

The HEED December, 2022

Newsletter of the Durham Unitarian Universalist Fellowship



Services at 10AM Sundays

Dec 4: “This I Believe” Congregants: Rachel Legard, Michael O’Sullivan, Betty Nordgren, Larry Vogelmann, Hilary Babon, Rich Lipari, and Sarah Tambling

Following the 3rd and 4th 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.

Dec 11: “Living from a Place of Surrender” Session 3: “The Mind”, Part 1 Video by Michael Singer Joyce Sheehan, with group facilitators Sue Noon, Tom Reichheld & Bob Sheehan

Following the 3rd and 4th Principles of our UUA, we will be experiencing a 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 included in December HEED)

Dec 18: “My Life, My Art, My Spiritual Journey” Richard Haynes

Following the 1st, 3rd and 4th Principles of our UUA, we will experience how Art becomes a form of Spiritual Practice and relates to all in a non-verbal experience of profound joy.

Dec 25: NO SERVICE

Jan 1: NO SERVICE

Jan 8: “Living from a Place of Surrender” Session 4: “The Mind”, Part 2 Video by Michael Singer, Joyce Sheehan, with group facilitators Sue Noon, Tom Reichheld & Bob Sheehan

Following the 3rd and 4th Principles of our UUA, we will be experiencing a video on concepts, practices, as well as instructions on how to get to know ourselves in unique ways as we start to look inward in our Spiritual Practice.

From the Program Committee.....Please read!

On Sunday, 15 January we will have a Service on "Poetry as a Spiritual Practice".

We are looking for, Poets, people who read poetry regularly, and people who, occasionally, find a poem that brings a profound message to them in that time and that place. We are looking for Poets to share a poem, or 2, or 3 that they have written which has significant meaning for them and to be open to questions and discussion. If you have 1, 2, or 3 poems you have found that moved you, please plan to share them with us and how they have changed your thoughts, ideas, or beliefs. Or, like me, if you have found an occasional poem that has meaning and represents some aspect of your Self, please plan to participate on January 15th! Send an email to: Joycesh61@gmail.com by December 18th or before so we have enough time to gather information from you. Thank you!

On Sunday, December 11th, we will continue our course, "Living from a Place of Surrender" with Session 3: "The Mind", Part 1.

Please prepare by reading: https://thinkific.s3.amazonaws.com/file_uploads/206495/attachments/2eb/727/30f/LivingfromaPlaceofSurrender-SessionThree-03-01.pdf For Session 3, "The Mind," Part 1

Questions for Reflection and Journaling:

After watching this session, are you able to distinguish the difference between personal thoughts and impersonal thoughts? Describe what you understand to be the difference.

How does the world in front of you need to unfold in order for you to feel good? Can you see that you have modeled it all within your mind? Can you see that this limits what will make you happy to the things you have decided you want? What would it be like to expand your comfort zone to include more of life?

What are two experiences that you've had in your life that you feel left an impression on you, and now run your life? For example, you were bitten by a dog at the park when you were eight years old, and since then have avoided dogs your entire life. Or, you grew up in a beautiful town with redwoods and rivers, and now only dream of returning and settling down in a similar place like the beautiful town in which you once lived.

On Sunday, January 8 we will continue our course, "Living from a Place of Surrender" with Session 4: "The Mind", Part 2.

Please prepare by reading: https://thinkific.s3.amazonaws.com/file_uploads/206495/attachments/3bc/509/75a/LivingfromaPlaceofSurrender-SessionFour-04-01.pdf For Session 4, "The Mind", Part 2.

Questions for Reflection and Journaling:

Have you ever had a dream that was obviously your mind releasing the stored energy of a past experience? What stored energy do you feel your dream was trying to release? Have you released that energy or is it still blocked in there?

What have you used your abstract or intellectual mind to create in your life? For example, you run a business, you play a musical instrument, you are a writer, you are taking this course.

We learned there is a lot of chatter happening on its own in the mind, and that chatter is the result of the impressions we've stored inside. Most of the time, we are so absorbed in these thoughts that we don't even notice the mind is doing this. What does the voice inside your head sound like? What things does it talk to you about or tell you to do? What do you imagine your life would look like if you could experience the moment unfolding before you without the interference of the personal mind?

A Big Thank You!

Socials Committee would like to extend a huge thank you to all of the soup chefs and to all of the soup buyers for this year's soup sale. It looks like we will have a banner year to support our chosen charity: Seacoast Family Promise. Thank you to one and all! Enjoy your soup!



Rev. Mary is looking for singers!

There are two opportunities to sing as part of a "pick up" choir at the Fellowship this month.

Dec. 4 We'll meet this coming Sunday morning at 8:45 to rehearse an anthem called "Shalom, Pacem, Peace" that will be sung at the morning service. Audio files are available for learning your part. And music is also available by contacting Mary. Would you like more details? Drop an email to marydoane62@gmail.com

Dec. 18 We'll meet on that Sunday morning at 8:45 to rehearse an anthem called "Make Me a Channel of Your Peace". Audio files will be available soon and the score will be available by email on Sunday. There will also be copies available at the Fellowship.

Gratefully,

Mary



A Faith of Change

Pick up a newspaper, turn on the news, check your social media and you are likely to see terms such as "strict constructionist," "literal interpretation," or "*The Word*." These phrases often apply to documents written hundreds, even thousands of years ago. Their use seems to imply a prescience of the author—whether known or unknown, some might even say, a super-human quality. There are certainly examples where words from the past retain their relevance and imperative today: the concept of "love thy neighbor as thyself" can be found in both the Hebrew Scriptures and the New Testament. But are all the writings in these and other historical documents equally relevant, even appropriate, today?

Unitarian Universalist Roots

Today we recognize many sources for our faith, but Unitarian Universalism arose directly from two Christian sects. Although each had a greater richness, a core concept of the Unitarian movement was a belief in the singularity of the deity and thus a rejection of the Holy Trinity, while Unitarianism proclaimed the salvation of all, in contrast to the Calvinist beliefs of other sects. Today's Unitarian Universalism has a set of principles that does not directly include either of these basic tenets. We have been evolving as a faith and will continue to do so. Change is an integral part of our faith. We honor the past, but we also recognize that changes occur and we must adapt to them. The words from "Spirit of Life" reflect this: "Roots hold me close; wings set me free."

Unitarian Universalism Today

A recent example of how Unitarian Universalists have responded to a potential crisis illustrates our ability to embrace change. In 2017 the UUA president and several senior administrators in our central organization resigned. I have discussed in a past column the events surrounding these resignations. The UUA Board of Trustees very wisely decided to create a tripartite interim presidency until the next election. Each of the individuals brought a special set of talent and experience to this role. Each also claimed an identity as a person of color, which was directly relevant given that the multiple resignations involved claims of systemic racism. A side outcome during this time was a revisioning of the UUA presidency.

Unitarian Universalism, the Future

One of the members of the triumvirate presidency was the Rev. Dr. Sofia Betancourt. Rev. Betancourt had extensive experience within the UUA and was also a professor at the Starr King School for the Ministry, one of two UUA seminaries. Just recently it was announced that the presidential search committee's recommendation was endorsed by the Board of Trustees; Rev. Betancourt is the official candidate to be our next UUA president. When I first became familiar with the leadership of the UUA, our president was a white male, as were all the previous presidents, going back to the consolidation in 1961. Since then, we have had as presidents a male person of color, a male of Hispanic origin, and currently a female president.

We are also in the process of reviewing and make changes to Article II of our Bylaws. Article II is the covenant between and among UU congregations. It contains our Principles and Sources as well as language about inclusion and freedom; in other words, it is a very significant portion of these Bylaws. As stated in the Dec. 2022 issue of the New England Region Newsletter: "To keep our faith alive and relevant we UUs have to make changes sometimes. When we do, we are asking how we continue the spirit of Unitarian Universalism. We are also asking what we need to let go of or take up in a new context."

How fortunate to be a part of a faith community that embraces change!

Thomas Pistole
Denominational Affairs

**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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