



The H E E D

March 2025

Newsletter of the Durham Unitarian Universalist Fellowship

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*

Socials Committee

The calendar tells us that spring is coming. There are more birds around so that's a hopeful sign. Let's celebrate with a potluck immediately following the service on Sunday, March 23 at DUUF. All are welcome!

Carol Bullivant

Join Our Services at 10:00 AM Sundays

March 2 – Maggie Fogarty – Immigration 101

Maggie Fogarty is NH Program Director of the American Friends Service Committee, and organizer for the Seacoast Interfaith Sanctuary Coalition. She will speak to us on "Immigration 101," describing the current situations for immigrants in the Seacoast area and needed supports for these neighbors of ours.



March 9 – Dan Moran – Agnosticism and Humanism

Dan describes his talk as follows, "The existence of god or gods is perhaps the most provocative subject in human history. I'll describe my personal journey from a very devout Irish Catholic kid to an atheist/agnostic/humanist and how my abandoning the faith of my fathers made all the difference in my life."



Daniel Thomas Moran, born in New York City in 1957, is the author of seventeen collections of poetry. "In the Kingdom of Autumn", was published by Salmon Poetry in Ireland in 2020, who also published his previous collection, "A Shed for Wood" in 2014. His "Looking for the Uncertain Past" was published by Poetry Salzburg in 2005. His next collection, "Five Questions" will be published by Salmon Poetry in early 2026. In 2005, he was appointed poet laureate by the Legislature of Suffolk County, New York.

(cont. on Page 2)

Join Our Services *(cont. from Page 1)*

March 16 – Amy Antonucci – Peace & Justice Activism

Amy will tell us about her journey to peace and justice activism with a focus on the Middle East, including Palestine, and the work that she is engaged in through the newly formed NH Coalition for a Just Peace in the Middle East.



The NH Coalition for Just Peace in the Middle East formed as a response to the devastating violence in the Middle East and the occupation and destruction of Gaza. We believe the United States' foreign policy and military aid play a significant role in these problems. As US citizens, we have a moral obligation to pressure our elected officials to develop policies that promote a peaceful and comprehensive resolution to conflicts. A peace process in Palestine-Israel rooted in restorative justice is our focus.

Amy Antonucci is board chair of N.H. Peace Action Education Fund. She was awarded the Martin Luther King Jr Award at the MLK Community Day event in Manchester on January 20, 2025.

Coalition member organizations are: NH Peace Action & NHPA Education Fund, American Friends Service Committee-NH, Palestine Education Network, NH Veterans for Peace, 350NH, United Church of Christ Peace with Justice Advocates, Jewish Voice for Peace VT/NH, Community Church of Durham, NH Youth Movement, Not In My Name NH, Seacoast Peace Response and NH Council of Churches important values.

March 23 – Brad Hayden – A Chaplain's Work

Bradley (Brad) Hyden has served as a chaplain and bereavement counselor at Amedisys Home Health and Hospice Care for five years. His prior professional activities run the gamut from senior pastor and community relations manager for a senior living facility to retail specialist at LL Bean and industrial electrician. He served in the U.S. Marine Corps and the Army National Guard, and builds on that experience to support military veterans in hospice. He will speak about his work as a chaplain.



March 30 – Betty Crepeau – Social Action: Part II

Our principles guide us to respect the inherent worth and dignity of every person, to search for truth and meaning, and the right of conscience and the use of the democratic process. Article II further emphasizes the importance of justice, interdependence, and equity in our actions as individuals and congregations. This Sunday we will begin to focus our social action agenda to promote greater justice and equity in the world around us. At our February 23rd service we began to set priorities for social actions as a fellowship. These were 1) Collaborate with the Durham Community Church on housing, immigration, and health care (8), LGBTQ+ support and advocacy (7), Peace in the Middle East (5), Seacoast Interfaith Sanctuary Coalition (3), 350 NH (sustainable energy) (2). We will also discuss taking a public stand on certain issues and sending letters to the editor regarding our position as a Fellowship. Come with your ideas, energy, and willingness to commit to turning our beliefs into action!

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

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.



Circle Dinners

Four Circle Dinners involving 21 members and friends were scheduled to take place on February 22. Julie and Rich Lipari, Betty and Rod Crepeau, Hilary and Jon Babon, and Sue and Chip Noon all graciously agreed to host. Thank you to everyone who signed up either to host or to attend and be involved in good food and good conversation!

Carol Bullivant



The Circle Dinner at Julie and Rich's house: Christopher Dunning & Mary Downes, Rachel & Sarge Legard, Julie and Richard Lipari.

The Circle Dinner at Sue and Chip's house: Mike Fleming, Jenny Surpless, and Sue Noon. The shy photographer didn't want to be in the picture...



Short Takes



Rachel Legard and Julie Lipari, two motivated private citizens who attended a Resistance Rally of about 200 in Concord, NH, on February 17th.

Solstice Singers

The next fabulous performance of this magnificent ensemble will be at the Sunday Service on March 16th. This is your chance to shine! Rehearsal times are:

February 28th at 5pm
 March 14th at 5pm
 March 16th at 9:30am

Come and sing for your Fellowship!



Photo by Ray Hennessy on Unsplash

Avalyn Reed Trio: A Night at the Opera *special matinee performance!*

The Avalyn Reed Trio will play instrumental arrangements of operatic favorites and melodies from lesser-known operas that might just become your new favorites! Join us for a free performance featuring Mozart, Puccini, Verdi, Rossini, and more, all on 2 clarinets and a bassoon.

Portsmouth Public Library
2:00 PM - 3:00 PM on Sunday, March 23, 2025

Event Supported By City of Portsmouth

603-766-1727, kabryant@portsmouthnh.gov, <https://portsmouthpl.librarycalendar.com/event/ARTC253>

Artist Group Info, Avalyn Reed Trio, 9nancyfiske@comcast.net, Avalynreedtrio.com

Portsmouth Public Library, 175 Parrott Ave,
Portsmouth, New Hampshire 03801, 603-766-1727,
kabryant@cityofportsmouth.com, <https://portsmouthpl.librarycalendar.com/event/mcphail>



The Avalyn Reed Trio, from left, Christine Fell, Nancy Fiske, and Maria Isaak at the Isabella Stewart Gardner Museum.



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: 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

HEED is published by the
Unitarian Universalist Fellowship
of Durham, New Hampshire.
Editor: Bob Bullivant
Designer: Chip Noon

20 Madbury Road
Durham, New Hampshire 03824
www.uudurhamnh.org

Nominating Committee

Welcome DUUF members and friends. It is that time of year again when you have the opportunity to volunteer for a role in our organization. Please help keep our Fellowship running smoothly into next year. See Tom Reichheld (Membership Chair) or Sarge Legard soon to get more information. This is a great opportunity for newer folks to see how the Fellowship operates and to provide fresh ideas. We look forward to hearing from you.

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

Daylight Savings Time



Don't forget to flip your hourglass forward one hour on Saturday night, March 8th so you're not late for Sunday's service.

Photo by Gaelle Marcel, Unsplash

24 Hour Economic Blackout on February 28, 2025

As part of the Social Action discussions within our Fellowship, several people requested a HEED article on the upcoming Blackout. You may be reading this after the event, but its background for us all. The blackout has been proposed by The People's Union USA whose mission is: "We are not a political party. We are not a protest. We are a movement of people, unionizing to take back control of our economy, government and future of our country." Our Fellowship has taken no official stand on this action. The 24 Hour Economic Blackout details:

As our first initial act, we turn it off. For one day we show them who really holds the power.

WHEN: Thursday February 27th from Midnight till Friday The 28th Midnight

WHAT NOT TO DO:

Do not make any purchases

Do not shop online, or in-store

No Amazon, No Walmart, No Best Buy

Nowhere!

Do not spend money on:

Fast Food

Gas

Major Retailers

Do not use Credit or Debit Cards for non-essential spending

WHAT YOU CAN DO:

Only buy essentials of absolutely necessary

(Food, Medicine, Emergency Supplies)

If you must spend, ONLY support small, local businesses.

SPREAD THE MESSAGE

Talk about it, post about it, and document your actions that day!

WHY THIS MATTERS!

~ Corporations and banks only care about their bottom line.

~ If we disrupt the economy for just ONE day, it sends a powerful message.

~ If they won't listen (they won't) we make the next blackout longer (We will)

This is our first action. This is how we make history.

February 28th

The 24 Hour Economic Black Out Begins.

(from the website: <https://thepeoplesunionusa.com/>)

Cooperative Efforts with the Community Church of Durham

Earlier this year several Fellowship members met with Dave Grishaw-Jones the Pastor of the CCD. The meeting was to explore ways both congregations could cooperate in our mutual efforts to further our missions and benefit our memberships and the communities we serve. The intention is eventually to work with like-minded religious organizations in our region. As a first step, Pam Monroe of the CCD sent this email to us:

Pastor Dave Grishaw-Jones provided me with your contact information. I want to let you know about two upcoming opportunities that the Open and Affirming Team at the Community Church of Durham will be offering.

The first is on March 9, from 3-5 p.m. We will be showing the Netflix documentary *Will and Harper*, followed by a discussion. We will also be providing popcorn! We will be offering childcare for this event, so if anyone wishes to take us up on that, please send an email to matteacitarella@gmail.com.

The other is a workshop that will be provided by NH Outright Workshop on March 23, from 1:30-3:00 p.m. I have attached flyers for both, along with written summaries.

There is plenty of room for attendees of Durham Unitarian Universalist Fellowship to join us for one or both! We are asking that those interested in attending the March 23rd workshop to please sign up at the following link: <https://officeccd.breezechms.com/form/904c6fa>

I have attached a couple of flyers. If you have any questions, please do not hesitate to contact me at pmonroe07@comcast.net, 603-548-6850.

Peace,

Pam

Kindness

Naomi Shihab Nye

Before you know what kindness
really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully
saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and
chicken

will stare out the window forever.

Before you learn the tender gravity
of kindness
you must travel where the Indian in
a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night
with plans
and the simple breath that kept him
alive.

Before you know kindness as the
deepest thing inside,
you must know sorrow as the other
deepest thing.
You must wake up with sorrow.

You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes
sense anymore,
only kindness that ties your shoes
and sends you out into the day to
gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

(Read at our Service on February 23)

A Netflix Documentary

WILL & HARPER

Another in a series of LGBTQ+ educational opportunities
offered by the Community Church of Durham, UCC



**Join us for a FREE viewing
followed by a discussion**

Sunday, March 9, 2025

3:00 - 5:00 p.m.

Community Church of Durham, UCC



**Child care available contact:
matteacitarella@gmail.com**

Empowering LGBTQ+ Conversations

Presented by NH Outright

Community Church of Durham 17 Main Street

Sunday, March 23rd, 1:30 - 3 p.m.

Join us at CCD as we welcome Heidi Carrington Heath, Executive Director of New Hampshire Outright, as she offers our congregation and its partners LGBTQ+ training titled: "Practical Allyship." Heidi holds a BA from Hobart and William Smith Colleges, and a Master of Divinity from Andover Newton Theological School.

The training will introduce foundational LGBTQ+ terms and concepts, including gender identity, gender expression, and sexual orientation, and explore the role of discrimination on mental health outcomes, (esp. youth), and will also emphasize the importance of allyship from a faith-based perspective.

The training will also provide an opportunity for a Question-and-Answer session.

Register using the QR code at right or going to <https://officeccd.breezechms.com/form/904c6f>



Report on Social Action Discussion

Dawn Meridith and Betty Crepeau

On Sunday February 23rd, we had a lively discussion about service and social action. We began by mentioning many good ways to be informed. These included online resources such as wired, Heather Cox Richardson's daily letter, Robert Reich's YouTube videos, Dan Rathner's "Steady" on substack, the Democracy Docket by Mark Elias, Kent Street Coalition which gives information on local and national legislation, NH Democrats, In Depth NH, In Depth NH, Democracy-Now.org, NH Bulletin, and the Tangle Newsletter. In the breakout session, one group gave this advice:

"We should strive to listen to many viewpoints before deciding where we stand. Listen with love and openness. Be open to changing your viewpoint. Avoid "I told you so" or "you are wrong" in conversation with others."

One group also recommended that the Fellowship takes a public stance by writing letters to the editor on topics we feel are important and reflect our values and beliefs as a religious organization.

At the end of the service,

we listed potential ways to become politically involved as a Fellowship. Congregants "signed" those ideas that they felt were important for the Fellowship members to address. The two ideas which had the greatest interest were

- 1) Collaboration with the Durham Community Church on housing, immigration, and health care with 8 people indicating interest in working on this task and
- 2) LGBTQ+ support and advocacy with 7 people interested in this task.

Other ideas were as follows: Peace in the Middle East (5 people), Seacoast Interfaith Sanctuary Coalition (3 people), and 350 NH (Sustainable Energy (2 people). 350 NH (Sustainable Energy) is an ongoing project lead by Mike Fleming.

The service on Sunday, March 30th will focus on narrowing this list to one or two of the ideas listed above and to develop ways of getting started on these priorities.

We also identified additional groups to use as resources for our work. These include the Ameri-

can Friends Service Committee, Exeter Democrats (they are focused on local issues), the Durham Community Church, and the DNC.

One breakout group reminded us "We should strive to listen to many viewpoints before deciding where we stand. Listen with love and openness. Be open to changing your viewpoints. Avoid, "I told you so" or "You are wrong" in conversations with others.

Finally, now is the time for you to decide if you have the time and energy to contribute to the Fellowship's social action activities and which of the ideas most closely relate to your interests and priorities.

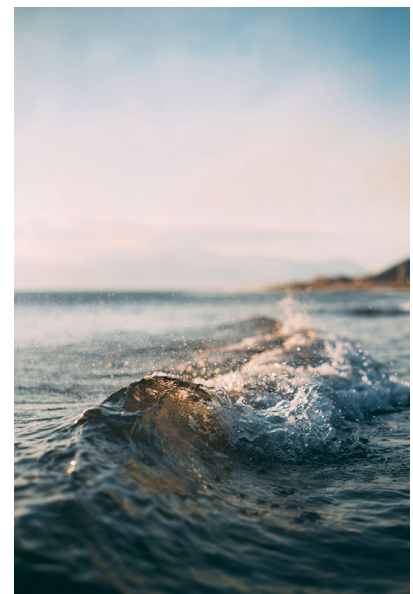


Photo by Mourad Saadi, Unsplash