



# The HEED

## December 2024

Newsletter of the Durham Unitarian Universalist Fellowship

### Solstice Singers

Calling all singers and team players!

SOS! Singers On Solstice!

Are you a musician?  
Are you a singer?  
Are you a team player?

If you answered Yes to 1 or more questions, please consider joining us for this one time event!

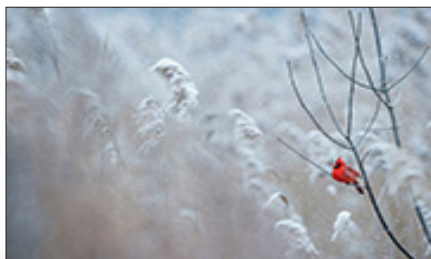
Maria Isaak and Fellowship Friends will be singing a few fun songs together on 12/22 for the service that morning.

We have 3 practices scheduled: Fridays 4:30 p.m. 12/6, 12/13 and 12/20.

However, if you can't make those times, no worries; Just let Maria know and she'll meet with you at a time more convenient for you.

Practice recordings, pdfs, and hard copies are available as well

Email Maria at:  
maria.isaak@gmail.com  
Text: 603-674-7147



Ray Hennessy/Unsplash

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

#### **December 8 – Community Means Everyone: Housing for Adults with Developmental Disabilities – Laurie McIntosh**

Laurie McIntosh, an occupational therapist, parent of two adults with developmental disabilities, and founder of [Our Place NH](#), will discuss the challenges and joys of creating housing for adults with developmental disabilities in our community.

#### **December 15 – Death Café revisited – Thomas Pistole**

Using a conversational format, we will discuss death, this time your own. What are your hopes and expectations for events surrounding your own death? We will meet in the Fellowship Hall and enjoy drinks and snacks along with our discussions. As always, sharing is optional; listening to others should be beneficial to all.

*Thomas Pistole is a long-time member of this Fellowship.*

#### **December 22 – Celebrating Christmas in Words and Song – Bette Crepeau and Maria Isaak**

This program will include music by our DUUF choir and the congregation as well as spoken words.

*Betty Crepeau and Maria Isaak are each long-time members of this Fellowship.*

*(cont. on Page 2)*

(cont. from Page 1)

## **December 24 Christmas Eve service 7 p.m.**

Featuring the music of the [Avalyn Reed Trio](#) – Maria Isaak, Christine Fell and Nancy Fiske.

[Avalyn Reed Trio](#) – Christine and Nancy on clarinets and Maria on bassoon – are a local trio that perform throughout the Seacoast area and beyond.

*You are invited to bring finger food to share after the service. Cider will be provided.*

## **December 29 No service**

**Coming in January** - Where Does a Poem Come From?  
Life-giving Conversations in a Soul-bruising time.  
Celebration of Martin Luther King, Jr.

## **Festival of Trees in Dover**

### **15th Annual Festival of Trees**

**Friday, December 6, 2024**

**4 to 8 p.m.**

**Rivermill at Dover Landing**

**2 Washington Street**

The Festival of Trees will feature 35 trees and five wreaths elaborately decorated by local businesses and organizations to be auctioned and raffled off. The event will feature live chorus performances, raffles, refreshments, Santa, and more! *Please see President's Message for details.*



## **Short Takes**

### **Customs: New and Old**

As you know, DUUF is trying to be a green sanctuary. Our brown coffee cups are compostable. So please look for the waste paper basket marked compost, and use it to dispose of your coffee or tea cup and any bits of leftover snack garbage. As we use up our supplies, I will be looking for more compostable napkins, etc.

Old Custom: we will need more people to sign up to bring a snack after the new year. Our snacks have been wonderful, and people have been very generous. Before COVID, the custom was that the person or family that brought in snack also worked on clean-up. We need to return to that custom. Of course, anyone else is welcome to pitch in; thank you for your help!

*Carol Bullivant*

### **Hearing Devices**

The British actor and comedian Alexander Armstrong once said, "I am going a bit deaf and I am hoping that technology is going to come on leaps and bounds and that one day I will hear better."

Well, to all of us who have that problem in the Fellowship, Jon and Thomas Babon have moved us further along the technological pathway. We now have 4 headphones that the congregation may use. They do make a difference! Thank you both.



## 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!**



## The Six Sources Unitarian Universalist congregations affirm and promote:

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
2. Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
6. Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

## 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.





## Oyster River Folk Concerts

Durham Unitarian Universalist Fellowship

Saturdays 7:00pm – 20 Madbury Rd.

Tickets sold at the door - Doors open at 6:30

Adults \$20 Students \$5 - Cash Only

The Harvey Reid and Joyce Anderson concert was completely sold out! So if you'd like to get a front row seat, we recommend you come early. Everyone will be admitted, but latecomers may need to sit in the vestibule. Don't miss history in the making!

### *Susie Burke, Kent Allyn & Steve Roy*

**December 7**

Susie, Kent and Steve are three of New England's finest musicians, and will present their annual Christmas concert.



### *Craig Werth*

**February 1**

Juno Award-winning singer/songwriter, Craig Werth, of local fame, has performed internationally for two decades with various artists and is now returning to his solo roots.

### *Green Heron*

**March 29**

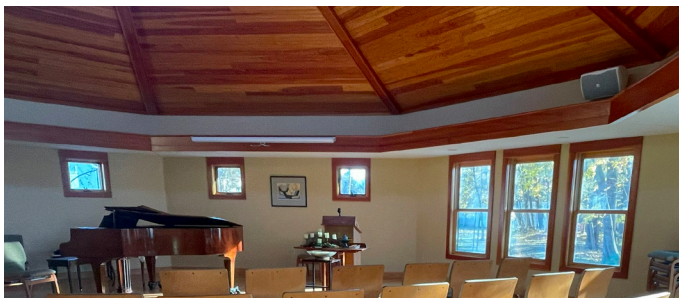
The music of Green Heron stretches across the entire folk landscape. Old-time, folk, bluegrass, country, and blues music are all represented as the band brings the back porch to the stage.



### *Liz & Dan Faiella*

**April 26**

With each performance, this effervescent duo takes listeners on a journey through haunting ballads, danceable jig and reel medleys, and poignant slow airs.



Concerts held in our solar-powered octagonal sanctuary.

## President's Message

If you've read this far, you've seen the Festival of Trees notice on page 2. This year we are supporting the Festival of Trees event in Dover on Saturday, December 7. Tree decorations and decorators are needed between 11am - 3 pm.

(This event is not the same as the one at the Fellowship on the next page.)

The tree is free and will be at Rivermill at Dover Landing, 2 Washington Street. We'd like help decorating it!

We already have donations of ornaments from several of our members and friends.

If you're feeling creative, we'd love to decorate the tree with ornaments that reflect our principles of love and service. Hearts and Peace Signs anyone?!

If you can help with this event, please contact Chip Noon, [chipnoon@gmail.com](mailto:chipnoon@gmail.com).



# The Christmas Fair

The Fellowship Hall is reserved during the day December 6th, Friday before the fair. I will make sure we have all of the greens to make swags, and we can set up a few tables to work on. If you would like to help, please let me know: [rslegard@comcast.net](mailto:rslegard@comcast.net)

Here are the things that would be helpful to the effort:

- Donations of any holiday swag, ribbons, bows and good looking cones. There is a fair amount of red velvet ribbon, but sometimes variety is nice.
- Commitment to a time you can come on Friday, December 6th to gather bunches of greens, bind them up with wire leaving a hanging loop on the back and adding some of the above holiday swag.
- An offer to bring your own “clippers” - like a lopper but hand held. I have a pair and a spare. It is nice if all workers have one.
- Please let me know if you have extra green coated floral wire. (If not, I will be buying some.)
- A commitment for a time span you can come stand or sit in the lobby on Saturday December 7th. Sale times are 9am to 2pm.

We will definitely need help with selling swags and selling cocoa!! Carol Bullivant is organizing the cocoa.

This is fairly low key compared to other years, but allows us to still be part of things and recognized as an active religious organization in Durham.

Thanks.

*Rachel Legard*



Debby Hudson/Unsplash



Unitarian Universalism is a living tradition that has changed in many ways from the original Christian roots of its Universalist and Unitarian heritages, and it continues to evolve today. Most recently, this evolution has taken the form of adopting new language to describe who we are as UUs. At General Assembly in June 2024, UUs voted to replace existing Seven Principles and Six Sources language in our bylaws with language describing Unitarian Universalism through these shared values:

**Interdependence:** We honor the interdependent web of all existence and acknowledge our place in it.

**Pluralism:** We are all sacred beings, diverse in culture, experience, and theology.

**Justice:** We work to be diverse multicultural Beloved Communities where all feel welcome and can thrive.

**Transformation:** We adapt to the changing world.

**Generosity:** We cultivate a spirit of gratitude and hope.

**Equity:** We declare that every person is inherently worthy and has the right to flourish with dignity, love, and compassion.



## **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)

Durham Housing Association Representative: Susan Noon, Secretary

## **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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