

The HEED January, 2023

Newsletter of the Durham Unitarian Universalist Fellowship



Services at 10AM Sundays

January 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.

January 15: "Poetry as a Spiritual Practice" Congregants

Following the 3rd and 4th Principles of our UUA, we will experience how Poetry becomes a form of Spiritual Practice and relates to all in a verbal experience of peace.

January 22: "Heeding The Call to Create" Paul Friedrichs

Following the 1st, 3rd and 4th Principles of our UUA, we will experience how poetry and photography becomes a form of Spiritual Practice and relates to all in a visual experience of awareness.

January 29: "Music, the Spiritual Food" Joany & Al Lincoln

Following the 3rd and 4th Principles of our UUA, we will experience how Music becomes a form of Spiritual Practice and relates to all in an experience of awareness.

February 5: "The Baha'i Faith and Spirituality" Jim Griffin

Following the 3rd and 4th Principles of our UUA, we will experience how the Baha'i Faith supports Spiritual Practice.

President's Message

This New Year of 2023

2022...Wasn't that a time, wasn't that a time? I can't help but remember Pete Seeger's song made famous by The Weavers. Yes indeed, it was a time.

But in the first half of my term as president, I cannot just remember that first line of each stanza. Not after seeing how we have overcome adversity, how well we have addressed each other concerning delicate issues, how we have reached out to ourselves and to the community as members and friends of a truly special congregation. No, 2022 was a year like most others, with good and bad, joy and sorrow.

I must thank you all for admitting me and Sue into your fellowship. You friends, and the idea of the Durham Unitarian Universalist Fellowship itself has supported me in the times I needed it, especially through my annoying, but bracing, physical ailments. Just the memory of a group of people to whom I can tell my secrets (well, most of them) and seek advice, with whom I can laugh and even cry, gives me the greatest comfort and desire to leave our fellowship and the world better than I have found it. Thank you all.

So this is to wish us all a Happy New Year, a Healthy and Safe New Year, and a Joyful New Year.

Here is the last stanza of "Wasn't That A Time":

*Our faith cries out we have no fear
We dare to reach our hand
To other neighbors far and near
To friends in every land.*

I hope to see you next Sunday and every Sunday of this promising new year.

Chip Noon

Hello Members and Friends,

At the last board meeting there was a discussion about the wearing of masks while at services and while in the building. I have not been at the last 3 services (health reasons) so I can't report personally but have been told that there are too many attendees who are neglecting to wear a mask. Our policy is that everyone who comes into the building shall wear a mask. This includes during coffee hour. I have been guilty of not putting my mask back on after taking a sip of coffee. Yes, I know it's inconvenient to do that and I promise to follow the guidelines in the future. If you have done as I have and skipped wearing a mask altogether or cheated during coffee hour, could you please follow the guidelines. I should know better, as someone with Type II Diabetes, so I'll have to take my own advice. There are quite a few others in our congregation who are also immunocompromised as well as being, like me, an older person. As to vaccine shots, our policy is to be up to date in all our shots. However, no one is going to ask if you have had your shots, nor is there a policy to show vaccine certificates. You are much safer from hospitalization and death if you do get your shots. That's what we're trying to say. So, for their, my, and your own sake, please put your mask on and endeavor to keep it on when you are not eating and drinking at coffee hour. Finally, we are still in the grips of a deadly pandemic, although we have found ways to work through it. Several retirement communities have had to go back to strict Covid rules because of the increase in infections. Let's try to keep our Fellowship as healthy as possible. Thank you and as an incongruous ending to a super serious email, Happy Holidays and Seasons Greetings!

Chip Noon, President of the Board

Important message from the Program Committee.....Please read!

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

Please, we still need a couple more Poets! Or, people who enjoy poetry regularly, or who, occasionally, find a poem that brings a profound message to them in this time and this place.

We are still looking for Poets to share a poem, or 2, or 3 that they have written (or found) which has significant meaning for them and to be open to questions and discussion. If you have 1 or 2 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 6 January or before so we have enough time to gather information from you. Thank you!

Unitarian Universalism: A Living Tradition.

Part II. The Story Continues

In the November HEED I shared information about a major multiyear activity in our faith community: namely, proposed revisions to Article II of our Association's bylaws. This article includes the Principles and Purposes and the six Sources of our faith. As Meg Riley, UUA Co-Moderator put it: this article is "the juiciest part of what is going on in our faith today." As noted on the website for the UUA Article II Study Commission: "It is time for us to do a review and make changes so that we are living into the Unitarian Universalism of the future, a Unitarian Universalism that holds us in times of great need and ethical, moral and spiritual crises. We are in one of those times now."

In another setting, a review of bylaws and consideration of changes would be considered standard; for many religious bodies this would seem quite unusual. Unitarian Universalism is a living faith. As the Study Commission site indicates: We commit ourselves to regularly revisiting our Principles and Purposes to ensure that we are relevant, that as we grow in understanding, our Principles and Purposes grow, too.

A major consideration for change in Article II is the addition of an eighth principle, which would focus on actions for dismantling racism and other forms of oppression. A draft of the proposed new Article II will become available later this year and will be voted on by congregational delegates at the 2023 General Assembly. If it garners a simple majority, it will be presented at the 2024 General Assembly, where it will require a 2/3 majority for adoption.

Unitarian Universalists recognize the wisdom of others, as reflected in our six sources. We also acknowledge that, as times change, we may need to make adjustments in our religious foundation. How fortunate to be a part of a *living tradition*.

Thomas Pistole
Denominational Affairs

Socials committee is very pleased to welcome two new members: Rachel Legard and Julie Lipari. They will help Tom Reichheld, Deb Johnson, and me bring you delicious coffee and tea every Sunday. Speaking of which, it is time for the second round of snack sign ups. Bringing snack is easy. Every Sunday we like to offer a sweet treat like cookies, and also a healthy snack like clementines. As Ina Garten says, store-bought is fine. Please look at your calendar, and I will have a sign up in Fellowship on Sunday.

—Carol Bullivant

**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: Jonathan Babon (Chair), Sarge Legard, John Macri;
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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