

The HEED

November 2017
Newsletter of the Durham Unitarian Universalist Fellowship



SERVICES at 10AM Sundays

November 5

Reverend Emily Burr: Resilience

*potluck after this service

November 12

John Carroll: Live Free and Farm:
Food and Independence in the Granite State

November 19

Michael O'Sullivan: The Pity of World War I

November 26

Thomas Pistole: Chapel Service

FROM THE PROGRAM CHAIR

This year we will not be offering a Thanksgiving-based program at the Fellowship. Instead you are invited to join other Seacoast folks at an Interfaith Thanksgiving Service and Alternative Gift Fair at St. Mary's Church, 25 Chestnut Street, Dover, at 7 p.m. on Sunday, November 19. The service will be offered by a variety of faith communities and will include lots of music. Following the service "local charities will share their missions and offer gift cards for sale for those hoping to give a gift of true meaning this holiday season. Alternative Gift Fairs are becoming increasingly popular as a growing number of people seek a less materialistic holiday season. What better way to celebrate the season than by learning about local service organizations and supporting them by honoring your friends and families with a gift that keeps on giving." This event is sponsored by DARLA (Dover Area Religious Leaders Association). I represent the Fellowship in this group.

Thomas Pistole

FROM THE BOARD:

Sunday morning services. After discussion, the Board agreed to clarify the time for the Sunday morning service. It begins at 10 a.m. and typically concludes at 11:15 p.m. Additionally, to accommodate the various segments of this service we ask that folks keep their announcements short. If more detail is appropriate, please consider sharing it by posting information on the bulletin board in the foyer or sending it via e-mail.

New members. We will include a short ceremony recognizing members who have joined the Fellowship in the past year at our December 10 service. If you are considering joining the Fellowship, please talk with either Bob Pavlik, Membership Chair, or Joyce Sheehan, Board President.

Adult program. We will be offering a three-session program developed by the Unitarian Universalist Association next spring entitled, "Love Reaches Out." From the introduction of the study guide for this program: "The purpose...is to allow congregations and other UU groups to explore the way religious practice is changing in the United States and how UUs can respond in their communities." Further information will be forthcoming.

UPCOMING ACTIVITIES:

The November DUUF Board Meeting will be on Wednesday, November 8th at 6:30PM. All members are welcome to attend.

The Spiritual Growth Group will meet in the Sanctuary on Thursday, November 9th at 6:30 PM. We will focus on Lesson 2: Thinking for Peace in our online resource, Becoming a Peacemaker.

From the Socials Committee

Thanks to the host families—Carol & Bob Bullivant, Deb & John Macri-Johnson and Dawn & Ted Meredith—and to all their guests, for three very successful Circle Dinner gatherings on Saturday, October 21st. Our next Circle Dinners will be held in late January or early February.

We have a potluck lunch coming up soon—it will be held on Sunday, November 5th, following Dr. Emily Burr's service. For those who plan ahead, our December potluck lunch will be held on the 3rd, following Rev. Mary Edes' service.

HOLIDAY FAIR

It's time again to start thinking about the Holiday Fair! Every year, the first Saturday in December is the Holiday Fair for several churches in Durham. At DUUF, we sell homemade evergreen swags; homemade soups, jams, and cookies; white elephants (gently used household items, books, and children's toys); and our cafe serves homemade soups, breads and cookies. We make a little money for DUUF projects and local charities, and we have an opportunity to work and spend time together. White elephants can be dropped off before November 30th in the old basement (preferred) or the RE room (doors are unlocked during Sunday services or weekdays during business hours). If you would like to help out in any way (setup, cleanup, cook, make swags, collect greens for swags), contact me (dawn.meredith@comcast.net) or sign up during one of the November services. Dawn Meredith

SPIRITUAL GROWTH GROUP

On October 12th a small group of us met in the sanctuary to begin anew in our Spiritual Growth Group. Many people have asked me, "What is spirituality?" or "What exactly is spiritual growth?" I like to think of spirituality as looking within oneself and one's relationship with whatever one calls the "something larger than oneself." You might call it "something greater than oneself"; you may think of it as "energy," your "higher power," or "God," or your "soul."

For the first resource as we "look within" we are using an online study in **Becoming a Peacemaker**. The first lesson was on **Being for Peace** (i.e., looking at the four phases in our lives, or four ashramas). The third and fourth stages include giving back to the world and making a difference; the pursuit of enlightenment and, familiar to those who have take a TM Course, transformation to unconditioned pure consciousness. The latter being the stage which is not reached by too many of us.

Next week we will be using Lesson 2: **Thinking for Peace**: where we will be encouraged to each ask ourselves: *How different would your life be if the majority of your thoughts were directed towards peace instead of anger, resentment, stress, and unfulfilled desires? How would this affect the people around you?*

-Joyce Sheehan

**Want to change your electricity to make it better for the planet?
 Can't install solar? You can find out about an excellent alternative on
 Sunday Nov. 5, at 11:30 AM at the Durham Congregational Church library.**

If you are committed to (or curious about) reducing your household carbon footprint, consider that a growing number of homeowners have changed their electricity suppliers to ones that offer plans based on renewable energy (solar, wind, etc). By greening our electricity, we can reduce our carbon footprint by a large amount. Jen Messeder of the Baha'is of Lee and the Seacoast Interfaith Stewards of the Earth (SISE) will offer a hands-on workshop to give you the tools needed to switch your provider to one committed to using renewable energy. Bring a copy of your most current electric bill and your commitment to change! (If you want to bring an internet-connected device as well, you'll be able to "play along.")

Mike Fleming

OYSTER RIVER FOLK CONCERTS

Annual Holiday Concert

David Surette, Susie Burke, and Kent Allyn will perform their annual Holiday Concert on Saturday, December 2nd at 7:00 pm, at the Durham Unitarian Universalist Fellowship. Tickets are \$15 per person (\$5 for students) and doors open for ticket sales at 6:30. There is no better way to end a busy Advent Fair Day—or to launch your holiday spirits-- than to hear these talented local musicians. Bring a friend and help usher in the season!



UPCOMING CONCERTS

Mark your Calendar!

February 10: DUÓ: Niamh Varian-Barry and Peter Staunton

April 7: Cindy Kallet and Grey Larsen

May 12: The GNOMES BAND

FROM THE SEACOAST FAMILY PROMISE NEWSLETTER

Each of our families come to Seacoast Family Promise with their own story. Each story is different, unique, beautiful and full of possibilities.

Scott and Becky arrived at Seacoast Family Promise with overwhelming anxiety and uncertainty about their future. The vehicle they were driving was unsafe and uninspectable. Employment, appropriate schools for their children, especially Gage who had special needs, and their ability to provide a long-term home were on the top of their list to overcome.



Emma - grade 6



Gage - grade 3

After participating in the process of re-stabilization, despite the resistance to the structure and demands of the program, this lovely family found that they were much more resilient than they thought. Both parents found work and the children were able to remain in the school system they knew and that would provide the necessary support services. The donation of a new van put them back on the road to a brighter future. Finally the family was able to save money and sort out through the obstacles that lead them to homelessness. In a few short months they were able to secure an apartment and begin their lives again.

Scott suffered a massive heart attack not long after they moved to their new home which meant loss of employment, catastrophic medical bills and once again the possibility of homelessness loomed.

During this time many SFP volunteers and supporters rallied to help the family pay rent and remain stable which was a blessing to this family who had worked so hard to live well and make good choices. Scott suffered another heart attack and eventually they lost their home once again.

You may be thinking how awful this must have been for them but having lived through homelessness once and learning what it takes to succeed they stayed at a campground one summer, Becky worked an extreme amount of hours and saved every penny she could. Seacoast Family Promise continued to work with and support them with any services, food, school supplies, clothing and moral support during this time, and to be honest we learned a great deal from this loving family.

Today we are pleased to share Scott and Becky's success story with you as they are in stable and affordable housing. Children Emma and Gage are now teen and pre-teen ages have made amazing progress in school, socially and as participants in their family unit. They are funny, creative children who live each day to the fullest and have a bright future. Scott can work part-time and Becky continues to be one of the hardest workers we have ever known.

We celebrate this family and all that they have to look forward to!

2017-2018 DUUF Officers & Committees

Officers

President: Joyce Sheehan

Vice President &

Denominational Affairs: Dottie Oliver

Treasurer: John Macri

Secretary: Rachel Legard

Committees

Program: Thomas Pistole (Chair); Larry Vogelmann, Susan Bullivant, Raelene Shippie-Rice

Religious Exploration: Brad Kinsey (Coordinator)

House and Grounds: House: Sarge Legard; Grounds: Eric Nordgren;
Rentals and Cleaning: Karen Smith (Rentals); Edna O'Sullivan (Cleaning)

Social Action: Dawn Meredith (Chair); Betty Crepeau

Socials: Deb Johnson (Chair); Edna O'Sullivan, Amy Randlov, Brooke Baldwin, Bob Sheehan

Membership: Bob Pavlik (Chair); Caring Subcommittee: Ann Windsor, Chris Rodgers, Betty Crepeau,
Michael O' Sullivan

Nominations: Bob Sheehan (Chair); Michael O' Sullivan

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

Green Sanctuary: Mike Fleming (Chair)

Webmaster: Brett Gibson

HEED Editor: Stefanie Griffin



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

HEED is published by the Unitarian Universalist Fellowship of Durham, New Hampshire

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