir is recruiting new members to develop the choir into a larger ensemble. Our energetic and fantastic new choir director, Kayvon Kashani-Gharavi, will be glad to help you decide which coral part is best for your voice. Get this, there's no audition for this choir and you needn't even be able to read music! Come give us a try some Thursday evening from 7:15 - 8:30 p.m. in room #2 (the purple room) of the Religious Education wing. The choir rehearses weekly on Thursdays and performs about twice a month during the Sunday Service.

Questions and/or concerns? Contact or call Birdi Hansen-Marr at 586-696-4529.





## Looking to Hire a New Music Director

The Search Committee to find our new Director of Music (DOM) is getting the word out! At our most recent meeting we finalized our Director of Music position search announcement. Since then we have been sending the position advertisement out into the community. We are sending it to music departments, music associations, churches, and individuals we know are connected in the music world. Feel free to forward to anyone you feel might have interest.

As we wait for applications, in the weeks ahead we will be discussing the results of our congregational survey and the qualities/criteria we are searching for.

Of course, let us know if you have any questions or thoughts to share.

Birdi Hansen-Marr  
(DOM Search Team)

[CLICK HERE TO VIEW THE DOM JOB LISTING](#)

---

## 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.

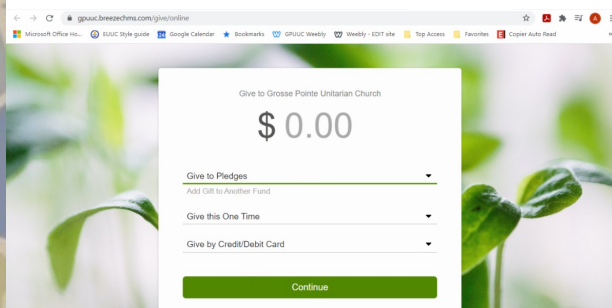
Breeze's checkout module gives you the options of donating using ***Credit/Debit Cards or an ACH Payment directly from your bank account.***

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!](#)

# Meliorism

(noun) /'mēlyə,rizəm/

the belief that we can contribute to positive change and improve the world through acts of love, creativity, compassion, and kindness.



***Our FOOD SHARING collection is always taking donations!***

***“There is always a need for food.”  
— Crossroads of Detroit.***

It is time to reinvigorate our Food Pantry Collection program. In an effort to do just that we are going to implement a Second Sunday Themed Collection. Every second Sunday of the month will be a special collection day. Themes will include Cereal Day, Canned Meat Day, and Hygiene Products Day, all of which are in high demand. There will be a shelf in the lobby for food and other items and a box for cash donations. Watch for each collection theme in the weekly announcements. **Our next collection Sunday will fall on May 12. The theme is coffee and tea.**

Please consider bringing nonperishable food and toiletries when you go to church. **Our donations are always gratefully received by Crossroads staff! Thank you!**

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.



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.

---

## 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.



---

**Want to view 400 GPUC images showcasing our history?  
Here is a link to bring you smiles and memories of  
our members, events, & community.**

**CLICK HERE TO VIEW 400 GPUC  
PHOTOS**

---



## Our GPUC Communication Workshop Was A Success!



Our recent Communication Workshop had a wonderful attendance. Here are some images from the event. Thank you Reverend Mitra, Robin Ramsey & Sarah Neely for facilitating the event and guiding us in ways we can better communicate within our church community and in our daily lives. Thank you Jill Crane and her team for providing the lunch for us. You are all appreciated!



## 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: [gpuc.org](http://gpuc.org)  
Editor: Kathleen Ruhl [newslettergpuc@gmail.com](mailto:newslettergpuc@gmail.com)

Background Created by Kathleen Ruhl

GPUC | 17150 Maumee, Grosse Pointe, MI 48230

[Unsubscribe ablaze2631@hotmail.com](mailto:ablaze2631@hotmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [newslettergpuc@gmail.com](mailto:newslettergpuc@gmail.com) powered by



Try email marketing for free today!

