

# The HEED September, 2022

Newsletter of the Durham Unitarian Universalist Fellowship



## Services at 10AM Sundays

- September 11: "Building an Accepting Spiritual Community for ALL"  
-Joyce Sheehan and Betty Crepeau, with sharing from members & friends of the Fellowship Faith Community  
Following the 1<sup>st</sup>, 5<sup>th</sup> & 6<sup>th</sup> Principles of our UUA, we will work to define an accepting, inclusive faith community as we strive to build an authentic community which aims to meet the spiritual needs of all who participate in our community of faith.
- September 18: "Inside the Mind of a Humanist Poet"  
-Dan Moran  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we have invited Dan Moran, who plans to share his poetry and relate how he has found a spiritual path in the art of making poems.
- September 25: "Masks, Mutations and Monkeypox .....Oh My"  
-Frank Rodgers  
Following the 1<sup>st</sup> Principle of our UUA, we have invited our own Frank Rodgers, to discuss where we are with current variants and vaccines, ongoing mask issues and to give us some info on how monkeypox relates to the pox virus world.
- October 2: "Express Your Spirit, Write"  
-Michael Ward  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, our Program Committee has invited Michael Ward, who will share parts of his life story through his writing of prose and how he discovered his purpose for being in his endeavor to influence and support others.

## President's Message

Greetings to everyone in this, my first HEED as president. As I said to the nominating committee, I'm going to need a lot of help in this position. Therefore, I ask for your help to get me through the night...no, I mean year... Please call (603) 866-1121, write 9 Littlehale Road, Durham, email [chipnoon@gmail.com](mailto:chipnoon@gmail.com) or text (see phone number). I welcome your comments, and especially your assistance in navigating the waters of this unique Fellowship.

Years ago, I was the choir director at South Church in Portsmouth. It got to be a big congregation while I was there. But I find the DUUF a welcoming, comforting, and stimulating organization of a different sort. The intellectual exploration is ongoing. I don't think I've ever had a conversation with someone at coffee hour where I didn't think "hey, this is a great time I'm having!" And the services always have some issue that brushes away any doldrums I may be in.

So why, I ask myself, did I wait about 17 years, living in Durham, before I dared to come by the Fellowship? My wife Sue makes the same observation, and she lived here longer before coming.

What's missing? All of us on Sunday morning. If all our Members and Friends showed up, we'd have a real crowd. And what's more, we'd be thinking about how we can broadcast this particular experience to even more people. Open to all, caring for all, and initiating in all a desire to fulfill that empty spot that most of us have at some point in our lives.

I could go on, as you know, not being a shy person at heart. But I'll stop here and ask, "How about on September 11<sup>th</sup> at 10:00 am you come to 20 Madbury Road and engage me, or anyone, in a meaningful conversation that will make us think a little more deeply, love a little more broadly, and serve the community with our beliefs which we post here [https://uudurham.com/wp/?page\\_id=93](https://uudurham.com/wp/?page_id=93) on our website? See you there.

Chip Noon

DUUFers, the RE Program needs YOU!

Instead of asking for a few volunteer teachers this year, we are asking for **everyone and anyone who has something to teach our kids** to step forward and share their knowledge. The Social Action Committee has done a great job of this in the past by scheduling days to cook for Seacoast Family Promise; the kids appreciate the experience of actually being able to help our community, and they like interacting with adults in the fellowship.

If you have something the kids can help out with (fellowship yard clean-ups, helping to prepare snacks) or something to teach (a special area of knowledge, a skill you can pass along), please reach out to us and we can help you present it to the age range we have represented. We'll even work to tie it into our UU Principles.

Our first RE Experience will be a yard sale on Sept. 17. We already have quite a stash of sale items in the fellowship basement, but we will gladly accept donations up to the sale date.

Contact: Bob Pavlik  
[pivobblak@gmail.com](mailto:pivobblak@gmail.com); 603-247-1781

## **From the DUUF Program Committee:**

### **Musings from the DUUF Program Committee:**

Joyce Sheehan, Chairperson; Sue Noon, Chip Noon, Bob Sheehan

We have decided to explore the element of change and spiritual growth in relation to who we are as a diverse Unitarian Universalist community of faith, specifically, a Fellowship, which gives us a vast freedom to explore areas of meaningful expression of our faith and its diversity (in practice) in such a small community as ours.

From our individual backgrounds in Roman Catholicism, Methodism, Unitarian Universalism, Orthodox Judaism, Humanism, Buddhism, Atheism, Quakerism, et.al., we have a unique opportunity to demonstrate that we can build an authentic community where acceptance, respect, and a unifying principle can prevail in a society which is currently perpetuating divisiveness. We aim to meet the spiritual needs of all who attend on Sunday mornings and participate in our faith community services following our U.U. heritage.

We invite, encourage and challenge each of you, as members, friends, and seekers in this organization we lovingly refer to as "DUUF" or "the Fellowship" to embark on this nine-month journey with us as we aim to discover who we really are through

**Committing to Spiritual Growth: by Exploring Spiritual Practices** (*ways of finding/expressing meaning*)

**Surrendering to Change**

**Relating on Deeper Levels**

**Strengthening our Community of Faith**

We hope to offer multiple opportunities to explore each of these areas, beginning with an emphasis on accepting change and Spiritual Growth as we build a more inclusive and accepting faith community. We will begin by exploring what a community of faith entails and in return, ask you to share what aspects of the Fellowship have given you a place of refuge to renew, recharge and, in turn, choose to call it your community of faith. If you are not yet a member, you will be asked to share what aspects you are looking for in such a community. Later, we will ask others to share with us a "What I Believe" statement so we can get to know each other better on a deeper level; we will ask you to participate in a course on *Living from a Place of Surrender* which will be offered one Sunday morning a month, emphasizing individual spiritual growth in community. We will invite poets, writers, environmentalists, artists, musicians, pastors, teachers, and many of you to share how we seek meaning through the artistic disciplines as we move toward strengthening our faith community.

### **Theme: Committing to Spiritual Growth**

*"To realize that you are not your thoughts is when  
you begin to awaken spiritually."*

— Eckhart Tolle

*"There is nothing more important to true growth than realizing that you are  
not the voice of the mind - you are the one who hears it."*

— Michael Singer

*"The main requirement for spiritual growth:*

*A yearning to know who you really are."*

— Adyashanti

*continued on next page ....*

**UU Principle 1:** *The inherent worth and dignity of every individual.*

**UU Principle 3:** *Acceptance of one another and encouragement to spiritual growth in our congregations.*

**UU Principle 4:** *We affirm and promote a free and responsible search for truth and meaning.*

**UU Principle 7:** *Respect for the interdependent web of all existence of which we are a part.*

Consistent with Unitarian Universalist principles we commit to grow spiritually by searching ways and means to spiritual discipline as individuals and as a faith community. One of the ways we will follow this is to explore a non-denominational course in spiritual growth, “*Living from a Place of Surrender*” on a monthly time frame. We will use resource materials which integrate Spirituality and Science. We will all be challenged to grow in our understanding of what it means to be human. We will encourage you to find an ongoing spiritual practice whether it be art, poetry, diary-keeping, meditation, music, hiking, yoga, et. al.

### **Theme: Surrendering to Change**

*“Acceptance means that events can make it through you without resistance.”*

— *Michael Singer, **The Untethered Soul***

“Your inner growth is completely dependent upon the realization that the only way to find peace and contentment is to stop thinking about yourself.”

— *Michael Singer*

*“You will be transformed by what you read.”*

— *Deepak Chopra*

**UU Principle 1:** *The inherent worth and dignity of every individual.*

**UU Principle 4:** *A free and responsible search for truth and meaning.*

**UU Principle 7:** *Respect for the interdependent web of all existence of which we are a part.*

As we utilize various opportunities to participate in our ongoing services, group study, engaging guest speakers and their insights, we are encouraging change in the “business as usual” to a dynamic, growing, more openly accepting of all beliefs and avenues for worship, as we focus on why we come together on Sunday mornings and our purpose for being.

### **Theme: Relating on Deeper Levels**

*“Every breath we take, every step we make, can be filled with peace, joy, and serenity.*

*We need only to be awake, alive in the present moment.”*

— *Thich Nhat Hanh*

*“Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn perfect patience, perfect wisdom, perfect compassion.”*

— *Buddha*

*continued on next page....*

**UU Principle 2:** *Justice, equity, and compassion in human relations.*

**UU Principle 3:** *Acceptance of one another and encouragement to spiritual growth in our congregations.*

**UU Principle 4:** *A free and responsible search for truth and meaning.*

We will be encouraging many of you to share your beliefs within the context of the “*This I Believe*” statement which entails the events that have shaped your core values, sharing moments when your belief was formed or tested or changed and tying it to the essence of your daily life philosophy and the shaping of your beliefs which you hold today. In the Spring you will be asked to share a similar statement of how you have changed and grown with this time frame. Those of you who engage in painting, music, writing, poetry, and other art forms will have the opportunity to participate in sharing with your community how these add to your spiritual insight.

**Theme: Strengthening our Community of Faith**

*“We cannot solve our problems with the same thinking we used when we created them.”*

— Albert Einstein

*“I’ll lift you and you lift me,  
and we’ll both ascend together.”*

— John Greenleaf Whittier

*“If you want to go quickly, go alone.*

*If you want to go far, go together.”*

— African Proverb

**UU Principle 3:** *Acceptance of one another and encouragement to spiritual growth in our congregations.*

**UU Principle 4:** *We affirm and promote a free and responsible search for truth and meaning.*

**UU Principle 5:** *The right of conscience and the use of the democratic process within our congregations and in society at large.*

**UU Principle 6:** *The goal of world community with peace, liberty, and justice for all.*

Moving from our intention to deepen personal spiritual growth requires both individual work and group support from a faith community which, in turn strengthens our overall community of faith as we are part of the whole.

You will be encouraged to participate fully in Sunday morning services and offer insight as we endeavor to affirm the worth and dignity of every person.

We will provide ample opportunities in small group study, on Sunday mornings, and other venues for involvement in shaping our future as a strong, vital, resource for ourselves and others who seek to grow and evolve.

### MEMBERSHIP

On September 11 we will be starting a new year at the Fellowship. We are very much looking forward to a year when we will be able to meet in person on Sunday mornings. Over the next few weeks, I will be contacting all our members and friends to invite and welcome you back.

Looking forward to seeing you all once again.

-Bob Sheehan

### From the Socials Committee

#### Fun in the Fall

Everyone is invited to bring a brown bag lunch to the Fellowship on Sunday, September 11, to enjoy the start of the new church year. Social committee will provide a delicious dessert.

#### Oktoberfest

Please save Saturday, September 24, for DUUF's Oktoberfest celebration. This is a family event! The menu includes chicken, hotdogs, bratwurst, potato salad, coleslaw, and sauerkraut. Root beer floats and cookies for dessert. Everyone is invited. We will gather on our deck at 4:30 PM for beverages and soft pretzels, and will eat at 5:30. Bring your own beer. To help with our costs we are charging \$10 per adult or \$25 for a family. Children under 5 free. RSVP to Carol Bullivant at [cbulli@yahoo.com](mailto:cbulli@yahoo.com) or 603-397-5116. Deadline for reserving your spot is Sunday, September 18. I look forward to seeing you there!

### Critical Conversations - Social Action Committee Report

DUUF is once again partnering with Oyster River Community Read to offer timely and difficult conversations. This fall, ORCR is sponsoring events around the theme of community and social infrastructure. The central text will be "[Palaces for the People](#)" by the sociologist Eric Klinenberg who will be coming to the UNH campus on October 13. Jon Steward notes that this book is "A comprehensive, entertaining, and compelling argument for how rebuilding social infrastructure can help heal divisions in our society and move us forward."

I expect details of their entire suite of programs will soon be on their website (<https://www.orcread.org/>).

DUUF will host an event on Thursday September 15th at 6:30 PM: viewing and discussion of "[Welcome to Leith](#)," a documentary about white supremacists' efforts to take over of a small community in North Dakota. We hope to see some of you there.

## **Unitarian Universalism**

While our Fellowship takes a break for the summer, the work of our faith community continues. In addition to ongoing social justice issues, there was a General Assembly meeting and continuing activities related to the selection of a new UUA president next year. However, what I have opted to do in this piece is to inform or remind you of the many facets of Unitarian Universalism, whether at the aggregate or individual congregation level. Most of this information is taken from the UUA website and I encourage you to access that site for further information about any of items included here.

### **Mission.**

*The mission of the Unitarian Universalist Association (UUA) is to equip congregations for health and vitality, to support and train lay and professional leaders, and to advance Unitarian Universalist values in the world.*

It is good to remember that, although we have centralized bodies to support the work of our faith, most of this work takes place at the local congregational level.

### **Legacy**

*Our faith tradition is diverse and inclusive. We grew from the union of two radical Christian groups: the Universalists, who organized in 1793, and the Unitarians, who organized in 1825. They joined to become the UUA in 1961. Across the globe, our legacy reaches back centuries to liberal religious pioneers in England, Poland, and Transylvania.*

We continue that legacy today. Although we arose from liberal branches of Christianity, we have transcended our origins. We honor our Judeo-Christian heritage, but we build upon multiple sources. Most UUs consider our faith community as unique and not a branch of any particular major religion.

### **Autonomy**

*Each UU congregation is autonomous—congregational leaders set their own priorities and choose their own ... staff. Congregations vote for the leaders of the UUA, who oversee the central staff and resources.*

Our congregations operate largely on their own, while also determining the overall leadership of our faith community.

### **Social justice**

*We have a legacy of “deeds not creeds.” Our work for a better world calls us to unexpected places as we harness love’s power to stop oppression. From grassroots community organizing to interfaith state, national, and corporate advocacy; in protest marches, prayer vigils, and press conferences; in homeless shelters and in prisons, Unitarian Universalists put our faith into action.*

Unitarian Universalists are recognized by many outside our community for the social justice work we focus on. This can be seen in our commitments to the larger community or within our own congregations. Examples of the former are noted below. Examples of the later include becoming a Green Sanctuary and a Welcoming Congregation.

We create change in the world. Examples include economic justice, environmental justice, immigrant justice, LGBTQ justice, racial justice, and reproductive justice.

### **UU the Vote**

*With UU the Vote 2022 we’re organizing on the state and local levels to fight for fair elections, advance voting rights, protect abortion access, and resist the targeting and criminalization of Black, Indigenous, and people of color communities.*

Although we cannot as a religious entity advocate for specific candidates [we can certainly do so as individuals!], we can be a voice for issues such as the justice examples noted above. The UU the Vote movement really kicked into gear at General Assembly earlier this year and is now in full swing. Much information is available on the UUA website about this initiative and how you can become involved.

Many of us are fond of our Fellowship, of the services it provides, and of the support it offers. We are fortunate to have this "spiritual" home. It is also rewarding to know we are also part of a larger entity and to appreciate our connections within Unitarian Universalism.

In faith,

Thomas Pistole

## A New Initiative for DUUF

Over the years our Fellowship has hired individuals to clean our building, to remove ice and snow from our walkways and parking lot, and, of course, to do major repair and maintenance projects. This year the Board approved and the membership supported an effort to recruit and hire a part-time administrative assistant. The need for such a person has been discussed for some time. Our Board President, Chip Noon, and I have begun the process. We plan to keep members informed as we move through the process. Please feel free to contact either of us if you have questions or suggestions.

Thomas Pistole

### A Letter to the DUUF From the UUSC:

July 14, 2022

Durham UU Fellowship  
20 Madbury Road  
Durham, NH 03824-2023

Dear Friends,

I am pleased to confirm that UUSC received Durham UU Fellowship's donation toward our Emergency Response Fund in the amount of \$325 on 5/17/2022. Thank you so much for your support, and please convey UUSC's deep gratitude to your congregation.

On February 24, Russia launched a large-scale invasion of Ukraine, breaking international law and violating the sovereignty of an independent nation. In addition to devastating communities across Ukraine, Putin's invasion has created the largest refugee crisis in Europe since World War II. And, as with any crisis, the impacts will not be evenly distributed. Already we are seeing women and children fleeing their homes without the guarantee of protection, elders and people with disabilities stranded, and people of color de-prioritized in refugee responses.

Providing immediate aid and equitable recovery in the wake of this still-developing crisis is consistent with our history of supporting people displaced during the second World War and with the goals and values we work to advance today. We are building upon deep relationships with partners in Eastern Europe from our Syrian Refugee Crisis Response so that we can be responsive to needs on the ground and provide funding where it is needed most.

Please know how grateful we are for your congregation's support of our Emergency Response Fund. I look forward to updating you on our response in the months ahead.

With much gratitude,

Rev. Mary Katherine Morn  
President and CEO  
Unitarian Universalist Service Committee  
689 Massachusetts Avenue o Cambridge, MA 021 39-3302 WWW.UUSC.org

**DUUF Officers, Chairpersons and Council Coordinators and  
Members of Committees and Councils for 2022-2023  
Under 2018 By Laws**

**OFFICERS**

**President:** Chip Noon  
**Vice President:** Larry Vogelmann  
**Treasurer:** Jen Pavlik  
**Secretary:** Betty Nordgren

**COMMITTEES**

**Program:** Joyce Sheehan (Chair), Chip Noon, Sue Noon, Bob Sheehan  
**Religious Exploration:** (TBD)  
**House and Grounds:** House: John Macri (Chair), Jonathan Babon; Grounds: (TBD);  
Dottie's Garden: Sarah Tambling; Rentals: Maria Isaak  
**Socials:** Carol Bullivant (Chair), Deb Johnson, Tom Reichheld  
**Membership:** Bob Sheehan (Chair); Caring Subcommittee: Chris Rodgers (Coordinator),  
Betty Crepeau, Michael O'Sullivan, Joyce Sheehan

**COUNCILS**

**Nominations:** Michael O'Sullivan (Coordinator)  
**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)