



UNITARIAN  
UNIVERSALIST  
ASSOCIATION

# The HEED December 2015

Newsletter of the Durham Unitarian Universalist Fellowship

## SERVICES

### 10AM SUNDAYS

Dec 6

Rev. Edwin Lynn:

**BABIES, BIKES, AND  
BARCELONA and OTHER  
GREAT GIFTS**

Dec 13

Betty Crepeau:

**Living an Authentic Life**

Dec 20

**Workshop Sunday with  
DUUF Children's Choir**

**DECEMBER 24**

**7PM**

**Christmas Eve Service**

## UPCOMING DUUF ACTIVITIES

**Happy December everyone. There are a few dates to remember this month. First, please remember that all members are welcome to attend the monthly board meeting. Our December meeting is scheduled for Monday, December 7 at 6:30. Second, I hope to see many members and friends at this year's President's party scheduled for Sunday, December 13 following the service. Please bring a wrapped gift (new or "pre-**

**loved") for each family member who wishes to participate in the "swap." A fun food to share would also be appreciated. Punch will be provided. Finally, a reminder that the traditional Christmas Eve service will be on December 24 (Christmas Eve!) at 7. A fun food to share (again!) would be appreciated (again!). Warm cider will be provided. Marjorie Wolfson, DUUF President**

## FROM THE TREASURER: WRAP UP 2015

I want to thank all those who provided financial support of the Fellowship in 2015. All donations to the DUUF are tax deductible. In January I will mail letters acknowledging contributions received on or before December 31st. You can use them to support the deductions portion of your 2015 tax returns. So far, in the fiscal year that began on July 1st, 18 of our 33 families have made donations – a total of \$7,300. We'll be at the FY midpoint on December 31st. Our budgeted target for that date is \$10,000. You know what to do.

Yours, John Macri, Treasurer [john.macri@unh.edu](mailto:john.macri@unh.edu)



Margaret McKenna holding Silas Martin, with brother River, and mom Michelle, at a recent service

## Caring Matters

We were all shocked and saddened to learn of the loss of Kay's son to cancer last month. Losing a child, no matter at what age, is always especially difficult, and our hearts go out to Kay as she struggles to cope with this grief. The Fellowship continues to offer her support in any way we can.

Our other nonagenarian, Margaret, appears to have

recovered remarkably well from a fall in which she broke her hip several weeks ago. We are glad to have her back at Fellowship with us again.

Thanks to all who have stepped up and offered support in a variety of ways to these and to other members in times of difficulty.

Chris Rodgers, Caring Committee

Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it.

Buddha

### ■ SPIRITUAL GROWTH GROUP

Our next meeting will be on 10 December to finish PART III, THE PRACTICE, Chapters 11 and 12 of The Spiritual Alchemist by Natalie Reid. These chapters are a culmination of all the exercises we have already done together for ongoing use in our personal lives. I am also suggesting that we continue to bring our personal "work and explorations" to the group whenever we need to.

We will be using the book, Bridging the God Gap by Roger Christian Shriner beginning on 14 January 2016. Deb has offered to purchase the book for everyone since she has an Amazon account. Please, if you would like her to order for you, email me by the middle of December so we can order and distribute them before Christmas.

We are also opening our group to the rest of the Fellowship as a few people have already shared an interest in committing to join. So, if you are interested in participating in our group, please email me at Joycesh@msn.com and I will give you more info on your first "assignment". We also agreed last night that it would be good to have new members start by writing their own thisibelieve essay to share at the first meeting on 14 January. We currently meet on Thursday evenings from 7-9 PM @ DUUF. Joyce Sheehan

# Kwanzaa at UNH

DUUF and others are joining the Black Student Union (BSU) at UNH for their annual KWANZAA celebration in the Stafford Room at the MUB (Memorial Union Building) from 7 to 10 p.m. on Friday, December 4th. If you have authentic African garb, please wear it. If you have authentic African artifacts that you want to display, tables will be available. Also, if you want to bring an authentic African, Juba (slave) or soul-food dish, please do so. The UNH catering service will provide some food, but we're

not sure how authentic it will be, and some of the BSU members said they would really like some soul food. There will be a \$3 charge for attendance if you are not from UNH (a university rule). I'm not sure whether or not faculty and staff members have to pay the \$3.00 also.

It should be a wonderful event. There is a drumming group that will perform (I met one of the members), and all 7 days of KWANZAA will be celebrated (we

only do one day each year, and have not yet completed the 7-day KWANZAA cycle).

The BSU and I hope that this will become a yearly event for the New Hampshire Seacoast and beyond.

If you have any questions, please contact me.

Blessings,  
Carmen

## When was the last time you left DUUF carrying a bag of trash?

Before the construction of the Milne Sanctuary, the town of Durham was mistakenly taking our trash assuming we were a private residence. Once the beautiful octagonal addition was added, they were on to us. No one particular person or committee is responsible for trash removal. Since we all contribute to trash generation, it would be appreciated if when you see a bag on the coat closet floor, you pick it up and tote it home. Thanks!



Drum Circle with Larry Brickner-Wood

### DUUF Participates in Dover Area CROP Walk

On October 18, 2015, several young DUUF members (and their parents) participated in the Dover Area CROP Walk. The CROP Walk raised \$12,021, in total, of which \$530 was raised by members of the Fellowship. Twenty-five percent of the funds raised will be donated to the Dover Children's Home, the Dover Friendly Kitchen, and the Daily Bread Food Pantry. The remainder goes to Church World Service, whose mission is to improve lives for the most marginalized and vulnerable people in the world. Thank you for your support!

### Low Carbon Diet Group

Several members of the DUUF have been participating in a sustainability group, using the book, *The Low Carbon Diet: A 30-day Program to Lose 5000 Pounds*, published by The Empowerment Institute. The group has been facilitated by Jen Messeder, who spoke at the Fellowship earlier this year. Jen has put together a set of online resources about sustainable living that DUUFers are free to access and add to. Among these resources is a list of NH electric suppliers and detailed information about the "green" plans that they offer. If you are interested in accessing these resources, feel free to speak to Stefanie Griffin, Dawn Meredith, Raelene Shippee-Rice or Dale Rice, all of whom are participating in the group.



## 2015-2016 DUUF Officers & Committees

### OFFICERS

President	Marjorie Wolfson	Vice President	Joyce Sheehan
Treasurer	John Macri	Secretary	Rachel Legard

### COMMITTEES

**Program:** Susan Bullivant (Chair), Larry Vogelmann, Joyce Sheehan, Betty Crepeau, Dorothy Oliver, Tom Schram, Carmen Buford-Paige

**Religious Exploration:** Jen Pavlik (Co-Chair), Brad Kinsey (Co-Chair)

**House and Grounds:**

House: Sarge Legard

Grounds: Nick Isaak & Eric Nordgren

**Rentals and Cleaning:** Karen Smith (Rentals), Edna O'Sullivan (Cleaning)

**Social Action:** Dawn Meredith (Chair), Betty Crepeau

**Socials:** Cindy Schram (Chair), Deb Johnson (Co-Chair), Joyce Sheffield, Edna O'Sullivan, Bob Sheehan, Hilary Babon

**Denominational Affairs:** Michael O'Sullivan (Chair)

**Membership:**

Membership: Bob Pavlik (Chair)

**Caring Subcommittee:** Chris Rodgers, Michael O'Sullivan, Joyce Sheehan

**Nominations:** Jim Nute (Chair), Thomas Pistole

**Music Committee:** Carmen Buford-Paige (Chair), Thomas Pistole

**Green Sanctuary:** Mike Fleming (Chair), Brett Gibson, Michael O'Sullivan

**Webmaster:** Brett Gibson



## Our Mission Statement

The real test of our religion is the way we live our lives. The Durham Unitarian Universalist Fellowship affirms the seven principles of Unitarian Universalism:

We seek to be a place in which each person's unique worth and beliefs are acknowledged and respected and where each person's voice may be heard – a place in which each may freely explore his or her own spiritual path.

We join with others in reaching out to make the world more just, and commit ourselves to caring for the earth and all that makes up the web of life.

We strive to be a source of inspiration, a forum for intellectual exchange, a wellspring of comfort to those in need and a nurturing, supportive community for each other and our children.

## Durham Unitarian Universalist Fellowship

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