

The HEED September, 2023

Newsletter of the Durham Unitarian Universalist Fellowship



Welcome Back

A Home-School for 10 Students will be Renting DUUF Classrooms

At a special board meeting on Friday, Sept. 1, the Fellowship took a gigantic leap forward in partnering with our community, reported President Chip Noon.

The board approved the rental of our RE classrooms to The Hedgerows – A Learning Ecosystem. This organization educates home-schooled children and children who may not fit easily into the public school system. See the links below for further information.

The lease will begin shortly before their September 25th start date to give the group time to prepare for their students. The lease will continue throughout the academic school year. Emily Samuel, the director and teacher, hopes to have 10 students, aged 9 to 13, to start and perhaps expand to another 10 in the future. Emily, a former Exeter UU member and an intermittent South Church participant, is familiar with and aligned to UU principles. Her professional background is in public education. She left teaching to work in education technology.

They will have use of the educational rooms downstairs, a storage closet, adult use of the kitchen if needed, evening and weekend use of the Fellowship Hall when needed (several times a semester) and will explore our woods out back as well as Stolworthy Preserve and other in-town places. Our RE program will have use of any materials they do not put in their storage closet. That's a big plus.

Numerous concerns were discussed, such as noise, cleaning, parking, wear and tear – all the things that come with having a group of children in the building. For the most part, they have been addressed, but as we continue, there may be others. The Hedgerows is going to work with us to ensure a smooth transition. They really like our space and our welcoming attitude.

The House Committee will be the point of contact, as with all tenants.

We'll have articles in The HEED throughout the year about The Hedgerows, but if you need to learn more right now, see the links below.

This Fellowship year is off to a great start!

<https://thehedgerows.org/>

<https://thehedgerows.org/diversity-equality>

<https://thebigidea.education-reimagined.org/>

Program Committee: New Year, New Ideas

So many good things are happening or being considered within our Fellowship. It seems appropriate to build on that energy and excitement. Based on the exercise Betty Crepeau facilitated for us over the summer, conversations with others, and my own thoughts, we are modifying some aspects of our Sunday program and the sanctuary space. Like all changes, some people will applaud and others question. I encourage you to take some time to adjust. We welcome your suggestions, concerns, praise. As with Unitarian Universalism, change is a core part of our community. Change can also be "undone." So, try it and let us know.

Length of service. It will be one hour. Some things may be beyond our control but that will be our goal. A number of people have asked for this.

Time for discussion. For most services there will be time for questions. We plan to establish an area in the Fellowship Hall where people can meet with the speaker and continue this discussion after the service.

Announcements. We will be using a model Deb Johnson shared in which all announcements are read by a single person—the town crier. There will be forms near the entrance to the sanctuary for people to fill out and give to the program facilitator *before* the service. You can also submit information to be included in that week's order of service. More on that later.

Candles of caring, joys and concerns. The format is not changed but the candle arrangement is different.

Child- and family-friendly space. This is an ongoing plan. Look for these changes in the coming weeks.

This year's program committee includes the following people: Fellowship members Hilary Babon and Bob Bullivant, our music director Mary Doane, Sylvia Foster (read more about her elsewhere in this HEED; she will be presenting our Sunday program on Sept. 17), and Thomas Pistole, chair. We are looking forward to a year of programs that inform, inspire, and yes! entertain.

Thomas Pistole

Services at 10AM Sundays

September 10. **Opening Service—Water Communion.** Facilitator: Thomas Pistole

Earth is a water-based planet, and we are water-based life forms. Water can bring us together, e.g., with ships and boats, and can separate us, e.g., by storms and floods. As such, it affects each of our lives. We will ask people to share an activity or event in their lives involving water that was moving, had an impact on their lives, or that changed them.

September 17. **Hope and Determination.** Presenter: Sylvia Foster

Hope and determination are woven into new beginnings. When we are overwhelmed by hardship, we think of what to hope for. And what might we hope for? We'll explore the enduring significance of hope throughout history and in various faiths - reminding us of how the affirmation of hope is a driving force that sustains and empowers us on our lifelong journey.

Sylvia Foster grew up in the Universalist Church in Bangor, Maine, and has been a member of the UU church of Exeter, New Hampshire, for thirty years where she's been a member of social justice and green sanctuary committees and the choir. Sylvia is retired as an administrator of educational programs for the UNH President's Commissions on equity and inclusion and is vice president of the Governing Board of Racial Unity Team of New Hampshire. She also serves on the Board of 350NH Action for renewable energy.

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September 24. **Our Current Principles and Sources.** Presenter: Elizabeth (Betty) Crepeau

This program will briefly review the history of the Principles and the principles themselves. Following the presentation, we will discuss how these principles guide our lives.

Elizabeth Crepeau is a graduate of the UNH Occupational Therapy Program and holds a MA and PhD in Sociology. She taught occupational therapy at UNH for 35 years and found great meaning in her relationship with students. She edited three editions of *Willard and Spackman's Occupational Therapy*, a major textbook in the field. She has studied Buddhism and leads a meditation group where she lives with her husband, Rod

Preview for October

Programs planned for this month include a service by the Rev. Maren Tirabassi, retired United Church of Christ minister and past poet laureate for the City of Portsmouth; a program by Fellowship member Jonathan Babon on his recent outreach trip to Africa; and a presentation by Fellowship member Deborah Johnson on General Assembly and proposed changes in our seven principles.

President's Message



Last year, despite all my grumbling about it at the beginning of my tenure, was a significant positive experience for me. Having spent my life in an environment where you were expected to do well and were roundly criticized if you did not, I was terrified of taking the president's position at the Durham Fellowship. Well, not terrified, but nervous about it. I told the nominating committee and others that

I was not right for the job, and they'd fire me in 3 months. They didn't listen, and here I am, in the second year of my tenure, writing my first HEED article for the year 2023-2024.

What I discovered last year was that the Durham Fellowship is unlike any other organization I've belonged to. Everyone said they'd help me along and many have. Everyone gave me kind, helpful, and invaluable advice throughout the year. And everyone (almost) said, "Hey, you're the president...just do it!" And I have been doing it.

But the most remarkable thing about a "Fellowship" is that there are really no bosses, nobody keeping score, nobody holding back, and nobody just floating along. As I've said many times, when something needs to be done, somebody steps up to do it. Every time. Always. How many organizations do you know where that is the case? I know one: The Durham Unitarian Universalist Fellowship. Thank you all!

A few days ago I spoke to a person who has 2 young children, a supportive husband, and who lives in Durham. She had been attending the Exeter UU Church, but wanted to try another place. She considered our Fellowship but said that she was unfamiliar with a church that didn't have a minister and that purported to be satisfied with that arrangement. She couldn't imagine what we'd be like. It made her wary of coming here. So, off they went to South Church. Humph! (Not that there's something wrong with South Church, but come on! We're all UU's!)

Well, Fellowshippers! We learned from the UNH Marketing Students that few people in town know about us...and now we learn that some people are leery of a self-run religious organization without a minister. Oy veh!

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So, I know you've seen this before, but here's what a group of us came up with for the new year; a set of measurable goals that will give us a lot to think about and a lot to do:

1. To be a presence at community events.
2. To hire an RE director and select UU RE curricula such as Tapestry and OWL (<https://www.uua.org/re>)
3. To improve our signage so that it is up-to-date and accurately reflects the values and activities of the Fellowship.
4. To create a welcome packet for new people, have a person to greet them, and follow-up with new faces and keep them in the loop.
 - Reach out to newcomers, grad students, new faculty, and marginalized groups.
 - Let people know UUism is a different kind of religion.

By the way, this is only a small representation of the ideas that Betty Crepeau and Deb Johnson gleaned from the brainstorming session in July. We tried to reach out to everyone with the results. If you didn't get them, let me know.

Now to wrap up...this year looks like an exciting and fruitful future for the Fellowship. I'm sure that the Sunday programs the program committee has put together, the plans for communicating with our community, the RE activity, and all the other committee and council efforts all of you are making will guarantee that the Durham Unitarian Universalist Fellowship will see a banner 2023-2024.

I'm so glad to be connected to you all, and I am genuinely warmed by your approach to life and to the Fellowship. What a great organization to be a part of!

Welcoming our Director of Music

The Fellowship is delighted to welcome the return of Rev. Mary Doane as our director of music. Over many years we have had Fellowship members Carmen Buford-Paige and Maria Isaak provide music for our Sunday services, and for that we are most grateful. Last year Mary joined us as our first professional staff person to be our musician in residence. This was a major step for the Fellowship, and we entered it cautiously. As many of you have noted, this turned out to be a great boon for our Fellowship. I hope you will join me in welcoming her again as our director of music. You will have opportunities to see more of her on Sundays as we develop our program schedule.

The Rev. Mary Doane has served churches of many different faiths for the past 40 years, including 20 years at the First Unitarian Universalist Society in Exeter, NH. She holds degrees in both Music and Elementary Education and in 1999 completed her Master of Divinity at Boston University School of Theology. In addition to her role at our Fellowship, she spends much of her day teaching piano and leading the RiverWoods Durham chorus. She also organizes special music events for RiverWoods Durham and performs with a local chamber group featuring two clarinets. She is a passionate lover of dogs, puzzles, and coffee and is a happy grandma to two granddaughters, who live next door to her and her husband, John, also a musician.

Eric Nordgren, 90. Passed Away Aug. 16 In Durham



With heavy hearts, we mourn the passing of **Eric Nordgren**, who with Betty were the longest tenured members of DUUF. They joined the Fellowship shortly after Eric was hired as a UNH math professor in 1964. His gentlemanly personality and sage intellect will be sorely missed.

He left the living world at their Riverwoods home in Durham on August 16th at the age of 90 after a bout with cancer. Our deep condolences go to Betty and the Nordgren family.

A memorial service celebrating his life will be held on September 23 at 10:00 AM at the Fellowship.

Most recently Eric was the organizer of the DUUF Mens Group who affectionately call themselves ROMEOS – Retired Old Men Eating Out. There have been monthly gatherings to break bread and share conversations on a wide range of topics in the Fellowship Hall or at area restaurants. Many helpful suggestions have been generated to improve DUUF.

After 44 years in UNH classrooms, Eric retired as Professor Emeritus in 2008. In addition to teaching, Eric enjoyed music, theater, travel, and birding. He loved to recommend classical music recordings to his many friends and acquaintances.

Eric was born in Brooklyn, NY on March 31, 1933 to parents, Tore Albert Nordgren and Astrid (Olson) Nordgren. He attended grade school in Brooklyn and graduated from Brooklyn Technical High School in 1951.

He studied chemical engineering at the Polytechnic Institute of Brooklyn, now part of NYU, graduating in 1956. He went on to work for General Electric in Schenectady, NY in their engineering training program. While living in Schenectady, he met Elizabeth Eger at the Unitarian Church there. They were married in New York City in 1958.

Eric received his PhD in 1964 from the University of Michigan under the mentorship of Dr. Paul Halmos. He joined the faculty of UNH as an assistant professor of mathematics in the same year.

In addition to Betty, survivors include three children, Victoria Ann Nordgren (Frank Hawrylak) of Greenwich, CT, Dr. Richard Eric Nordgren (Cheryl) of Troutville, VA and William Alan Nordgren of San Diego, CA. Also surviving are grandchildren Eric and William Hawrylak, Sarah Kelsey, Alison, Erica, Jay, Kyle, and Ryan Nordgren and great granddaughters Parker and Quinn Pless, and Marlow James Wooldridge.

Dr. Nordgren was predeceased by his parents, Tore and Astrid Nordgren, an aunt Lillian Olson, and tragically a six-year-old grandson, Tyler James Nordgren, who died in VA of a brain hemorrhage in 2001.

DUUF GOALS FOR 2023-2024

This summer the Fellowship members and Fellowship Board made plans for DUUF's 2023-2024 year. To facilitate these discussions, we used the Nominal Group Process to help us set clear priorities. The purpose of the Nominal Group Process is to generate and discuss ideas for goals of a group and to rank them so that a limited number of goals emerge as the most important to achieve. Members and friends met on July 19th and generated 51 ideas to create a more public image of the Fellowship in our community and thereby increase our membership and expand attendance at the RE program. Ten of these items emerged from the ranking process. The July Fellowship Board meeting began with a discussion and revision of these items. A second round of ranking identified the four most important goals which are listed below.

- 1. To be a presence at community events**
- 2. To hire an RE director and select UU RE curricula such as Tapestry and OWL**
- 3. To improve our signage so that is up to date and accurately reflects the values and activities of the Fellowship.**
- 4. To create a welcome packet for new people, have a person to greet them, and follow-up with new faces and keep them in the loop.**

Reach out to newcomers, grad students, new faculty, and marginalized groups.

Let people know UUism is a different kind of religion.

We thank all of those who participated in these discussions. We now have a clear path for the coming year. Chip Noon, the President of the Board, will recruit people to work on achieving these goals. If you are interested in helping, contact Chip at chipnoon@gmail.com

Betty Crepeau and Deb Johnson

UUA's 2023 General Assembly Report

by DUUF delegate Deb Johnson

Every year, the UUA General Assembly (GA), the annual business meeting of the Unitarian Universalist Association, is held to make overall policy for carrying out the Association's purposes. Delegates from certified member congregations and UUA associated congregations attend to discuss and vote on the current issues facing the Association. This year's multi-platform General Assembly, with the theme "Faithfully Becoming", was held June 21–25, in Pittsburgh PA. Deb Johnson and Thomas Pistole attended virtually as your delegates.

However, the above description fails to capture the opportunities that attendance at GA provides: the opportunity to connect to the large(r) UU movement; to revel in the diversity and energy of UUs; to meet new people and reunite with old friends. It provides opportunities to encounter new ideas in workshops and discussions; to explore innovative models of congregational leadership and support as well as adult, youth, and children's religious education programming; new social justice strategies, and more. UUA General Assembly also offers opportunities to attend a diverse range of worship services, focused interest group gatherings, and celebratory events--the congregations banner

parade, musical performances, dance parties. All these activities foster a much greater sense of the UU community (and lots of shared fun).

This year there were also presentations by impressive speakers, including Imani Perry, author of South to America: A Journey Below the Mason-Dixon to Understand the Soul of a Nation and Brian Broome, author of the memoir Punch Me Up to the Gods, to stimulate further inspiration and richer conversation.

Such an abundance of opportunities is exhilarating, though one cannot do it all. Many of these workshops and events are scheduled concurrently (one participant estimated that participants frequently find themselves forced to choose amongst equally attractive, but competing, offerings. Since nearly 43% of the registrants and about half of the credentialed delegates were virtual participants, conversation, discussion, debate, and collaboration needed to be pursued via discussion forums or online chat, with mixed effectiveness.

As a credentialed delegate with voting responsibilities, you are also a part of the democratic process used to reach decisions on UUA leadership, policies, and future initiatives. Thus, delegates must review many documents, attend Business Meetings, participate in discussions, vote, and then celebrate (or mourn) the outcome of numerous elections. Here are some of the important decisions reached at the 2023 General Assembly:



1. Rev. Sofia Betancourt's selection as the new UUA President was affirmed by 95.5% of voting delegates. Because a second nominee declined, she ran unopposed. However, Dr. Betancourt's impressive credentials, her experience, and her skills (see her resume here – <https://www.uua.org/pressroom/press-releases/welcome-rev-betancourt>) merited such an overwhelming vote of confidence, and she will

serve as the 10th President of the UUA. In taking up her new responsibilities, Dr. Betancourt stated "I am honored by your trust and humbled by the call to serve our movement in this time of challenge and immense possibility" and she noted "When I say that love is the center of our faith, that means I am committing to loving each one of you every day . . . for the next six years and beyond."

II. Article II Purposes and Covenant (including five amendments) **received preliminary approval with 86.3% (1,816) votes in favor.** * A portion of this support came from those who voted 'yes.' "To allow the conversation to continue," a position suggested from the stage by one of the GA Moderators and by several Article II Commission members. A revised version of Article II will be brought to 2024's all-virtual GA for a final vote of approval (with approval requiring a 2/3 majority).



The new proposal asserts that "The purpose of the Unitarian Universalist Association is to actively engage its members in the transformation of the world through liberating Love" and identifies six shared core values--Interdependence, Equity, Transformation, Pluralism, Generosity and Justice--each paired with covenantal statements to hold us "accountable to one another for doing the work of living our shared values."

As a keystone of the UUA Bylaws, Article II sets the parameters in which UUA policy is developed as well as representing a set of agreements among congregations (notwithstanding congregational polity). Because such modification of the UUA goals and purposes will have a significant impact on Unitarian Universalism, we will be discussing it in greater depth during our Sunday, October 22nd program. For now, I'll just suggest, echoing comments made in multiple discussion forums, that the passage of this proposal will most likely consolidate a shift from our current humanistic value orientation (and liberal social justice perspective) to a theologically driven orientation incorporating a critical (systemic) social justice perspective. This shift has been in the making for several years although, for whatever reasons, few at DUUF (and in many other UU congregations) are aware of these developments.

While concerned about this shift, I am currently more disturbed by the decision-making processes underlying the development of the Article II proposal as well as those observed during GA. Although claims were made that more than 10,000 UUs were consulted during the development of the proposal, DUUF members never discussed these

issues (nor, as I have learned in online discussion forums, did other congregations). I was also troubled by the lack of openness and democratic process in the selection and discussion of proposed amendments to Article II, and by the many disparaging and disrespectful online comments made during GA.

How was the Article II proposal reviewed and amended? Initially, the UUA hosted several discussion forums for the discussion of Article II particularly focusing on amendment ideas. Nearly 500 suggestions for amendment to Article II were submitted by congregations and delegates prior to the commencement of GA. Following much thoughtful discussion, these suggestions were refined, combined, and edited to create 92 proposed amendments (85 of which submitted by the early June priority deadline). On another GA discussion forum, these proposed amendments were further discussed and subsequently reviewed/screened by a committee including, per UUA Bylaws, the UUA Moderator (s), Study Commission Chair(s), the parliamentarian, as well as legal counsel, to choose which amendments would be eligible for discussion and voting at GA. The committee selected just 15 amendments for presentation at GA (i.e., 16% of the submitted amendments), although just 13 of them were discussed. Because limited discussion time was available for each of these amendments, speakers (designated pro or con) were required to provide just brief (90 sec.) pro/con statements.

Neither the specifics of the selection process for the presented amendments (were only the prioritized amendments considered? what selection criteria were employed?), nor the actual makeup of the screening committee was ever revealed. Why is this a concern? Well, for example, although 17 (nearly 20%) of the proposed amendments advocated retaining some version of the Seven Principles, only one of the 15 (6.6%) was selected as "eligible for GA discussion/voting" (and that selected amendment framed them as of historical significance). Discussion of this proposed amendment stimulated some heartfelt reflection on the part of one young man of color, Carmen Greco, who stated:

"I'm going to speak from the heart, in that these are my religious principles that I live by and defend every day of my life and have for the last ten years since I converted to Unitarian Universalism at 18 years old. I didn't know that this discussion was going to come when I got here. And I spend a lot of my time talking to non UUs about Unitarian Universalism and how much I love this faith. And to be here, where people are cheering for the fabric of my faith to change in such a drastic way and to cheer that my values will not be included in the new Article II breaks my heart in a way that I will never be able to explain in the 90 seconds that I've been given." (*paraphrased*)

I felt that Mr. Greco's comments echoed the feedback DUUF members provided their GA delegates prior to GA. This led me to vote in favor of this single "Principles" amendment even though I would have preferred to support some of the unselected "reinserting Principles" amendments. Nevertheless, the con statements (e.g., "Sometimes 'both/and' does not serve us"; "let's look to the future"), together with several negative and disparaging comments in the online chat, carried the day. This amendment was defeated (receiving ~74% 'no' votes). Article II co-chair Rob Spirko counseled those mourning the omission of the Principles from the Bylaws to remember that the Principles are not being banned by the new Article II, they can continue to inspire those for whom they remain important.

Five of the 15 selected amendments were approved by delegates, including one that added language proclaiming that "Direct experiences of transcending mystery and wonder are a primary source of inspiration" for Unitarian Universalists. The current Article II document, including the list of approved amendments, may be accessed here: <https://www.uua.org/files/2023-06/Article%202%20Package.pdf>

Speaking again, Rob Spirko advised UUs to spend time considering this new approach rather than just reacting to "what has been lost." Spirko joined the Article II commission late in the process (in 2022) and noted that it took some time to "find himself" in the new values. However, Spirko now wholeheartedly supports the new Purposes and Covenants as a framework for his own faith and as a template for the faith of his congregation (*my paraphrase*).

The final vote on adoption will take place during the online-only GA in 2024. Further amendments to the proposal are still possible, but there is a high bar for GA discussion/voting/approval of such amendments--proposed amendments

must be certified by at least 15 congregations and approval of any amendment requires a 75% vote by GA delegates.

III. Articles of Immediate Witness

Articles of Immediate Witness (AIWs) are statements about a significant action, event, or development in the world that necessitates immediate engagement and action among UU member congregations and groups. Six proposed AIWs were offered; the following three were adopted:

Protect the Dreamers, the Recipients of Deferred Action for Childhood Arrival (DACA) with a Pathway to Permanent Residence

calls on Congress to pass legislation giving Dreamers a pathway to permanent residence. It also calls on UUs to support the Dreamers in their communities and to contact their members of Congress to advocate for their protection.

Organizing for Health Equity

calls for congregations to nurture partnerships on the international, national, and local levels with the goal of establishing health care programs that secure personal and social wellness, with justice for all people, in all nations.

Rise Up to Stop Cop City:

calls for UUA to take a stand against the construction of a Police Training Facility in Atlanta, Georgia, described as "a \$90 million militarized urban warfare training complex, deemed "Cop City," in the heart of a predominantly Black neighborhood."

IV. Business Resolution on Divestment and Reparations which was not adopted with 68.3% of the credentialed delegates voting against the resolution.

This resolution, prepared by the Youth Divestment Caucus, called for the immediate divestment of all investments in the UUA's Common Fund having **any** business related to fossil fuels, including banks and utilities, oil and gas companies, pipelines . . .

The Youth Divestment Caucus includes many articulate and passionate UU youths, who had found that the UUA failed to complete actions stipulated in an approved 2014 Business Resolution on fossil fuel divestment. The Youth Caucus therefore called for a full and immediate divestment from fossil fuel industries **plus** any industries and organizations associated with fossil fuel industries. While most GA delegates applauded the Youth Caucus's goals and intentions, many described the complexity underlying the implementation of divestment decisions.



A second section of the Youth Caucus's resolution proposed that between \$13M and \$18M of UUA's Common Endowment fund (i.e., the equivalent value of the to-be-divested securities) would be paid for reparations to: Black and Brown Communities, (prioritizing those who are working class), Indigenous tribes and communities, and refugees of prior and ongoing wars fueled by the fossil fuel industry. The UUA Board registered their opposition to this proposal, insisting that this resolution would have a drastic impact on the UUA's financial stability and recommended delegates vote 'no' on this proposal. Other delegates expressed concern that the resolution lacked any plan on how such reparations might be distributed.

Feel free to ask me any questions you might have about these issues. Furthermore, UUs being what we are, I am sure that Thomas' GA experience differed somewhat from my own, so please ask him about his impressions. And please consider attending GA yourself either virtually in 2024, or in Baltimore, Maryland in 2025.

The 2,109 votes cast in this process represent only about 44% of the 4,765 eligible potential voters--apparently many congregations and other UUA-related organizations did not send delegates to the 2023 GA (or, if attending, these delegates failed to vote).

Welcome Back, From Membership

Although our committee is only two people, we know that many members and friends are working with us in our efforts to see the fellowship grow this year. At an exciting summer meeting, a rowdy crowd of DUUFers gathered to brainstorm ideas with Betty Crepeau keeping things tame, and making order of the many thoughts. We challenge everyone to keep thinking of ideas to bring in some new younger families. If any friends want to sign the membership book, see one of us! We look forward to seeing all of you in September.

Michael OSullivan, Membership Chair and
Rachel Legard, committee member

Caring Committee

The Caring Committee is active all year, but this is a good time to remind everyone of what we are doing and of our willingness to offer assistance in the form of visits, rides, food and sympathy as needed. This summer we were all greatly saddened to learn of the passing of longtime member Eric Nordgren, and our thoughts are very much with Betty, his spouse of 64 years, at this time. A fuller account of Eric's life will be found elsewhere in this issue of HEED.

Chris Rodgers, Michael O'Sullivan, Chip Noon and Rachel Legard

Socials Committee

The first potluck of the new Fellowship year will be held after the service on September 17. We'll have a brief coffee hour and then enjoy a nice lunch sitting down together in the fellowship hall. We look forward to seeing you all there.

Composting at DUUF

Social committee tries to supply compostable cups, plates, and, on occasion, utensils for the Fellowship to use at coffee hour, and at potlucks. Perhaps it would be more green to use our cups and dishes, but, for right now, due to the prevalence of germs and the shortage of washing volunteers, we have decided to go with the compostable materials. They are brought to the Durham transfer station and left in the compost bins there.

Look for a wastebasket in the Fellowship Hall marked compost with a paper bag inside. That's where to put food remnants and compostable cups. We welcome the gift of your excess paper grocery sacks. Volunteers to help with the dishes that we still seem to produce are very welcome! (Volunteers for Socials Committee are also welcome!)

Carol Bullivant, Deb Johnson and Tom Reichheld

Our First "Peace Circle" at the Fellowship

Chris Chance is offering a "Peace Circle pilot experience" for our Fellowship. Please come sit together and enjoy a community experience informed by the UU small group ministry model, Psychology, Yoga Philosophy, Buddhism, and indigenous practices from around the world. Chris will gently guide a process of chanting, meditation, and structured sharing designed to enhance sense of grounding and connection! The Circle will be held in the Fellowship sanctuary on Wednesday, September 27th from 6pm to 7pm.

You may remember Chris from a Durham UU Fellowship talk concerning social equity, and she participated in the Exeter UU congregation as part of the Adult RE committee, and children's choir co-director in the past. She moved to Durham in 2016 and is now a local practicing Psychologist. More broadly Chris defines herself as a mother, singer, dancer, lover of the expressive arts, compassion warrior, and curious spirit. She is excited to share and teach some fun practices to soothe and empower us all during these complicated times!

(See her website for more information on her professional background www.DrChrisChance.com)

DUUF YEAR-END PICNIC



From left, Lucretia Fields, Mike Fleming, Jenny Surpless and Jonathan Babon were gathered at Fort McClary in Kittery, ME to celebrate the conclusion of the DUUF church year on May 27.

African-themed Dinner and Documentary Film Premiere

Saturday, Oct. 21, at DUUF with dinner seatings at 5 and 7 pm, an evening of community, African food, and a celebration of the arts. Enjoy live music, a photography gallery, door prizes, a silent auction of items from Tanzanian markets, and a documentary film premiere at 6 pm. Child care will be available. Tickets are limited.

<https://www.eventcreate.com/e/tanzaniafilmpremiere>

**The 2023/2024 DUUF Officer's List is being updated and will appear in the
October, 2023 HEED**

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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