

The Grosse Pointe Unitarian

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VOLUME LX, Number 4
October 11, 2009

Editor: Tom Roberts
newsletter@gpuc.us

October 18, 2009

10:30 AM

Learning to Join
Reverend Mitra Rahnema

Is church only for Sundays? What is the purpose of being part of a religious community? The original humanist manifesto calls us to a "heightened sense of personal life." We will explore what it means to heighten our lives and how we challenge our larger communities to our best selves.

October 25, 2009

10:30 AM

Lions and Tigers and Monsters..... Oh My!
Reverend Mitra Rahnema

Fright, Worry, Guilt, Insecurity, Dread, Fear are considered dreadful experiences. For good reason these are many things to be afraid of. Yet, is there any kind of fear that is worth considering? Today we will explore various forms of fear, the depths by which fear can go, and the possible gifts of fear.



Minister's Musings

Our congregation has experienced several losses in the last couple weeks. As a minister, it is always a deep and humble privilege to facilitate a memorial service and witness the completeness of someone's life. It reminds me that living fully, nobly and lovingly requires our attention and the focus of our best selves. Our Unitarian ancestor, the Rev. William Ellery Channing, talked about this as an issue of character. He claimed that we can all reach "salvation by character." For me, this means that how we live each day will live beyond us, as Humanity itself does the work of "resurrection", during each memorial service in which a life is celebrated.

These days, I find myself taking inventory of my own character and the ways I want to live fully. In my life, I find that the themes of intention, integrity, and holding myself lightly re-occur in my hopes for myself. I can easily lose track of these themes, but the point is to continue returning to reflect on my character. A couple years ago, I was given a list of "thoughts for a beautiful life." I often get these kinds of lists, which I usually disregard. Yet, this one struck me as balancing of depth and simplicity. Therefore, as I examine my own character this October, I'd like to share this list with you, so that together we may deepen our lives.

"Thoughts for a beautiful life" –unknown author

Walk 10-30 minutes a day.

Spend 10 minutes a day in silence.

Smile and laugh more. It will keep the energy vampires away.

Don't take yourself so seriously; no one else does.

Make peace with your past.

Don't compare yourselves with others.

No one is in charge of your happiness, except you.

Give time, time.

However good or bad a situation may be, it will change.

Believe that the best is yet to come.

No matter how you feel, get up, dress up, show up.

When you wake up in the morning, complete the following sentence, "My purpose is to....today."

Live with energy, enthusiasm, empathy, faith, family and friends.

Spend more time with people over seventy and under six years old.

Dream while you are awake.

Try to make three people smile each day.

Life is a school; you are here to learn.

Get rid of anything that isn't useful, beautiful, or joyful. Live simply.

Life is too short to waste time hating anyone.

Remember, you don't have to win every argument.

Burn the candles, use the nice sheets, and don't save it for a special occasion. Today is special.

Forgive everyone for everything!

Each night before you go to bed complete the following statement, "I'm thankful for..."

Remember, you're too blessed to be stressed. Enjoy the ride."

Sincerely,
Rev. Mitra



Religious Education Lessons

On Oct. 18th, **Lower and Upper Elementary and Juniors** will have a GPUC Religious Education Field Trip. All RE families are invited to go on the "Metro Beach Nature Walk" field trip. Please meet at the Nature Center at Metro Beach at 10:30 AM. There is a \$4.00 fee at the gate for each car entering the park. Cider and donuts will be provided as the snack for everyone.

Please dress for the weather (rain or shine) and wear walking shoes! Andrew Hartz will lead the group on a nature trail and provide readings. There will be no classes at church, but the nursery will remain open.

Seniors will meet on Oct. 18th at the Franchett home at 7:30 PM and will continue their discussion on the Old Testament. On Oct. 25th, the **Seniors** will meet in the GPUC library at 10:30 AM.

On Oct. 25th, **Lower and Upper Elementary** students are asked to wear their Halloween costumes for a Halloween party. They will also be "Trick or Treating" for UNICEF. The congregation is asked to bring coins to church to place in the students' boxes for UNICEF. The **Juniors**, on Oct. 25th, will continue with the 4th UU Principle.

Dates to remember:

Oct. 18 - Metro Beach Field Trip, 10:30 a.m.

Oct. 25 - Trick or Treat for UNICEF

Nov. 1 - RE Committee Meeting

Nov. 8 - Auction with sitting available

Dec. 13 - Holiday Pageant

Please feel free to contact me at the church, (313) 881-0420 or via email, julieartis@hotmail.com.

Julie Artis, Director



Adult Religious Enrichment

Women's Book Discussion Group

Please join the women on Thursday October 22nd at 5:30 PM in the church gallery for a discussion, lead by Evelyn Badzik, on *The Amazing Adventures of Kavalier and Clay* by Michael Chabon. The novel follows the lives of the title characters, a Czech artist and a Brooklyn born writer, both Jewish, before during and after WWII. Kavalier and Clay become major figures in the

nascent comics industry during its "Golden Age." Refreshments will be provided by Jane Hoey and Beth Whitney. A donation of \$2 per person will be collected on the discussion night to defray the cost of refreshments. Please sign up in church foyer.

Men's Book Discussion Group

On Monday, November 2nd at 7:30 PM, in the church library, the group will discuss *The Mother Tongue, English and How it Go That Way* by Bill Bryson. The book, wittily compiles the history and origins of the English language and the language's various quirks. It discusses the Indo-European origins of English, the growing status of English as a global language, the complex etymology of English words, the dialects, etc. New members are always welcome. No sign up is necessary.

A Fireside Chat with Reverend Mitra Rahnema

On Friday, November 20th, Reverend Rahnema will hold a fireside chat. The time and subject will be announced at a later date, so please mark that date on your calendar.

Jill Crane, Director
VillaJilla@sbcglobal.net

Hearing Help

Hearing devices are available to help you enjoy our services more. We have several hand-held devices that amplify the audio from our sound system and they are available for loan each Sunday. Sample ear buttons are available for those who would like to try out a device. If our device provides the audio assistance that you require, we ask that you purchase your own ear button for \$15.

The receivers' batteries are kept charged and we ask that you sign for a borrowed device each Sunday and return it with the power turned off. The devices are kept at the greeters table in the foyer. For any questions, please contact Bob Dupuis, (313) 886-7888.

Alliance Program

The October 13, noon luncheon speaker will be John Kelly, a former attaché to the Republic of South Africa. Please join us for this and other interesting programs in 2009/2010. Your call for reservations will be appreciated.

-- Shirley Reeves for the Alliance (313) 822-4651

Nametags Please

When you wear your nametag, you are saying something beyond your name. By pinning it on you say: I am an open person, who wants to know others and be known. I am aware that this is a way for me to know everyone and for everyone to know me. I am a courteous person, who relieves others of the struggle of trying to remember all our names. I am a realistic person who knows there are visitors to our church, and that they will never get to know us without our help. Please wear your nametag. If you need a nametag, please contact Candy in the office. (313) 881-0420.
Candy Dunn, Office Administrator

First Sunday Food Sharing

In these extraordinary times, please continue your support for the extraordinary needs of the less fortunate. Your gifts are carefully given out to only the neediest, who must first go through a rigorous interview process that assesses their real-life situation.

-- Larry and Janet Peplin for Outreach

Search Committee Update

Thanks to those who've taken the survey and met with the Search Committee. We need everyone to both fill out the online survey AND meet with the Search Committee before our end-of-the-month deadline. The survey may be taken at:

http://www.surveymonkey.com/s.aspx?sm=Zb8gE9_2f4rHrV6xY6WnUrGO_3d_3d

Signup sheets for the Search Committee meetings will be available in the foyer after the service on October 18th, or please contact Chuck Palmer to make an appointment.

-- Chuck Palmer for the Search Committee

Life Passages

It is with sorrow that I announce two recent deaths and invite you to the memorial services this month. Former member Carol Hammond died on September 12th, 2009 in Lansing, MI. A memorial service to honor her life will be held at our church on Saturday October 24th, at 11 AM.

Member Dr. Robert Griffin died on October 4th, 2009 in Grosse Pointe. A memorial service to honor his life will be held at our church on Saturday October 31st, at 11 AM.

-- Reverend Mitra

Blood Drive Reminder

The Fall Blood Drive by the Grosse Pointe Community Blood Council, of which our church is a member, will be held at the Grosse Pointe Memorial Church, 16 Lakeshore Drive on Wednesday, October 21st, from 1:30-7:30 PM. If you would like to add your name to our donor list, please see me or call me at (313) 823-3952. This is a wonderful way of giving, and there is such a great need for blood!

-- Pat Freiwald for Outreach

An Evening of Discourse and Song

The UU Church of Farmington invites you to an evening of discourse and song from 8-10 PM, on Saturday, October 17th.

Discussion will center on homophobia; past, present, and future. The guest speaker is Rev. Keith Kron, Director, Office of Bisexual, Gay, Lesbian and Transgendered Concerns for the UU Association. The musical guests for the evening's performance are "Sing Out! Detroit", a newly-formed, 45-member LGBT chorus in the Detroit Metro area with pianist Todd Ballou. The evening's festivities are free, but donations are warmly accepted. UUCF is located at 25301 Halsted Road, Farmington Hills, MI 48335.

-- Reverend Mitra

Chamber Music at GPUC

Chamber Music at the Scarab Club opens its 12th season with a concert at GPUC on Sunday, October 25th at 4:00 PM. The theme is *An Afternoon of Romance for Strings and Piano*. Ticket prices are \$15 for church members, \$10 for students. If you purchase 2 tickets, one for October and one for the April concert, the price is \$24 for both. I will be selling tickets at a table in the lobby.

-- Mindy Fossati

Canvas Bag Fundraiser



The RE Program is selling this nice canvas tote bag with a chalice on the front. The bag is priced at a donation cost of \$6.00. Please see Julie Artis, if you would like to purchase one. The size of the bag is 15" by 15".

-- Julie Artis for Religious Education

Congratulations

Natalie and Creighton Lederer were long-time members of GPUC and are now active in the Unitarian church of West Palm Beach, FL. Their daughter, Dr. Laura J. Lederer, received the 2009 University of Michigan Alumni Humanitarian Service Award to honor her commitment to the fight against human trafficking. This is the College of Literature, Science, and the Arts' greatest alumni honor, presented annually to recognize noble character and citizenship, and celebrate service to humanity.

Laura attended GPUC's Sunday School in her early years. She received her BA from Michigan and her JD from DePaul University. She was Senior Advisor in the Office of Human Trafficking in the U.S. State Department and is currently Vice President of Global Centurion, a non-profit organization dedicated to the prevention of slavery worldwide. She teaches at Georgetown University Law School.

Laura is the author of two books: *Take Back the Night* - (Women on Pornography) and *The Price We Pay* - (Hate Speech)

Laura has three daughters and resides with her husband in Fairfax, VA. Congratulations, Laura!

-- Bob Dupuis

How Goodsearch and Goodshop Work

Here's an example of how much GPUC can earn *if* we use Goodshop and Goodsearch.

www.goodsearch.com

Charity or School Size	Small
Number of Supporters	100
Average Searches Per Day	2
Estimated Revenue/Year from Searches	\$750
Amount Purchased Per Person/Year via GoodShop	\$500
Average % of Sale Donated	3%
Estimated Revenue from Shopping	\$1,500
Estimated Donation/Year	\$2,230

If you have any questions about how to get started, please contact Connie Roberts at (313) 331-3558 or connie@gpuc.us.