

# The HEED February, 2023

Newsletter of the Durham Unitarian Universalist Fellowship



## Services at 10AM Sundays

- February 5:** "The Baha'i Faith and Spirituality" Jim Griffin  
Following the 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 7<sup>th</sup> Principles of our UUA, Jim will explore spirituality, provide an overview of the Baha'i Faith, how it relates to the other world religions, and what spirituality means to Baha'is.
- February 12:** "Living from a Place of Surrender" Session 5: The Heart  
Video by Michael Singe Joyce Sheehan, with group facilitators Sue Noon, Tom Reichheld & Bob Sheehan  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, in this session, we continue to peel back the layers of the psyche by exploring the heart. We will learn what the heart is and why it creates the emotions it does. We will also explore how the heart becomes so sensitive and blocked that it is difficult to live with. It is very helpful if you read the following link prior to this service: [https://thinkific.s3.amazonaws.com/file\\_uploads/206495/attachments/aa1/c9a/b5a/LivingfromaPlaceofSurrender-SessionFive-05-01.pdf](https://thinkific.s3.amazonaws.com/file_uploads/206495/attachments/aa1/c9a/b5a/LivingfromaPlaceofSurrender-SessionFive-05-01.pdf)
- February 19:** "Art as a Spiritual Practice" Congregants: TBA  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we will experience how Art can become a form of Spiritual Practice and relates to all a visual experience in one's spiritual journey.
- February 26:** "Revisiting Gratitude" Betty Crepeau & Joyce Sheehan  
Following the 3<sup>rd</sup>, 4<sup>th</sup>, and 6<sup>th</sup> Principles of our UUA, we will be exploring one of the most important topics in one's Spiritual life, Gratitude. Being grateful is a skill that we can develop and in doing so will enhance and enrich our lives. Come, and develop your gratitude together with others.
- March 5:** "This I Believe" Congregants: TBA  
Following the 3<sup>rd</sup> and 4<sup>th</sup> Principles of our UUA, we have asked more 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

On Tuesday, January 31, Julie Lipari, Mike O'Sullivan, and I met with our UNH Marketing Seminar students to kick-off our team's project with our Fellowship. It was fun to be back in front of a class of students. And it is exciting to be involved in such an effort to increase our membership.

But someone (I wish I had my brain back...) said the other day that it's not just increasing membership that's important; we have a message and a haven to offer the community. And Tom Reicheld said to me yesterday that it's the **connection** with people in this community that's significant to our mission. Yes, we do have a bunch of smart people in our congregation.

This is the email I sent to the board and committee members this morning. We will continue to include you all in our efforts to fulfill this part of our mission. Suggestions, comments, and kind words are always welcome.

*Good Morning! Yesterday's meeting with Peter Masucci (the class instructor) and the Marketing Students went very well, thanks to the work of Sue Noon, Julie Lipari, and Mike O'Sullivan. While I gave the lead-off talk describing the Fellowship, Julie and Mike added invaluable insights and Sue put together a beautiful Power Point presentation. I would also like to thank everyone who sent me information that I used in putting together the presentation notes: John Macri, Deb Johnson, Bob Bullivant, Dawn Meredith, Mike Fleming, and Thomas Pistole*

*I was heartened by the questions the students and Peter asked and their comments about our project. I think we're going to find extremely helpful the work they will put in for us.*

*We already know that a greatly increased emphasis on social media will be key to our goal of getting younger people, especially young families. And it was clearly evident that while we have been a long and important member of our community, we are virtually unknown among many, especially those newly arriving to live here. So, we've all got some work to do.*

*The marketing committee will be meeting soon with our team of 5 students, as soon as they give us their schedule. I'll keep you posted.*

Chip Noon

### Caring News

This month a form will be made available to all DUUF Members and Friends, soliciting contact information of people who should be contacted in the case of an emergency. This would be kept on file in the Fellowship office, and would also be given to members of the Caring Committee. Participation in this will of course be entirely voluntary.

I am pleased to announce that Chip Noon has joined the Caring Committee. We are always happy to welcome new members of this little committee, and it helps spread the load when there is Caring to be done. Just let me know if you would be interested in joining us too.

Chris Rodgers

### Let's take a walk!

Let's celebrate the return of, I hope, warmer weather, by taking a walk together. We'll meet on a Sunday afternoon, yet to be determined, at 2 PM at the Fellowship and head out from there. I will announce the walk Sunday morning before the service and also send a notice out Friday and Saturday afternoon as a heads up. It will give us some exercise, fresh air, and a chance to socialize! I hope that sounds like fun!

— Carol for the Socials committee

### Spiritual Growth Group

I'm offering another study group this year.

A starting date will be mid-February and it will be via Zoom or FaceTime, which worked well.

It's convenient, especially in the winter months.

Possible times are Fridays, either later morning or early afternoon. And, possibly Tuesday evening.

Please let me know by 5 February if you would like to participate in this study.

One of the following books will be used as a resource:

Total Meditation

Meta Human

Abundance

all written by Dr. Deepak Chopra

(Please read the summaries on these books online.)

-Joyce Sheehan    joycesh61@gmail.com; 606-801-3624

## **Districts and Regions and UUA, Oh My!**

Most Fellowship members and friends have a basic understanding of the organization of our congregation. We have a Board; committees, whose chair are also members of the Board; and councils. Acting on behalf of our membership, these groups handle most business throughout the year. An annual membership meeting engages all active members in business determined by our bylaws. But what about the Unitarian Universalist Association, of which we are a part?

**Districts.** In 1961, when Unitarians and Universalists officially joined together, the new organization retained the concept of districts that had been a part of both denominations. Although the numbers fluctuated over the years, there were about 20 districts throughout the United States as well as Canada, which at that time was a part of the new UUA. Our Fellowship was part of the New Hampshire/Vermont District. In 1990, when I became formally involved in our religious education program, the district had two professional staff members: a district executive and an RE (or later, program) consultant. In a complex arrangement that varied from district to district, professional district staff were hired by and financially compensated jointly by the UUA central office and the district. These individuals provided support for congregations within their respective districts, coordinated conferences and workshops, and served as liaisons with "headquarters" in Boston.

**Regions.** Around 20 years ago informal discussion among neighboring district leaders began. Among the topics was an exploration of ways to work collaboratively. At the central level, UUA leaders, concerned about the significant cost of maintaining the many district offices, especially in the face of a reduced budget, began envisioning alternate models. The one eventually selected, to be voted on by delegates at General Assembly, envisioned five large regions across the country. This model was ultimately approved. Our congregation is part of the New England Region, which essentially includes the six New England states. As noted on the UUA website, "Each region approaches congregational collaboration and identity differently." After some years of operating simultaneously, the Northern New England District, which was formed by the consolidation of the NH/VT District with Maine, voted in 2019 to dissolve. Regions provide support, through their staff, for congregations. Most of their services are without added cost; their funding comes through the annual dues from congregations. One major advantage of regions is their ability to provide a wide variety of support to congregations. The New England District currently had 7 professional staff members with different portfolios. I will share more information about our Region in a future column.

**UUA.** The official name of our faith community is the Unitarian Universalist Association of Congregations. The name emphasizes the central role of congregations. Strictly speaking, UUA refers to the approximately 100 congregations within our organization. However, we often use the term to refer to the people with offices at 24 Farnsworth St., Boston, that is, the UUA president and senior administrators. To clarify this distinction, some refer to these central staff folks as "headquarters." To complicate matters, many, if not most of the directors and other senior officials do not work out of the Farnsworth office or even Boston. Long before COVID we as a faith community accommodated talent individuals appointed to senior-level positions, who were not able to relocate to Boston.

I hope this gives you a sense of the overall organization of the UUA. Because our faith community is grounded in congregational polity, most UUs have little reason to interact with regional or headquarters staff. They do, however, play important, if not always obvious, roles in the work of Unitarian Universalism. A major event at the national level is currently underway: the election of a new UUA president. More on that in a future issue.

Thomas Pistole, Denominational Affairs

## Letter from Seacoast Family Promise

Dear Durham Unitarian Universalist Fellowship,

We are so appreciative of your caring in-kind gift donation on 12/12/22, making the holidays bright for our families.

In 2023, Seacoast Family Promise turns TWENTY! Twenty years of guiding families home. It is because of each act of kindness and support that we have been able to achieve this milestone. The important work to end family homelessness continues, and we are positioned to continue our growth and efforts in combatting this visible social problem.

More and more communities have ended family homelessness and YOU are participating in making that a reality in our communities. Making our communities healthy for everyone.

Wishing you and yours a prosperous New Year.

Warm personal regards,

Seacoast Family Promise is a NH 501(c)(3) charitable organization. Tax ID: 02-0529881

## Bylaws Revisions

Help Wanted: a few DUUF members to read the bylaws and make suggestions for any needed changes. Please contact Carol Bullivant if you are willing to help with this project. I'm at [cbulli@yahoo.com](mailto:cbulli@yahoo.com) or 603-397-5116. Thanks for any help you can give!

# Avalyn Reed Trio

WORKS BY de FALLA, HANDEL, JOPLIN, ALBICASTRO  
AND MORE

Feb 4, 3:00 PM, snow date: Feb 5, 3:00 PM

Durham Unitarian Universalist Fellowship, 20 Madbury Rd, Durham, NH

For Info: text 603-205-0472

DONATIONS ACCEPTED IN SUPPORT OF SEACOAST FAMILY PROMISE  
HELPING LOCAL FAMILIES IN TIMES OF NEED

Christine Fell and Nancy Fiske, clarinets

Maria Isaak, bassoon



**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**

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)