

# The H E E D

## April 2024

Newsletter of the Durham Unitarian Universalist Fellowship



### Join Our Services at 10:00 AM Sundays

#### **April 7 – Bright Sunday (Holy Humor Sunday) – Rev. Maren Tirabassi**

Rev. Maren’s sermon will reflect on how humor is healing, how human beings choose between humor that is embracing and that which is demeaning, and the physical blessing of laughter and the stories that invite it. You are invited to bring a joke or funny story to share with another person.

Maren C. Tirabassi is a poet who moonlights as a cozy mystery author and a United Church of Christ pastor. She is author of twenty-three books – including the recently released *Death in the Woods*, second in “The Rev and Rye Cozy Mystery series,” and a soon-to-be-published translation into Swahili and Luganda of the earlier *Transgendering Faith*. She is the recipient of the NH Humanities Council “Lifetime Achievement Award” for 2023. After 42 happy years of ordained ministry, she loves being a supply preacher and visiting an amazing assortment of communities of faith.

#### **April 14 – Transitions, Liminal Space, and Beginner’s Mind – Sylvia Foster and Chris Chance**

We find time in this service to reflect on how we may direct ourselves from “busy-ness” and distractions to reach for “reset” and focus. We’ll explore ways to call in our capacities for peace and joy and be invited to experience a brief practice called “Beginner’s Mind”.

Sylvia grew up in the Universalist Church in Bangor,

*(cont. on Page 2)*

### President’s Message

With two months left in this Fellowship Year, I’d like to report that, from my point of view, things are going very well. There is movement and enthusiasm among most of the members and friends. So, as we mentioned last fall, this year we want to take an assessment of our programming. We’ll do this in an anonymous and thoughtful manner, but the direction should be, from my point of view, questions like: what has been great this year, what would you like to see next year, how can we make your Fellowship experience more meaningful... along those lines. Of course, if you have suggestions for how to conduct this assessment, I’m all ears (or eyes if you want to put it in email form). Finally, at this month’s board meeting, we’re going to take up how to get your input on the proposed changes from the UUA as we discussed in the last edition. As you know, our Fellowship is lay-led. So “lay on, Macduff,” as Shakespeare said (but if you know the quote, do not think I’m using it as Macbeth did...).

## **April Programs** *(cont. from Page 1)*

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.

Chris is a mother, singer, dancer, lover of the expressive arts, compassion warrior, and curious spirit. She is drawn toward activities that allow and support opening of the heart, spontaneity, and deep play within community. Over the years she has enjoyed participating in various UU settings in roles ranging from Adult RE coordinating to Children's Choir and directing to multigenerational YogaDance instigating. She is also a practicing local clinical psychologist, with long-term interest in how we explore authentic identity and transform despair into wisdom.

### **April 21 – A View from the Perspective of Native People – Paul W. and Denise Pouliot**

There is a growing effort to bring history back into focus and to correct many misconceptions about the relationship of Native People and the founding of the United States. We were not all killed off by disease or warfare and did not disappear with the colonization of this country. Many of us became the individual fibers of the weave that made the cloth of the United States and Canada. We are among you, working beside you in all walks of life. Unless we told you who we were, you would probably never know us.

Paul is the Chief and President of the Cowasuck band of the Pennacook-Abenaki tribe in New Hampshire; Denise is the Treasurer.

### **April 28 – Whose Life Is It Anyway? (Am I the Master of My Fate?) – Raelene Shippee-Rice**

The NH legislature has been considering HB 1283 Death with Dignity. It has passed the House and is now awaiting action by the Senate. Raelene's talk will focus on this important issue.

Raelene is an Associate Professor Emerita in the Nursing Department at UNH and a long-time member of our Fellowship. She and her late husband Dale Rice were active in the broader UU community, including trainers of the trainers for AYS (About Your Sexuality), the precursor to our current OWL (Our Whole Lives) curricula.

***Thomas Pistole***

## Dover Area Religious Leaders Association (DARLA): Fellowship Looking for a Representative



I have served as our representative to this group for the past seven years; I will be stepping down next month and we are looking for a replacement. DARLA is a long-standing group that represents various faith communities throughout the Seacoast area. Over the years it has hosted a variety of activities including CROP walk, Thanksgiving services, and Martin Luther King, Jr. programs. As an interfaith organization, its members meet monthly from September to May to discuss issues of common concern, to learn about practices and activities among the various faiths represented, and to work with other community organizations on issues of common concern. Members determine on their own to what extent they are willing and able to participate in any given activity. The group is composed of both lay and ordained members. For faith communities such as the Society of Friends; Church of Christ, Scientist; Baha'i as well as our lay-led Fellowship, that have no minister, all our members are lay leaders. This is a wonderful opportunity to represent our faith beyond our walls, to gain insight into some of the other faith communities in our area, and to contribute to the community outreach initiative our Fellowship has been working on this past year. I have thoroughly enjoyed my time with DARLA and learned much. If you are interested in this position or would simply like to know more, please contact me.

Thomas Pistole  
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## 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.

**Seacoast Family Promise is one of the major projects our Fellowship supports. Can you help?**



*The Joshua House Tomorrow*

### **How You Can Play an Important Role**

We need your help to reach our \$900,000 goal. While your gift to the Joshua House Expansion will depend on your own financial situation, we would be pleased to help you make a gift that meets your needs and the needs of our families. In addition to one-time gifts, our expansion plan recognizes donors who pledge to support us over each of the next three years.

Your gift can be paid yearly, quarterly, or monthly and auto-debiting is available. Your multi-year pledge will also give you the opportunity to choose one of the dedicatories listed, and enjoy the recognition you deserve for being one of our supporters.

We gratefully accept gifts of bequests, estates, real estate and stocks and would be happy to provide you with all the information you need to leave a legacy of love and support for those in need.

[Click here to download the Joshua House Expansion Case Statement and view the Dedicatory Opportunities.](#)

Please contact us at [director@seacoastfamilypromise.org](mailto:director@seacoastfamilypromise.org) or 603-658-8448 to learn more!

*A shelter is not a mere structure for temporary sleeping, it is a “living” building that must grow to meet the needs of the ever-changing landscape of family homelessness. The key is to accommodate all families without prejudice or judgment and provide what each individual family needs to return to the community as healthy, participating members.*

# **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, Chris Bogard, 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, Chip Noon  
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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# End 68 Hours of Hunger Food List

## The Problem

Childhood food insecurity is a national problem, it occurs when children receive insufficient food on a regular basis, in many cases missing meals entirely. After a while, these children also experience “fear of hunger” that affects their behavior as much as physical hunger affects their bodies. There are more than 9.3 million food insecure children in America today. In the Oyster River School System there are over 50 families signed up for the program.

## How End 68 Hours of Hunger Helps

This program puts nourishing food in the hands of school children to carry them through the weekend. Each bag of food costs \$10 each week and provides two breakfasts, two lunches, and three dinners for a child, with some left over to share!

- Peanut Butter – 18 oz plastic
- Saltines / Graham Crackers
- Canned Beef Stew
- Canned Pasta – Beefaroni, Ravioli
- Canned Soup – 12-20 oz size
- Hormel Complete Meals
- Macaroni and Cheese
- Fruit Cups – 4 pack
- Granola Bars/Nutrition Bars
- Instant Flavored Rice or Noodles
- Instant Flavored Potatoes
- Tuna or Chicken or Pulled Pork – 10 oz or smaller
- Instant Oatmeal individual packets
- Pudding Cups – 4 pack
- Trail Mix
- Canned Chili
- Instant Mashed Potatoes
- Pasta Bowls
- Juice Boxes

Program Coordinators: Doris Demers and Kim Wolph

Contact Number: Doris: 207-752-7264

Advisory Committee: Susan Caswell, Ruth Wharton McDonald, Barbara Nadori, Corinna Tucker

Email us at: [Oysterriver@end68hoursofhunger.org](mailto:Oysterriver@end68hoursofhunger.org)

Drop off location: Food donations can be dropped off at 33 Coe Drive, Durham, NH 03824

**PLEASE CHECK EXPIRATION DATES AND THE CONDITION OF YOUR DONATIONS. NO EXPIRED DONATIONS CAN BE ACCEPTED.**



**How your home, church, and community buildings can be more energy efficient and sustainable. *Part of a monthly climate series.***

**April 18 What's New in Solar, plus Tax Credits and Rebates**

Ted Vansant, Founder and President of New England Commercial Solar Services (NECSS) has 18 years of solar energy expertise in systems for businesses, schools, towns and non-profits across New England.



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**[UUActionNH.org](http://UUActionNH.org)**

**If you like these presentations, Your financial support will help us to do more. Visit our website for legislative actions and more.**

**UU Action NH** Join our monthly zoom meetings as we discuss various ways to affect climate change in your home, your church, and your community. All zoom sessions are from 6:30 -7:30. **Preregister to receive the link.**

- January 18      Plastics Recycling and Reduction,
- February 15    Buttoning Up Your House or Church, and Rebates
- March 21       Heating & Cooling
- April 18        What's New in Solar, plus Tax Credits and Rebates
- May 16          Community Power and Choosing an Alternative Power Company
- June 20         Energy Policy in NH, Who Makes it and Alternative Models
- July 18          Lawn Care for a New Age
- August 15       Composting for Households, Churches, and Communities
- September 19   Agriculture in NH, How and Why We Should Support It
- October 17      Clothing and Textile Recycling
- November 21   Hybrid and EVs, Prepping Your Home, Tax Credits, Rebates
- December 19   Potential Funding Sources for Climate Action

