

The H E E D

February 2024

Newsletter of the Durham Unitarian Universalist Fellowship



Join Our Services at 10:00 AM Sundays

Programs for February

February 4 Cultivating Loving Kindness - The Metta Sutta - Elizabeth Crepeau

One of the central teachings of Buddhism is the cultivation of loving kindness or Metta. The Dalai Lama is reported to have said, "My religion is loving kindness." Loving kindness is strong - it isn't just being kind to our family and friends - but extending kindness to people who are difficult or those we feel are evil or dangerous - a tough thing to do! We will review and discuss the Metta Sutta followed by a metta bhavana meditation. This meditation is designed to help develop loving kindness for all beings.

Elizabeth (Betty) is a longtime Fellowship member and Professor Emerita (Occupational Therapy), University of New Hampshire.

Feb 11 Spirit on the Wing - Music as spiritual expression - Rev. Craig Werth

Craig will offer some instrumental works and songs for us to consider for (and/or be present with) their spiritual value.

Craig is a well-known musician and until recently served as the minister at the Nottingham Community Church. He currently serves as an Academic Coordinator and Faculty-Advisor at the Chaplaincy Institute of Maine (ChIME).

uudurhamnh.org

This is the address for the Fellowship's new website! When we had the UNH marketing students assist us last year, the first thing they recommended was updating our website... then creating an Instagram page, looking into TikTok, and in other ways, moving our social media presence into the 21st century. The website is part of that work the Marketing Subcommittee is doing.

Claire West of [SC Digital](#) has been shepherding our efforts toward the new site. SC Digital is a local outfit and comes highly recommended. Brad Soloman is the CEO; he's the person who came to one of our services and took lots of pictures...great pictures! Click on their link to get more information.

The new site has been vetted by the board members and some others in the Fellowship. If you have any questions or comments about it, please contact our Webmaster Brett Gibson, Chip Noon, or Julie Lipari.

The old web address for the Fellowship is uudurham.com. By the time you read this, if you enter that in your browser, it should take you to the new site.

Thanks to all who helped bring us forward with this project.

(cont. on Page 2)

Feb 18 Embracing Authenticity: A Journey to Find Your Center - Rev. Mary Doane

Join us for a service that invites reflection on the essence of authentic living. In contrast to traditional resolutions, we explore the idea of spending a year embracing our true selves and discovering our core. Rather than striving for perfection, the focus shifts to intentional living—allowing the authentic voice within to guide our beliefs, experiences, and pursuits. This service challenges conventional notions of New Year resolutions, inviting you to contemplate what it truly means to find your center and embark on a journey of self-discovery in the coming year.

Mary is our director of music and for many years served in that role at the First Unitarian Universalist Society of Exeter. She currently also directs the chorus at Riverwoods Durham and teaches piano.

Feb 25 Advice You Wish You Had Given - Thomas Pistole

Over the years we are continually exposed to advice. As young children, it is usually more a command (Don't do that! Don't touch that!). As we move into youth and adulthood, it becomes advice, but often with a tinge of cattiness (You should wear your hair differently. Why would you go out with him!). Into full adulthood advice may be solicited (Thanks, that helps.), or unsolicited (I think you should sell this house and move into a condominium.). Then, of course, magazines and social media ads are filled with advice (Seven ways to lose those extra pounds for good!). What if you, at whatever stage and age you are, could offer one piece of hopefully helpful advice? This service will give you an opportunity to do just that.

Thomas is a longtime member of this Fellowship and for nearly 25 years served as the Director of Religious Education (later Exploration). He is a Faculty Emeritus (Microbiology), University of New Hampshire, and Credentialed Religious Educator, Advanced Level.

Thomas Pistole

1. Yes, the rumor is true (can't keep a secret at all in this group) Jon Babon, or a regular plumber, is installing a **new water heater**. Looks like we'll finally get hot water faster in the kitchen. Along with water, Jon is also fixing the building's heating problems that he has discovered, putting in new LED lights, contemplating new painting for the areas that need it, and in general masterfully managing the projects for our Fellowship building. Thanks, Jon!
2. The **Peace Circles** are re-starting on February 14th, 6:30 to 7:30 and will continue the 2nd Wednesday of every month. Check with Chris Chance to learn more.
3. The **Engutoto Sponsorship web page** is live! <http://internationalminorityhub.com/> This is the pre-school project in Kenya that Jonathan and Hilary Babon have been volunteering for over the years.
4. Speaking of the Babons, **Thomas** is looking for odd jobs to raise funds for his trip to **Kenya** this summer. Need help? Contact him: thomasbabon@icloud.com
5. **Compost** can be dropped off year-round at the Durham Transfer Station.

The Joshua House Is On the Rise!



Seacoast Family Promise is expanding the Joshua House where families stay. The current building houses 16 individuals, but rooms are small and the kitchens and dining areas are crowded. The expansion will allow 22 people, especially large families, to be welcomed to this space. Currently, all donations are matched 1:1 up to \$100K, thanks to a generous anonymous donor. To learn more about the project, follow this link <https://www.seacoastfamilypromise.org/joshuahouse>.

We'd like to invite the DUUF community to work together to support this important cause. We have supported SFP for decades because of their essential work with families experiencing homelessness, helping them build a strong foundation (e.g., marketable skills, significant personal savings, budgeting know-how, and affordable housing) so that the families prosper and grow. The agency also takes care of families after they leave with holiday baskets, back to school supplies, and social events.

The Social Action committee will also match 1:1 from our budget up to \$750 for any donation. We aim to donate a minimum of \$1500 to this vibrant and important organization. Please be as generous as you can be!

Betty Crepeau and Dawn Meredith will be collecting on Sunday mornings. If you wish to donate directly to SFP go to the donation section on its website, seacoastfamilypromise.org. If you use this option, please notify Dawn or Betty so that we can match your gift.

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.

Circle Dinners Have Resumed



Dining at the Legard's were (from left) Rachel, Thomas Pistole, Linda Tatarczuch, Sarge, Joyce Sheffield, and Donna Pistole

During the last weekend of January, Circle Dinners resumed as a social opportunity for 6 to 8 Fellowship members and friends to gather at the homes of hosts. The evenings are filled with good food and good conversations. It is a great way to get to know more about each other while being in a relaxed setting.

A total of 19 signed up to participate. In addition to the Legards, the hosts were the Babons and the Bullivants. Each individual or family brings a portion of the meal (entree, salad, dessert, munchies, wine) as arranged by the host.

The next Circle Dinners are scheduled for the first weekend in March. Carol Bullivant will be asking hosts and guests to volunteer.



The Hedgerows Update

If you have missed seeing the kids downstairs during the week, you should know that their teacher, Emily Samuel is taking a leave of absence for a couple of months. We're not sure when they will reconvene, but we hope it's soon. In the meantime, we're holding the space for them until they can return. Take a look at their website. They do an amazing job with their students. <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

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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, 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)

President's Message

From a Unitarian Universalist perspective, Valentine's Day embodies the celebration of diverse and inclusive love. Embracing the principle of the inherent worth and dignity of every person, UUs see this day as an opportunity to honor various expressions of love—be it romantic, familial, or platonic. Encouraging open-mindedness, UUs foster acceptance of diverse relationships, including LGBTQ+ connections and non-traditional family structures. Valentine's

Day becomes a reminder for social justice advocacy, promoting love that extends beyond personal relationships to encompass the wider community. UU communities use this occasion to strengthen bonds, fostering a sense of connection and mutual support. Additionally, the day prompts individuals to reflect on self-love and compassion, emphasizing personal growth within the context of a tradition that values individual journeys and diverse expressions of love and connection.



Bring Your Kids!

Krysta Babon has taken on the job of supervising child care on Sundays! She is filling an important role for the Fellowship until (and maybe after as well) the RE program gets back on track. So please be sure to bring your kids with you when you come to our services. And yes, we are paying her for her time and expertise. Thanks so much Krysta!



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

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.

Join the Peace Circle

Chris Chance, a licensed doctoral level Clinical Psychologist, a Unitarian Universalist, a mother, and an all-around fabulous person, is offering her time to run a monthly peace circle. Like me, when I first heard of Peace Circles, you may wonder what a peace circle is.

We gathered in the sunny sanctuary, watching trees out of the large windows. Chris led us in the gathering which was a combination of light yoga-style stretches, meditation, and a small amount of sharing. It was a peaceful and relaxing hour. The best way to learn what a peace circle is like, is to put on some comfortable clothes and show up for one. The next one is February 14th from 6:30 to 7:30

Rachel Legard



Chris Chance, Ph.D.

Pledging

Defining a “pledge” to a fellowship or church typically refers to a commitment made by an individual or a household to contribute a specific amount of money or resources to support the organization’s activities, programs, or ongoing expenses. This commitment is usually made on a regular basis, such as weekly, monthly, or annually. But at our Fellowship, Pledging is strictly voluntary and depends on a person’s, or family’s, ability to make such a contribution. Note that “resources” follows “money” in the above definition.

Introduction

Nearly 35 years ago the Fellowship faced a challenge: we had children but no longer anyone to serve as the RE Chair. Members Dale Rice and Raelene Shippee-Rice invited the RE Consultant in our then NH-VT District of the UUA to meet with the congregation. The result was that I agreed to assume that role temporarily. Instead, I directed our RE program for nearly 25 years. The RE consultant was Cindy Spring, who became my mentor and soon a dear friend and colleague. Cindy is a longtime member of the Starr King Fellowship in Plymouth, NH. She shared with me the article that follows.

Thomas Pistole

Why I Pledge by Cindy Spring Starr King Fellowship, Plymouth, NH

As a child I attended Unity Unitarian Church in St. Paul, Minnesota. Each Saturday I would receive 50 cents for allowance, and a dime of it would immediately go into a little pink envelope for “church”. As you can see, I came by the pledging idea early!

I married, moved east and joined the UU Church in Nashua. Pledging was important to me, but we lived in an apartment and had two young children so money was tight. I remember how pleased I was when I could finally afford to give \$50 a month. I still pay by the month, and write a check, because I like feeling that monthly connection to our Fellowship. I am proud to be a financial supporter of Starr King!

So why do I pledge? I guess there are three main reasons:

First - I believe in Unitarian Universalism. Our Fellowship sends “dues” to the UU Association every year and I want to support those dues. The UU message

is an important one, especially now when liberal ideas seem to be losing ground.

Second - I believe in the importance of this Fellowship and I want to be sure it continues far into the future. I wasn’t here at its birth, but it was only 10 years old when I joined, so I like to think that I helped to “raise it.”

And finally - I really like being part of an institution that lives by its values! We have a wonderful staff and we treat them well. That’s important to me. We believe in saving natural resources so we built a solar array. We care about our children and youth so we have a Religious Education Director and we co-sponsor youth trips to Central America.

I consider pledging to this Fellowship to be a privilege - I hope you agree!

February, 2024

