



The H E E D

October 2025

Newsletter of the Durham Unitarian Universalist Fellowship

A Prayer in the Midst of Darkness

by Rich Orloff

As I sit in an unfamiliar
wilderness
On an overcast moonless night
When I feel surrounded by
inescapable darkness
And fear clouds the memory of
light

I strive to remember

There is beauty out there
Even if I can't see it at the
moment
There is magnificence out there
Even if I can't see a single sign
of it

There are stars shining
throughout the universe
Trees growing tall,
their roots growing deep
Seeds underneath the soil
still planning to emerge
And robins meeting robins
to make more robins

My eyes strain to look for
glimmers of hope
Or perhaps I'm just scared of
the dark
I close my eyes and envision
reminders of joy
As I wait patiently for the new
dawn

Join Our Services at 10:00 AM Sundays

(and stay afterward for coffee/tea, snacks, & conversation)

October 5 - Mary Downes - Climate Change and Optimism

When even the term "climate change" can induce feelings of dread, guilt and existential angst, all around us are examples of resilience, adaptation and innovation. Mary will help us explore how climate change affects us individually and as a community, and what role we can play in helping prepare for and adapt to the impact of climate change.

Mary has been involved in social justice movements since the 1980s. Her interest in the role of energy in climate change began in earnest after her first child was born in 1997. After earning her masters in Resource Administration at UNH in 2010, she worked for the NH State Energy Office, served on the Goffstown and Durham Energy Committees, was a board member and chair of NH Sustainable Energy Association in its early days (before it became Clean Energy NH) and has administered Unital's energy efficiency programs as part of Mass Save and NHSaves for the past 13 years.

October 12 - Kirk Simoneau - Surviving Hardship

Kirk Simoneau is a New Hampshire trial lawyer and writer who speaks and writes about surviving hardship with honesty and clarity. Raised by Deaf parents and shaped by a life that includes trauma, loss, and disability, he brings a personal and practical perspective to questions of identity, resilience, and meaning. His work focuses on what it takes to live a brilliantly absurd life without toxic positivity, but with radical truth. Kirk lives, works, and writes in New Hampshire.

October 19 - Rev. Jud Wolfskill - It's an old song...and we're going to sing it again: The power and risks of telling old stories

The musical HADESTOWN retells Greek mythology about love and loss, the miracle of changing seasons, and autocratic personalities. The narrator comments that the story represents "an old song" and "a sad song," but "we're going to sing it anyway." There is even the chance that "it will turn out [well] this time." Why sing old songs? Which songs give life and which limit life?

Rev. Jud Wolfskill serves as Associate Minister at common cathedral, where he leads worship and provides pastoral care. Originally from SC, Jud moved to Massachusetts in 1997. Rev. Jud attended Boston University School of Theology. Previously, he served as a volunteer

(continued on Page 2)

(continued from Page 1)

chaplain at Mass and Cass in Boston through Faith Leaders for Housing Justice. Conversant in Spanish, Jud cares deeply about immigration and housing justice. He lives in Natick, MA with his wife, two kids, one dog, and three cats. When he's not theologizing, he designs software and plays basketball.

October 26 - Bob Sanders - Not in My Name

Bob first biked across the USA in 1975 when he was a student at Oberlin College, a year before the "bike-centennial," a feat memorialized in *Newsday*, his first published article. After a period of activist journalism – 1978-1985 – Bob joined the mainstream media working at the *Syracuse Post Standard*, starting up Granite News Service in New Hampshire and reporting for the *NH Business Review* for 30 years, where he won numerous awards, including the *NH Journalist of the year* in 2019. After retiring in 2023, Bob planned to recreate his X-country trip, only this time for a cause.

That cause came along five months later: Israel's catastrophic overreaction to the brutal October 7 attack. Bob felt that as a Jew, he must speak out against this ethnic cleansing and founded [Not In My Name, NH](#). Bob was NIMN's representative to the Coalition for a Just Peace in the Middle East. In 2024, he founded [Ride Against War on Gaza \(RAW GAZA\)](#), did a Tristate tour in Northern New England and NH-DC tour from Concord to Washington DC. In both trips combined, he cycled a total of 1500 miles and raised \$10,000 for humanitarian aid in peace groups.

A Real Clean-up Effort!

The Fellowship hired Élodie Mitchell's business to clear the invasive plants in front of the building and along the side of the property. The side area next to the old stone wall was totally out of control. These photos show the before and after. For those who don't know, Élodie attended our Fellowship RE program and her parents are still members!



Help Wanted!

Be a hero and learn how to make coffee Sunday mornings at DUUF. If we have a few more volunteers, you'd only be helping once a month or so. Please consider signing up for this easy good deed. Contact Carol B. (cbulli@yahoo.com; 603-397-5116) to learn more!



Photo by Nathan Dumlao on Unsplash

Potluck

We will have our next potluck Sunday morning, November 2, following the service. Please bring something to share. If you can't bring anything, please stay and enjoy the good food and great conversation anyhow. We look forward to this fun time together!



Photo by Jacob McGowin on Unsplash

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

Sarah McQuaid **October 11**

Sara McQuaid's lush, chocolatey voice combines with her engaging personality and "brilliant musicianship" (fRoots) on acoustic and electric guitars, keyboards and (occasionally) drum to create a truly immersive experience, and a captivating stage presence.



Joyce Andersen and Harvey Reid **November 8**

Harvey Reid & Joyce Andersen form a rare and versatile musical partnership, combining the best of American virtuoso instrumental work with razor-sharp harmony singing and a captivating stage presence.

Susie Burke, Kent Allyn, Steve Roy **December 6**

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





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.



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 the 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.

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.



DUUF Officers, Chairpersons and Council Coordinators, and Members of Committees and Councils for 2025-2026 - Under 2023 amended by-laws

BOARD OFFICERS

President: Rachel Legard

Vice President: Mary Downes

Treasurer: Jen Pavlik

Secretary: Bob Bullivant

COMMITTEES

Program: Dawn Meredith (Chair) Mary Downes, Larry Vogelmann, Betty Crepeau

Religious Exploration: Bob Pavlik

House: Sarge Legard (Chair), Jon Babon (Grounds), Maria Isaak (rentals), Nick Isaak, John Macri.

Socials: Carol Bullivant (Chair), Sue Noon, Tom Reichheld, Deb Johnson

Membership: Tom Reichheld, Caring Subcommittee: Chris Rodgers (Coordinator), Dawn Meredith, Carol Bullivant, Susan Bullivant

COUNCILS

Nominations: Sarge Legard (Coordinator)

Music Council: Maria Isaak (Coordinator)

Green Sanctuary: Mike Fleming (Coordinator)

Social Action: Dawn Meredith (Coordinator), Betty Crepeau

Denominational Affairs: Deb Johnson

HEED editor: Bob Bullivant

Marketing ad hoc committee: Susan Noon, Chip Noon

Durham Housing Association Representative: Susan Noon, Secretary

DARLA Rep: Chris Chance

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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