

# The HEED DECEMBER 2017

Newsletter of the Durham Unitarian Universalist Fellowship



## SERVICES at 10AM Sundays

- Dec 3            Rev. Mary Edes: We Are Only Human...
- Dec 10           Carmen Buford-Page: Kwanzaa
- Dec 17           Matt Meyers
- Dec 24\*           Marjorie Wolfson: Christmas Eve Service

\*The Christmas Eve service will be an evening program. There will be no morning programs on Dec 24 or Dec 31. Our first program in 2018 will be on Jan 7. Mary Edes will return on that day as we share our past year with "Endings and Beginnings."

## FROM THE PROGRAM CHAIR

### About our December programs

Dec 3            Rev. Mary Edes will be speaking on the topic "We're Only Human...." She describes the program as follows "As UUs we name ourselves in various ways, theologically speaking. This morning we will reexamine that naming, specifically, what it might mean to call oneself a religious humanist in the age of 'spiritual, but not religious.' As always, this is a work in progress for me. So let's ponder it together...."

Dec 17           Matt Meyers returns to our Fellowship with a program that is sure to include lots of music. From his website: "Matt Meyer is an artist of percussion, knowledgeable and experienced in a variety of styles, including latin-jazz, Brazilian, folk, funk, hiphop and pop. He is a graduate of Berklee College of Music and has studied in Cuba, Ghana, and Central America.... [He] is also a member of the Tribal Rhythms performing arts company...." A Unitarian Universalist, he has spoken and performed in a variety of UU venues, including General Assembly. I especially invite you to read his piece on multiculturalism at that site; it is

### President's Party

I'd like to invite everyone to join with us on December 10th following the Service for a Yankee Swap, finger foods and a few carols. Please bring a finger food to share and a \$10 gift for a Yankee Swap. I'll provide drinks and cake. We'll have finger foods and cake following the service and return to the sanctuary for carols and a Yankee Swap. (Hopefully our new arrival will have already arrived by the 10th!) Joyce Sheehan

### From the Socials Committee

We will hold a potluck lunch on December 3rd, following Rev. Mary Edes' "We're Only Human" program. All are welcome to join us for conversation and tasty food. If possible, please bring a dish to share.

On January 8th, our first week back at DUUF following the holiday break, Rev. Mary Edes will again be leading the service. Please bring a dish to share at the post-service potluck.

The Socials Committee is seeking another member to join our team. Members commit to set up and prepare coffee/tea approximately once per month and to supervise clean-up after coffee hour. In return, you'll be at the center of the DUUF kitchen's conversations and camaraderie. Please contact Deb Johnson or any member of the committee (Edna, Bob S. or Amy) if you're interested. Thanks!

December 10

KWANZAA CELEBRATION AND KARAMU - Dr. Carmen Buford-Paige

Food for the Karamu (feast)

Please bring an African or "soul food" dish. "Soul food" includes fried chicken, barbecued spare ribs, greens, shrimp and grits, corn bread, butter beans, black-eyed peas, turnips and greens, hoppin' john, etc. For additional information, please contact Car,\men.

If you have African garb, please wear it. If you have an African artifact, please bring it. Also, please bring one ear of corn for each child, grandchild, great-grandchild, or great-great grandchild in your family, For instance, I will bring 16, as I have 6 children, 7 grandchildren, 1 great-granddaughter, and 2 living sons-in-law. Or, you can bring just one to include all of your children.

This will be an intergenerational service, and each child will receive a book.

### A Special Tribute to Carmen Buford-Page

Anyone who attends a Sunday morning program at our Fellowship quickly realizes what a treasure we have in Carmen. We appreciate the musical variety she shares with us, the occasional flourish on the piano that surprises us, and her weekly commitment to bringing this music to us. What may not be so obvious is her flexibility and willingness to accommodate the special challenges we may unknowingly provide. A few examples...

Those of us who facilitate the Sunday services may forget to provide information about the music to her in advance. I know because I have been guilty of this more than once. Yes, experienced musicians can often sight-read a musical piece but sometimes the arrangements are quite challenging and it would have been helpful for her to have at least seen the music beforehand. For another example, recently the congregation sang “Over There” at the closing of Michael O’Sullivan’s program on World War I. Carmen was familiar with the chorus but not the verse. A few of us knew (or at least thought we knew) the verse and attempted to sing it a cappella. When we got to the chorus, Carmen attempted to accompany us but had to struggle to find the key we were in (actually there were several competing keys but that’s another story!). I could hear her working on the piano to find the key, then begin to play the accompaniment for us. It’s a special talent to be able to play “by ear” as opposed to reading music. It is even more impressive to be able to play a piece in a key different from what you are familiar with. Many a musician would have been totally frustrated—or worse—by these experiences, but she never, ever loses the equanimity that is so much a part of her.

There are other things I could share—the continuing challenge of assembling a choir, for one, but I think the point has been made. So, the next time you hear Carmen play, do appreciate the beautiful music, but also be reminded of what a treasure we have.

Thomas Pistole

### FROM THE MEMBERSHIP COMMITTEE:

In December the Fellowship will return to its one-time tradition of a special Sunday-morning recognition of new members. A small portion of the Dec. 10 Kwanzaa service will be dedicated to recognizing the families who have signed the membership book this year. Rumor has it that the new members, as well as members of longer standing, might be in for a surprise treat. See you there.

What do we mean when we speak of peace? By Joyce Sheehan

The word peace conjures up a few different thoughts for me. Watching the ocean waves on a calm day, viewing mountains off in the distance, being at home watching the snow fall gently as I look out my window, sitting in around a table setting with friends and family, just to name a few.

But on the other hand, I know that peace means something far more than the general experience of a tranquil stability that I may experience or the absence of conflict in my life and those around me. I know that the very moment of “peace” I experience while sitting by ocean is likely, at the same time, a moment of terror for countless people in our country and so many parts of our world.

In the advent of this special season may we seek ways to restore peaceful solutions in all areas of need, repair severed relationships, and mend the misunderstandings that prevent us from accepting one another.

In finishing I'd like to share a poem titled Making Peace by Denise Levertov:

A voice from the dark called out,  
‘The poets must give us  
imagination of peace, to oust the intense, familiar  
imagination of disaster. Peace, not only  
the absence of war.’  
But peace, like a poem,  
is not there ahead of itself,  
can't be imagined before it is made,  
can't be known except  
in the words of its making,  
grammar of justice,  
syntax of mutual aid.  
A feeling towards it,  
dimly sensing a rhythm, is all we have  
until we begin to utter its metaphors,  
learning them as we speak.  
A line of peace might appear  
if we restructured the sentence our lives are making,  
revoked its reaffirmation of profit and power,  
questioned our needs, allowed  
long pauses . . . (continued on next page)

(continued from previous page)

A cadence of peace might balance its weight  
on that different fulcrum; peace, a presence,  
an energy field more intense than war,  
might pulse then,  
stanza by stanza into the world,  
each act of living  
one of its words, each word  
a vibration of light—facets  
of the forming crystal.

### Spiritual Growth Group

Just a note to see if anyone else might be interested in joining knowing that winter weather is ahead of us. We have met twice and decided that we'd like to explore **A Chosen Faith** by John A. Buerhrens and Forrest Church, an introduction to the Unitarian Universalist Church.

We'll plan to meet on Thursday, January 11@ 6:30PM. So, please let me know if you would like to join us with this study.

Also, I will plan on ordering books if you would like one let me know.

Looking forward to being together,

-Joyce Sheehan

### A Review of **A Chosen Faith**.....

"Only a free faith, a chosen faith, offers the kind of engagement that wakes us up to ourselves and makes us willing to risk what we have for what we could become. This splendid book invites us to consider just such a faith." --Marilyn Sewell

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*John (5-7-5) Macri haiku*  
*poet*

DUUF's traditional solstice celebration will be Saturday December 23rd, starting at 6 pm. The party will be held at Dottie and Larry's home at 22 Cedar Point Road in Durham. Please bring food to share and a reading you might want to share. Ask Larry or Dottie if you need directions or more details. Help the sun to continue to rise earlier and remain longer. Mark your calendars. Dottie Oliver  
 22 Cedar Point Road, Durham  
 603 749 0366/603 731 4475



*DUUF reconsiders being "welcoming".... vandals are not wanted here anymore! Photo credit: Gary Hochgraf, Repair credit: Betty Nordgren, John Macri and Sarge Legard*

December's DUUF Board Meeting will be held on Wednesday, December 13th @ 6:30pm in the Fellowship Hall. All are invited to attend.

## 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**

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

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