

the  
**HEED**

Newsletter of the Durham Unitarian Universalist Fellowship

## We continue our investigation of white privilege

*Carmen Buford-Paige, Program  
Committee member*

On Martin Luther King, Jr. Day, Sunday, Jan. 19, 2015, the second half of the Time Wise video *White Like Me* will be shown. Additional material will also be made available to those who expressed an interest in having statistics, information about the Youth Council, the NAACP, and more information about the issues raised in the video.

There will also be an extended discussion on the issues raised from both the Oct. 26 showing of the first parts of the video, what will be shown on MLK Sunday, and what we, as members of the Durham UU Fellowship, concerned citizens of New Hampshire, and Americans, can do to create and promote the elimination of racism, prejudice, intolerance, bigotry, and white supremacy in our country?

Please bring your questions and ideas to this day, plus any relevant materials that you might have. It would also be great to have a full house on this Sunday, so please bring all of your like-minded friends. Additional refreshments would be welcomed, I'm sure, so that we can munch on goodies while we

### Notes from the documentary

Much of the discussion after the Oct.26 showing of Tim Wise's documentary *White Like Me* focused on the statistics presented in the first two sections of the film. It was suggested these would be good to have for an "elevator speech." Here are some of the statistics:

-- Between 1934 and 1962, 98 percent of FHA loan recipients were white

-- Barack Obama won the popular vote in 2008 but lost the white vote 57-43 and received only 10 and 11 percent of the white vote in Alabama and Mississippi, respectively.

-- In a 1963 Gallop poll, two thirds of whites responding believed whites and racial minorities were treated equally in matters of housing, education and employment.

*From White Like Me, Tim Wise*

talk about these vital issues and decide what we, both individually and collectively, can do. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

### Upcoming services:

**Nov. 2 – Nonviolent Communication.** *Speaker, Gina Genest*

**Nov. 9 – We Will Remember You.** *Speaker, Dr. Sue Daigneault*

***For more information on upcoming programs, see Notes on page 2  
and the November Calendar***

## A Dozen DUUFers hoof it For CROP walk in Dover

*Stefanie Griffin and Brett Gibson,  
DUUF CROP Walk coordinators*

Thank you for supporting the Dover CROP Walk. So far we have raised just over \$9,400 with a number of organizations still out – so this is still a fairly preliminary number.

We will probably fall short of the \$16,722 that we raised last year, but we still had a very successful year. There were 125 physical walkers plus 24 “Spirit” walkers (background participants) for a total of 149 folks involved this year. The DUUF had 12 walkers and the DUUF RE youth raised \$350 for the event!

This year’s walk took place on Oct. 12 and covered three miles in downtown Dover. CROP Hunger Walks are community-wide events sponsored by Church World Service and organized by religious groups, businesses, schools and others to raise funds to end hunger in the US and around the world.

Thank you for your support of this important event.



## DUUF on Honor Roll for donations to UUA

The Durham Unitarian Universalist Fellowship has been named to the Honor Roll of congregations supporting the Unitarian Universalist Association. The DUUF joins more than 600 congregations on this list, which is noted each year at General Assembly, and also in the UUA’s *Annual Report on Giving*.

Additionally, the DUUF is being lauded this year for being among the congregations that have offered up 100 percent of the requested contribution for 25 or more years. This puts the fellowship at the second highest level of distinction honored by the UUA.

### Categories of donor congregation distinction recognized by UUA

- **Leadership Congregations**—the fifty highest contributing Honor Congregations each fiscal year.
- **25 year+ Honor Congregations**—those contributing the full requested contribution for twenty five or more consecutive years
- **10 year+ Honor Congregations**—those contributing the full requested contribution for ten or more consecutive years
- **Honor Congregations**—those contributing their full requested contribution of the end of the fiscal year. Honor is used synonymously with the moniker "Fair Share Congregation"
- **Merit Congregations**—those contributing at least 20 percent more than the prior fiscal year.

## Journey Song comes to DUUF for rare public 'sing'

People usually hear the voices of Journey Song when a small number from the group gathers to sing at the bedside of individuals approaching the end of life. At the request of an individual, family member or hospice organization Journey Song sings in continuing care facilities, nursing homes or in private homes. They also sing with ten or twelve voices to entertain residents of a variety of facilities throughout the Greater Seacoast Area.

Journey Song invites the general community to come listen to their music and learn more about what they do on Nov. 16 at 4 p.m. This is the first time the group has presented a public "sing" since the founding of this all-volunteer a cappella group in 2007. Having begun with six singers, Journey Song currently numbers 33 singers. Journey Song hopes that more people in the area will become aware of their free-of-charge services.

They invite others to come and listen (perhaps to join them as a singer in the future) and tell others about their services. Last year Journey Song singers sang 39 times at 18 facilities or private homes. They raised their voices in song at four hospice memorial services. They sang to 68 individuals at bedside (or in a common area of a facility). Journey Song singers entertained larger groups multiple times at nine nursing homes and continuing care facilities reaching approximately 180-200 people. They have experienced first-hand the power of music!

This special public sing will take place at the Durham Unitarian Universalist Fellowship. The audience will sample the full range of Journey Song's repertoire and have the opportunity to meet with individual singers. The hour of music and celebration is free, although Journey Song does welcome donations to its 501(c)3 organization. For more information email [info@journeysong.org](mailto:info@journeysong.org).

### November service notes

On Nov. 9, Dr. Sue Daigneault, author of *In the Shadow of a Mountain: A Soldier's Struggle with PTSD*, will present "We will Remember You" in conjunction with Veteran's Day remembrances. Dr. Daigneault will share her father's story, including selections from her book and other related prose and poetry.

## SOCIALS COMMITTEE REPORT

### First Circle Dinner set for Nov. 8

The Socials Committee has organized a Circle Dinner for Saturday night, Nov. 8.

Traditionally, the host family provides the main dish, and the dinner guests flesh out the meal with individual contributions. The host family will contact each guest concerning the set time for the gathering, discuss the menu, and give directions to their home.

Circle Dinners are an excellent way to get to know your fellow UUers in a smaller setting than Sunday Services. The dinners have always been very popular with our congregants. We do plan on organizing several more for the coming year.

*Be sure to let the Socials Committee know if you need a ride to the host home.*

## The Holiday Fair needs your help!

Dec. 6 is fast approaching – have you marked down on your calendar this very important date?

The Holiday Fair needs your help!

What items can you donate - new or gently used? When are you available to help out with the Fair? Are you interested in making swags and bows? What kind of soup would you like to make? Baked goods, etc...?

### Holiday Fair schedule:

*Wed., Dec. 3* - greenery collecting

*Thurs., Dec. 4, 9 a.m.* - swag making and bows

*Fri., Dec. 5, 9 a.m.* - Fair set-up

*Sat., Dec. 6, at 8:30 a.m.* - Holiday Fair!!!

Let's make this another one heck of a Holiday Fair. Contact Fair Committee members for more info: Joyce Sheffield, Dottie Oliver, Raelene Shippee-Rice, Edna O'Sullivan, Chris Rogers, Frank Rogers (tres.), Kim Nute (chair).

# Membership and Caring: 93 is the magic number

*Frank and Chris Rodgers, Membership Committee*

**Celebrations and Caring Updates:** We recently celebrated **Margaret's** 93<sup>rd</sup> birthday at Fellowship, as it happened to fall on a Sunday this year. However, Margaret isn't quite our oldest member; that accolade goes to **Kay**, who turned 93 back in July. Anyhow, we're so glad that these two wonderful ladies are still able to attend Fellowship on Sundays, and we hope this will continue for a long time to come.

**Steve H.** continues to survive well with the help of increased oxygen, and, while this makes outings very difficult for him, his close Fellowship friends keep in touch and visit with him regularly.

We were recently able to visit some other older Fellowship folks who now reside at Riverwoods in Exeter and are no longer able to attend on Sundays.

**Ibby**, who has recently moved into their skilled nursing unit, appears to be settled in comfortably. She remains in good form, and is still able to travel around the building thanks to her motorized wheelchair. **Norma Segal** is likewise in very good spirits and loves being at Riverwoods. Both these Fellowship people have close family living nearby,



*Margaret experiences the sweetness of a Sunday birthday*

for whom they are very thankful. Finally, while not a recent Fellowship member, but actually one of our founding group (possibly the only one remaining), **Elizabeth Nielson**, has been in Riverwoods some

seven years, and in February this year she also turned 93 (it seems that 1921 was some kind of bumper year for births!). She manages to get around with the help of a frame and remains as alert and interested in everything as ever.

**Greeters:** A big thank-you goes out to all our Sunday mornings Greeters. Keep up the excellent work. By the way, if you signed up for greeting, you can check out when you will be doing it on the list on the notice board right by the entrance.

**Discussion Group:** The Discussion Group met on Oct. 21 with six people present. The topics included the minister's sermon of the Sunday before on Jesus as well as why people need to believe in a deity. The next meeting will take place on Tuesday, Nov. 18, at the usual time of 7:30 - 9 p.m. in one of the Fellowship's downstairs rooms. All are welcome.

## Durham Unitarian Universalist Fellowship



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### 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.



## Where Two Worlds Touch

*Thomas Pistole*

I participated in the annual Spiritual Care Conference recently, arranged by the Chaplain's Office at Wentworth-Douglass Hospital. I attended the last five and members of the hospice singing group Journey Song, of which I am a member, have provided opening music for the last three. Each year the topic and speaker bring new insights into how we live our lives and how we intersect with those around us, particularly those who are struggling with health issues. This year's speaker was the Rev. Jade Angelica, and her story about caring for her mother during her

struggles with Alzheimer's disease was both poignant and uplifting. Rev. Angelica's struggles in learning how to interact with her mother in new ways and in seeing how others treated her mother were balanced with insights she gained and the new ways she found to interact with her mother. I share a few of these here.

*Learning to speak Alzheimer's.*

This is the title of a book by Joanne Koenig Coste, but it aptly describes the process Rev.

Angelica used with her mother. One of the best examples is avoiding reality orientation and instead using "therapeutic fiblettes." Alzheimer's patients suffer selective memory loss that can sometimes result in confusing present and past. It is tempting to correct them: "No, Martha is not coming today; she has been dead for 15 years," but there really is no value in doing so. These patients have their own reality. We need to enter their world. Therapeutic fiblettes are ways of supporting the patient in that world. You might ask questions such as, "When will she be coming?" or "What will you do when she gets here?" In doing so you are honoring their vision

of their world. One way of characterizing this is to see your actions as affirmations and acceptances, not necessarily agreement.

*Selected losses.* Alzheimer's patients lose cognitive memory but not necessarily emotional memory. They may not be able to articulate their feelings but that does not mean those feelings aren't present. Similarly with speech, they often retain receptive speech after they lose the actual ability to speak.

*Eye contact.* Individuals with Alzheimer's often lose peripheral vision. To accommodate for this,

people communicating with them should make eye contact before beginning a conversation or attempting to get them to do something. Rev. Angelica shared an anecdote in which her mother was standing in front of a closet door, repeatedly opening and closing it. When she called to her mother that it was time for them to go, there was no response from her mother. When Angelica inserted herself between the

closet door and her mother and repeated her statement, her mother said, "Fine," and began walking toward the outer door.

Many of us have or will have relatives or friends who develop Alzheimer's disease or other forms of dementia. Knowing more about how to live in their world can make a big difference in how successful we are in our interactions with these folks. Jade Angelica's book, *Where Two Worlds Touch*, was published this year by the UUA's Skinner House. I look forward to reading it.

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