



# The H E E D

## NOVEMBER 2024

*Newsletter of the Durham Unitarian Universalist Fellowship*

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

#### **November 3 - Three Questions Before the Election - Dante Scala, PhD**

Dante Scala is Professor of Political Science at the University of New Hampshire. He is an expert on the New Hampshire primary, presidential politics, New Hampshire politics, political campaigns and debates, and the U.S. presidency.

#### **November 10 - Workforce Housing - Paul Rasmussen and Rob Sullivan**

Paul Rasmussen is chair and Rob Sullivan is a member of the Durham Planning Board. They will discuss workforce housing from the perspective of the Planning Board. There is currently discussion of the possible rezoning of land (essentially behind Riverwoods–Durham, on the north side of route 4) to allow for workforce housing.

#### **November 17 - 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 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.

*Chris Chance is a practicing psychologist and friend of the Fellowship.*

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



This graphic represents the new Article II of the by-laws of the [Unitarian Universalist Association](https://www.uua.org/).  
<https://www.uua.org/>

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## Short Takes

### November 24 - Gratitude Discussion - Betty Crepeau

From Betty: I believe that gratitude, like gardens and interpersonal relationships, can and should be cultivated with care and attention. The benefit of this attention is a life with greater satisfaction, appreciation, and joy. Sometimes gratitude doesn't come easily especially when life is difficult, but in my experience the work is well worth the outcome. This service we will discuss gratitude, the challenge of being grateful during difficult times, and strategies we can use to cultivate gratitude in our lives. Please come ready to reflect upon and share your beliefs and experiences about this important value.

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

### Looking Ahead

#### ***There will be no Sunday service on December 1.***

In December we will have two Christmas-based programs, one on Sunday the 22nd, and a Christmas Eve service on Tuesday evening. We will also have a program on poetry, and a follow-up on last year's discussion on death.



Daylight Saving Time (DST) ends on Sunday, November 3, 2024 at 2 AM local time, when clocks will be turned back one hour. This means that people will gain an extra hour of sleep and experience earlier sunrises and sunsets.

Here are some things to keep in mind about the end of DST in 2024:

**Automatic changes:** Most devices, such as phones, computers, and smartwatches, will automatically adjust to the time change. However, non-smart devices, like microwaves, some car radios, and clocks with hands, will need to be changed manually.

**Sleep:** To help you adjust to the time change, you can try to avoid naps the day after the change, and get as much sun as possible during the day.

**Driving:** There is a higher risk of car accidents in the days after the time change, so be extra careful while driving.

### Green Sanctuary Council

The Green Sanctuary Council is looking for people to help research Electric Vehicle charging at NH churches. By distributing our findings, the information can help NH faith communities to decide whether or not EV charging stations are right for them.

At the first meeting we'll brainstorm questions for a survey. See Mike Fleming after Sunday services, if you want to help or call Mike at (207) 615-2324.

### 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.

### Solstice Singers

Dear Fellowship Folk

I am putting together a "Solstice Singers" Choir for the December 22 service.

If you would like to be a part, please let me know.

Maria Isaak  
603-674-7147  
maria.isaak@gmail.com

## 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 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.



The sold-out concert by Joyce Anderson and Harvey Reid!



## **President's Message**

For those of us who use Facebook, I am asking that you go to the Durham Unitarian Universalist Fellowship Facebook page and Like, Reply, and Share all the posts that we are putting up. Sue Noon is helping us get settled on the social media site and will be posting about 3 times a week. In the future we will be on several other social media sites as well.

I'm sure you all know this (at least those of you who have young people in your world who are now born with innate knowledge of the interwebs and how to work smartphones and computers) but the most important thing we can do on social media is to ENGAGE our audience (that's the word all SM sites use now). We'll work to put up interesting posts and we ask that you engage with these posts and share them with your friends. The more relevant, regular, and discussed our presence is, the more people will get to know The Fellowship and our aspirations. And eventually, you won't have to be on so many committees, if you get my drift.

So, it's Facebook Or Bust from now on. Leave it all on the field.



**Durham Unitarian  
Universalist Fellowship**

195 likes • 222 followers

WhatsApp

Following

Message

# Denominational Affairs

by Deb Johnson

A question I frequently hear asked by members of our congregation is: “what benefits, if any, do we receive from being a UUA member congregation?” An underlying question of many of these queries is “to what degree do we, as a congregation, need the UUA?” In my next few HEED columns, I will present some of the actual and potential benefits provided by the UUA, hopefully providing the basis for further discussion of this question.

DUUF Members receive free subscriptions to the UU World, published twice per year. This magazine provides updates on UUA activities, highlights of activities of the UUA’s member communities, and inspirational pieces reflecting on the values of UU liberal religion. The magazine is supported by the Annual Program Fund, to which our congregation has historically provided its full expected contribution. The most recent issue (Fall 2024) includes articles on our UU Living Tradition (e.g. the UUA Article II Bylaws revision, reflections on putting “Love at the Center”); UU Climate Justice Initiatives and reflections; Democracy In Action (e.g. UU the Vote strategy, UU statements on the Israel-Hamas War) as well

as information on new resources from the UUA (e.g. a new twice-a-month digital newsletter, Wayfinder which you may sign up to receive at <https://www.uu-world.org/subscriptions/newsletter>)

While the UU World magazine does provide a lot of worthwhile information, it has been criticized for skirting (or suppressing) the critical controversies facing the UUA. For instance, its coverage of Article II discussions was anodyne and oriented in favor of adoption of the proposed revisions. Little, if any, space was provided for presentation and discussion of opposing points of view. Notably, the magazine dropped its Letters to the Editor section in 2016, though it offered to provide access to any such letters in an online blog. Perhaps unsurprisingly, virtually all the “editorials” in that blog have been written by UUA staff members.

In past years our congregation drew heavily from the treasure trove of UUA-published Religious Education curricula, though since local UU districts have been eliminated, we have had limited assistance on successfully selecting and implementing portions of

the new online Tapestry of Faith Curricula. The close relationships several of us had with individuals working within the NH/VT district (and later the Northern New England district) appear more difficult to forge within the much larger New England Region (covering 232 congregations among the six New England States). In addition, the use of this online resource is more challenging given the denomination’s shift away from the Principles and Sources woven through the Curricula. There is likely to be a revision of this resource, with the UUA incurring additional expense (and possibly, as a result, implementing charges for the use of this currently free set of curricula).

At our UU Fellowship we have provided visitors and new members with pamphlets and wallet cards describing the foundations of our faith tradition. However, with the adoption of the new Article II Purposes and Covenant, we will need to purchase updated informational material. It is quite likely that inSpirit, UUA’s online Bookstore and Gift Shop, will be offering a lot of new merchandise and books in the coming months

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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: 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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of Durham, New Hampshire.  
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to accommodate the shift in our denomination's tenets. Also in development is a "virtual hymnal" which will be available to individuals and congregations via a subscription service. The task force responsible for its development expects to launch their new Virtual Hymnal at the June 2025 General Assembly in Baltimore.

To be continued in December's HEED. . .

*\*A corporation (with its own Bylaws), the Unitarian Universalist Association was created in 1961 to serve the needs of its member congregations, including both Unitarian and Universalist congregations. Currently the UUA also recognizes and provides some funding to Associate Member Organizations (e.g. the UUSC) and Independent Affiliate Organizations (e.g., DRUUMM, BLUU).*

*Per its bylaws, the UUA rests its governance in its congregations (and associated organizations), who are given the opportunity to elect delegates to attend (at their own expense) the annual UUA General Assembly, where association leaders are elected and policies adopted. To support congregations the UUA has developed and disseminated a variety of resources (e.g. Lifespan RE Curricula; UU hymnals) and hires Regional Staff who offer workshops, and webinars and will consult with member congregations on an as-needed basis.*

## Budgerigars Looking to Relocate



Blue (Bell) and Fluffy are looking for a new home. They're sharing a house with a newly adopted kitten and would like a home that is feline-free.

Blue is nearly 2 yrs and Fluffy is 1. They love to listen to music, enjoy being sung to, and like going to bed (covering their cage) at the same time every night.

They come with everything, and more, budgies need. A 4'6" tall cage on wheels (17" deep and 22" wide), a smaller cage for training and travel, a carrying case for visits to the vet and a month's supply of food and supplies.

If you enjoy parakeets (and want to sing to them), these little lovelies will warm your heart and home. If interested, please contact Julie and Abigail at 505-264-8912 / Julie.Lipari@Outlook.com. Thank you!

## UU World's Newsletter Launched in October

UU World is thrilled to announce the launch of our twice-a-month newsletter that showcases the latest updates from our website.

We named our newsletter Wayfinder because it is intended to help you navigate your journey with Unitarian Universalist Shared Values as an ever-present guide. Wayfinder will bring revelatory, insightful, spiritually nourishing updates right to your email inbox.

### **How to Receive the Wayfinder Newsletter**

UU World subscribers are automatically registered to receive this free newsletter. Non-subscribers can visit [uuworld.org/newsletter](http://uuworld.org/newsletter) to sign up.

Have questions? Email [world@uua.org](mailto:world@uua.org).

If you are a UU World subscriber, you are automatically signed up to receive our newsletter, which will debut on Thursday, Oct. 17. If you're not a UU World subscriber, you can still sign up to receive Wayfinder. Visit [uuworld.org/newsletter](http://uuworld.org/newsletter) and enter your email address.

Why should you be excited about Wayfinder? Here is some of what you can expect: Inspiration and Resources. If you're seeking motivation, practical resources, or replicable case studies that show how you can make a difference in a broken world, our newsletter will connect you with stories about UUs and congregations that are centering love in courageous ways.

Exclusive content. Aside from featuring what's on our website and making those stories easier to find, our newsletter will also include pieces that are unavailable elsewhere, such as behind-the-scenes essays from staff about recent stories they've worked on, specially curated pieces from our archives, and more.

Community Connection. Wayfinder is another touchpoint for you to stay connected to Unitarian Universalism in your daily life. As part of the UUA Communications team, led by Director of Communications and Public Ministry Rev. Nancy McDonald Ladd, UU World is committed to amplifying thoughtful storytelling that reflects UUs' lived experiences and reaffirms the power of UU community.

We're excited to embark on this new journey together. If you have any questions, please email [world@uua.org](mailto:world@uua.org).

