

The HEED April, 2020

Newsletter of the Durham Unitarian Universalist Fellowship



Program Cancellation:

The Board has voted to cancel our Sunday Programs up to and including Sunday, May 3rd.

But, don't despair:

A note from the Program Committee:

Susan Bullivant and I will be leading Sunday services at 10:00 during the pandemic via Zoom. The services will have some of the essential aspects of our Sunday services including the candle lighting, readings, a bit of music, and joys, concerns and gratitudes for both young people and adults. The specific instructions will be posted on the website. We hope that you can join us.

Betty Crepeau

Board Meeting:

The April Board Meeting will take place on Wednesday, April 8th at 6:30 via Zoom. Anyone who is not on the board, and would like to be part of the meeting is asked to email Rachel at rslegard@comcast.net to request an invitation.

President's Message

I would like to thank Susan Bullivant for doing the Sunday Program for the past two weeks via Zoom. Well over 30 people were in attendance this morning. It was great to see everyone and hear about how they are doing.

We look forward to continuing to meet via Zoom for the near future. I hope everyone is doing well under the circumstances, practicing social distancing, working from home, and not on the go except for those who are essential workers. We keep those in the medical field in our thoughts and close to our hearts as they continue to work under excruciating circumstances.

Please let members of our Caring Committee know if there is anyone in need of a note, call, or other assistance during this difficult time of uncertainty. We look forward to seeing everyone when this pandemic comes to an end. Stay safe.

-Bob Sheehan

Using Zoom For The First Time?

**With Board meetings and Sunday morning services being held on Zoom,
you may have questions about how to use it.**

The following sites have helpful information:

<https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

<https://www.context.org/help/zoom-quickguide/>

April Socials Report (alas, concerning events not taking place at DUUF in 2020)

by Deb Johnson

We hope you all are keeping your spirits up at this challenging time. Unfortunately, the social activities planned for April have been canceled due to the coronavirus outbreak. Nevertheless, there are many things for which we are grateful: How generously DUUFers volunteer their time, energy, ideas and money to maintain and grow our community. How heartening it is to see members of our community gathering virtually on Zoom. How gracious Susan B. and Betty C. are in planning and conducting these virtual programs. How openly and honestly DUUFers share their joys and concerns during these programs.

We're also grateful for our memories of many wonderful DUUF springtime traditions: Our annual Easter Breakfast, a tradition begun by Betty and Eric Nordgren together with Evie and Paul Robinson. Our many Easter parades with DUUFers bedecked in lovely Easter bonnets. The sometimes fierce competition at our annual Easter Egg Roll. Larry Vogelmann's annual (new-age) Passover Seder loaded with wisdom of the ages, hard-boiled eggs, parsley and lots of matzot, horseradish and charoset.

We will miss each and every one of these DUUF traditions. Hopefully their absence will make us even more grateful for our memories, and for the many members who have made these past celebrations possible in the past. We look forward to resuming these traditions in 2021.

No doubt, there have been and will continue to be unexpected delights arising during our sequestration. And though we may be reluctant to revisit winter snow, I found this poem by Phillis Levin to speak to our circumstances:

The Blizzard

Now that the worst is over, they predict
Something messy and difficult, though not
Life-threatening. Clearly we needed

To stock up on water and candles, making
Tureens of soup and things that keep
When electricity fails and phone lines fall.

Igloos rise on air conditioners, gargoyles
Fly and icicles shatter. Frozen runways,
Lines in markets, and paralyzed avenues

Verify every fear. But there is warmth
In this sudden desire to sleep.
To surrender to our common condition

With joy, watching hours of news
Devoted to weather. People finally stop
To talk to each other—the neighbors

We didn't know were always here.
Today they are ready for business,
Armed with a new vocabulary

Casting their saga in phrases as severe
As last night's snow: *damage assessment*,
Evacuation, emergency management.

The shift of the wind matters again,
And we are so simple, so happy to hear
The scrape of a shovel next door.

Seacoast Family Promise

It is almost time for me to collect money for gas cards for Seacoast Family Promise. Obviously, I can't do this the typical way. It would be great if you could send a donation to SFP for their expenses during this crisis. I am sure many of the parents are unemployed because of the pandemic, but their many of their expenses continue. The donation should be designated for "The Family Fund." Please indicate that you are a member of DUUF.

The address of SFP is 27 Hampton Road, Exeter, NH 03833

Thanks,
Betty Crepeau

DUUF on Facebook

This is a good time to reach out to the greater community via Facebook (seeing as everyone is sitting around looking at their screens even more than usual these days).

Please make sure to like the DUUF on Facebook and consider liking or commenting on our posts. If anyone has knowledge about how social media works, let us know the best ways to spread our message to more people. If you have anything you think might be useful for the DUUF to share, please send it along to one of our FB administrators: Bob, Jen or Renee.

VIRTUAL CHURCH DRESS CODE HAIKU

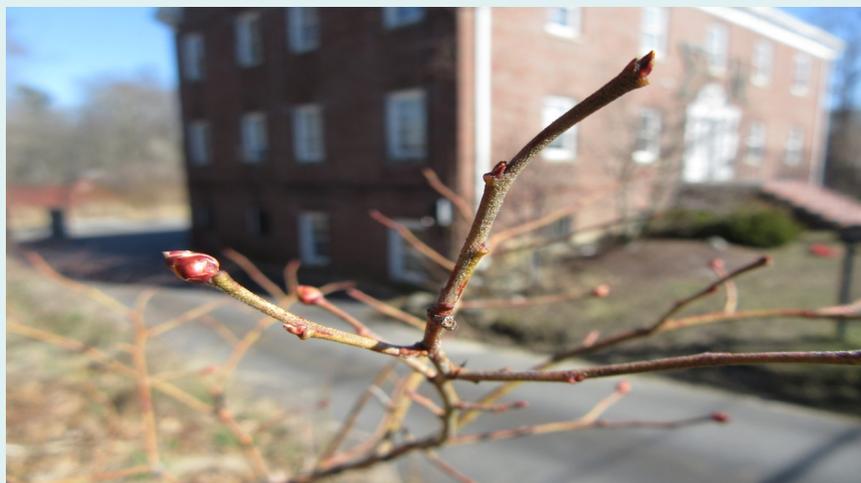
Don't, Deb advises
Zoom to church in pajamas
Below waist okay

-John Macri

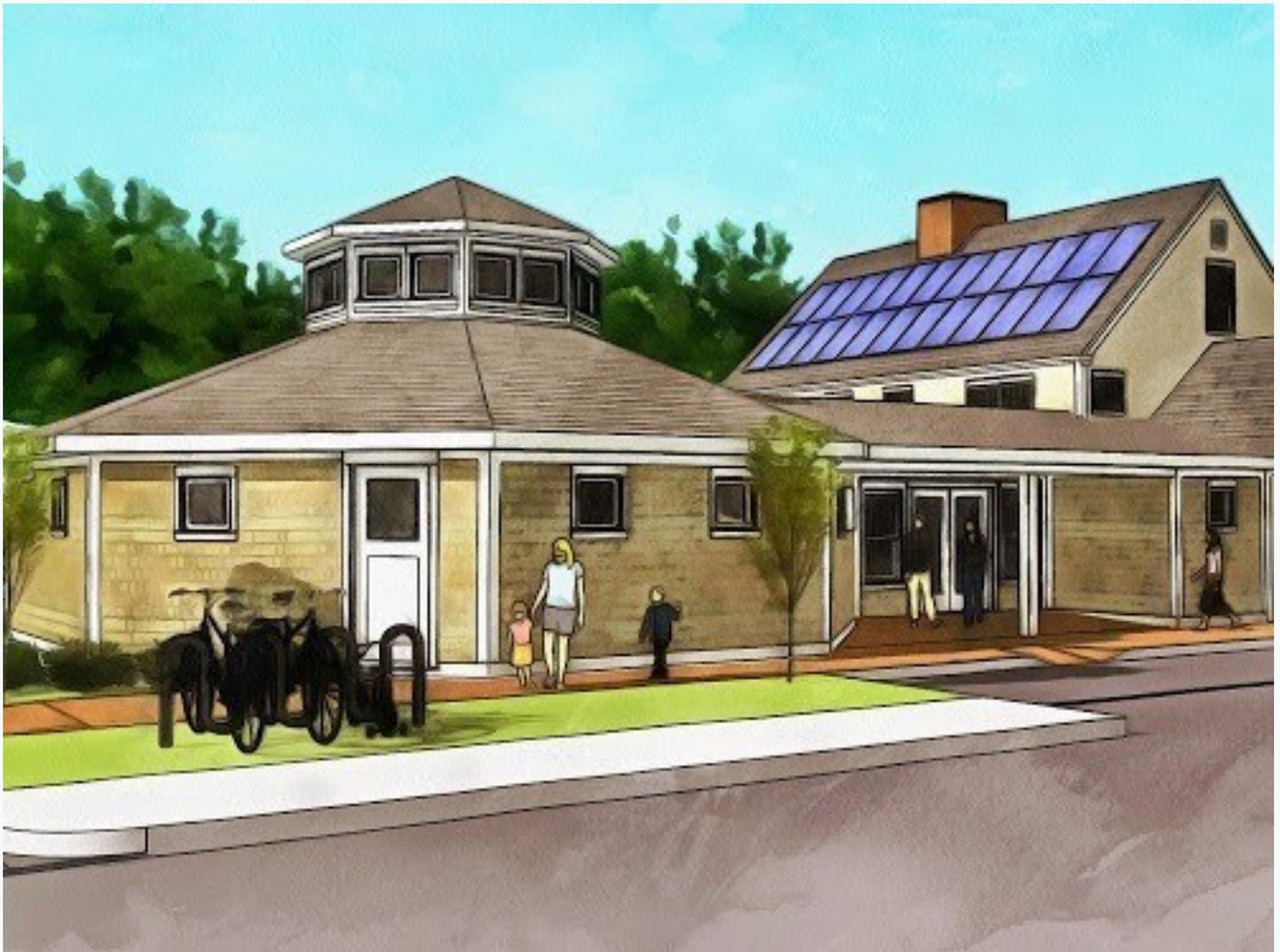
From the Downstairs Fellowship:

We are working our way towards a nice blueberry hedge thanks to a kind donation from the Schrams and some hard work transplanting by the kids in the younger RE group. The bushes we put in last fall seem to be doing very well. The sloping, sunny hillside is a good home for them. Two more plants were transplanted this week (sadly without kid help due to the quarantine) and we hope these will do just as well.

There is still more work for us to do on the hillside, keeping the bushes mulched and the weeds down, and hopefully planting a winterberry bush or two on the hill. We'll keep you updated on our progress. Bob Pavlik



Joyce Sheehan developed and placed this flyer on the door of the Fellowship:



Durham Unitarian Universalist Fellowship

**WE HAVE CANCELLED THE SUNDAY
SERVICES UP TO AND INCLUDING MAY 3RD AT
WHICH TIME WE WILL ASSESS THE SITUATION
FOR THE REST OF MAY.**

Log on to ZOOM on Sundays at 10 AM: Join from PC, Mac, Linux, iOS or Android:

<https://unh.zoom.us/j/311006781>

Or iPhone one-tap: 16468769923,311006781# or 13126266799,311006781#

2019-2020 DUUF Officers & Committees

Officers

President: Bob Sheehan

Vice President: Dottie Oliver

Treasurer: Jen Pavlik

Secretary: Rachel Legard

Committees

Program: Joyce Sheehan (Chair); Betty Crepeau (Deb Johnson—60th Anniversary Celebration Coordinator)

Religious Exploration: Bob Pavlik (Chair); Brad Kinsey

House and Grounds: House: Sarge Legard (Chair), Rachel Legard; Grounds: Sarah Tambling

Rentals: Maria Isaak

Socials: Deb Johnson (Chair); Edna O'Sullivan, Bob Sheehan, Carol Bullivant

Membership: Caring Subcommittee: Chris Rodgers, Betty Crepeau,
Michael O' Sullivan, Cindy Schram, Joyce Sheehan Bob Sheehan

Councils

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

Green Sanctuary: Mike Fleming (Coordinator); Jake Kritzer, Nick Isaak

Social Action: Dawn Meredith (Coordinator); Betty Crepeau

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

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

Denominational Affairs: Thomas Pistole (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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