

# The HEED OCTOBER 2017

Newsletter of the Durham Unitarian Universalist Fellowship



## SERVICES AT 10AM SUNDAYS

October 1

Rev. Mary Edes: "Ring the Bell That Still Can Ring"

October 8

Larry Vogelman: "Thoughts about Language"

October 15

Rev. Ed Lynn: "Gnawing Daggers: Regret and Resentment"

October 22

Mike Fleming: "Revenue-neutral Fee on the Production of Carbon"

October 29

John Aber: "Sustainability and Sustainable Agriculture at UNH"

SUNRISE ATOP  
CADILLAC  
MOUNTAIN  
BAR HARBOR,  
MAINE  
SEPTEMBER 27th  
6:26 a.m.  
Photo by  
Edna O'Sullivan



### **President's Note: Actions Speak Louder than Words**

Our focus for this year's Programs being our UU heritage and our future at DUUF, last Sunday's Program centered on how we welcome "strangers" to our Fellowship. Thomas had invited four current members to share their experience in being welcomed when they initially came to DUUF. Among the four (actually, five since a very newcomer, Phil, joined the group. Thank you, Phil!) was my husband, Bob, who shared his (our) experience being welcomed into the Fellowship. He also shared our experience at Arlington Street in Boston which we attended once while living in Boston. I remember thoroughly enjoying the pastor's sermon, as well as the overall service, but was a bit disappointed that after making an effort to attend the coffee hour.....not one person spoke to us. Needless to say, we didn't return.

Today, most Unitarian Universalist congregations are recognized as Welcoming Congregations, meaning that for 25 years the UUA has worked hard to make sure lesbian, gay, bisexual, transgender, and queer people are welcomed in our faith communities. The spiritual practice of welcome is a very important one to the UUA faith community. To me it means, welcoming EVERYONE: not just "those like us," which is as unique as each individual person as well as each individual Church, or in our case, Fellowship; or those who have the same religious beliefs, or non-beliefs as we do; or political ideologies as we do. It means stretching and growing and learning and sometimes feeling uncomfortable in our differences. And most importantly, this includes self-reflection (i.e., asking our individual as well as corporate selves.....how are we doing?).

Being an introvert, I find there is nothing more difficult than being an outsider and walking into an already formed close-knit group of like-minded people.

Joyce Sheehan, DUUF President

**REMINDER: The October Board Meeting is Wednesday, October 11 at 6:30 PM.**

### From the Socials Committee

**Sunday, October 1:** Potluck following Rev. Mary Edes' program. Please bring a dish to share, while enjoying conversation with others.

**Saturday, October 21:** Circle Dinners. Join us to share a meal and great conversation and a meal with a small group of fellow members and friends. Circle Dinners provide opportunities for us to get to better know one another and build camaraderie. Gatherings will be held at DUUF members homes; children are welcome.

**Sunday, November 5:** Potluck following Rev. Emily Burr's program. Please bring a dish to share.

### Fellowship Income in Round Numbers and Info for Members

The DUUF's operating budget calls for income of approximately \$47,000 in order to balance the books for the current fiscal year. Income comes from several sources including \$26,000 from our tenants and other users of our facility and \$1,000 from fundraisers and interest. The balance, **\$20,000, is expected from member donations.** We have 46 adult members in 31 families. We will meet this year's goal if donations average \$435 per member or \$645 per family. As in the past, some can and will give more; others will do their best.

Interested members can find updated summaries of the DUUF's finances in the form of Operating Fund and Balance Sheet status tables on the MEMBERS PAGE at [uudurham.com](http://uudurham.com). Members can get the password from our Webmaster Brett Gibson. Also posted is a file providing purposes and guidelines for the Fellowship's various funds. I welcome your questions, comments and suggestions.

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

### Caring Committee

A reminder that the Caring Committee is there to organize help for whoever may need it. If you have news - good or bad - about any of our members or friends who may be ailing or in need in any way, please let us know.

Ann Windsor, Chris Rodgers,  
Michael O'Sullivan, Joyce  
Sheehan



*Donna and Thomas recently visited Fellowship member Margaret McKenna, who is now living at Bellamy Fields in Dover. Margaret is the oldest living member of our Fellowship.*

### Our Welcoming Congregation

Welcoming visitors can be a challenge not only in Unitarian Universalist congregations but others as well. At a recent Sunday morning program we explored this issue. Here are highlights of that discussion, with comments derived from a variety of resources including non-UU faith communities, the Unitarian Universalist Association, and members of our Fellowship.

- Find the right balance between being too “hands off” and too pushy. This can be difficult—and it will likely vary from visitor to visitor
- Provide them with information about our Fellowship and about Unitarian Universalism
- Remind them that as a lay-led congregation our programs can vary significantly from week to week
- Help returning visitors become connected to the Fellowship. Note: this does mean asking them serve on a committee after their third visit!
- Recognize that for some folks involved in church-shopping, this may not be the best fit for them
- Periodically review what we are doing as a Fellowship and seek comments from members and visitors, realizing that what we have done in the past may not be the best way to proceed in the future

You can help by (1) returning the questionnaire that was sent out several weeks ago or by contacting Joyce Sheehan, our Board President; Bob Pavlik, Membership Chair; or me. No doubt we will be revisiting this important issue in the future.

Thomas Pistole, Chair, Program Committee

## SPIRITUAL GROWTH GROUP

Just a note to see if anyone (past members and new members) would be interested in starting up late Fall. I thought it might be good to plan to meet (in October) and discuss our needs and the direction we might want to take. We could do some short-term studies: readings, discussions or maybe some writing. (I've included a few suggestions below.)

Let's plan to meet on **Thursday, 12 October @ 6:30PM**. Mondays, Wednesdays, and Thursdays are nights that there is space at the Fellowship. So, please let me know if you can make it and suggestions for a resource to use, or another night. I will find something for the first meeting and get it to you prior to the meeting.

So, please email me at: [Joycesh@msn.com](mailto:Joycesh@msn.com) if you are interested in joining this Fall 2017. I will send an email to those interested at the beginning of October.

Joyce Sheehan

### Possible Resources for Spiritual Growth Group

*The Pen and the Bell: Mindful Writing in a Busy World*, by Brenda Miller and Holly Hughes

Now available as an eBook on Google Play and in the Amazon Kindle Store.

It can be difficult to create space for our spiritual lives in a world crowded with distractions. *The Pen and the Bell* is about how to achieve mindfulness and creative fulfillment in spite of long to-do lists.

*Writing to Wake the Soul: Opening the Sacred Conversation Within*, by Karen Hering

*Writing the Sacred Journey: The Art and Practice of Spiritual Memoir*, by Elizabeth J. Andrew

*Living Beautifully with Uncertainty and Change*, by Pema Chodron

The best-selling author and spiritual teacher shares practices for living with wisdom and integrity even in confusing and uncertain situations.

*How to Survive Change You Didn't Ask For: Bounce Back, Find Calm in Chaos, and Reinvent Yourself*, by M.J. Ryan

### HURRICANE RELIEF FUND

Thank you to those who contributed to the hurricane relief fund set up by the Unitarian Universalist Association and the Unitarian Universalist Service Committee. One hundred dollars has been donated on behalf of our Fellowship.

### OYSTER RIVER FOLK CONCERTS

**Craig Werth**

October 14, 7:00 pm



The Oyster River Folk Concert series will kick off its first concert of the year with local musician, Craig Werth on Saturday, October 14th at 7:00. Craig is a singer, song-writer and multi-instrumentalist who has won a Juno Award for his work with David Francey. He returns as a solo artist after touring internationally.

**Tickets are \$12 adults; \$5 students. Doors open at 6:30.**

**UPCOMING CONCERTS: Mark your Calendar!**

**December 2: Susie Burke and David Surette with Kent Allyn**

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

**April 7: Cindy Kallet and Grey Larsen**

**May 12: The GNOMES BAND**

## 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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