

The HEED SEPTEMBER 2017



Newsletter of the Durham Unitarian Universalist Fellowship

SERVICES AT 10AM SUNDAYS

September 10

Opening program: Water Service. Susan Bullivant. A time for sharing our activities both symbolically—by blending waters—and verbally.

September 17

Our UU heritage: Thomas Pistole. How did we transform from two Christian denominations to the eclectic and diverse religion we are today.

September 24

Welcoming newcomers: An interactive program facilitated by Thomas Pistole. How do we welcome visitors to our congregations and to our Fellowship specifically.

October 1

Rev. Mary Edes. This is the first of five programs Mary will be offering to our Fellowship this year.

FROM THE SOCIALS COMMITTEE

We hope you'll all join us at a potluck lunch following our Water Ceremony Service on September 10. Just bring a dish and stories about your summer adventures to share with one and all. There will also be a potluck after the service on October 1.

Program Plans for This Year

The theme for this year is Unitarian Universalism—Our Heritage and Our Future. We will explore our roots as a faith tradition, our current status, and where we see ourselves in the future. Our focus will be both on the UUA as a whole and our own Fellowship. We plan to offer one program in most months devoted to this theme. Of course, we will continue to cover other topics as well, including environmental issues and other faith traditions. The Program Committee this year includes Raelene Shippee-Rice, Dale Rice, Susan Bullivant, Larry Vogelmann, and me. Please do not hesitate to contact any of us with suggestions for speakers or topics for our Sunday service. Our hope is to have a set of presentations to challenge you, to fill you with hope, to nurture you, and to expand your horizons. Let us know how we are doing.

Thomas Pistole

DUUF Social Action Report 2016/17

Once again our small but mighty fellowship has strongly supported Seacoast Family Promise this year. Betty C collected \$475 for gas cards at Christmas time and another \$681 in the early summer (\$500 total of this was a match from Social Action funds). We also staffed 62 of the 245 hosting slots at Stratham Community Church; this was over seven different weeks in the year. Our steadfast volunteers include the Crepeaus, Legards, Windsors, Sheehans, Deb, Maria, and Gary. Our contribution includes two meals (lasagna and chicken salad) prepared by the DUUF youth. We also supported Guests at your Table- thanks to Dottie for collecting \$432 this past fall. Thanks to all who contributed time or money to support our social action agenda!

2017 Fellowship Survey

As leaders in the DUUF we have met and decided to send a survey to members and friends of our Fellowship in order to receive feedback as to what direction you would like us to follow as we continue on our journey in finding meaning for our lives. Last year at the Board Meetings we discussed how we might increase membership. So, we have information on requesting facilitation from the UU Association which will be requested as soon as we determine timing.

Again, this survey will be sent out on Tuesday, 6 September, prior to our First Sunday back on 10 September 2017. We ask that you take the time to fill out the survey when you receive it. You may save it, fill it out and send it back attached to an email, or, if you prefer to remain anonymous, save it, print it, fill it out and bring it to the Fellowship and place it in the box provided on the front table. Remember, the more information we receive the better work we can do at serving your needs.

We sincerely thank you,

Joyce Sheehan, President and Thomas Pistole, Program Chairperson



Left: Betty Nordgren's steady hand reverses 13 years of fading paint on our roadside sign.

Denominational Affairs

As you may already know, the Unitarian Universalist Association experienced a challenge of faith last spring. Following concerns about the lack of racial diversity within senior level positions within our faith community, then President Peter Morales resigned less than three months before his term was to end. This was followed by the resignation of two other administrators. In response to this unprecedented set of events, the UUA Board of Trustees responded by instituting actions both to respond to the voiced concerns and to maintain a continuity of leadership in our association. The following represent some of the actions as well as other events that highlight recent changes in the UUA.

President. In June we elected our first female president (As she clearly noted, she is not the first female president; Rev. Sofia Betancourt was one of three individuals appointed by the UUA Board as co-presidents to fill the vacancy left following Peter Morales' resignation.) Rev. Susan Frederick-Grey was one of three female candidates, all parish ministers, on the ballot for this election.

Teach-In. With leadership from several UU activists, including Aisha Hauser, a religious educator, and Christina Riviera, member of the UUA Board, 706 congregations—68% of the total 1,038 congregations— participated in a White Supremacy Teach-In in April and May to examine how a culture of white supremacy plays out in UU spaces, including within congregations.

Moderator. Following the resignation of Moderator Jim Key (who died shortly afterwards) the UUA Board appointed Trustee Elandria Williams and Mr. Barb Greve to serve together as co-moderators until a special election in 2018. Both have extensive experience in UU activities. Elandria is a woman of color who had been elected to the UUA Board of Trustees in 2016. Barb is an openly transgender individual who, among many accomplishments, is a Credentialed Religious Educator-Master level and has served as a religious professional in a number of our congregations.

Chief Operating Officer. President Susan Frederick-Gray named outreach director Carey McDonald to one-year term as acting chief operating officer. McDonald, who is a young adult and identifies as biracial, has served in roles at both the congregational and central UUA staff levels. He replaces Rev. Harlan Limpert, who resigned last spring along with other senior-level administrators.

Ministries and Faith Development. Rev. Sarah Lammert and Jessica York will co-direct the Ministries and Faith Development staff group. Among other activities, this office has responsibility for religious education and RE credentialing. Lammert held this position until tapped as the interim COO earlier this year, while York has served as the leader of

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the Faith Development section. Jessica is a former DRE and person of color. Sarah and Jessica suggested this leadership model.

Commission. It is important to note that last spring the UUA Board created the Commission on Institutional Change, whose goals include providing a long-term approach to the challenges we have been facing.

This overview highlights the excellent work by our UUA leadership in responding to an important issue and in creating both immediate changes and mechanisms for instituting more permanent changes.

In faith,
Thomas Pistole

SPIRITUAL GROWTH GROUP

Just a note to see if anyone (past members and new members) would be interested in starting up again 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 Tuesday, 10 October @ 6:30PM or [Thursday, 12 October @ 6:30PM](#) . So, please let me know which day might work for you and suggestions for a resource to use. I will find something for the first meeting and get it to everyone.
(I will need to confirm dates with Karen!)**

So, please email me at: Joycesh@msn.com if you are interested in joining this Fall 2017. (I will send a reminder the end of September!)

Joyce Sheehan

SPIRITUAL GROWTH GROUP

Possible Resources:

The Pen and the Bell

Mindful Writing in a Busy World

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.

Authors: Brenda Miller, Holly Hughes

Writing to Wake the Soul

Opening the Sacred Conversation Within

Author: Karen Hering

Writing the Sacred Journey

The Art and Practice of Spiritual Memoir

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

Author: Elizabeth J. Andrew

Living Beautifully with Uncertainty and Change

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

Author: Pema Chodron

How to Survive Change You Didn't Ask For

Bounce Back, Find Calm in Chaos, and Reinvent Yourself

Author: M.J. Ryan

OYSTER RIVER FOLK

Oyster River Folk Concerts are a collaborative effort between the Durham Community Church and the Durham Unitarian Universalist Fellowship. Our goal is to offer live performances of folk music to our community while helping to promote and support a talented array of folk musicians.

The Oyster River Folk Series will host two concerts in the fall and at least two more in the winter. Please mark them on your calendar, and come join us for these enjoyable community events. The doors open at 6:30 and tickets are sold at the door.

Local musician Craig Werth, guitarist and songwriter, will kick off our season on Saturday, October 14th at 7:00.

Our annual Christmas Concert with David Surrette, Susie Burke, and Kent Allyn will take place on Saturday, December 2nd at 7:00.



The Dalai Lama's Favorite Prayer

Buddhists tend to believe that words hold powerful vibrations at their core and since everything is made up of energy, it is essential to connect with it. Praying, whatever that means to you, allows us to strengthen this connection and improve our oneness with the universe.

Prayers don't have to be mantras or certain words sent out to any one deity in particular. Praying can be a personal experience that can be composed of any words that generate good will and expands our relationship with the universe.

Buddhists also tend to believe that the most powerful prayers or words are the ones including compassion toward other sentient beings. So, along with the Lovingkindness Meditation by *Bodhipaksa* (It is believed in Buddhism that generating compassion and wishing others good will heals us from our entire mental and emotional suffering) on my **Insight Timer** app I also came upon the following prayer that I am saying every morning and evening as it brings me peace and energy:

*"May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.*

*May no living creature suffer,
Commit evil, or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.*

*May the blind see forms
And the deaf hear sounds,
May those whose bodies are worn with toil
Be restored on finding repose.*

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*May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.*

*May the poor find wealth,
Those weak with sorrow find joy;
May the forlorn find hope,
Constant happiness, and prosperity.*

*May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.*

*May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.*

*May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each other.*

*For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world."*

~

Submitted by *Joyce Sheehan*

Hurricane Harvey

Recovery Fund

There are many organizations collecting funds to help victims of hurricane Harvey. The UUA and the Unitarian Universalist Service Committee have joined together to establish a recovery fund for individuals affected by this event. If you would like to join with others from our Fellowship in supporting the efforts of this operation, please contribute to the collection at our opening meeting on Sept. 10. If you would prefer to make your contributions directly, please go to this site:

<https://giving.uua.org/harvey-floods>

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

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