

The H E E D

November 2023

Newsletter of the Durham Unitarian Universalist Fellowship



Denominational Affairs

Thomas Pistole

Preface. The central administration of the Unitarian Universalist Association can seem like a black box for most of its members. Because our faith community practices congregational polity, we make most of our decisions locally, within our own congregation. Still, we are a part of national, even international, religious community and as such it is useful for each of us to have a basic understanding of how things work beyond 20 Madbury Road. This is the first of an occasional column on some of the major positions in the broader UU world.

It might make sense to begin at the top, namely the UUA president. However, since she just took office a few months ago, I have decided to hold

Join Our Services at 10:00 AM Sundays

November 5. Love 2.0: Embracing Micro Moments of Connection

Presenter: Rev. Mary Doane

“Let’s explore together the profound essence of love. We’ll delve into the idea that love isn’t just grand gestures, but a collection of small, meaningful interactions that bridge the gap of isolation, allowing us to connect more frequently. Come, experience a fresh perspective on love that promises to enrich your heart and soul.”

November 12. The Five Remembrances

Presenter: Elizabeth (Betty) Crepeau

This Sunday we will discuss the Five Remembrances, one of the important teachings of the Buddha. This teaching reminds us of the impermanence of life and relationships and the importance of our actions. There are a number of translations of this teaching, I will be using the translation by Thich Nhat Hahn which I prefer for its poetic language. The actual presentation will be short, so we have adequate time for contemplation and discussion.



Thich Nhat Hanh

Reminder: Turn Our Clocks Back on Nov. 5

At 2:00 AM on Sunday, Nov. 5, Daylight Savings Time ends, and clocks need to be turned back one hour. After an extra hour of sleep, be on time for our Nov. 5 Sunday service to be followed by a vote on the revised DUUF bylaws. (See Carol Bullivant's summary of the changes in this HEED and bring a copy of the new bylaws to the meeting.)

Denominational Affairs (cont.)

off a bit before writing about her.

Executive Vice

President. This person “is responsible, under the supervision of the President, for the day-to-day management of the Association. S/he supervises all UUA staff, coordinates the work of the UUA legal counsel, is responsible for personnel matters in conjunction with the Director of Human Resources, and acts on the Association’s behalf in the President’s absence.” For a small lay-led congregation such as ours, these activities may seem distant to our own operations. It is important to remember, though, that collectively there are ~250,000 Unitarian Universalists associated with over 1000 congregations in this country. In the corporate world this position might be considered the COO (chief operating officer), but we are definitely not a corporate model!

Carey McDonald is our current Executive Vice President. He previously served as the UUA’s Outreach Director and as the Director of

Young and Young Adult Ministries, both senior administrative positions in the UUA. In the past he served as a lay member of the UUA Fellowship Committee—the group that supports and supervises individuals seeking to become ministers—and the Skinner House Books Board. He is a seventh generation Unitarian Universalist. In other words, he was appointed to his current position after extensive experience in a variety of UUA roles. Although we may never directly interact with Carey, his leadership will be reflected in the activities of others within our faith community.



Carey McDonald, Executive Vice President, Unitarian Universalist Association

Mark Your Calendar

Saturday, December 2, from 9:00 am to 2:00 pm will be the date of the **Holiday Fair**. There will be soup to go and a small white elephant sale. Therefore, we need you to be thinking about what soup you would like to make and what elephants you can contribute to the Fellowship sale.



Thank you for supporting this tasty and fun endeavor! Remember, all proceeds go to the Fellowship’s social action concerns.

Happy Birthday, Joyce!



Joyce Sheffield (right) had a birthday last month. Here she is in serious conversation with Deb Johnson. We shall not disclose the exact number of years.

November Programs (cont. from Page 1)

November 19. Thanksgiving Service

Presenters: Members of the program committee

Details will follow.

November 26. Conversations about Death

Presenter: Thomas Pistole

Conversations about Death is derived from a program developed over ten years ago called Death Cafe. “At a Death Cafe people...gather to eat cake, drink tea and discuss death”. The objective is “to increase awareness of death with a view to helping people make the most of their (finite) lives”. It is a group-directed discussion with no agenda, objectives, or themes—a discussion group rather than a grief support or counseling session. Over 17,000 Death Cafes have been held in 85 countries since its inception in England in September 2011.

As noted above, this will not be a traditional service; the focus will be on our shared time discussing death. In the spirit of the basic Death Cafe model, we will drink tea [or coffee or juice] and eat cake while we meet, so this session will be held in the Fellowship Hall rather than in the Sanctuary. Basically, this Conversations about Death gathering provides a safe place to share your thoughts about death and hear the thoughts of others. Feel free to join us even if you don’t wish to speak. Finding a place and people to talk about death can be a challenge; Death Cafes provide a place to do just that.

A look ahead at December

Bob Pavlik and Sylvia Foster are scheduled to return, and we are planning a return of the Christmas Eve service.

Thomas Pistole

**Pot-Luck Lunch -
October**



Photo shot too late...a lot was already taken. Hope you didn't miss it! Delicious!



For some reason, none of the diners had smiles...such a serious lunch...

This pot-Luck was out of this world! It’s such a treat The pasta dish was not “pasta and tomato sauce” we were informed...it was “tomato gravy.” OK...78 years of calling it the wrong thing...*ho imparato qualcosa oggi.*

President's Message

With the sudden onset of cold weather in November, we are reminded that the lazy, hazy, crazy days of summer and autumn are behind us (yes, I added autumn to that old song). But this chill has also reminded us that we need each other's warmth and love more than ever, especially as the cold mirrors the hearts and souls of so many in the world and in our country.

As Unitarian Universalists we live two lives: the one that we inhabit internally and the one we inhabit with our fellows. And sometimes we find ourselves at odds in these two realms. The singular says, "What can one person do?" and the plural says, "What can a small group of people do?" And sometimes the two conflict with each other. At our meeting with Hilary Allen, our UUA regional representative, I relearned the lesson that everyone in our Fellowship, and I mean *everyone*, is focused on making our community and our world the best it can be. I forgot that at a recent board meeting. Not a happy memory of mine. But among the people at Hilary's meeting, listening to some seriously personal and loving comments, I learned (again...) to step back and look for the truth behind the statement, however much I might disagree with that statement.

And so, what can we as a Fellowship do in this cold and sometimes forbidding world? What can I, alone, do in this world? In the spirit of our second "source" of wisdom, *Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love*, I offer a quote from The Mahatma, Mohandas Karamchand Gandhi: "In a gentle way, you can shake the world."

Let's continue to shake things up!

The Hedgerows - A Learning Ecosystem

This new school (new to us) has moved into our RE space downstairs for the weekdays and is very happy to be with us. Want to know more about them? Click on: <https://thehedgerows.org/>

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.
Editor: Bob Bullivant
Layout: Chip Noon

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DUUF Officers, Chairpersons and Council Coordinators, and Members of Committees and Councils for 2023-2024 - Under 2018 By-Laws

BOARD OFFICERS

President: Chip Noon
Vice President: Larry Vogelmann
Treasurer: Jen Pavlik
Secretary: Julie Lipari

COMMITTEES

Program: Thomas Pistole (Chair), Hilary Babon, Bob Bullivant, Mary Doane and Sylvia Foster
Religious Exploration: Bob Pavlik
House and Grounds: House: Jonathan Babon (Chair), John Macri; Grounds: (TBD); Dottie's Garden: Sarah Tambling; Rentals: Maria Isaak
Socials: Carol Bullivant (Chair), Deb Johnson, Tom Reichheld
Membership: Michael O'Sullivan (Chair), Rachel Legard; Caring Subcommittee: Chris Rodgers (Coordinator), Chip Noon, Rachel Legard and Michael O'Sullivan

COUNCILS

Nominations: Michael O'Sullivan (Coordinator)
Music Council: Maria Isaak (Coordinator)
Green Sanctuary: Mike Fleming (Coordinator), Nick Isaak
Social Action: Dawn Meredith (Coordinator), Betty Crepeau
Communication & Outreach: Brett Gibson (Webmaster), Bob Bullivant (HEED Editor) Marketing Subcommittee: Julie Lipari, Hilary Babon, Chip Noon, Susan Noon
Denominational Affairs: Thomas Pistole (Coordinator)



Don't Forget! Saturday Night

Daylight saving time in the U.S. and some neighbouring countries will end on Nov. 5 at 2 a.m. local time, pushing clocks back an hour.

In the UK and other European countries, daylight saving time, also known as summer time, ended on Oct. 29.

Daylight saving time always starts on the second Sunday in March and ends on the first Sunday in November for the United States. This contrasts with the UK and European Union, where summer time begins on the last Sunday in March and ends on the last Sunday in October.

Voting on Revised Bylaws for DUUF

Carol Bullivant

The Fellowship will meet after the service and coffee hour on Sunday, November 5, to consider approving the revision of the DUUF bylaws prepared by a committee of four members.

We are recommending only a few major changes. The first is increasing the terms of President and Vice President to two years to be followed by an optional one-year extension. With the availability of Zoom, we added a new section on virtual meetings.

We recommend putting a cap of \$5,000 on the Executive Committee's ability to propose non-budgeted expenditures without Board approval.

We had to change some language to conform to current circumstances; for instance, the New England Region – rather than district. Should the Fellowship vote to dissolve, we propose that any assets go to the UUA, or its successor, or any UU related organization. Previously, it had been to the New England District, which no longer exists.

Since we can only have, per New Hampshire state law, three voting officers on the Executive Committee, we put the Vice President on the committee and removed the Secretary. Our reason is that the Vice President is expected to be training for the role of President and needs to be participating in major decisions.

We included a mention of rules of order. Rules of order are not in our current bylaws but had been in previous iterations. We chose Keesey's Modern Parliamentary Procedures for its ease of use.

We added the Music Director as an ex-officio member of the Program Committee, and we are adding the Caring Committee as a subcommittee of the Membership Committee.

Please read the bylaws before the meeting. You will find a copy sent to you in your email.

Thanks for your attention to this necessary piece of Fellowship business.

Thanks also to my fellow committee members who worked long hours, and with great attention to detail: Bob Bullivant, Deb Johnson, and Thomas Pistole.

Engutoto Daycare Center Project Video Premiere & Dinner



Yes, we eat a lot at the Fellowship. This feast was all African-style food.



Yes, this is Jonathan Babon on Fall Clean-up Day. There were a few others too. (*layout editor's note: But not nearly enough.*)

The Seven Principles

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a "living tradition" of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience.

As Rev. Barbara Wells ten Hove explains, "The Principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in Unitarian Universalist religious communities."

1st Principle: The inherent worth and dignity of every person;

2nd Principle: Justice, equity and compassion in human relations;

3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations;

4th Principle: A free and responsible search for truth and meaning;

5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large;

6th Principle: The goal of world community with peace, liberty, and justice for all;

7th Principle: Respect for the interdependent web of all existence of which we are a part.

The seven Principles and six Sources of the Unitarian Universalist Association grew out of the grassroots of our communities, were affirmed democratically, and are part of who we are.

The Engutoto Project Dinner and Video

What a special night! Below you see Ben Isaak, the videographer for the trip, and Hilary Babon and the part of the audience who watched his video. The videography was just amazing, really quite professional, and the whole night was such a success. Lucrezia Kokusima, the Daycare Director, and friends did all the meal preparation and what delicious offerings we had! Want to know more? check out these two links: <https://www.facebook.com/Engutotodaycarecentre>; and <https://www.engutotodaycare.com/home>



A Gift of Wookworking Art by John Doane

Talent, and then some! This box we are using at our welcome table was donated by John Doane. He wanted to give something special to the Fellowship, and it certainly is. You can find more of his work at: <https://doverboxshop.com/shop/>

