

The H E E D

March 2024

Newsletter of the Durham Unitarian Universalist Fellowship



Join Our Services at 10:00 AM Sundays

Programs for March

March 3 - How We Educate - Bob Pavlik

As the Fellowship prepares to hire a paid, part-time Director of Religious Explorations, we will explore our collective ideas on how we teach and learn in today's society.

Bob is a longtime member of our Fellowship.

March 10 - Seacoast Family Promise: Celebrating the Past and Looking to the Future - Pati Frew-Waters

Seacoast Family Promise recently celebrated twenty years of serving local families with children experiencing homelessness. Eighty-nine percent of families returned to the community in stable housing and are maintaining stability. The Joshua House Expansion will allow SFP to double the numbers of families served, provide larger rooms for larger families, have a CDC compliant quarantine room, larger kitchen and dining area and more. The house will continue to be staffed with trained/skilled overnight staff. and volunteers will continue to be an important part of the program bringing dinners and volunteering for a wide variety of SFP activities.

Pati is the executive director of Seacoast Family Promise.

March 17 - Conversations about Death (continued) - Thomas Pistole

(cont. on Page 2)

March News from the Socials Committee

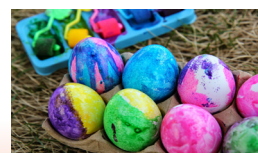
Circle Dinners

The weekend of March 2 will bring an encore of circle dinners. Please think about whether you'd like to host or to be a guest, and whether Saturday or Sunday night suits your calendar best. I will try to make all these options available for you. Please sign up on Sunday at DUUF or email me (Carol Bullivant) at cbulli@yahoo.com. Our phone number is 603-397-5116.

Easter and an Egg Roll

Easter is March 31. After the service we will have an egg roll in the Fellowship Hall. Please bring hard-boiled eggs that have been colored or otherwise decorated to participate in our world famous egg roll contest. (I'm kidding about the world famous.) It's crazy, but it's lots of fun. This is an activity for all ages. There will be prizes!

*Carol Bullivant
for the Committee*



Bits & Pieces

1. From Betty Crepeau:
We have raised \$895 for Seacoast Family Promise, and we will add \$750 from our Social Action match for a total of \$1,645!! An anonymous donor will match this so the total raised from your gifts as of this morning is \$3,290 for Joshua House. Thank you to all who've participated!

2. From Thomas Pistole:
We are planning on a full Easter morning this year, on March 31st.

This includes a potluck breakfast, service that includes our own Easter Parade, and an egg roll following the service. In order to accomplish this we need volunteers to help. Please see Thomas on Sunday or send an email if you are able to assist. Breakfast will be potluck, but we will need:
2-3 people to set up tables and chairs, and set the tables on the preceding Saturday (time to be determined)

at least two persons to coordinate the breakfast (coffee is already provided for)

1-2 people to make scrambled eggs and sausages (optional but traditional)

1 person to make vegetarian sausages (already provided for)

1-2 people to lead the Easter Parade during the service

persons to coordinate the egg roll (already provided)

people to clean up after breakfast and put the tables and chairs away after breakfast and before the egg roll.

3. The Nottingham Community Church (UU) is hosting a concert every second Sunday through June. The church is located at 106 Church St, Nottingham, NH. Concerts are held from 3-5 p.m. The next program, held on March 10th, will feature the group Penhallow. Penhallow is a traditional Celtic band centered in Portsmouth. It consists of veteran session players who frequent the many Irish sessions around the seacoast area. Information on the remaining concerts is posted on the board in our Fellowship lobby.

March Programs *(cont. from Page 1)*

Our first Conversations program was held last November. Several people suggested a follow-up program. This is an interactive program where people have an opportunity to share their thoughts, concerns, experiences about death in a safe, judgment-free setting.

Thomas is a longtime member of our Fellowship

March 24 - Gratitude - Elizabeth (Betty) Crepeau

Amid so much negativity in today's world, it is good to remember that positive thoughts and actions, such as gratitude, still exist.

Betty is a longtime member of our Fellowship

March 31 - Easter Service - Thomas Pistole

After a number of years we will celebrate Easter with a full complement of activities. In addition to our regular service we will have a potluck breakfast, an Easter parade, and an egg roll. Join us as we celebrate Easter in a Unitarian Universalist setting.

Thomas Pistole

A Plea to extend our Honoring of Black History through the entire year...

Sunday morning Martin Luther King weekend (January 2024), I experienced a different world just a few miles from my home. This was my first time attending an MLK service in a Black church. My mostly White choir (Rock My Soul, of ProjectMusicWorks.org) was invited to participate.

The service was not merely an intellectual exercise in understanding the contribution of one great spiritual leader in the righteous fight for justice. There was a visceral sense in the New Hope Baptist Church sanctuary that we were honoring the memory of a murdered brother.

The song, poetry, reminders of the Reverend Dr. King's effort to speak and write the truth even when incarcerated, even when under threat, were poignant. Images from historic film footage included throngs of people attending his burial. In King's honor, we sang our hearts out to roots gospel songs like "Heaven Help us All!" and "Ain't Gonna Let Nobody Turn Me 'Round!" It was impossible not to cry through the lyrics "Heaven help the Black man if he struggles one more day; heaven help the White man if he turns his back away..."

One speaker shared about the long battle that he had personally been involved in, along with many members of the New Hope congregation, to convince NH state leaders to recognize Martin Luther King Day as a holiday, started in the 1970s and not won until 1999. (Being a White Massachusetts native transplanted to NH in adulthood, this was news to me). I noticed when I needed a bathroom break that the doors were carefully locked when anyone exited, and monitored for re-entry. Protection was needed. Vigilance was exercised and precautions taken.

Reverend Dr. Lillian Buckley and her whole congregation welcomed us warmly, and we were invited to the pancake breakfast that followed the service. I left feeling uplifted by the togetherness and filled with sorrow as well.

Hate crimes continue. These Black neighbors have reason to hold fear, and a deep right to feel angry, but continue to hope and pray for peace. Baptists believe in choosing faith in the path of Jesus; His Love is their guiding light. In Unitarian Universalist circles, we also value love, compassion, and justice; we just come at it differently. I felt connected, yet aware of my difference in privilege in this sacred space, where I arrived as a guest, guided by the sacred love language of music. Music helped my heart open and take in the reality that a palpably different experience of daily life was happening just a few miles from where I live, in a majority White neighborhood where few people even bother to lock their front doors at night...

Chris Chance, PhD is a local Clinical Psychologist, experiential workshop facilitator, mom, singer, and concerned citizen. Above is the beginning of a longer essay that will be available soon online including additional personal story-telling about growing awareness of privilege, a study resource list developed with the help of a Racial Justice Think Tank group, researched observations on the historic and current silencing especially of Black Women's voices, and additional local resources to help White neighbors build racial identity awareness and humility, and get whole-heartedly involved toward more justice or all.

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.

Please Share Your Pronouns With Us!



“Pronouns are basically how we identify ourselves apart from our name. It’s how someone refers to you in conversation,” says Mary Emily O’Hara, a communications officer at Gay and Lesbian Alliance Against Defamation (GLAAD.) “And when you’re speaking to people, it’s a really simple way to affirm their identity.”
Kaz Fantone for [NPR](#)

The Membership Committee is updating name tags by adding pronouns. As Unitarian Universalists, we strive to be open and welcoming. In fact, some years ago, this congregation went through steps to get certified by the UUA as an open and welcoming congregation.

One way we can be open and welcoming is to have our preferred pronouns on our name tags. It shows respect and acceptance when people are referred to with their preferred pronouns. When we all put our pronouns on name tags, it signals to visitors that we want them to feel comfortable using their pronouns.

Change can be hard, but this is an important change. I know we all want to welcome new and younger members and families, and this is an easy way to help welcome people. Plus, using your pronouns is a way to honor and respect the inherent worth and dignity of every person, one the UU’s seven principles.

Please send an email to Rachel Legard rslegard@comcast.net with your preferred pronouns. Easy choices are:

She, her, hers
They, them, theirs
He, him, his

but if you have others, that is fine, too!

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)



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 March 13th from 6:30 to 7:30

Rachel Legard



Chris Chance, Ph.D.

President's Message

Let me go back to a past discussion about the proposed changes to the UUA bylaws, specifically in Article II. The final vote by the General Assembly of the UUA will be taken at this year's annual meeting, to be held virtually on June 20 – 23, 2024.

From the UUA website: "General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to have voting delegates." Our Fellowship is certified to have two voting delegates who, this year, are Deb Johnson and John Macri. Again, everyone is invited to attend. We will send out more information and the link as we get closer to the date.

Last month, I attended a Drop-In discussion via Zoom organized by the moderators and others of the savethe7principles.org website. This group has been formed to urge congregations to vote against changing the bylaws, specifically Article II. At another meeting, also last month, with our Regional UUA

representative Hilary Allen, I urged her to have the UUA send someone to our congregation to give the UUA Study Committee's perspective and reasons for the change.

Honestly folks, I have been of several minds about this issue. I was opposed to the changes after listening to several of our Fellowship members explaining them to me. Then after listening to someone from the UUA speak, I thought maybe there was a middle ground. Then during the Zoom meeting, I was again convinced that the changes are unnecessary and could lead to serious changes in the operation of the UUA which might cause our Fellowship to disengage from the UUA altogether.

Later, at that Zoom meeting, a member of a Massachusetts congregation advised me to do nothing, that is for our congregation to do nothing, ignore what is going on within the UUA, and revise our own bylaws to eliminate any wording that may indicate that the Durham Unitarian Universalist Fellowship is in any way legally bound to the UUA.

Why, you may ask, am I putting my struggles into The HEED newsletter? Won't showing the dissension among the UUA

and various congregations across the country discourage potential new members? My answer is manifold. If I have been confused, then others must be as well (I learned this in politics.) Also, dissension is vital to any organization, which can't grow and prosper if everyone thinks alike. Another point, a big attraction of Unitarian Universalism is its acceptance of varying and diverse points of view, as it says in the 5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large; and the 3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations.

So we have just over three months to review this issue within our congregation and then to instruct our delegates on how to vote. I think it is important for us all to get intimately familiar with the proposed vote in June at the General Assembly, and I urge us to take this time to clear away any clouds of confusion that may exist and to reach a Fellowship-wide consensus on how we want the UUA to proceed.

Chip Noon