

Durham Unitarian Universalist Fellowship

Celebrating 60 Years

Love, the Quest for Truth, and Service



The HEED February, 2022

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

Sunday, February 6th: “Spirituality, A Call to Awareness”
with Joyce Sheehan

Sunday, February 13th: “ ‘Repair’ or ‘Remove’ the Mill Pond Dam?: Environmental Implications for the Lower Oyster River and Great Bay Estuary”
with Jake Kritzer

Sunday, February 20th: “Defunding the Police, An Unfortunate Choice of Language”
with Larry Vogelmann

Sunday, February 27th: “An Overview of Legal Issue in Disability Discrimination”
with Matt Dietz

Sunday, March 6th: “Creating Housing for Adults with Developmental Disabilities”
with Laurie McIntosh, Board Chairperson for *Our Place*

February 2022 Program Schedule Details

Sunday, February 6th: “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.

Sunday, February 13th: “ ‘Repair’ or ‘Remove’ the Mill Pond Dam?: Environmental Implications for the Lower Oyster River and Great Bay Estuary” with Jake Kritzer

Removing the Durham’s Mill Pond Dam and restoring the lower Oyster River could be the most significant environmental action that our town can take. Natural resource management agencies, conservation organizations, sport fishing associations, and environmental science experts overwhelmingly endorse dam removal as the best way to ensure healthy waterways. Yet the local debate surrounding this issue appears somewhat murky and mired in misinformation. Jake will describe the major environmental benefits of dam removal, and discuss how to mitigate the legitimate costs and concerns.

Sunday, February 20th: “Defunding the Police, An Unfortunate Choice of Language” with Larry Vogelmann

Larry will describe issues raised during police encounters with the mentally ill, including what works and what doesn’t work. He will also discuss some of the possible sources of problematic encounters including police discrimination, inadequate training and/or limited resources.

Sunday, February 27th: “An Overview of Legal Issue in Disability Discrimination” with Matt Dietz

Attorney Matt Dietz is the Litigation Director of The Disability Independence Group and a prominent warrior on behalf of people with disabilities. He will discuss disability discrimination and what can be done to stand up for our brothers and sisters with disabilities.

Sunday, March 6th: "Creating Housing for Adults with Developmental Disabilities" with Laurie McIntosh, Board Chairperson for *Our Place*.

Laurie will discuss the joys and challenges of raising two children with disabilities and helping them to become as independent as possible., She will describe the rationale behind the creation of *Our Place*, a non-profit whose mission is to create housing for adults with developmental disabilities.

President's Message: Join Us Online

DUUF's Sunday services, conducted for now via Zoom, are thoughtfully organized, engaging, and surprisingly familiar with interesting topics and speakers and time for sharing our questions and thoughts. Attendance has been hovering at about 25. There's room for more. Join us. The Zoom link is distributed to members and friends via e-mail in advance of each service. If you receive this newsletter, you will also receive a weekly message with the link. Click and join; we'd love to "see" you.

Yours, John Macri

From the Social Committee

Social Committee hopes that we will be able to get together for a Covid-safe, temperature-safe, snow and ice-safe walk in March. As I write, it's a beautiful, blue sky day and the snow looks great outside our windows. The temperature is supposed to moderate and I have faith that it will be fine in March. I hope I'm right.

—Carol for the Committee

DUUF February Poetry Challenge

On February 1st, a group of DUUFers will begin a month-long exercise in "Poetry Reading as a Spiritual Practice." Participants in our DUUF February Poetry Challenge have committed to reading their chosen poem each day during the month of February, while noticing (and perhaps recording) the effects of this reading and re-reading.

Our February Poetry Challenge was inspired by a NYT article "Rereading Poems" by Elliott Holt. Holt described her own daily poem reading practice and its effects as follows: ". . . *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 . . . 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 practices of sustained concentration, enables readers to find deeper meaning, and provides them with new insight into the surrounding world. Re-reading poems, according to Holt, ". . . *cultivates a deeper kind of attention, one that pushes past facile understanding to intimacy with the work. It's the kind of intuitive, multidimensional concentration you need to draw a perfect circle or write a poem . . .*"

Because we suspect that all of us might benefit from reading more poetry, we will be sharing the reflections and insights of our Poetry Challenge participants at our Sunday, March 20th service (we'll also share which poems were read). We look forward to our poetry reading and to sharing our insights and our poems with others.

Social Action February 2022

History of DUUF Social Action and current opportunities

Thanks to Deb for a great service on January 23rd about DUUF social action past and present, including an inspiring story of DUUF member Cici who supported a struggling Cambodian refugee family in the 1980's.

Mike Fleming pointed out a group called UU Action NH. If people want to get involved with this group, contact Tristan Husby at tristan@uuactionnh.org, or visit the website <https://www.uuactionnh.org/>

Raelene Shipee-Rice suggested that there are many bills pending in the NH Legislature on critical topics such as abortion and vaccinations that we might want to weigh in on. It was suggested that the HEED would be a great place to share information about upcoming legislation of interest. Everyone is invited to make such contributions to the HEED!

Local Afghan Family

Michael O'Sullivan let us know about efforts to support an Afghan family that has resettled in Portsmouth. They are a family of six: two parents and four children aged 2-11. You can learn a bit more from this Portsmouth Herald story:

<https://www.seacoastonline.com/story/news/local/2022/01/17/volunteers-prepare-portsmouth-nh-home-resettlement-afghanistan-refugees/9191661002/>

Fortunately, there is a significant support system in place and several ways to contribute. The local efforts are supported by Ascentria Care Alliance (focused on supporting individuals facing challenges in NE) and Neighborhood Support Teams (focused on resettling Afghan refugees). You can find more about these groups at these web sites

<https://www.welcomenst.us/home>

<https://www.ascentria.org/>

To see what services are being provided the family, and to sign up to volunteer, go to this Google Doc https://docs.google.com/document/d/1xCXT-K1-U23G_21Pb7jaQmRtHG0RM9QR/edit. Many of the slots are already taken, but several are still open. There is a huge variety of needs, you might find a place where you have a relevant skill set ☺

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Afghan Resettlement Bi-weekly Briefing - How Can You Help?

Invitation from Department of Homeland Security - Operation Allies Welcome

Thursday, February 3, 2022

Thursday, February 17, 2022

1pm-2pm Eastern

Dial in to join: +1 202-516-6093,42563685# United States, Washington DC

Phone Conference ID: 425 636 85#

The Department of Homeland Security Operation Allies Welcome Unified Coordination Group is hosting a bi-weekly call with interagency partners to provide an overview of the resettlement process and the opportunities available to assist. This briefing is open to all those with an interest in helping our Afghan allies resettle. Subject-matter experts from across the U.S. government as well as private sector and nonprofit partners will participate to share information and answer questions about how to support the resettlement of Afghan refugees.

You may submit questions in advance by emailing DHS Impact: dhsimpact@hq.dhs.gov by the Wednesday preceding each call at Noon Eastern. Please add “Afghan Resettlement Bi-weekly Briefing” in the subject line.

Seacoast Family Promise Question

Just a reminder that we continue to support Seacoast Family promise by providing meals about six times a year. If you'd like to be on the meal provider list, just let me know. They always welcome financial contributions as well, and contributions of used vehicles – lack of transportation often leads to loss of job and homelessness.

I attend the Volunteer Coordinator meetings for Seacoast Family Promise. We talk about everything from death, NH housing crises, backed up toilets, and how there is too much salad dressing on hand. In this context, the question Pati (the Director) asked us was not too strange: do we know who has been kind enough to send a monthly donation of Tide pods and feminine hygiene products from Amazon to the Day Center? If it is you, know that your gift is deeply appreciated, and they'd request a change to liquid detergent, as the Tide pods get gummy. (They would love it if you identified yourself so they could thank you!)

Beyond Our Walls Thomas Pistole, Denominational Affairs

Since consolidation of the Unitarians and Universalists in 1961, our faith community has supported the concept of congregational polity. That means that individual congregations are free to conduct virtually all of their business independent of a larger body. For our Fellowship, that responsibility lies with the Board. Indeed, it may seem as though we are an entirely independent entity. We are, however, a part of a larger body, officially named the Unitarian Universalist Association of Congregations or UUA. Although much of what we do as members and friends of the Fellowship focuses on the Fellowship itself, it is important to at least acknowledge the collective activities of the association of congregations of which we are a part. Additionally, UU congregations often combine forces with other faith groups to enhance and enrich our own efforts. Below is information about activities "beyond our walls." Whether or not you decide to become involved is your choice; still, it is good to know possibilities are available.

I. Martin Luther King, Jr. Celebration.

Last month the Dover Area Religious Leaders Association (DARLA) hosted a virtual celebration. The event was recorded and edited, and is available for viewing. I have provided a listing of specific portions of this program. Link: <https://public.3.basecamp.com/p/rYX3J4chRoy2yqkrx9ySnzAd>

"What stories are we telling about Race to Our Children and Ourselves?"

- Welcome & Introduction "Change Sings" by Amanda Gorman
- A Reflection from Jan Santosuosso, Educator - Natl. Assoc. of Educators (NH)
- A Reflection from the Legislative Perspective - Maggie Fogarty, American Friends Service Committee, NH Program Director
- A Reflection from Nadine Petty, Diversity Office, UNH
- Alicia Robinson - NAACP Saturday School Project

II. New Hampshire State government and politics

At a recent Sunday program, we talked about political activities at the state level and what we might do either individually or collectively to express our thoughts about them. The resources listed below give you a variety of options. I acknowledge the efforts of Maggie Fogarty (see her affiliation above) for providing this listing.

Find all bills and find contact information for all state senators, representatives, committees at the General court website: <http://www.gencourt.state.nh.us/>

Sign in remotely to support/oppose a House bill: <http://www.gencourt.state.nh.us/house/committees/remotetestimony/default.aspx>

Sign in remotely to support/oppose a Senate bill: <http://www.gencourt.state.nh.us/remotecommittee/senate.aspx>

Watch video recordings of House committee hearings: https://www.youtube.com/channel/UCxqjz56akoWRL_5vyaQDtvQ

Watch video recordings of Senate committee hearings: <https://www.youtube.com/channel/UCjBZdtrjRnQdmg-2MPMiWrA>

House Education Committee – HouseEducationCommittee@leg.state.nh.us

Subscribe to AFSC's State House Watch: <https://www.afsc.org/ea/concord-nh-sign-form?submit=Subscribe>

Reaching Higher NH: <https://reachinghighernh.org/2022/01/10/7-key-ed-policy-trends-to-watch-in-2022/>

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III. New England Region

UU congregations in the United States are geographically grouped into six regions; we belong to the New England Region. Each region is staffed with individuals who provide support for member congregations. This includes offering workshops on a variety of topics. The next major workshop, scheduled to be offered virtually on Saturday, March 5, is entitled "From Reactivity to Resilience: Doing Our Inner Work in Congregations." According to the flyer, participants will (i) consider some of the common ways people in our congregations respond to reactivity and activation; (ii) examine additional possibilities for response that are creative, compassionate, and aligned with UU values, theology, and principles; and (iii) interrogate some of the ways power, privilege, marginalization, and other complexities of identity inform and shape both our capacity for resilience and our ability to support each other. For more information go to the website newengland@uua.org or contact me.

IV. General Assembly 2022

General Assembly is the annual gathering of UUs from throughout the country and beyond, for conducting business of the Association, for connecting with other UUs, and for engaging in workshops, forums, and other gatherings. This year it will be multiplatform: onsite in Portland, OR, and virtually. It will occur June 22-26 and more specific information will be available later. If you would like to know more about GA, please contact me.

V. An Unexpected Connection

As you may know, our recent Sunday speaker Michael Ferber, UNH Professor Emeritus, was one of the Boston Five, a group involved in a dramatic protest against the war in Vietnam. I was aware of this and of two of the other members of this group, Dr. Benjamin Spock and Rev. William Sloane Coffin. When I heard the name Marcus Raskin, a little spark lit up in my head. After the service, I went online to confirm my suspicion. Marcus Raskin was the father of Jamie Raskin, current Member of Congress from Maryland, head of the House committee for the second impeachment trial of the former president, and current member of the Jan 6 committee. I am currently reading Jamie Raskin's book *Unthinkable. Trauma, Truth, and the Trials of American Democracy*. Tommy Raskin, Jamie's 25-year-old son who died in December 2000, was clearly following in his father's and grandfather's footsteps.

**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

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