



# The H E E D

## January 2025

Newsletter of the Durham Unitarian Universalist Fellowship

### Potluck-January 12

Let's get out of the cold of January and bask in the warmth of friends at a potluck on January 12 at DUUF immediately following the service. We look forward to seeing everyone and enjoying friends and conversation over good food.

*Carol Bullivant*

*For Example:*



*Tasty snacks brought by Julie Lipari to the Dec. 15th Sunday service!*

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

#### **January 12 – Michele Holt-Shannon – Life-giving conversations in a soul-bruising time, or, Loving conversations for a divided public life.**

Michele Holt-Shannon is the director and co-founder of New Hampshire Listens at the UNH Carsey School of Public Policy. For over 30 years, her work on and off campus has focused on community problem-solving, increasing engagement in the decisions that impact people's lives, and bringing skills and support for navigating conflict and controversy. Michele is known for her skill in facilitating groups, coalitions, and learning exchanges.

*Michele is a Senior Associate with Everyday Democracy and a 2018 Better Selves Knoll Farm Fellow. She is a graduate of Leadership New Hampshire, Class of 2013. Michele is a middle child from a mixed politics family. She earned her MA in higher education and human development from Bowling Green State University, an MTS in world religions and theological studies from Boston College, and a BS in biology and psychology from the University of Alabama.*

#### **January 19 – Dawn Meredith – A program honoring Dr. Martin Luther King, Jr. and his legacy.**

This service will honor the legacy of Dr. King by amplifying the voices of our Black neighbors, past and present, as they have shared their deep personal experiences of white supremacy and racism in the US.

*Dawn is Professor Emerita, University of New Hampshire, and a long-time member of this Fellowship.*

#### **January 26 – Open**

## Martin Luther King Day “Rock My Soul”

ProjectMusicWorks.org.

January 19, 2025, 7:00 pm



**St Mary, Parish of the Assumption  
25 Chestnut St, Dover, NH**

We celebrate the work of The Reverend Doctor Martin Luther King Jr. in this interfaith event. Passages from the "Letter from Birmingham Jail" will be read.

Refreshments will be served by the Dover Cooperative Ministries. This program is sponsored by the Dover Area Religious Leaders Association (DARLA). Rock My Soul is part of the non-profit ProjectMusicWorks.org.

ONLINE LINK: [go to POADoverNH.org](https://go.to/POADoverNH.org), [go to Live Streams, St Mary](#), click arrow

*"One has not only a legal, but a moral responsibility to obey just laws. Conversely, one has a moral responsibility to disobey unjust laws."  
— Martin Luther King Jr., Letter from the Birmingham Jail*

## President's Message

At my stage in life, the Evolved Stage as Sue and I call it, I no longer make New Year's Resolutions. I do tend to ruminate over the past year's triumphs and defeats, making way too much of the "defeats" category. I'm still working on eliminating that negative behavior from my quiver. But as I think over what I've done as president of this special organization, I do have to consider the negatives, as I accentuate the positives (as Bing Crosby used to sing...Millennials, text me to learn more about Der Bingle).

Getting our marketing and outreach efforts into a faster speed lane is the most meaningful effort I've made, along with much help from many of you. But we still haven't internalized the need to reach out continually...not all of us. In this issue of the HEED, Rachel Legard remarks thusly: "Over \$400 was

## Short Takes

### Annual Christmas Fair

The Christmas Fair was limited but still very successful. Thanks to Carol, there was hot cocoa and coffee for sale. The hot drinks did encourage visitors to hang around longer.

There were swags for sale thanks to Chris, Julie and Rachel (see image below). Sue and Larry also came in to help with sales. Over \$400 was raised for Seacoast Family Promise and more importantly we were visible in the community and to potential new members.

*Rachel Legard*



*Photo by Annie Spratt on Unsplash*

*(cont. on Page 4)*

## 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



### *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

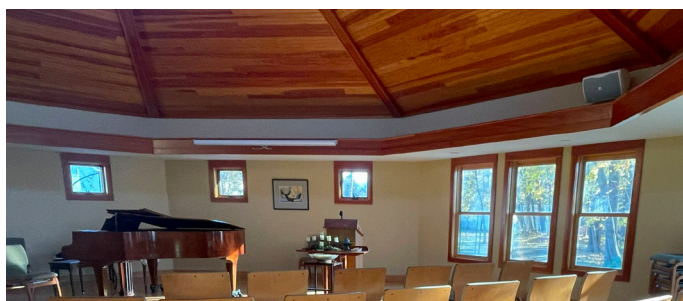
The music of Green Heron stretches across the entire folk landscape. Old-time, folk, bluegrass, country, and blues music are all represented as the band brings the back porch to the stage.



### *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.

*(cont. from Page 2)*

raised for Seacoast Family Promise and more importantly we were visible in the community and to potential new members.” She gets it. So do Julie, Bob, Larry, Sue, Maria, Deb, Jon, Hilary, the Thomas-es, the Bettys, Dawn...oh my, whom am I leaving out of this list? And others.

But here’s an example of not internalizing: I continually forget to take pictures and videos of our Sunday services, coffee hour, and/or events. On the way home, I’m figuratively slapping my forehead in frustration! But if we were an organization wherein every member thinks of outreach, somebody would have reminded me, taken pictures and sent them to me or Sue for the HEED or for Facebook. And that’s my “error and omission.” I haven’t yet instilled that behavior in everyone. Years ago, when I worked at Portsmouth Regional Hospital as the marketing director, at the orientation meeting for new hires, I asked them all to stand, raise their right hand, and be sworn into the marketing department. Goofy, yes, but it left an impression.

What I’d like to see over the next few months is a renewed commitment to showing our flag. Especially in these times, we have a message that is critical to our community. Not that we have “the answer”, but we know how to ask and discuss “the questions”. So help me out folks. Let’s move into 3rd gear, OK? And Millennials, text me and I’ll explain 3rd gear for you.

## The Debut Performance of the Solstice Singers

Many thanks to the Solstice Singers for their splendid performance at the December 22nd service! In the picture are Maria Isaak, Conductor and Pianist, Thomas Pistole, Jon Babon, Chip Noon, Jen Pavlik, Zoe Pavlik, Hilary Babon, and Chris Chance. Also, everyone loved singing the carols and songs which Maria accompanied. And finally, and especially, Maria's music selection, playing, and chorale direction was impeccable! Congratulations to all of us!



The songs the Solstice Singers sang were *Antiphonal Deck the Hall*, *Old Welsh Air*/Greg Gilpin; *Al Shlosa D'Varim*, *Pirkei Avot*/Alan E. Naplan; *God Rest Ye Merry, Gentlemen*, 19th Cent. Eng. Carol/Audrey Snyder, arranger; *Beautiful December*, Amy F. Bernon.



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:



1. From Christmas Concerto  
Concerto Grosso in G minor,  
op.6 no. 8  
I. Vivace-Grave  
II. Allegro

2. From Christmas Concerto  
Concerto Grosso in G minor,  
op.6 no. 8  
VI. Pastorale

Performed by Lanie and Zoe Pavlik on violin and cello.

At the **January 5th Service**, people were invited to write a poem and to share it with others. Two people volunteered to have their poem shared here. Read and enjoy!

### In Steady Silence

In Steady Silence  
The night has closed upon me  
For vision, the night has folded  
around me  
warping from dark horizon to  
each day's silent enclosure  
And then in ever enclosing  
silence the  
night unfolded to capture all  
in its completeness – unflinching  
*Fred Hochgraf*

*Fred notes: (This is not of my  
practiced art.  
That's reserved for patient  
enclosure.  
What's noted here needs start  
with a month or two of mental  
isolation.)*

### To Dottie

Part of me is glad she's not here  
I would despair seeing the pain in  
her eyes  
Knowing it was a pain from a  
wound I could not heal  
*Larry Vogelmann*

**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: 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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