

# The HEED JANUARY, 2019

Newsletter of the Durham Unitarian Universalist Fellowship



## Services at 10 AM Sundays

- |        |  |
|--------|--|
| Jan 6  | Rev. Mary Edes<br>Endings and Beginnings                                   |
| Jan 13 | Merry Stockwell<br>Let's shed some light on today's pervasive culprit—Fear |
| Jan 20 | Julien/Jane Olivier<br>Bringing spirituality to those in jail              |
| Jan 27 | Joyce Sheehan  |
| Feb 3  | Tara Holmes Ball<br>Suicide: stigma and support                            |

### Board Meeting

January's Board Meeting will be held next Wednesday,

January 9th at 6:30 PM.

About our speakers

Mary Edes has been a guest minister at our Fellowship for over 20 years. She is currently serving as a chaplain and leading a hospice singing group in the Tamworth, NH, area, where she and her husband, Steve Kull, live.

Merry Stockwell is a long-time director of religious education and served at three New Hampshire UU congregations before her retirement. For a number of years she has traveled to St. John in the Virgin Islands during the winter to provide Sunday services for the UU congregation there.

Julien Olivier serves as chaplain at Wentworth-Douglass Hospital in Dover. Jane Olivier taught music in public schools for many years and is now retired. Among their many outreach activities, they provide support through word and music to men and women at the Strafford County Jail.

Joyce Sheehan is a member of our congregation and former minister.

Tara Ball is the president and founder of Connor’s Climb Foundation, a local organization whose mission is to provide suicide prevention education to New Hampshire youth and the community.

**President’s Message**

**Happy New Year to all!**

**The President’s Party, “Yankee Swap”, will be held on Sunday, January 20th following the morning Service. Please bring a wrapped gift and prepare for some fun. Hope to see many of you this Sunday for the Program by Rev. Mary Edes and our Pot Luck following the Service.**

**Bob Sheehan**

***FROM THE SOCIALS COMMITTEE:***

***Happy New Year to All!***

**We’ll be kicking off 2019 with a potluck luncheon on January 6<sup>th</sup>, following the program with Rev. Mary Edes. Please bring a dish to share, along with stories of your holiday adventures.**

**Please join us at our next *Second Sunday Table Tennis Tournament* on Sunday, January 13<sup>th</sup>, following Merry Stockwell’s program.**

**We’re starting to make plans for our February Circle Dinners, please let me know if you’d be willing to host fellow DUUFers for this event. Thanks!**

**Best wishes for a healthy and happy 2019!**

**Deb J. and your Socials Committee**

**(Bob S., Amy R., and Edna O.)**

## Listen

“My word of the year is listen” began an article that was forwarded to me recently by a friend. I could not agree more. Nancy Gibbs, who wrote this piece, continues, “Listening is hard when the sounds around us grow mean and ugly. And listening takes particular courage in divisive times.” Prof. Gibbs cites a Harvard colleague, Doug Elmerdorf, to complement her own words: “Courage is not just about standing up for what you believe. Sometimes courage is about sitting down and listening to what you may not initially believe.” This does not mean abandoning our values, Gibbs continues. Rather it’s a strategic reminder of the value of humility. Reflecting on growing up in Quaker schools, she notes that the silent meetings that were a part of her education were initially a challenge but “I found then, and need to be reminded now, that we can’t hear the soft, sane voice inside us if we’re talking all the time, and certainly not if we’re shouting.”

This brought to mind another piece on listening that I recently came across.

### Please Listen by Leo Buscaglia

*When I ask you to listen to me and you start giving me advice, you have not done what I asked.*

*When I ask you to listen to me and you begin to tell me why I shouldn’t feel that way, you are trampling on my feelings.*

*When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.*

*Listen! All I ask is that you listen. Don’t talk or do – just hear me.*

*Advice is cheap; 20 cents will get you both Dear Abby and Billy Graham in the same newspaper. And I can do for myself; I am not helpless. Maybe discouraged and faltering, but not helpless.*

*When you do something for me that I can and need to do for myself, you contribute to my fear and inadequacy.*

*But when you accept as a simple fact that I feel what I feel, no matter how irrational, then I can stop trying to convince you and get about this business of understanding what’s behind this irrational feeling.*

*And when that’s clear, the answers are obvious and I don’t need advice. Irrational feelings make sense when we understand what’s behind them.*

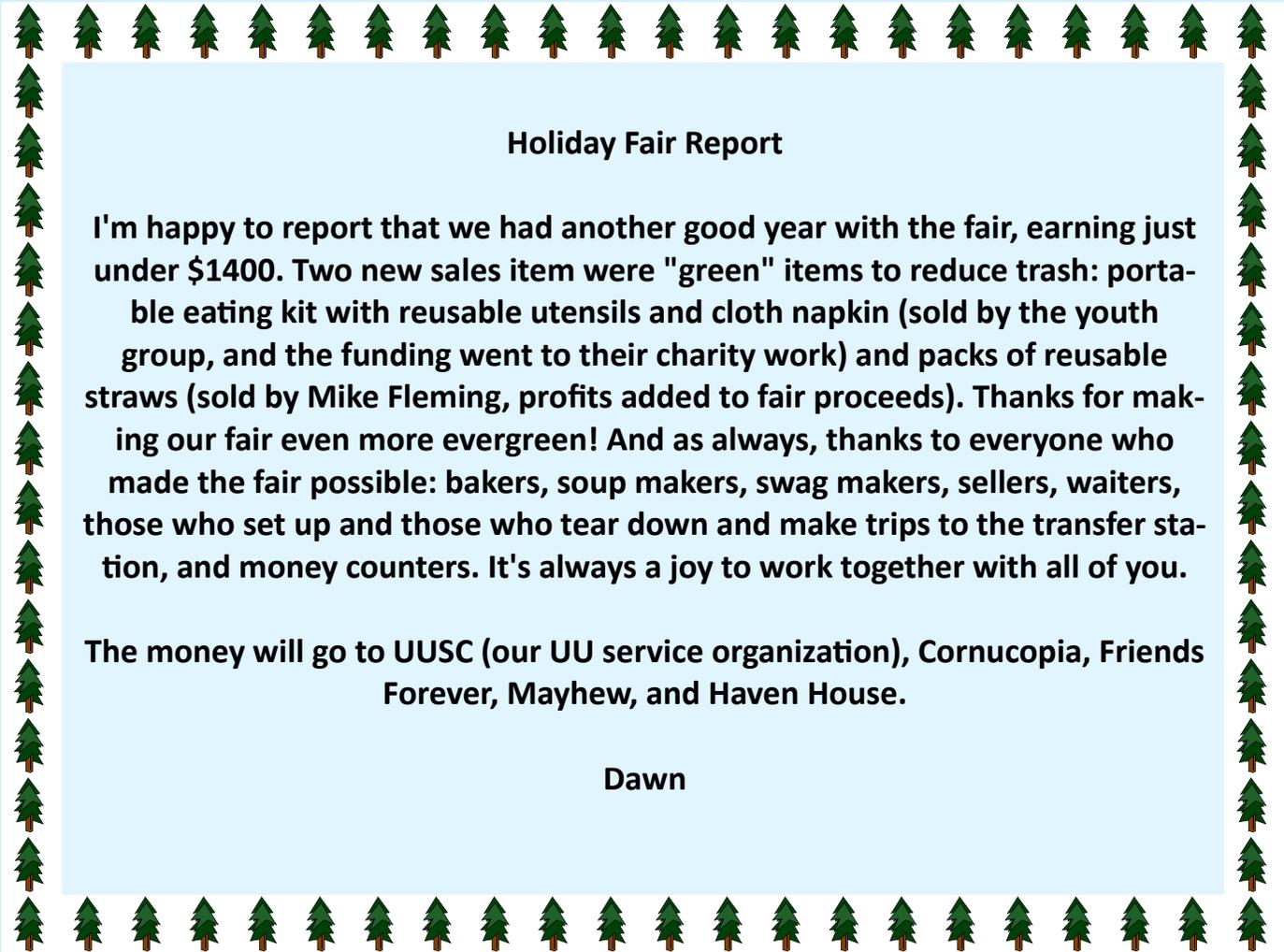
*Perhaps that’s why prayer works, sometimes, for some people – because God is mute, and he doesn’t give advice or try to fix things.*

*God just listens and lets you work it out for yourself.*

*So please listen, and just hear me. And if you want to talk, wait a minute for your turn – and I will listen to you.*

New Year’s resolutions are fraught with failure but it can’t hurt to try yet again. How would our world look if everyone resolved to be a better listener?

In faith,  
Thomas



### Holiday Fair Report

I'm happy to report that we had another good year with the fair, earning just under \$1400. Two new sales items were "green" items to reduce trash: portable eating kit with reusable utensils and cloth napkin (sold by the youth group, and the funding went to their charity work) and packs of reusable straws (sold by Mike Fleming, profits added to fair proceeds). Thanks for making our fair even more evergreen! And as always, thanks to everyone who made the fair possible: bakers, soup makers, swag makers, sellers, waiters, those who set up and those who tear down and make trips to the transfer station, and money counters. It's always a joy to work together with all of you.

The money will go to UUSC (our UU service organization), Cornucopia, Friends Forever, Mayhew, and Haven House.

Dawn

**Happy New Year,**

**Notice for UUSC Gifts at your Table. I will be collecting for Gifts at Your Table on Sunday January 13th, 20th and 27th. The UUSC is currently working on the Texas Border delivering emergency supplies to families walking great distances from Central America to the U.S. border in search of asylum, bolstering the work of UU congregations and grassroots organizations to provide expanded sanctuary and welcoming immigrants, and assisting Indigenous South Pacific island communities who are bearing the brunt of the rising tides from climate change, just to name a few.**

**Thanks for giving**

**Dorothy (Dottie) Oliver**

**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**

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

20 Madbury Road Road • Durham, New Hampshire 03824 • www.uudurham.com