

The HEED OCTOBER, 2020

Newsletter of the Durham Unitarian Universalist Fellowship



Services at 10AM Sundays

October 4 ***Creative Engagement and Spiritual Practice: Deb Johnson and Betty Crepeau***

Following up on Maria Isaak's program, we will explore how appreciation of and creative engagement with the arts (broadly defined) can enrich our everyday experience and link us to broader human communities.

October 11 ***Moving toward Anti-Racism: Grappling with Individual and Systemic Racism: Betty Crepeau and Deb Johnson***

"It is clear that the way to heal society of its violence . . . and the lack of love, is to replace the period of domination with the circle of equality and respect." -Manitonquat

In this program we will begin to explore the sources and pervasive character of systemic racism, to order to foster our movement toward anti-racist attitudes and behavior.

October 18 ***Unleashing our Voting Power with the Poor People's Campaign: Reverend Jason Wells, co-chair of the NH Poor People's Campaign and executive director of NH Council of Churches***

In New Hampshire and in many states, people who are poor or low-income can change the outcome of elections significantly. The NH Poor People's Campaign is doing MORE (Mobilizing, Organizing, Registering and Educating) to unleash this power to bring our state into line with our deeply held moral and constitutional values.

October 25 ***Small as We are, Why Should We Care? Voting and Environmental Sustainability***

Mike Fleming

November 4 ***SARS-CoV-2 (the virus), COVID -19 (the disease), Vaccines, Public Health: Members of DUUF***

Presenters will provide basic information, respond to your questions, and engage in discussion on this important issue.

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

Our Volunteers

The September restart of our Sunday programs and our recent outdoor social gathering remind us of what we love about our Fellowship. They also present us with an opportunity to acknowledge and support the work of our volunteers behind the scenes. They keep it going – now under unusual restrictions.

Consider all of our Committees and Councils: Program, House, RE, Membership and Caring, Socials, Finance, Nominations, Green Sanctuary, Social Action, Denominational Affairs, and Outreach. Reflect on the quality of our programs, our ongoing support of Seacoast Family Promise, our caring for one another in times of need and even cake delivery by our Socials Committee. Our volunteers find ways to work through the challenges we all face during this difficult time to keep DUUF's mission alive. They need your support and welcome your creative ideas on how to strengthen and maintain our caring community

Thank you,

John Macri

Beyond 20 Madbury Road: Denominational Affairs

Amidst the many news items that come to us almost constantly, a smaller but significant event occurred in our region this weekend. By an overwhelming majority, delegates at the Northern New England District (NNED) Annual Meeting voted to dissolve the district. NNED was formed in 2008 by the consolidation of the New Hampshire/Vermont District and congregations in Maine. I was vice president and president of the NH/VT District during the five-year process of forming the NNED. I have lots of memories of those times, some challenging and some heart-warming. Religious bodies, like many organizations, are often resistant to change. There is an often-quoted adage, "If it ain't broke, don't fix it." But times do change and with them come new ways of doing the work of these groups. That is indeed the case for the NNED. Within a few years of its formation, discussions began on developing an Association-wide restructuring of local support services. After much discussion and education, the concept of large regions in place of the approximately 20 districts then within the UUA was established. Services to congregations are now provided by these five regional groups; ours is the New England Region. Once that model was accepted, districts became largely redundant. Soon most of the districts ceased to exist; the NNED has been one of last holdouts. The vote at the Annual Meeting allowed the process of dissolution to proceed. There are still a number of steps that need to be completed before the district is formally dissolved.

For most of us in northern New England congregations there will be no noticeable change. Any support that we seek from the broader UUA will continue to be provided by staff in the New England Regional Office. The districts were established when the Unitarians and Universalists consolidated in 1961 and were, even then, somewhat of an anomaly. The official name of our organization is the Unitarian Universalist Association of Congregations. Congregations are the basic entities and what is sometimes referred to "headquarters" is essentially the central administration. Districts had dual roles of providing support and some measure of governance, leading to confusion for some. Staff from the New England Region are available to help congregations, to offer workshops, training sessions, and other support. They have no role in governance.

Change may be hard to accept but it occurs whether we want it to or not. This is the status of things in New England for now but religious entities such as ours are dynamic and no doubt there will other changes in the future. In a future issue I hope to share some of the changes that have occurred at our central administration level.

Thomas Pistole

Reflections on September 20 Gathering

Over 30 members and friends of the fellowship gathered at Little River Park in Lee for an in person, face-to-face (mask to mask!) gathering. The weather was cooperative and the experience splendid. Many thanks to Mike Fleming for the idea and the location. I knew we all were starved for human connection but people barely stopped chatting to eat their lunches and snacks.

Beach Pea bakery's famous carrot cake was almost an afterthought.

Thanks again to Deb Johnson, John Macri and Emma Kinsey for all of their help. The social committee welcomes more ideas for other safe, socially distanced meetings.

—Carol Bullivant, Deb Johnson, Bob Sheehan



A photo from the gathering on September 20 (left). John and Deb kindly delivered cake to those who couldn't make it on September 20 (right)

White Fragility Study

Since only two members were interested in 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 decided to wait to see if any others might be interested by the beginning of the New Year.

Bob and I are starting a recent new book, **Total Meditation**, by Deepak Chopra. If anyone might want to meet weekly for an informal discussion on Zoom with us, just let me know.

Thank you,

Joyce Sheehan

Joycesh@msn.com

Essentials of Voting in the NH General Election

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 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:

Date: The 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 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. **It's a good idea for you to 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.

In-person Election Day voting: 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.

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

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

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