

# The HEED MARCH 2018

Newsletter of the Durham Unitarian Universalist Fellowship



## Services at 10AM Sundays

- March 4:** DUUF: Who Are We?
- March 11:** In progress
- March 18:** Poverty—an Increasing Problem in American Society  
Betty Crepeau
- March 25:** Empowering Haiti  
Janet Perkins-Howland
- April 1:** Easter service  
Rev. Mary Edes

## DUUF BOARD MEETING

The March Board Meeting will be held on  
Wednesday, March 14 at 6:30PM  
in the Fellowship Hall.  
All interested members are invited to attend.

Responses Requested...

I am still looking for some new responses from members about what is meaningful to you about our Fellowship! (Comments will be included in the updated DUUF Brochure anonymously!)

Our Fellowship.....

Please write a personal bullet and email it to me at: [Joycesh@msn.com](mailto:Joycesh@msn.com)

Thank you! Joyce Sheehan

**SPIRITUAL GROWTH GROUP**

**We will be meeting again on March 8th @ 6:30 PM at DUUF.**

**Please mark your calendar!**

**For the next session, please read Part II, Chapters 3 and 4 (pp. 41-77).**

**Questions for discussion will be emailed this week.**

**-Joyce Sheehan**

**From the Socials Committee**

Nearly 40 DUUF members and friends enjoyed conversation, laughter and tasty food at our mid-February Circle Dinners. Our thanks to Eric & Betty Nordgren; Brooke Baldwin & Jake Kritzer; Mike Fleming & Jenny Surpless; and Maria & Nick Isaak who generously hosted these gatherings.

Though we won't be hosting a potluck lunch in March, please join us for our weekly post-service coffee hours to continue conversations and connect with fellow members and friends.

Mike Fleming will host our annual DUUF Pizza & Game Night on Saturday, March 24<sup>th</sup> from 5–8 pm. Please join us for an evening of pizza, challenges and fun!

After many years of hosting our delicious Easter Breakfast, Betty and Eric Nordgren are stepping back from that responsibility. We all want our traditional gathering to continue, so this year we are planning a potluck Easter Breakfast, beginning at 8:45 on Sunday morning (April 1<sup>st</sup>). Join us for breakfast (please bring a dish to share), for our Easter Service with Rev. Mary Edes and for our traditional Easter Egg Roll, after the service.

## Active Bystander Training

**“In a time when people are quicker to express anger and more like to be angry at ‘not being like them,’ many of us are seeking tools to respond effectively to such biased anger.” Last month I joined about 25 other people from around the Seacoast for an afternoon training to help become better prepared when confronted by challenging situations. Organized by the Granite State Organizing Group, the workshop provided information, encouraged sharing, included small group activities, and gave us some tools for becoming an *active* bystander. Below are a few highlights of this training.**

**A *bystander* is a person who is in a position to know what is happening and to take action when they see harassment, intimidation, verbal, or physical abuse. An *active bystander* is a person who takes positive action when they witness such events.**

**Some general principles for active bystanders.**

- + Assess the situation to the best of your skills. Engage other bystanders, if appropriate. If you feel the threat of danger, remove yourself and as many others as you can take with you.**
- + Ask other bystanders if they see anything wrong or can help. This is a powerful tool. Through it we gain the safety of numbers and can check our ideas for how to intervene.**
- + Approach and interact with the targeted person rather than the harm doer. Ask if they are okay; find out what they want; work to assist them rather than make assumptions. Then decide what to do.**
- + Ignore or distract. Aim to shift the energy by changing the subject. Ask for directions or speak to the target as if you know them.**
- + Note your emotions, claim only what is yours. Avoid taking on anger, fear, or confusion that isn't yours. Take a moment to sort out your feelings before taking action.**

**Inhibitors of active bystandership.**

- + Danger. If people feel they will be put in danger, they are less likely to help.**
- + Fear. When there is worry about “doing the wrong thing,” looking foolish, or being judged negatively, people are less likely to help.**

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+ Who me? Bystanders often do not react because they feel that other bystanders will respond. (Some of us will remember the Kitty Genovese case in New York in 1964 where a young woman was viciously and repeatedly stabbed as she walked the short distance from her car to her apartment after finishing her job as a bartender. Despite her repeated screams and cries for help, no one came to her aid. She was sexually assaulted and eventually killed. Although subsequent accounts have questioned some of the details, her case led to the phrase “bystander effect” or “Genovese syndrome.”)

+ I’m the only one. We may think we are the only one who thinks there is problem without realizing that other bystanders are likely thinking the same thing.

+ Confusion. Help is not always needed. When bystanders are uncertain, they are less likely to help.

+ Inattention. Sometimes we simply don’t notice that what is happening may possibly be a harmful action.

The Granite State Organizing Project “is the largest grassroots community organization in New Hampshire. [It is] comprised of religious organizations, community groups, labor organization and individuals in New Hampshire united in [their] concern for economic or social justice.” This recent training was sponsored by the Dover Area Religious Leaders Association (DARLA), of which our Fellowship is a member. The GSOP offers this training upon request. You can learn more about this and other activities of the group by visiting their website: <http://granitestateorganizing.org>.

Thomas Pistole

### Upcoming Programs

March 4. DUUF: Who Are We? In this interactive program we will focus on getting to know one another and learn more about our UU stories.

March 11. In progress

March 18. Poverty—an Increasing Problem in American Society. Betty Crepeau

March 25. Empowering Haiti. Janet Perkins-Howland will be discussing the struggles that all sides have with trying to improve things there: US volunteers and NGOs, Haitian staff and, of course, the Haitian people. Dr. Perkins-Howland is a physician specializing in obstetrics and gynecology.

April 1. Easter service. Rev. Mary Edes

**SAVE THE DATE: April 7, 2018**

*Oyster River Folk Concerts*  
*Durham Unitarian Universalist Fellowship*  
*20 Madbury Road, Durham*

**Cindy Kallet and Grey Larsen**



Cindy Kallet and Grey Larsen will perform traditional and contemporary folk music in our upcoming concert. Cindy is a superb singer and songwriter, and Grey is a master of Irish flute, concertina, piano and fiddle. Together they weave a unique musical fabric which has been described as “Brilliant” and “Positively Spellbinding”. To listen to these musicians, please tour their website at: [www.kalletlarsen.com](http://www.kalletlarsen.com).

**Concert starts at 7 PM**

**Doors Open at 6:30 PM**

**Ticket price: \$15; \$5 students**

## 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, Carmen Buford-Paige

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; Maria Isaak

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**

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