

The HEED March, 2023

Newsletter of the Durham Unitarian Universalist Fellowship



Services at 10AM Sundays

March 5: "This I Believe"

Chris Rodgers, Eric Nordgren, Bob Pavlik, Chip Noon, Tom Reichheld & Thomas Pistole

Following the 3rd and 4th Principles of our UUA, we have asked more members of our Fellowship to share their essays on personal beliefs and how they have grown and changed in those beliefs throughout their lives. We thank them for their willingness to participate in this Service as we continue our theme of Spirituality and Growth.

March 12: "Living from a Place of Surrender" Session 6: The Predicament & the Spiritual Path

Video by Michael Singer. Joyce Sheehan, with group facilitators Sue Noon, Tom Reichheld & Bob Sheehan

Following the 3rd and 4th Principles of our UUA. In this session, we more fully explore the stored energy patterns from the past (samskaras) that are running your life. Michael explains in detail how these patterns are created and the difficulties they cause. What would happen if you decided to free yourself of these past patterns instead of using life to compensate for them? Once you start becoming serious about your inner work, you will begin to understand the power of a life of surrender. Please, read before 12 March: https://thinkific.s3.amazonaws.com/file_uploads/206495/attachments/b3f/478/299/LivingfromaPlaceofSurrender-SessionEight-08-01.pdf

March 19: "Journey to Africa, A Call to Action" *Jonathan Babon*

Following the 1st, 2nd and 7th Principles of our UUA, Jon plans to discuss how his intention of helping with construction turned from a vacation to a deeper meaning for him and a better understanding of community and how education is crucial for upward mobility.

March 26: "Vulnerability & Authenticity Revealed" *Willow Young*

Following the 1st, 2nd, 3rd and 6th Principles of our UUA, and leading up to the Transgender Day of Visibility, Willow Young will be taking a closer look at the shifting landscape of gender through the lens of transgender identities. We will uncover how new efforts at authenticity and visibility is shifting the landscape of the transgender experience, how that can evoke a better understanding of ourselves, and the constraints we still face with our own gender experience in the modern world.

It's NOT too late to join us!:

STUDY on Deepak Chopra's META HUMAN

We are planning to begin the study of META HUMAN on Friday, 10 March at 4:00 PM on ZOOM.

When you get your book read "A PERSONAL PREFACE Going Beyond"; pp. 14-20; "OVERVIEW Metahuman, The Choice of a Lifetime"; pp. 21-40.

ASSIGNMENT: Please be prepared to discuss the following questions:

1. On p.18, Deepak Chopra writes "You have awakened to who you really are, the user of the brain but not the brain, the traveler in a body but not the body, the thinker of thoughts who is far, far more than any thought." Can you explain what this means to you.

2. On pp. 21-22, Deepak writes "It is strange, then, that millions of people strive to improve their lives without improving their personal reality. The two are intimately entwined, and if you don't improve your reality, there's something shaky and unreliable about improving your life. Reality isn't simply the world "out there"—it is very personal.....So it is peculiar—one might say profoundly mysterious—that we build our lives on a deep lack of knowledge about who we really are. Reality is too confusing. We are better off ignoring the deep water and remaining where it is safe in the shallows." P. 27. "Having spent a lifetime adapting to the artificial reality you inherited as a child, you have to undertake a journey to discover the difference between reality and illusion." Based on what you have read, explain what this means.

3. Based on your reading for this 1st week, devise a question for others in the group.

4. Please do the Questionnaire starting on p.32. Add up your Score.

*Please note: Your pages may vary as I am using an eBook.

-Joyce Sheehan; Joycesh61@gmail.com

V is the Valley

Socials committee is thrilled to announce a concert with Jack DesBois on Saturday, April 22 at 3 o'clock at the Fellowship. Jack is a singer—storyteller who features New England folk songs.

Please join us for this special event!

Jack will share folk songs from the Helen Hartness Flanders (1890-1972) ballad collection. She was a "song-catcher" who devoted her life to collecting and preserving New England folk music culture. From 1930 to the late 1950s, she collected over 4000 field recordings of folk songs, fiddle, tunes, and stories from the musicians she interviewed. Her collection, currently housed at Middlebury College in Middlebury, Vermont, is a treasure trove of living history. Singer-storyteller Jack DesBois will share some of these songs in all their delight, horror, humor and gravity.

Please celebrate with us at this wonderful concert!

Holiday Fair

Thanks to everyone who participated in the holiday fair, as a soup chef, donator of white elephants, seller, organizer, or customer. Special thanks to Deb Johnson, Carol Bullivant, and Stefanie Griffin for organizing the successful soup sales. Even with a scaled down Fair (only soups and white elephants), we made \$1230 this year (\$480 from white elephants and \$750 from soup).

We split proceeds from this year (and also some leftover proceeds from last year) between three charities: Cornucopia (food pantry in Durham), Southern Poverty Law Center (who fight for the rights and safety of the oppressed), and Society for the Advancing Chicano/Hispanic and Native Americans in Science. It is always difficult to pick from all the worthwhile organizations, but we decided to choose very charities with three different goals: supporting body, soul, and mind.

The Fair Committee

Dawn M, Deb J, Carol B, Chris R, and
Joyce Sheffield

Social Action

Thank you for your continued support of Seacoast Family Promise through making of meals and gas cards. We now have another opportunity to support SFP and enjoy a delightful evening of music. From Director Pati Frew-Waters:

"You are cordially invited to dinner and an evening (Thursday, May 18th) featuring international award winning vocalist Nicole Henry Hosted by Seacoast Family Promise supporting our shelter expansion campaign for local families with children experiencing homelessness \$200 per person | Purchase tickets at <https://jimmysoncongress.com> Learn more at <https://www.seacoastfamilypromise.org/event>

What expansion you ask? The SFP Board and Staff have made the decision to expand the Joshua House building to allow for more families needing shelter, provide rooms for larger families who find it hard to find shelter, a CDC quarantine space, large, up to date kitchen and laundry area and much more."

Just a reminder, that during Covid, SFP had to change it's model of moving families between faith communities to housing them in one fixed site (Joshua House in Greenland). Now they are moving forward with expanding this fixed site.

Dawn and Betty C

This is a reminder that Caring Committee is offering to keep a note of your emergency contact information, in case it should ever be needed at a Fellowship meeting or event, or at any other time. A file has been opened, and it is kept in the top drawer of the file cabinet in the Fellowship Office. The information it contains will also be made available to Caring Committee members to keep in their cell phones in case a need to use them should arise outside of the Fellowship.

An email containing the form to fill out has been sent round to everyone on the Fellowship's Members and Friends list, and printed copies of the form are also available at the end of our Sunday meetings. If you would like us to hold this information for you, please fill out a form and return it to me or any member of the Caring Committee as soon as possible.

Chris Rodgers

Major Changes for a Dynamic Religion

In the Nov. 2022 HEED I shared basic information about a multi-year project focused on reviewing and revising Article II of the Unitarian Universalist Association Bylaws and Rules. Here I provide an update on this important activity.

According to the Article II Study Report, prepared by the Study Commission created to review and propose changes to material in this bylaw section, "Article II is the foundation for all of the work of our UUA and its member congregations and covenanted communities. It is the covenant to which all of our congregations and covenanted communities pledge themselves when they become members of our UUA." We are required to review these bylaws periodically. The last significant changes to the section "Principles and Purposes" were made in 1985. The charge to this study commission, in part, is "to root its work in LOVE as a principal guide in its work; attending particularly to the ways that we (and our root traditions) have understood and articulated Love, and how we have acted out of Love."

This commission "shall seek to engage the active participation of UUs across all demographics, identities, and theological philosophical beliefs." It is also "instructed to include in its considerations and deliberations the clear call at GA 2017 for the inclusion of another principle explicitly calling us to be committed to active anti-racism. [see article on the 8th Principle Project by Deborah Johnson in this newsletter]

The commission is additionally "charged with reviewing all sections of Article II, and is free to revise, replace, or restructure them as needed to meet the objectives stated above. There is nothing sacred about the number of principles or sources, nor their specific wordings, nor in the way that Article II is laid out. We encourage creativity."

As the process unfolded, the commission noted that the "main functions of this article in our bylaws are legal and organizational." Early in this process "it became clear to us that in addition to these main functions...there were many other functions that UUs expected it to fulfill." These include theological, educational, personal, evangelical, and rhetorical components. In explaining their rationale here, the commission stated: "This is a different set of functions than many organizations expect from their bylaws. We suspect that because we do not have a creed or a confession of faith, which other religions rely on to fill these roles, these functions have fallen to Article II as the closest analogy because it is a shared agreement between congregations and we have a congregational polity." As James Luther Adams, influential UU minister, noted, "a living tradition is not bequeathed through some law of inheritance; it must be earned, not without dust and heat, and not without humbling grace."

The revised Article II version is now available. Congregations are invited to submit comments via their delegate(s) to the 2023 General Assembly in June. Final adoption will occur if the revision, with any additional accepted changes, receives a 2/3s vote of approval at the 2024 General Assembly. The revision is significant and worth reading. Copies will be available and I hope there will an opportunity for us as a congregation to discuss it.

Thomas Pistole
Denominational Affairs

Calls for Change: An 8th UU Principle and Other Proposals

By Deborah Johnson

Greetings from Northern California!

John and I have been attending Sunday services at the Unitarian Universalist Congregation of Santa Rosa (UUCSR). Last Sunday's service featured a stirring video set to Sam Cooke's powerful anthem "A Change Is Gonna Come" <https://youtu.be/wEBlaMOmKV4>.

The UUCSR community had spent the previous five months in active study and discussion of a proposed 8th UU Principle, and following the service, members planned to vote on whether to adopt the following "8th UU Principle" for their congregation:

[We covenant to affirm and promote:]

journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Last Sunday, over 90% of the UUCSR church's voting members supported the adoption of this "8th Principle" for their congregation. To date, more than 200 congregations and UU-related organizations have adopted the "8th Principle," despite the Principle not yet having been endorsed by the UUA (more on that below). However not all congregations have been so strongly in support of the principle as the UUCSR.

Skeptics have pointed out that the position advocated in the proposed principle actually follows fairly directly from the current Seven UU Principles. [[Why I oppose adoption of the 8th principle – John Britt](#)]. Others argue that this new principle represents a significant shift in the UU tradition. Rather than positing values to which UUs should aspire, as in our current principles, this new principle asserts that UUs must take responsibility and be held accountable for dismantling "racism and other oppressions in ourselves and our institutions". For an extended critique see <https://uufp.org/my-argument-against-the-8th-principle-repost/>

Our UU Seven Principles were officially adopted by the UUA in 1985. Although most agree that these Principles articulate well-grounded values, there are many UUs who feel the Seven Principles too often fail to inspire social justice action. Noting the lack of diversity and multiculturalism within UU congregations, some have even argued that our demographics place limits on the likelihood of ardent and engaged support for BIPOC and other oppressed peoples. Such concerns led to the adoption of the 1997 General Assembly Resolution which urged the UUA and its member organizations "to develop an ongoing process for the comprehensive institutionalization of anti-racism and multi-culturalism". [for the full text of the 1997 resolution see <https://www.uua.org/action/statements/toward-anti-racist-unitarian-universalist-association>]

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“It’s been a long; A long time comin’”

Sixteen years later, in 2013, Paula Cole Jones and Bruce Pollack-Johnson, frustrated by slow progress in implementing this resolution, drafted the proposed 8th Principle. They argued that the need to create truly diverse multicultural communities within UU congregations had become increasingly important and increasingly impossible given the current UU principles. Believing that UU’s needed to be re-energized by adopting the mission of creating diverse, multicultural “Beloved Communities”, they formulated the proposed 8th Principle and began disseminating it widely. Others, energized by Cole and Pollack-Johnson’s vision, spearheaded the development of a grassroots “8th Principle movement” urging and organizing UU congregations to study, discuss and endorse the new 8th UU Principle. Further information is available at <https://www.8thprincipleuu.org/background-nav>

“It’s been a long; A long time comin’, but I know; A change gon’ come”

In 2020, in response to the groundswell of support for the proposed 8th principle (and because a review of their bylaws was overdue), the UUA charged a newly appointed Article II Study Commission to review Article II Purposes and Covenant of the UUA Bylaws and to propose revisions. The UUA Board’s charge stated

“Proposed changes should articulate core UU theological values. The Board believes that one core theological value, shared widely among UUs, is love . . . Our commitment to personal, institutional and cultural change rooted in anti-oppression, anti-racism and multicultural values and practices is love in action, and should be centered in any revision of Article II. . . . We therefore charge this commission to root its work in Love as a principal guide in its work; attending particularly to the ways that we (and our root traditions) have understood and articulated Love, and how we have acted out of Love.”

A subsequent charge, from the 2021 General Assembly, called for the Article II revisions to include

“a clear and direct statement that accountable systemic anti-racist and anti-oppressive actions to build Beloved Community are part of what it means to be Unitarian Universalist.”

In mid-January 2023, the Article II Study Commission released their report (originally expected in 2022). Their recommendations reflect the major impact of the 8th Principle movement, though they do not recommend adopting the proposed new principle. Instead, they recommend moving away from all of the “UU Principles” and propose instead an approach “in which we articulate our shared values and then use these values as the ground for aspirational statements of action.” Seven single-word values (**Interdependence, Equity, Transformation, Pluralism, Generosity and Justice**, all building on the foundation of **Love**) are proposed. Their proposal also significantly modifies current “Sources” section, providing instead a section on

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“Inspirations.” Congregational freedom and the individual’s right of conscience continue to be seen as central to our UU tradition. The full text of the recommended Article II revisions is provided elsewhere in this issue of Heed. The full Article II Study Commission report can be accessed here: <https://www.uua.org/uuagovernance/committees/article-ii-study-commission/blog/article-ii-report>

“It’s been a long; A long time comin’, but I know; A change gon’ come; Oh yes it will”

My purpose in writing this article has been to inform the DUUF congregation that significant changes are on the horizon for the Unitarian Universalist tradition. Though many of you might already be following these discussions, I am not aware of any plans for the congregation to examine and discuss either the proposed 8th Principle or the Article II Study Commission recommendations. I highly recommend that such discussions take place as an initial vote on the Study Commission’s proposal is on the agenda for the June 2023 General Assembly gathering in Pittsburgh.* There will be opportunities for delegates and the UUA Board of Trustees to recommend amendments to the Study Commission’s proposal at General Assembly.

*Revision of any part of the UUA bylaws, is a two-year process. Any final version of the proposed Article II (including amendments) must receive a simple majority vote by the full General Assembly in 2023 to move forward for a final vote at the 2024 General Assembly. It will take a 2/3 majority vote at the 2024 General Assembly to be adopted as the new Article II of the UUA Bylaws. If either vote fails, a similar proposal cannot be considered for two years.

Proposed New Principles and Purposes for the Unitarian Universalist Association

The following proposed (recommended) revision of Article II Principles and Purposes of the Unitarian Universalist Association's Bylaws and Rules were submitted to the UUA Board of Trustees by the Article II Study Commission, in mid-January 2023.

Unitarian Universalist Association: Bylaws and Rules Article II Purposes and Covenant

Section C-2.1. Purposes.

The Unitarian Universalist Association will devote its resources to and use its organizational powers for religious, educational, and humanitarian purposes. Its primary purposes are to assist congregations in their vital ministries, support and train leaders both lay and professional, to foster lifelong faith formation, to heal historic injustices, and to advance our Unitarian Universalist values in the world.

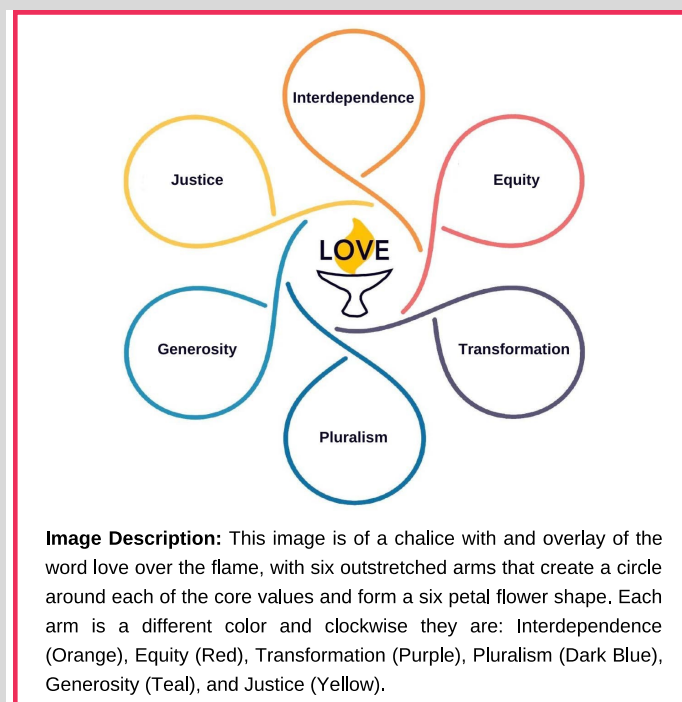
The purpose of the Unitarian Universalist Association is to actively engage its members in the transformation of the world through liberating Love.

Section C-2.2. Values and Covenant.

As Unitarian Universalists, we covenant, congregation-to-congregation and through our association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.

Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love.

Inseparable from one another, these shared values are:



Interdependence. We honor the interdependent web of all existence.

We covenant to cherish Earth and all beings by creating and nurturing relationships of care and respect. With humility and reverence, we acknowledge our place in the great web of life, and we work to repair harm and damaged relationships.

Pluralism. We celebrate that we are all sacred beings diverse in culture, experience, and theology.

We covenant to learn from one another in our free and responsible search for truth and meaning. We embrace our differences and commonalities with Love, curiosity, and respect. **Justice.** We work to be diverse multicultural Beloved Communities where all thrive.

We covenant to dismantle racism and all forms of systemic oppression. We support the use of inclusive democratic processes to make decisions.

Transformation. We adapt to the changing world.

We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect.

Generosity. We cultivate a spirit of gratitude and hope.

We covenant to freely and compassionately share our faith, presence, and resources. Our generosity connects us to one another in relationships of interdependence and mutuality.

Equity. We declare that every person has the right to flourish with inherent dignity and worthiness.

We covenant to use our time, wisdom, attention, and money to build and sustain fully accessible and inclusive communities.

Section C-2.3. Inspirations.

As Unitarian Universalists, we use, and are inspired by, sacred and secular understandings that help us to live into our values. We respect the histories, contexts and cultures in which they were created and are currently practiced. These sources ground us and sustain us in ordinary, difficult, and joyous times. Grateful for the religious ancestries we inherit and the diversity which enriches our faith, we are called to ever deepen and expand our wisdom.

Section C-2.4. Inclusion.

Systems of power, privilege, and oppression have traditionally created barriers for persons and groups with particular identities, ages, abilities, and histories. We pledge to replace such barriers with ever-widening circles of solidarity and mutual respect. We strive to be an association of congregations that truly welcome all persons who share our values. We commit to being an association of congregations that empowers and enhances everyone's participation, especially those with historically marginalized identities.

Section C-2.5. Freedom of belief.

Congregational freedom and the individual's right of conscience are central to our Unitarian Universalist heritage. Congregations may establish statements of purpose, covenants, and bonds of union so long as they do not require that members adhere to a particular creed.

[to access the Article II Study Commission's full report see <https://www.uua.org/uuagovernance/committees/article-II-study-commission/blog/article-II-report>]

**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, Chip Noon

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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