

# The HEED November, 2022

Newsletter of the Durham Unitarian Universalist Fellowship



## Services at 10AM Sundays

- November 6      *"Metta Bhavana Sutta and Meditation"*  
Betty Crepeau  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we will be exploring well-known tools, the Metta Bhavana Sutta and the Karaniya Metta Sutta, for Spiritual Growth. (*Daylight Savings occurs on Sunday, Nov. 6 at 2 a.m.*)
- November 13      *"Living from a Place of Surrender"*  
Session 2: *"The Outside World"* Video by Michael Singer  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we will be experiencing video on concepts, practices, as well as instructions on how to get to know ourselves better as we start to look inward in our Spiritual Practice.  
(more info will be emailed)
- November 20      *"Spirituality within Musical Kinship"*  
Maria Isaak and the Quint-Essential Winds Quintet  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we will experience five musicians with more than 150 years of collective study and performance, spanning three continents. How music relates to a Spiritual Practice will be shared with us.
- November 27      NO SERVICE
- December 4      *"This I Believe"* Congregants  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we have asked members and friends of our Fellowship to write and share their own statement of personal beliefs and how they have grown and changed in those beliefs throughout their lives.

## President's Message

### New Musician at DUUF

At the last board meeting, we authorized hiring The Rev. Mary Doane to be our Minister of Music. Mary holds a Bachelor of Music degree in Music and Elementary Education from the University of Southern Maine and a Master's Degree from Boston University. While at USM, she studied with Thomas Bucci. Earlier studies were with Rebecca Rodenberg. Additionally, Mary studied organ with Mr. Douglas Rafter and Dr. Polly Brecht. Mary has been Minister of Music at First Unitarian Universalist Society of Exeter, NH for the past 20 years and previously served as music director at Cape Elizabeth, ME, United Methodist Church. Mary has been teaching piano for 35 years. She has already made a wonderful start, even bringing some of her Riverwoods Durham chorus to sing with us on October 30<sup>th</sup>. Please join us in welcoming our new Minister of Music!

### The Peter T. Paul College of Business and Economics Marketing Class

We have all talked about and done some planning on trying to increase our membership at DUUF, especially bringing in younger families. Well, starting in January, we'll have a huge boost from a team from the Senior Marketing Workshop. These senior students (from 4 to 7, to be decided) will take on DUUF as if we were their clients (which we will be, actually) and do market research, membership analysis, community analysis, and other technical tasks with the objective of presenting us with a potential plan of action to fulfill our goal of increasing membership both young and old. Peter Masucci is the Principal Lecturer in the department who has guided his students to assist over 240 companies worldwide. The class we attended reported on their mid-semester progress with TTI, the parent corporation of Milwaukee Tools, Ryobi Tools, and others, along with When Pigs Fly, the famous Maine breadmaker. Their reports were supremely professional and praised highly by the company representatives who sat in the class. This experience should be great. Let me know what you think. We need everyone's input to this project.

As usual, you are invited to attend all board meetings. If you can't attend, minutes will be posted on our membership website.

Finally, we all extend our heartfelt thanks to our long-time spectacular musician who guided us tunefully over the years, Carmen Buford Paige. (Something more than this plain recognition is in the works...more anon!) And we must also acknowledge her spectacular tenure as DUUF musician after Carmen's retirement, Maria Isaac. Maria jumped in and made the joyful sounds for our Sunday services for several years. (More is planned for her as well!)

If you haven't been to an in-person Fellowship meeting lately, come on down! We need you and would love to see you again.

Chip Noon

### FROM THE SOCIALS COMMITTEE

#### *November Treat*

Please stay after leaf raking to enjoy apple cider doughnuts on the deck! Think of it as a reward for helping with outdoor cleanup day. If you don't/ can't rake, join us anyhow!

Carol Bullivant



### Social Action Committee

We continue to support the families experiencing homelessness through Seacoast Family Promise. We provide meals (along with partner faith community Stratham Community Church) about 5-6 times a year, and often the youth cook one of those meals. Please contact me if you'd like to join in the cooking. For more information on the group, please see [seacoastfamily.org](http://seacoastfamily.org).

This Thanksgiving we are adopting a Seacoast Family Promise family by providing the full Thanksgiving dinner. Thanks to all who have signed up to bring food! At Christmas time we hope to again support a family through a dinner basket and/or gas cards.

Lastly, SFP is looking for up to 12 dining room chairs (they have the tables!). They need not match. Let me know if you have any to donate.

Dawn Meredith

### From the Holiday Fair Committee

The holiday fair is returning slowly to pre-pandemic normal, and this year we will participate with soups and white elephants. The fair will be Saturday December 3rd, from 10am- 2pm (ish).

The DUUF Holiday Fair Soup Sale Committee (Deb Johnson & Carol Bullivant with assistance from Stefanie Griffin) are again planning to hold our "DUUF Soup to Go" sale this year. In about ten days we will send out a request for volunteer DUUF Soup Chefs to prepare some of their delicious soups for this sale. Please consider contributing your cooking talents to this fundraising effort.

Orders for homemade soup will be due by noon on Monday, November 28th. Soup aficionados will be able to pick up their pre-ordered homemade soup at DUUF between 11:15 and 1 pm on December 3rd (Fair day). For those seeking a restful mid-day break on Fair day, we will offer an opportunity for you to enjoy some homemade soup (limited varieties) in the DUUF Meeting Room (Old Sanctuary).

We will also be selling White Elephants and will accept donations. As a new request, we ask that you limit your donations to items that are likely go for \$5 or more (ask a friend for an unbiased opinion).

Donations can be brought in any time and put in the basement (look for signs that indicate the designated area.) Donations brought in December 1 or later can be left in the Foyer, but please DO indicate that they are for the White Elephant sale.

Dawn Meredith

## Unitarian Universalism: A Living Tradition

Like our Fellowship, the Unitarian Universalist Association has a set of Bylaws under which it operates. And just like most of its individual congregations, the UUA periodically reviews its bylaws and, if appropriate, recommends changes. The process for making changes is, of necessity, somewhat complex, reflecting on the important role that member congregations play in accepting or rejecting any changes. We are currently in the midst of considering revisions to Article II of our UUA bylaws, which deals with the purposes and covenant section.

Before examining the content of Article II, it is helpful to look at the context in which this article was first put forth. In 1961, the American Unitarian Association and the Universalist Association merged to form the Unitarian Universalist Association of Congregations. Not surprisingly, the process evoked strong feelings, both pro and con, from both sides. To achieve significant support from each of the existing denominations, compromises were necessary. Among those compromises was the content of Article II. To reflect the critical nature of this article, it and certain others were given a special designation, indicating that any proposed changes needed to meet a higher threshold than others to be accepted. There has been one major rewrite of Article II, in 1984; apart from some minor edits, that version is the one in effect today.

Times change and so has our faith community. Our association and its constituent congregations have embarked on new initiatives and new directions. Various individuals and groups have felt that these are not adequately reflected in the wording of Article II as it currently exists. As a result, the UUA Board established an Article II Study Commission, which has begun its task and will be soliciting feedback from congregations in November. The commission will present its final draft to the UUA Board in January. The draft, with any modifications made by the Board, will be presented at the 2023 General Assembly, where delegates will vote on its acceptance. If it receives a majority vote in favor, it will be held over until the 2024 General Assembly, where a 2/3 vote is required. If it passes at this second vote, it will become the new Article II of the Bylaws.

If this seems like a complex process, it is! The material contained in Article II includes the purposes for which we ascribe, the values we hold, and the covenants we make to achieve these purposes and to uphold our values; in other words, the core of our faith. You can read the draft of Article II created by the study commission here: [article2 draft language 102022.pdf](#). I look forward to sharing the final version of this document next spring so our congregation, through its delegates to General Assembly, can vote on its acceptance.

Thomas Pistole, Denominational Affairs

**We're missing a UNH liaison with the chaplaincy program. Alexis Simpson, the UNH chaplain, would love to have us represented on their council. If you have an interest in this, please let me know and I'll send you the info Alexis sent to me. This is a great opportunity both for DUUF and for whomever is our representative. Are you game? Give me a call (that's for us Boomers...for the younger set: text me...or slightly older: email me).**

**Chip Noon**

## Cleaning House Outside and In

### Outside the House Clean-up – November 13th

Mark your calendars for the DUUF Fall Clean-up. Join in at 1pm or, if you're already dressed for yard work, right after the coffee hour (around noon). Please bring your spades, trowels, lopping shears, rakes, and leaf-moving tarps for weeding, digging, pruning, and raking. This is teamwork in the in the fresh air with snacks provided by our Socials Committee.

(**Rain Date:** Sunday, November 20th)

### Inside the House Clean-up – Thanks

Thanks to Carol and Deb for their recent efforts to tidy and bring order to the kitchen and dining room cupboards.

Thanks to Bob P. for the transformation to manageable status of the pile of yard sale items in the basement.

Thanks to Sarge for clear guidance on the ongoing purge of items in the basement and attic.

Yours,

John Macri (House Committee)



**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:** Bob Pavlik  
**House and Grounds:** House: John Macri (Chair), Jonathan Babon;  
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); 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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