



The H E E D

September 2024

Newsletter of the Durham Unitarian Universalist Fellowship

Caring Committee

There will be a brief meeting of the **Caring Committee** in the Sanctuary immediately following the program on Sunday September 8.

Chris R.

Committee Members:

Michael O'Sullivan, Dawn Meredith, Susan Bullivant, Susan Neal, Chris Rodgers (co-ordinator)

Join Our Services at 10:00 AM Sundays

For many of us, the excitement and expectation produced in anticipation of beginning something new, of breaking new ground, is tempered by painful anxiety over moving into that which is unknown. Often the discomfort generated by the encounter, whether it be with a new task or responsibility, a new creative endeavor or a new relationship, creates in us the urge to pull back, to substitute style and technique for passion and commitment. It is precisely the passion and commitment, however, that allow us to participate fully in the uniquely human experiences of knowing and becoming. Considerable courage is needed to enter into and sustain the dynamic encounters inherent in true beginnings. The rewards to the courageous are commensurately great, however, as they include many of the things that give life meaning: music, art, literature, poetry, intellectual and emotional growth, and love.

Gilbert H. Nussbaum

Love is the power that holds us together and is at the center of our shared values.



In planning for Sunday programs for the coming Fellowship year, the program committee built on ideas and experiences from varied sources: past Sunday programs, experiences from other smaller congregations, our own experiences, and resources provided by Deborah Johnson from her participation in small congregation cohort group discussions held during the 2024 UUA General Assembly (Thanks, Deb).

We plan to provide a variety of topics and formats. We have included Unitarian Universalist specific topics as well as broader subjects. As in the past, our presenters and facilitators will include both members and friends of our Fellowship, and others.

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Basically, we envision three forms of Sunday programs: (1) the traditional program format with a speaker and the various accompanying activities; (2) a discussion circle with an interactive format focusing on a specific topic; (3) a peace circle involving time for reflection, meditation, and interaction. We will be seeking regular feedback on these programs and using this information in future planning.

Fellowship member Maria Isaak has volunteered to coordinate the music for our Sunday programs. Our current program committee members are Dawn Meredith, Betty Crepeau, and Thomas Pistole. Please feel free to talk with anyone of us regarding our programs and any suggestions you may have for topics or speakers.

September 8 - Water service - Susan Bullivant

Participants are invited to bring water, either actual or symbolic, from a special place or representative of a special event. Water for sharing will be available in the sanctuary.

Susan Bullivant is a long-time member of our fellowship.

September 15 - Examining and Embracing Our Values and Beliefs - Betty Crepeau

This is the first of a series of the new Sunday morning discussion sessions which will be scheduled monthly this fall. We will devote the entire hour to explore topics related to living a life of meaning shaped by ethical and moral principles. In this first session we will discuss the Values adopted at the UUA General Assembly and examine how they can shape your personal beliefs and actions.

Betty Crepeau is a retired Professor of Occupational Therapy and a long-time member of our Fellowship.

Sept 22 - A Gardener's Journey - Merry Stockwell

Whether or not getting your hands dirty is fun for you or is a way that you connect with Nature or perhaps a Higher Power, I hope that hearing the benefits and insights I have received from gardening will be a benefit to you.

Merry Stockwell served as Director of Religious Education for three UU congregations over the course of 25 years. Now retired and living alone, she finds joy being involved with her three children, five grandchildren, gardening and traveling. For over fifteen years she has led services at a UU Fellowship on St. John in the Virgin Islands, and occasionally at UU Fellowships in N.H. as well as Fairbanks, Alaska.

Sept 29 - Peace Circle - Chris Chance

Peace Circle is an experience including chanting, stretching, deep breathing, and guided imagery to encourage connection with inner sanctuary; guided meditation

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Fellowship Financial Considerations

Members have commented that they would like to know **what level of donations are necessary/ appropriate for keeping the Fellowship running.**

Here is information that should shed some light on their question:

This year the **DUUF Operating Budget** calls for income of approximately \$47,000 in order to balance the books for the current fiscal year. Income comes from several sources including \$27,000 from our tenants and other users of our facility and \$1,500 from fundraisers and interest. The balance, \$18,500, is needed from member donations.

We currently have 44 active adult members in 32 households. **We will meet this year's goal if donations are an average of \$420 per member or \$580 per household for the fiscal year ending June 30, 2025.**

As in the past, some can and will give more; others will do their best.

We appreciate all you do to help the Fellowship thrive!

Unitarian Universalists Adopt New Language on Core Religious Values

General Assembly brought more than 3400 Unitarian Universalists together online; Delegates also voted to embrace transgender people as a fundamental expression of religious values.

June 26, 2024

Media Contact:
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Boston, Mass. (June 26, 2024) – Unitarian Universalists (UUs) adopted new language on core religious values at the denomination's General Assembly (GA) from June 20th through June 23rd. GA is the annual gathering of UUs, where the Unitarian Universalist Association (UUA) conducts business, gathers in community, learns and worships together, and emphasizes the Association's mission, values, and principles.

The UUA's bronze chalice with two circles connected sits on a podium with a lit candle in it and a dark and colorful blurry background

"This is a historic moment for Unitarian Universalism, as we move our living tradition forward to focus on shared values that will help promote liberation, radical inclusion, and communal care both within our church and across society," said Rev. Dr. Sofia Betancourt, the UUA's President. "I am so proud of the work that our congregations, volunteers, UUA staff, and especially individual UUs have put in throughout this discernment process. It demonstrates how functioning democratic processes can be used to create change that is just and equitable."

The UUA concluded a multi-year process of discernment to consider changes to Article II of the Association's By-laws, which included the Principles and Purpose. This process, which changes the way that UUs describe their beliefs and values, formally began in 2020 with the creation of a commission that recommended language focused on shared values. Two-thirds of the delegates at

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influenced by Buddhist philosophy on mindfulness and loving kindness; and a touch of poetry. Our time together will be designed to help us drop inward to calm and creativity, and reconnect with a deep sense of belonging to the human family.

No prior experience with any formal meditation is necessary--all are welcome and encouraged to participate in their own way!

Facilitator Chris Chance, PhD is a local UU friend and practicing Psychologist, singer, curious spirit, and lover of playful embodied healing practices like Kripalu Yoga Dance.

Thomas Pistole

October 6th Program: Get Out the Vote Letter Writing

On Sunday, October 6th, instead of a formal program, we will take the hour to work on a “Get out the vote” letter writing campaign. We will work with “Vote Forward” (votefwd.org), who will give us addresses and letters. Our main job is to add a few personal sentences (positive, heart-felt, non-partisan) to letters that they provide. (Their letters are tailored to the recipients’ state.). We also need to address envelopes. DUUF will provide the envelopes, stamps, and blue pens.

Your optional homework is to take 10-15 minutes to craft those few personal sentences about why you vote. For suggestions and examples, go here <https://votefwd.org/instructions#prepare-your-letters> and scroll down to “what should I write” and bring those words with you on October 6th.

If you’d like to join the campaign, but can’t come this Sunday, see the site for details about how you can do this on your own.

People who are not yet of voting age are still very welcome to join the effort. The only change would be that you would write “why I can’t wait to vote...” statements. OR you could help address envelopes or embellish the envelopes (see here for suggestions <https://votefwd.org/enhancements>) such as stamps or stickers.

If you have friends who’d like to join the effort, feel free to bring them to DUUF on October 6th!

Dawn Meredith for the Program Committee

University Day at UNH



University Day at UNH was another success! Thousands of students, faculty/staff, and Durham residents were out on a gorgeous day with hundreds of clubs, local civic organizations, professional organizations, academic subjects, university support services...just keep on thinking along those lines and you get the picture. Plus, the university closed the dining halls and served picnic-like food for any who came by. Wow! What an experience! At the end, the marching band assembled and serenaded all the participants as they broke down their displays and went on their/our way.

Next year, you really ought to stop by and see the tremendous effort put out by so many groups. It's really fun. Thanks to John Macri, Bob Pavlik, Susan Noon, and Chip Noon for staffing the Fellowship table. They had a great time as well.

Kally Walker, Ed.D., Assistant Director, Programming & Leadership deserves serious accolades for another very special day. We'll be sending her an official *Thank You* from the Fellowship for her hard work, planning, and spectacular event.

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: Rachel Legard
Treasurer: Jen Pavlik
Secretary: Julie Lipari

COMMITTEES

Program: Thomas Pistole (Chair), Dawn Meredith, Betty Crepeau
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
Membership: Tom Reicheld (Chair), Rachel Legard; Caring Subcommittee: Michael O'Sullivan, Dawn Meredith, Susan Bullivant, Susan Neal, Chris Rodgers (co-ordinator)

COUNCILS

Nominations: Sarge Legard (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: Deb Johnson (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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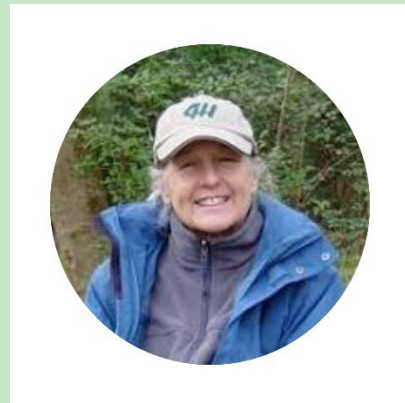
Greetings from Julia!

It's not too early to think about the cooler temperatures of the fall so consider putting **Cool Congregations**, **Season of Creation** (Sept 1 – Oct 4) and the screening of the film **Common Ground** (Sept 21) on your to do list and calendar. Check out the articles in this newsletter for more information.

And while we have you, the NHIPL Board is looking for new Board members. If you are concerned about climate change, environmental degradation and the issues of justice that intersect with it, helping NHIPL to develop might be something for you to consider. Whether we follow a formal faith tradition or a moral compass, we of all paths are being called to, "hear the cries of the earth, the poor, and future generations."

Volunteers are needed to move NHIPL's organization itself as well as our approach to national IPL's programs like Cool Congregations, the Faith Votes Project, and Fall and Spring learning and worship events. See more below for more information and how to apply.

Thank you for all that you do.
Julia Steed Mawson President, NHIPL



NH & LOCAL NEWS

This is Page 1 of the New Hampshire Interfaith Power and Light's latest newsletter. For the rest of it and for other information, go to their website: <https://www.nhipl.org/>

Socials Committee Report

Potluck

Socials Committee is planning a potluck to welcome us all back to the Fellowship on Sunday, September 15. We will be able to enjoy friends, old and new, and good food in the Fellowship hall. Please plan to join us after the service.

Carol Bullivant

Composting at DUUF

As part of the Green Sanctuary initiative at DUUF, we try to compost almost everything from coffee hour. Therefore, please put your cups, teabags and food scraps in the wastepaper basket lined with a paper bag and labeled "compost." Silverware and plates are washed in the kitchen, and we welcome volunteers to help with that effort. Thanks very much for assisting with this endeavor.

Carol for the Socials Committee

Coffee Hour at DUUF...

...is a fun part of Sunday mornings at the Fellowship. There's coffee and tea and snacks to enjoy. How does all this happen? Well, there are volunteers to make the coffee and volunteers to bring the snacks, which can be homemade or store-bought. All will be enjoyed.

Socials Committee is looking for one or two more people to volunteer to learn how to make the coffee, and a different person each Sunday to provide the snacks. Thanks in advance for volunteering. Your friends, old and new, appreciate it!

See Carol Bullivant to learn about coffee making or to pick a Sunday to bring snacks. Thanks in advance.

Carol



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GA were required to pass the new language – 80 percent delegates voted in favor. The changes are effective immediately. (See the graphic of the Values on page 1 of this HEED.)

“The UUA’s bylaws mandate a regular revision process of this core religious language every fifteen years, and this section of our bylaws has been revised a number of times over the course of the UUA’s history. The last wholesale revision took place in 1987 and so much has changed in both our society and our congregations in the interim,” said Carey McDonald, the UUA’s Executive Vice President. “We’re pleased with the thoughtfulness and care UUs brought to this process. This new language honors the principles and traditions of UUs while allowing us to evolve as a faith.”

GA is the largest gathering of UUs annually worldwide. This year, the UUA held GA virtually, which meant that all business, workshops, and worship services were held online. By doing so, the UUA helped to increase accessibility and participation by UUs and UU congregations across the country. Additionally, the UUA believes holding on-line events promotes environmental sustainability, since delegates were not required to travel.

UU delegates from all 50 states and Washington, DC participated. 2,757 delegates from 734 congregations participated in voting democratically on denominational business. In total, there were more than 3400 attendees to the Assembly.

In addition to adopting new core religious values language, UUs considered a Business Resolution offered by the UUA’s Board of Trustees entitled “Embracing Transgender, Nonbinary and Intersex People is a Fundamental Expression of UU Religious Values.” The resolution supporting transgender, nonbinary, and intersex people, which required a two-thirds vote by delegates, was approved, with 92 percent of delegates voting to adopt. Business Resolutions are one mechanism by which UUs express their religious beliefs, and once passed, require the UUA to implement as part of the Association’s work. In addition to articulating theological reasons for supporting the rights of transgender, nonbinary, and intersex people, the resolution also enumerates ways that UUs can actively work to further this goal.

“The imperative to care for those most at risk, especially due to systems of injustice, is one of our defining religious commitments throughout our UU history. These systems imperil the basic human right to experience freedom from discrimination in all areas of life, including healthcare, education, housing, employment, free expression, and beyond. Denial of medical care and basic human rights causes profound damage and trauma, and is a violation of our core religious principles. Securing these rights for LGBTQI+ people and communities, whose rights are now at risk, is essential for their lifelong development and thriving,” the resolution said. “Our religious tradition is a living one, and today we collectively declare that our covenant inescapably binds us to affirmation and protection of our transgender and intersex members and kindred, in faith and in practice.”

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Voting on Actions of Immediate Witness was also among the business conducted during GA 2024. UU delegates voted for social justice resolutions that support the need for humanitarian work to address climate change, solidarity with Palestinians, and centering love amid the ongoing impact of the COVID-19 pandemic. Delegates also adopted a Responsive Resolution that calls for the immediate release of all Hamas-held hostages. Additionally, UUs learned more about UU the Vote, the UUA's nonpartisan civic engagement initiative focused on advancing democracy and organizing for justice and accountability. Finally, attendees learned more about the UU Climate Justice Revival, an effort by the UU Climate Justice Coalition and Friends to catalyze a shared vision and purpose within UU congregations to realize climate justice and collective liberation in UU communities and beyond. The Revival will take place on September 28th–29th.

In addition to denominational business and spiritual gatherings, UU participants attended workshops and other events focused on UU social justice priorities. These included gatherings for individuals to come together with like-minded peers to form close-knit and supportive communities that share common goals, interests, or experiences. View the General Assembly public agenda.

The UUA will hold its 2025 General Assembly from Wednesday, June 18th through Sunday, June 22nd in Baltimore, Maryland. Learn more about the annual General Assembly.

About the UUA

The UUA is the central organization for the Unitarian Universalist (UU) religious movement in the United States. Our faith is diverse and inclusive and the UUA's 1000+ member congregations are committed to principles and values that hold closely the worth and dignity of each person as sacred, the need for justice and compassion, the right of conscience, and respect for the interdependent nature of all existence.

For more information contact pr@uua.org.



The view from our table at the very start of University Day, September 5, 2024.