

The HEED SEPTEMBER, 2020

Newsletter of the Durham Unitarian Universalist Fellowship



Services at 10AM Sundays

Sept 13 Water service Susan Bullivant

Although we won't be able to pool our water contributions, you are invited to share a highlight from your personal experiences over the summer. Whether the symbolic water is from a lake in Maine, a transient pool in your neighborhood, or your tap, we welcome your comments as we begin our new Fellowship year.

Sept 20 Community gathering Lee River Park

In lieu of our usual potluck luncheon to celebrate our new Fellowship year, the Board has made arrangements for members and friends to meet face-to-face, but safely at a nearby park. You are invited to bring your own food and beverages; we won't be sharing items. This will be our first attempt to gathering physically. Please use your own judgment as to whether you are comfortable participating in this activity. More information will be provided separately.

Sept 27 Music, Flow and Camaraderie Maria Isaak

Maria's program will explore how appreciating and engaging with musical arts helps us generate deeper meaning, flow and joy in our lives.

Oct 4 Creative Engagement and Spiritual Practice Betty Crepeau & Deb Johnson

Creative endeavors and artistic experiences often serve to generate deep meaning in our lives. In this program we will explore how our UU Principles affirm and promote such artistic and creative activities as forms of spiritual practice.

As a reminder, we will continue to offer our Sunday programs electronically via Zoom. A link for accessing these programs will be sent out by the Board secretary.

President's Message

As always, September finds us eager to reconnect with Fellowship services and friends. That said, we are aware of the continuing health risks of this time, and remain cautious in our planning and preparations for our Sunday programs, RE, social gatherings, social action and all else that makes DUUF what it is.

Sunday services, resuming September 13th, will be virtual via Zoom until further notice. While the weather is still good we hope to hold some face-to-face gatherings outdoors with appropriate precautions. The first such gathering is planned for Sunday, September 20th at the Little River Park Pavilion on Rt. 155 in Lee. Further details will be distributed to members and friends by e-mail. We understand that not all will be comfortable about attending such a gathering even with mask wearing and social distance guidelines in effect. Though we will miss you, you'll be present in our thoughts.

Your DUUF board, committees and councils are working on a number of initiatives to improve communication and functioning of the Fellowship. We are also developing guidelines that would enable us to offer hybrid Sunday services with limited sanctuary attendance and others participating remotely via Zoom. Our goal is to continue to be a nurturing, supportive community for each other and our children while ensuring the safety of all in this difficult time.

John Macri

From the DUUF Program Committee

We're excited to share with DUUF members and friends, news about an initiative DUUF's Program Committee is launching. In an attempt to provide integrative "through-lines" in our programming, we have selected three thematic foci, each linked to UU Principles, for the 2020–2021 program year:

Primary Theme -- *UU Spiritual Practice: Building Meaning through the Arts*

Additional Themes -- *Understanding Systemic Racism and Anti-Racism, and Environmental Sustainability.*

Throughout the year we will offer multiple programs exploring each of these themes, beginning with Maria Isaak's program "Music, Flow and Camaraderie" on September 27th. Each of these themes is briefly described below. In a few weeks, we will send each of you a document linking these themes to specific UU Principles. In addition, for the primary theme, *UU Spiritual Practice: Building Meaning through the Arts*, we will provide short relevant readings as well as links to relevant videos to stimulate thought and discussion. Alongside our thematic programming we will be offering a number of programs featuring other topics: e.g. *Get Out the Vote; DUUF History*. As always, presentations from ministers will be an important part of our programming.

Theme: *UU Spiritual Practice: Building Meaning through the Arts (UU Principles 4, 3, 7)*

Our fourth UU Principle--*We affirm and promote a free and responsible search for truth and meaning*--directs us to find meaning in our lives. Our third UU Principle—*Acceptance of one another and encouragement to spiritual growth in our congregations*—affirms and promotes an open-hearted desire for spiritual growth which, coupled with our search for meaning, enables us to gain deeper insight into the world around us. This theme addresses our realization that experiencing the arts, or any creative endeavor can help us find deeper meaning in our lives. The 'arts' are typically thought of as music, poetry, painting, or literature. But creative activity of any kind, like planning and tending a garden, or cooking a meal for family and friends, offers the potential for us to experience wonder and to generate deep meaning.

The purpose of this theme is to encourage us to explore new ways of developing meaning (or new spiritual practices) through artistic and creative activities that provide us with moments of self-transcendence. Creative engagement and artistic experience open us to the spirit of life and to our connections with others, lending a richness to our everyday experience and revealing our kinship with a broader human community.

Theme: *Understanding Systemic Racism and Anti-Racism (UU Principles 2, 6, 7)*

Recent tragic events have energized the important *Black Lives Matter* movement, leading some of us to more closely examine the complex ways racism impacts our lives, both systemically and individually. We begin with the premise that racism is embedded in the social, economic, political and cultural systems within which we all live. *Systemic or structural racism*, according to Aspen Institute scholars, refers to: "A system in which public policies, institutional practices, cultural representations, and other norms work in various, often reinforcing ways to perpetuate racial group inequity. It identifies dimensions of our history and culture that have allowed privileges associated with 'whiteness' and disadvantages associated with 'color' to endure and adapt over time."

The purpose of this theme is to facilitate our exploration of the sources and effects of systemic/structural racism in order to develop our understanding of its pervasive character, and to build awareness of strategies for its dismantling. Through readings and reflection, careful listening and respectful discussion, we will deepen our understanding of racism and explore pathways toward anti-racist attitudes and behavior.

Theme: *Environmental Sustainability (UU Principle 7)*

Environmental sustainability", as a moral principle, means valuing both the environment now and its flourishing over time. We care about natural systems—the environment—because we are part of those systems and exist within them, not alongside them or above them. Over the last several centuries, and accelerating every year, human beings have been expanding our influence over the natural systems of the Earth. As a result, those systems have been degraded, to the detriment of human beings as well as many other living things. Environmental sustainability means halting the degradation of the Earth's natural systems and restoring them wherever needed, so that they can support life—including the lives of our children and their descendants—into the far future.

The purpose of this theme will be to continue to expand our understanding of environmental challenges, and to explore how we as individuals, and a community, can ensure respect for and protection of the environment.

The Membership list has been updated and is on the DUUF Website. If you find any errors or omissions please let me know.

Thank you,
 Bob Sheehan
 Membership Chairperson

Socials Committee

The Socials Committee looks forward to a time when we can all be together in our sanctuary, participate in a stimulating service and wonderful music, and enjoy each other’s company and good conversation over coffee hour. Until then, we are thankful for Betty Crepeau and Chat Church this summer, and look forward to virtual services from the program committee this fall.

To start the fellowship year up again, we look forward to welcoming everyone to our “bring your own picnic” gathering at the Lee Little River Park pavilion on Sunday, September 20. Details about the gathering will follow after the next Board meeting.

Carol Bullivant for the Socials Committee (Deb Johnson and Bob Sheehan)

A Reminder From the Care Committee

We wanted to remind you that DUUF has a Care Committee, and we often hear of needs or concerns through word-of-mouth from each of you. Please don’t hesitate to contact me (Cindy Schram) if you think we can help out. Others on the committee include: Joyce Sheehan, Chris Rogers, Betty Crepeau, and Michael O’Sullivan.

I plan to lead a study of *White Fragility, Why It’s So Hard for White People to Talk About Racism*, a 2018 non-fiction book by Robin DiAngelo. I hope to begin toward the end of September. I plan to do Zoom meetings every other week in the evening and once I know who is interested, I will begin planning.

If you are interested, please let me know as I have heard from only two people thus far. The book is available in digital form as well as hard copy, and I have a Study Guide as well.

Joyce Sheehan

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Almost Everything about Voting in New Hampshire

(Thanks to Mike Fleming for compiling this!)

Registration (required to vote):

Check to see if you are registered to vote at: <https://app.sos.nh.gov/Public/PartyInfo.aspx>

If you're not registered, register. Information on how to register: <https://www.voteinnh.org/register>

Registration Deadline: Last day to register is the day that the Supervisors of the Checklist meet on a day 6-13 days prior to the primary/general election. Check with your [clerk's office](#) for the day and time of the session. *If you miss this date, you may register to vote at the polls on election day if you are qualified.*

Voting:

Voting dates: New Hampshire State Primary is: **TUESDAY, SEPTEMBER 8, 2020**

New Hampshire General Election is: **TUESDAY, NOVEMBER 3, 2020**

Absentee voting:

Any voter who is concerned about contracting or spreading COVID-19 may vote absentee in the 2020 elections. See instructions at: <https://www.voteinnh.org/absentee>

There is no deadline for submitting an absentee ballot application. Submit it as soon as possible to allow time for your application to be received and your ballot to be sent.

Typically clerks have ballots 30 days before an election and then the clerk processes and sends them out (30 days before NH primary is August 8; 30 days before NH general election is October 3). If your ballot hasn't arrived a week before the election, check with town clerk to find out the reason and advice on how to remedy.

Your absentee ballot must be RECEIVED by your clerk by 5 PM on election day. Warning: this is a received-by deadline, not submit-by deadline. Fill out and submit your ballot as soon as you receive it. You can drop your ballot off at your clerk's office prior to election day so you do not have to worry about possible mail delays.

Early voting: New Hampshire does **not** offer in-person early voting.

Voting on Election Day

By law polling places must be open 11:00 a.m. to 7:00 p.m. Local polling must include those hours. To find your polling place and hours go to: <https://app.sos.nh.gov/Public/PollingPlaceSearch.aspx> Avoid the end-of-the-day rush if you can.

Documentation needed to vote: It's easiest to use your driver's license, but there are alternatives. See http://mediad.publicbroadcasting.net/p/nhpr/files/voter_id_explanatory_document_2018.pdf

No voter should be turned away from the polls for lacking documents, but it will cause complications.

CDC COVID-19 recommendations for voters are similar to those for a trip to the supermarket: <https://www.cdc.gov/coronavirus/2019-ncov/community/election-polling-locations.html#VoterRecommendations>

Additional special CDC voting-day recommendations.

Avoid delays by verifying your voter info and having any necessary registration forms ready;

Bring your own black pen so you don't have to use one that's been touched by other voters;

Review a sample ballot online so you can vote and depart quickly.

Note: In addition to this document, there are excellent online references. One good long-form source is:

<https://www.nhpr.org/post/2020-nh-primary-voters-guide-what-you-need-know-casting-your-ballot#stream/0>

This information is also on the DUUF website: https://uudurham.com/wp/?page_id=1420

DUUF Slate of Officers for 2020/2021

OFFICERS

<u>President:</u>	John Macri
<u>Vice President:</u>	Chip Noon
<u>Treasurer:</u>	Jen Pavlik
<u>Secretary:</u>	Rachel Legard

COMMITTEES

<u>Program:</u>	Thomas Pistole (Chair); Betty Crepeau, Mary Doane, Deb Johnson, Michael O’Sullivan,
<u>Religious Exploration:</u>	Bob Pavlik (Chair); Brad Kinsey
<u>House and Grounds,</u>	House: Sarge Legard (Chair); Grounds: Sarah Tambling; Rentals and Cleaning: Rentals: Maria Isaak
<u>Socials:</u>	Carol Bullivant (Chair); Bob Sheehan, Deb Johnson
<u>Membership:</u>	Bob Sheehan (Chair); Caring Subcommittee: Cindy Shram (Chair); Chris Rodgers, Betty Crepeau, Michael O’Sullivan, Joyce Sheehan

COUNCILS

<u>Nominations:</u>	Michael O’Sullivan (Coordinator); Bob Sheehan
<u>Green Sanctuary:</u>	Mike Fleming (Coordinator); Jake Kritzer, Nick Isaak
<u>Social Action:</u>	Dawn Meredith (Coordinator); Betty Crepeau
<u>Music Committee:</u>	Carmen Buford-Paige (Coordinator); Maria Isaak, Thomas Pistole
<u>Communications & Outreach:</u>	Webmaster: Brett Gibson; HEED Editor: Stefanie Griffin
<u>Denominational Affairs:</u>	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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