

# The HEED NOVEMBER, 2018

Newsletter of the Durham Unitarian Universalist Fellowship



## Services at 10 AM Sundays

- Nov. 4**            **Thomas Pistole**  
**A Star in Our Midst**  
**For many UUs, Star Island is their spirit's home**
- Nov. 11**           **Michael O'Sullivan**  
**The Long Shadow of the Great War**  
**Nov. 11 marks the 100<sup>th</sup> anniversary of armistice that ended World War I**
- Nov. 18**           **Rev. Craig Werth**  
**Craig is an interfaith chaplain, pastor of the Nottingham Community Church, a musician, and much more**
- Nov. 25**           **Susan Bullivant**  
**Gratitude**

Note: We will not be having a formal Thanksgiving service this year. I encourage people to attend the interfaith service sponsored by DARLA (Dover Area Religious Leaders Association), which will be held on Sunday, Nov. 18, at 7:30 p.m. at First Parish Church in Dover. A one-time rehearsal of a combined choir, made up of folks from area faith communities, will be held at 6:30 p.m. for a performance at this event. Chris Chance and I attended last year's service and sang in the choir; both were rewarding experiences. If you are interested in singing in the choir this year, please let me know and I will get you the music in advance. Thomas Pistole

## **Message from the President**

**We have had a busy October at the Fellowship. Since the last edition of the HEED we have had a very successful Oyster River Folk Concert with Liz and Dan which was attend by 65 people.**

**Thanks to Chis Chance and Arnie Alpert for two excellent programs in early October and Rev. Emily Burr for her message on the 21<sup>st</sup>. This past Sunday we had a great program led by the combined youth group of DUUF and the Community Church of Durham.**

**Thanks to the Social's Committee for the Potluck following Rev. Burr's program and the always popular Circle Dinners the first of which was help last Saturday night.**

**We are looking forward to a busy November leading up to our next Oyster River Folk Concert and Holiday Fair on December 1<sup>st</sup>.**

**Bob Sheehan**



**November Board Meeting will be on Wednesday, the 14<sup>th</sup> at 6:30PM.**

## Spirituality and Behavioral Health

Have you ever experienced a mental health problem? Do you know someone who has? If you are an adult, chances are very good that you answered “yes” to at least one of these questions. Although the stigma associated with mental disease has lessened over time, people with mental disorders are still often treated significantly differently from those with physical or physiological challenges. This despite the fact that millions of people in this country live with one or more recognized behavioral disorder.

According to the National Alliance on Mental Illness (NAMI), in this country 2.4 million (m) adults live with schizophrenia, 6.1 m with bipolar disorder, 16 m with major depression, and 42 m with anxiety disorders. These people face multiple challenges, including diagnosis, access to appropriate support and treatment, and financial resources to obtain help. According to two chaplains who work in facilities focused on helping people with mental illness, they often lack access to spiritual support as well.

At the Spiritual Care Conference recently offered to the community by Wentworth-Douglass Hospital, entitled “Spirituality and Behavioral Health,” we heard about this often overlooked facet of support for such people. According to Rev. James Weathersby, chaplain at a psychiatric center in Maine, spirituality transcends religious orientation. He argues that all individuals, whether they identify with a specific religion, have a spiritual component and one of his tasks is to find that spiritual identity in those patients with whom he interacts. Not surprisingly this can be especially challenging in people who have behavioral disorders. He prefaced his presentations by sharing that he often makes controversial statements in workshops and welcomes challenges. He included one way of distinguishing religion and spirituality: “Religion is for those trying to stay away from hell; spirituality is for those who have already been there.”

Rev. Michele Guest Lowery, chaplain at a medical center in Maine, had a somewhat different approach but a similar message. She encouraged those who interact with people dealing with behavioral health issues to realize that such individuals do indeed have authentic spiritual needs, insights, and experiences. Spiritual dimensions in our lives include our needs and capacity for connection, our values, and our core beliefs. When we are healthy, our spirituality gives us hope and grounds us. When we are in distress, we experience spiritual struggles, which may include guilt, shame, disconnection (from self and/or others), abandonment, diminished meaning or purpose, despair, giving up. We can best help such people if we know what their normative framework is for beliefs and practices, and what kind of language they use to describe and express relative concerns, needs, and joys. The former may be based on the religion they practice but, repeating Rev. Weathersby’s challenge: “We all have spirituality.”

Although the audience for these workshops included chaplains and clinical staff, there were also a number of other folks as well. An interesting point raised by one of the presenters is that many of the approaches developed for helping those with mental illnesses are also useful in interacting with people with dementia. Rev. Lowery encouraged us in our encounters with either group to “explore function within dysfunction” and “look for the ability in disability.” In her extensive experience as a chaplain she looks for lucid moments in what often seems like meaningless talk. There are times when the veil lifts and that may be the starting point to meaningful intervention strategies.

Increasingly intervention approaches for people with a variety of physical or mental disorders include a spiritual component. Indeed, hospice care specifically incorporates a spiritual component in its comprehensive approach to its patients. This integrative approach is being extended to other patients. We have indeed come a long way from the “insane asylum” model but, of course, we also have a long way to go.

Thomas Pistole

### November Indigenous Peoples' Day Events:

- Nov 3 - UNH Powwow
- Nov 4 - Film: *We Still Live Here*
- Nov 13 - Book discussion: *An Indigenous Peoples' History of the United States*
- Nov 15 - Lecture: *Indigenous Mapping, Descriptive Geography & Place Names*
- Nov 17 - Community Church Harvest Potluck Dinner

For further information on these events, please see [DurhamIPD.org](http://DurhamIPD.org)

### FROM THE SOCIALS COMMITTEE

**Our thanks to our generous host families—Edna & Michael O’Sullivan, Rachel & Sarge Legard and Brooke Baldwin & Jake Kritzer—as well as their guests, for the successful Circle Dinner gatherings on Saturday, October 27th. Brooke and Jake merit a special commendation for creativity in the face of unexpected circumstances.**

**Our next round of Circle Dinners will be held in February 2019.**

**We’ll be celebrating the birthdays of all Fall-born DUUFers on Sunday, November 4<sup>th</sup>. Delicious cake and best birthday wishes will be shared with all. Don’t miss it!**

**Come and set a new table tennis record at our Second Sunday Table Tennis Tournament on Sunday, November 11<sup>th</sup>, following our Service.**

**Our November potluck lunch will be held on Sunday, November 18<sup>th</sup>, following a music filled service by Rev. Craig Werth. Please join us for the service and for the potluck. Bring a dish to share, while enjoying post-service camaraderie.**

*Susie Burke and David Surette  
with Kent Allyn*

**Saturday, December 1**

**Three of the Seacoast's finest singers/songwriters, and instrumentalists will perform their annual Holiday concert at the Durham Unitarian Universalist Fellowship.**

**Doors open at 6:15; Concert begins at 7:00**

**Ticket Price: \$15 adults; \$5 students**



**2018-2019 DUUF Officers & Committees****Officers**

President: Bob Sheehan

Vice President: Dottie Oliver

Treasurer: John Macri

Secretary: Rachel Legard

**Committees**

Program: Thomas Pistole (Chair); Susan Bullivant, Carmen Buford-Paige, Julia Kinsey

Religious Exploration: Bob Pavlik (Chair) Brad Kinsey

House and Grounds: House: Sarge Legard (Chair); Grounds: Eric Nordgren;  
Rentals and Cleaning: Maria Isaak (Rentals); Edna O'Sullivan (Cleaning)

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

Membership: Brooke Baldwin (Chair); Caring Subcommittee: Chris Rodgers, Betty Crepeau,  
Michael O' Sullivan, Bob Sheehan, Joyce Sheehan

**Councils**

Nominations: Michael O'Sullivan (Coordinator), Joyce Sheehan

Green Sanctuary: Mike Fleming (Coordinator), Jake Kritzer

Social Action: Dawn Meredith (Coordinator); Betty Crepeau

Music: Carmen Buford-Paige (Coordinator); Thomas Pistole; Maria Isaak

Communication & Outreach: Brett Gibson (Webmaster); Stefanie Griffin (HEED Editor)

Denominational Affairs: Joyce Sheehan (Coordinator)

**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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