

*Durham Unitarian Universalist Fellowship*

*Celebrating 60 Years*

*Love, the Quest for Truth, and Service*



## **The HEED January, 2022**

**Please note that during January and February 2022  
Sunday Services will be held 10 – 11:15 AM, via ZOOM only**

**Sunday, January 9<sup>th</sup>:** “Endings and Beginning” with Rev. Mary Edes

**Sunday, January 16<sup>th</sup>:** “Discrimination and Immigration with  
Ron Abramson, Esq.

**Sunday, January 23<sup>rd</sup>:** “DUUF at 60: Our Fellowship’s Heritage of  
Social Action” with Deb Johnson

**Sunday, January 30<sup>th</sup>:** “Taking Poetry Seriously” with Michael Ferber

**Sunday, February 6<sup>th</sup>:** “Spirituality, A Call to Awareness”  
with Joyce Sheehan

## January 2022 Program Schedule Details

**Sunday, January 9<sup>th</sup>:** “Endings and Beginning” with Rev. Mary Edes

Rev. Mary Edes will lead us in a time of reflection as we recognize and honor the life transitions we have experienced during this past year.

**Sunday, January 16<sup>th</sup>:** “Discrimination and Immigration with Ron Abramson, Esq.

Prominent immigration lawyer, and frequent DUUF speaker Ron Abramson will provide an overview of America’s historic discriminatory immigration practices and discuss current (2022) immigration issues. Comments and questions welcomed.

**Sunday, January 23<sup>rd</sup>:** “DUUF at 60: Our Fellowship’s Heritage of Social Action” with Deb Johnson

Since its founding, members of the Durham Fellowship have actively engaged with social issues, supporting legislation to reform prisons, and to repeal anti-abortion laws; lending money for the construction of Durham’s Church Hill apartments and supporting a local Cambodian family in need. We will learn more about some of these early initiatives and discuss future social action directions for DUUF.

**Sunday, January 30<sup>th</sup>:** “Taking Poetry Seriously” with Michael Ferber

UNH Professor-emeritus, Michael Ferber will explore what the world of poetry might imply about the real world in which we live. He will propose that we consider poetic metaphors as literal, rhyme as magical, and meter as music and dance, and then ask us to assess what this new perspective reveals about the world in which we live.

**NOTE:** This program will be the kick-off event for our February Poetry Challenge.

**Sunday, February 6<sup>th</sup>:** “Spirituality, A Call to Awareness” with Joyce Sheehan

A look at Spirituality as a process of exploring the possibilities for an encounter with Reality.

In accordance with: UU 3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations. UU 4th Principle: A free and responsible search for truth and meaning.

## DUUF February Poetry Challenge

We invite you to join our February Poetry Challenge, a month-long exercise in "Poetry Reading as a Spiritual Practice." Participants in our DUUF Poetry Challenge will each select a moderately challenging poem before the end of January and commit to reading it each day during the month of February, noticing (and perhaps recording) the effects of this reading and re-reading. We fully expect a diverse array of poems to be read daily by DUUF members throughout the Poetry Challenge.

Writer Elliott Holt, in a NYT Magazine article "Rereading Poems," describes this practice as *"On the first day of every month, I pick a poem, and then I read that poem every day that month . . . Repetition [leads] to revelation: Every day, I noticed new things in the text. By the end of the month, I knew the poem by heart . . . And rereading the same poem forces me to slow down, to hone my observations."*

In a larger sense, this challenge is related to our *Creative Engagement as Spiritual Practice* thematic focus, as its goal is to guide participants to experience the arts or creative endeavors in a deeper, more enriching manner. Evidence suggests that engaging in such practices of sustained concentration, enables readers to find deeper meaning in the chosen poem, and provide new insight into the world around us. According to Holt, *"Repetition cultivates a deeper kind of attention, one that pushes past facile understanding to intimacy with the work. It's the kind of intuitive, multi-dimensional concentration you need to draw a perfect circle or write a poem . . ."* and she adds *"I'd like to think that this practice of sustained concentration can also nurture human connection . . . Maybe we can learn to read one another the way we read poetry, listening closely to the music we all make."*

We will planning a future service to share the insights and learning of the Poetry Challenge's participants (as well as each of their selected poems). Please contact Deb Johnson [djohnson@maine.edu] if you'd like to participate in our February Poetry Challenge. We hope you will join us . . . .

Addendum from Betty Crepeau:

*I started the "The Poetry Challenge" practice in September, with daily reading of a poem by R. A. Ammons "In View of the Fact." It is a poem about aging and death of friends and loved ones - and hanging on. . .the poem fit the way I was feeling as we have lost several friends and loved ones in the past several years.*

*Each September morning before I meditated, I read this poem and found that as the days passed, its meaning and rhythm deepened. I have continued this daily poem reading in the following months . . . and recommend this practice for enriching your life. --Betty Crepeau*

**President's Message: Stay Safe – Join us on Sundays**

**Our Sunday services resume in January via a Zoom-only format. I encourage members and friends, old and new, to join these virtual gatherings. They are opportunities to keep in touch with old friends, hear interesting presentations and engage with our speakers and each other in the associated discussions. You will feel the spirit of our Fellowship continue to shine through in these difficult times.**

**John Macri**



**From the Social Committee:**

**For our January activity, Social Committee suggests a pop-up Sunday stroll. We will look at the weather forecast and check out the footing, and pick a Sunday afternoon suitable for a nice walk in downtown Durham and around the campus. So listen to the announcements in the Sunday service and look for a message in your inbox to learn which Sunday we will meet. We will gather at the fellowship at 1 o'clock and walk for about an hour. We look forward to seeing you there.**

**—Carol for the Committee**

**Spiritual Growth Group**

We're beginning our group study on *The Power of Now* by Eckhart Tolle on Thursday, January 20 @ 4:00 PM. It will be via Zoom or FaceTime. (We can be somewhat flexible time-wise.)

Please let me know if you would be interested in participating in this study. I will send all of the info out a week prior to our start date.

Thank you, Joyce Sheehan



**Pictures**

**Top Right: Krysta and Thomas Babon at Mike Fleming's Winter Solstice campfire (photo by Mike Fleming)**

**Left: Yankee Swap fun at the President's Holiday Party**

**DUUF Officers, Chairpersons and Council Coordinators and  
Members of Committees and Councils for 2021-2022  
Under 2018 By Laws**

**OFFICERS**

**President:** John Macri  
**Vice President:** Chip Noon  
**Treasurer:** Jen Pavlik  
**Secretary:** Betty Nordgren

**COMMITTEES**

**Program:** Deb Johnson (Chair), Betty Crepeau, Michael O'Sullivan, Larry Vogelmann  
**Religious Exploration:** Bob Pavlik (Chair), Brad Kinsey  
**House and Grounds:** House: Sarge Legard (Chair), Rachel Legard; Grounds: Sarah Tambling;  
Rentals: Maria Isaak  
**Socials:** Carol Bullivant (Chair), Deb Johnson, Bob Sheehan  
**Membership:** Bob Sheehan (Chair); Caring Subcommittee: Chris Rodgers (Coordinator),  
Betty Crepeau, Michael O'Sullivan, Joyce Sheehan

**COUNCILS**

**Nominations:** Michael O'Sullivan (Coordinator), Bob Sheehan  
**Music Council:** Maria Isaak (Coordinator)  
**Green Sanctuary:** Mike Fleming (Coordinator), Nick Isaak, Jake Kritzer  
**Social Action:** Dawn Meredith (Coordinator), Betty Crepeau  
**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**

HEED is published by the Unitarian Universalist Fellowship of Durham, New Hampshire  
20 Madbury Road Road • Durham, New Hampshire 03824 • [www.uudurham.com](http://www.uudurham.com)