



# The HEED

## April 2025

*Newsletter of the Durham Unitarian Universalist Fellowship*

### Socials Committee

#### Easter Egg Roll

One fun tradition at DUUF is to welcome Spring and celebrate Easter with an Easter egg roll after the service. Please bring a decorated, hard boiled egg to the fellowship on Easter Sunday, April 20, to participate in the festivities. This is an all ages event! There will be prizes!

*Carol Bullivant*



Photo by Monika Grabkowska on Unsplash

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

#### **April 6 – Stefanie Griffin – Taking Action at the State and Federal Levels in 2025**

Stefanie will speak about a group she is coordinating called Seacoast Women's Action Network. She opens her home on Tuesday nights for women to gather and write letters, make phone calls and log into state government sites to give feedback on bills.

*Stefanie is a member of our Fellowship.*

#### **April 13 – Betty Crepeau – Find a Stillness**

The first lines of this hymn is "find a stillness, hold a stillness, let the stillness carry me. Find a silence, hold the silence, let the silence carry me. In the spirit, by the spirit, with the spirit giving power, I will find true harmony." This service will focus on seeking and finding a bit of peace of mind during these turbulent times. We will read poems, sing, and meditate for short period of time as a way of finding stillness in our lives - even for a short time.

*Betty is a long-time member of this Fellowship.*

#### **April 20 – Maggie Fogarty – Immigration 101**

Maggie's many commitments to social justice include issues and challenges regarding immigration.

*Maggie is the co-director of NH Program for the American Friends Service Committee, which publishes the weekly State House Watch.*

#### **April 27 – Rev. Craig Werth**

Craig is a board-certified clinical chaplain and served for a number of years as the minister at the Nottingham Community Church. He is also an accomplished musician whose talents include singing, song-writing, and playing multiple instruments.

*(cont. on Page 2)*

## Here If You Need Me

*This is the name of a book written by Kate Braestrup, a Unitarian-Universalist minister and chaplain for the Maine Warden Service. Below is an excerpt from this book that I had planned to share at a recent service when Chaplain Brad Hyden was our speaker.*

*Thomas Pistole*

The Maine Warden Service is not a church, let alone my church. The Maine Warden Service is part of the state government and an organization with employers and employees. In a civil society that rightly separates church authority from civil authority, I must tread humbly and gently when I speak to and for God here. I hope that my prayers are not experienced as an imposition or an irritant or as simply stupid. I hope those moments feel loving to the wardens, whatever it is they believe or do not believe.

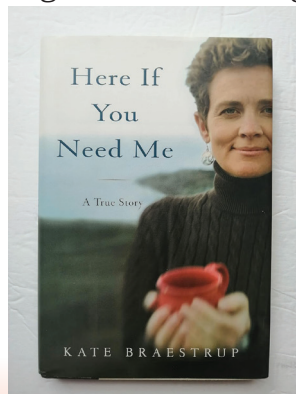
I am sometimes asked whether my employment as chaplain violates the separation of church and state. After all, I am present at search scenes, the sites of drownings, the front doors of the suddenly bereaved not as a social worker or a crisis counselor. It's written right on my shirt: I'm Reverend Braestrup. When I offer words before shared meals or warden service ceremonies, I am an obviously religious person using religious forms and language in what would otherwise be a completely secular environment. So why does the warden service need a minister?

The simple answer is they don't need me. I'm not necessary in an urgent, practical sense. For 120 of its 125 years, after all, the Maine Warden Service managed quite well without a chaplain. They could manage again, should my position be abolished. I don't make any difference between finding and not finding a body, between order and chaos, life and death. They do.

But I am told that it is helpful to have a chaplain present at a search or an accident, that by taking on the task of being with the victim's family, I free the wardens for other tasks. Perhaps more important, as a minister (as opposed to some other brand of helping professional), I serve as a symbol of a profound truth. My uniform presence signifies a human and humane understanding on the part of the wardens and the wider community that the body in the woods or in the water is not just a practical problem, but a matter of tremendous spiritual significance for those most intimately involved. As reverend, I can express our reverence.

Still, "I am the whipped cream, not the pie," I tell the wardens, "the cream and salt, not the coffee or the stew."

For me, these prayers are a luxurious indulgence, moments in which I am free to tell the game wardens that I love them; 'Oh God, whose name is love and whose work is justice, I offer thanks to you for this day and for this fine and funny company,' while Fritz Trisdale's biscuits bake and Nate Robertson's beans stew and Mike Marshall's smoked trout waits to be savored. In my prayer-induced stupefaction, it seems that the office of chaplain of the Maine Warden Service was generously created just to give one middle-aged woman joy.



## 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**



*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.

## **President's Message**

As I'm sure many of you are, I have been thrown for a loop - several loops - over the past few months. Never before have I felt so worried for the safety of my country and its sometimes rocky history of attempting "to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity." As a student of history, I know that republics have a relatively short lifespan, with internal strife more prevalent than peace. But we are living in a time during which we seem to have figured out how to deal mostly peacefully with the conflicting desires of our citizens. At least we brag about setting up a government system that purports to be fair to most people.

But since January 20th at 12 noon, all that has started to disintegrate in my eyes. And from what I read and watch, many millions feel as I do, that something has gone terribly wrong with our country.

Rather than raise your blood pressure with my own observations, let me just say that the Durham Unitarian Universalist Fellowship has taken several steps to allow our members and friends to take action to show our displeasure with certain acts by the US Administration and to show our solidarity with several organizations, groups, and individuals. This has involved letter and post card writing, telephone calls to elected representatives, and joining some organizations which we deem worthy of our support.

Fellowship Member Betty Crepeau has conducted several exercises designed to give us opportunities to participate, Member Larry Vogelmann has proposed joining an organization (see p. xx), and Member Rachel Legard has provided opportunities as well. Of course, these are only three of the many who are actually doing something to put our country back on track. Let us know if you have a suggestion for what we can do as well.

## **Caring Committee**

Our committee hasn't had a high profile recently, and indeed hasn't had much to do. While this is potentially a good thing in that we could take it to mean that our Members and Friends have been well, it could also mean that some people may be unaware of our existence and willingness to help. So, if you have any needs such as sympathy, visits, rides, prepared meals, etc., please contact me, or any member of the **Caring Committee** below.

*Chris Rodgers (603) 970-0502;  
Dawn Meredith; Susan Bullivant;  
Susan Neal; Michael O'Sullivan*

## **Nominating Committee**

Following up on last month's HEED article, I'm listing some specific positions which are currently open. Vice President, Secretary, House manager and committee members for both House and Socials. The responsibilities of these positions have changed somewhat over the last several years and could be very different from conventional wisdom. Please reach out to me for more information or specific questions. Thank You.

*Sarge Legard,  
Nominations Chair  
Text (603) 706-8198  
rslegard@comcast.net*



One of our Fellowship Members has asked that we join New Hampshire Peace Action. Below is some information about the organization. More to follow.

**Vision:** We envisage a future where international relations are based on cooperation instead of competition and conflict, and where mutual benefit and shared security lead to a more peaceful and just global community.

**Mission:** NH Peace Action educates, mobilizes, and organizes, to build a more peaceful and just future for all.

**Our Work:** As an organization, we work on several issues, topics and problems in our world. Our pillars guide our work and define how we see peace in a larger intersectional movement for a more peaceful and just future.

#1. Building Peace – Nonviolence, human dignity and reconciliation, public education, peacekeeping, and peace education fall under this pillar. We seek to shift culture and do the foundational work of humanizing and focusing on peaceful coexistence.

#2. Restraining US Military Aggression – Looking for diplomatic solutions to foreign policy challenges, opposing the unnecessary use of military force abroad and in our communities; this pillar speaks directly to US acts of war and military aggression as well as violence against communities of color by domestic police forces.

#3. Shifting Economic Priorities – Pentagon spending makes up more than 50% of all discretionary spending, some nuclear weapons spending is done through the department of energy, and federal police forces from the NSA, FBI, and CIA to Federal Marshals and Border Patrol represent a massive investment in violent control of the world and our domestic situation, this investment starves the budgets for education, job training, health care, infrastructure, housing, and green energy. This pillar seeks to encourage the federal government to adjust spending priorities to the funding of human needs.

#4. Eliminating Nuclear Weapons – Stemming from our roots in the Nuclear Freeze, part of our mission has always included support for nuclear arms control treaties and diffusing the risk of nuclear war. This pillar calls us to pay specific attention to the dangers and costs of nuclear weapons.

#5. Confronting Structural Inequity – Recognizing that war is waged primarily upon black and brown people abroad, and using the poverty draft it disproportionately predates upon poor and working people and communities of color to enact imperial policy. This pillar reminds us that we are anti-racist, and that anti-war work is a part of dismantling the social and structural influence of racist narratives. We also recognize the role of the Patriarchy in holding together the aggressive zeitgeist and power structure that continually chooses war and militarism. We hold the worth and dignity of all people as paramount. We commit through this pillar to stand with marginalized people, to amplify their stories, and to work to undo the structures that attempt to deny lives of dignity to the vulnerable, this includes ethnic and religious minorities, differing racial and cultural identities, the LGBT+ community, the disabled, and poor and working-class people.

#6. Reversing Ecological Destruction – Recognizing that all recent US conflicts have been directed in places where struggles over control of fossil fuels have been central drivers, that climate change drives conflict globally, and that radioactive fallout from nuclear weapons still renders parts of the world uninhabitable, this pillar links our work to stewardship of and commitment to our planet and the ecosystems we depend on for life.

We often partner with other organizations working in these areas above because we believe that cooperation and strengthening the presence of a voice for peace is paramount to achieving the progress we all seek.

## **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: TBD (Webmaster), Bob Bullivant (HEED Editor)  
Marketing Subcommittee: Julie Lipari, Chip Noon, Susan 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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