

The HEED MARCH, 2021

Newsletter of the Durham Unitarian Universalist Fellowship



Services at 10AM Sundays

March 7 COVID-19 Revisited

Frank Rodgers, Thomas Pistole, Michael O'Sullivan

Much has happened since our last presentation. In this program we plan to cover such topics as the coronavirus variants and their role in disease, the role of animals and humans in the transmission of this disease, the nature of the two available vaccines and general aspects of the immune response to the first and second doses, herd immunity—what it is and how it contributes to overall immunity, and how we can control transmission. As before, we will provide opportunities for questions and comments both during the service and in an optional session immediately following the program.

March 14 Living Well by Flowing Well

Betty Crepeau

Creativity is generally thought of in relation to specific artistic practices—painting, sculpture, music, poetry. However, we have the capacity to live our lives with creative engagement in anything we do. In so doing, we can increase the pleasure and satisfaction we derive from activities such as gardening and cooking and even in mundane but necessary activities, such as folding laundry, washing dishes, or dusting furniture. In this service we will revisit Mihalyi Csikszentmihalyi's concept of Flow, focusing not on the peak experiences that arise from high-skill, high-challenge activities, but on everyday activities. Csikszentmihalyi argues that we have the power to structure all of our experience to enhance our well-being and happiness.

March 21 Race and the Police in White New Hampshire

Joseph Lascaze

Joseph Lascaze is a Smart Justice Organizer for ACLU. During 13 years of incarceration in the NH jail and prison system, Lascaze developed an understanding of the barriers and hidden challenges faced by incarcerated community members. This unique perspective, coupled with his solutions-first mentality, has made Lascaze highly effective at lobbying New Hampshire legislators to support meaningful criminal justice and police reform. One outcome is the passage of NH HB-1645 (2020) which banned law enforcement from using chokeholds, required law enforcement to report all instances of witnessed misconduct, and banned the use of private prisons in the state.

March 28 The American Injustice System, the Case against American Exceptionalism

Larry Vogelmann

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: Five Years of Energy from the Rooftop

The solar panels on the rooftop of our Fellowship house were switched on in early January 2016. That’s a bit more than five years. This table summarizes the performance so far.

5-Year Summary: Annual DUUF Electrical Energy (Purchase, Production and Consumption)							
		kWh purchased from Eversource	kWh sold to Eversource	kWh produced (solar)	Total DUUF consumption (kWh)	% DUUF Consumption from Solar	% DUUF Consumption from Eversource
Year-1	2016	9,676	5,632	11,818	15,862	75%	25%
Year-2	2017	8,696	5,622	11,292	14,366	79%	21%
Year-3	2018	9,615	5,010	11,434	16,039	71%	29%
Year-4	2019	7,818	5,750	11,438	13,506	85%	15%
Year-5	2020	6,242	7,147	11,693	10,788	108%	-8%

I’m pleased to see as advertised and stable performance (kWh produced) and somewhat amused that during the pandemic we sell more energy to Eversource than we purchase.

Yours,
John Macri

Last call:

If anyone has an interest in spiritual development and growth and might want to pursue a Zoom study of The Untethered Soul: The Journey Beyond Yourself, please let me know by the end of this week, 5 March.

Thank you!

Joyce Sheehan

Joycesh@msn.com

Social Justice, From Congregation to Association

We are a faith community grounded in congregational polity. This means that governance lies largely within the 1000+ UU congregations that make up our association. Indeed, the official name of our faith is Unitarian Universalist Association *of Congregations* (italics added). Below is a general description of the social witness process that occurs at the annual meeting (General Assembly) of delegates from many of these congregations. This process has been an integral part of our faith since the merger between the Unitarians and the Universalists in 1961 and is congregationally driven.

The UUA makes two different types of social witness statements: Statements of Conscience (SOCs), which arise from Congregational Study/Action Issues, and Actions of Immediate Witness (AIWs). *Congregational Study/Action Issues* (CSAIs) are issues selected by Unitarian Universalist member congregations for three or four years of study, reflection and action. In the last year of this process, delegates at GA can vote to approve a Statement of Conscience (SOC) resulting from three years of congregational feedback on the CSAI.

Delegates at the 2018 General Assembly in Kansas City, MO, selected "Undoing Intersectional White Supremacy" to be the 2018-2022 Congregational Study/Action Issue (CSAI) of the UUA.

The Congregational Study/Action Issue is an invitation for congregations to take a topic of concern and engage it, reflect on it, learn about it, respond to it, comment on it, and take action—each in their own way. A CSAI is NOT a statement—it is a question.

Read the complete text of the draft Statement of Conscience (SOC)

["Undoing Intersectional White Supremacy: A Call to Prophetic Action"](#)

<https://www.uua.org/action/process/csais/undoing-intersectional-white-supremacy/draft-soc-undoing-intersectional-white>

Delegates at each annual General Assembly have the opportunity to take positions on issues that require immediate witness through the Action of Immediate Witness (AIW) process. An AIW expresses the conscience and carries the authority of the delegates at the GA at which it is passed. AIWs are initiated by individual delegates and move through their entire creation and adoption process during a single GA. Below are the two AIW that were approved at the 2020 General Assembly

[Address 400 Years of White Supremacist Colonialism \(PDF\):](#)

https://www.uua.org/files/pdf/2/20200625_aiw_400_years_white_supremacist_colonialism.pdf

[Amen to Uprising: A Commitment and Call to Action \(PDF\):](#)

https://www.uua.org/files/pdf/2/20200625_aiw_amen_uprising.pdf

You can copy and paste links to either the SOC or the AIWs for complete texts of each. I will provide summaries of them in an upcoming HEED.

The value of these is the potential for effective action when many congregations and their members throughout the country combine their efforts to effect change. One of actions at this year's General Assembly will be to review the draft Statement of Conscience and create a final document. There will also be opportunities to propose new Actions of Immediate Witness.

Thomas Pistole, Denominational Affairs

From the Social Committee

Thanks to everyone who participated in the February valentine activity. It was a lot of fun and people seemed to enjoy it.

Social committee is proposing a scavenger hunt for our March activity. It is suitable for all ages and can be played by a single person or by a family. I am proposing that we play on Sunday afternoon March 21 at 2:00. That will be a nice way to welcome spring. Email me: cbulli@yahoo.com with your name and email if you want to play. Then I will email you the list of items to find. On your honor, don't open the email till 2pm. We will zoom together at the end of the hunt to compare notes. For the competitors out there, there may be a prize (modest). Looking forward to zooming with you on March 21!

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



A Question From the Care Committee

We occasionally receive requests to give members rides, transporting them to appointments or errands. COVID has complicated this a bit, but knowing that it's a need, I'd like to assemble a list of members who are willing to help out with transportation. Please let me know if this is something you'd feel comfortable doing.

Thank you for considering this request,

Cindy Schram

cindyclasperschram@gmail.com



WellBeing

.....is bringing a brand new look to the office rentals at our Fellowship building, including this new sign, located in the office rental lobby. Our long time renter, Hadassah Ramsay, is expanding her counseling business to include three colleagues in the newly remodeled upstairs offices. We now have four offices and a waiting room upstairs, in addition to the kitchenette, storage room and bathroom. In Dassié's own words: "I am very excited about this opportunity and incredibly appreciative of your hard work in getting the space ready. I am also very grateful to the DUUF board for making it possible for me to take over the space and bring more quality support services to our community."

The COVID outbreak, working from home, and zoom meetings have reduced the demand for office rental space. On the other hand, counseling services are more in demand at this time. One on one sessions in an office (masked and distanced) continue to be a very good option during the pandemic.

Most DUUF members will recall our long history renting to counselors in the pre-Milne-sanctuary days. Also not lost on our membership, is the connection between counseling and our values and principals.

Tom Elliott is continuing his long term association with us, by renting office #5 on the first floor. He has been a valued office tenant over many years, and keeps a close eye on our building, communicating any concerns to me.

House Chair, Sarge Legard

UUA Disaster Relief Fund

From Rev. Lauren Smith, Director of Stewardship and Development, UUA:

"Like many of you, I watched the news out of Texas with horror. It is hard to fathom the negligence from which this human disaster flowed.

"At times like these, I am grateful for the many congregations and individual UUs who support the Disaster Relief Fund. We are a generous people in the face of crisis! Our generosity allows the UUA to respond swiftly to communities in need of support. To date, the UUA has granted more than \$79,000 in relief funds in Texas! Thank you for making that response possible.

"One of the UUA Disaster Relief grants has just funded a truckful of water for Texans in the Houston area. More than 28,000 bottles of water arrived at The First Church in Houston this week. The vast majority of that water will be distributed in communities of color surrounding the church, in collaboration with local organizing partners. The remainder will go to members of the congregation."

As we continue to meet virtually, it is not practical to organize a congregational collection for such requests. Instead you are invited to donate directly to this fund to provide continued support for the many people in Texas who are without potable water or electricity, whose homes have been damaged or destroyed by the storm and its aftermath, and whose ability to obtain food and other essential items continues to be challenged.

Donations may be made via text (text DISASTER to 51555), online at giving.uua.org/disaster-relief, by telephone (888-792-5885 | Select option 6), or by mail (Unitarian Universalist Association/Attn: Gift Processing/24 Farnsworth Street/Boston, MA 02210-1409).

Unitarian Universalism is known globally for its commitment to social justice. This is one of ways we can "walk the walk."

Thomas Pistole

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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