



The HEED

November 2025

Newsletter of the Durham Unitarian Universalist Fellowship

Socials

On Sunday, November 2, there will be a potluck following the service. Everyone is invited to attend. If you are able, please bring a dish to share. A potluck is a wonderful opportunity to break bread together and enjoy good conversation with members of the fellowship. It is especially welcome to allow further opportunity to talk with our speaker of the morning, Imam Ebrahim. At the potluck, we will also celebrate long-time members, Deb Johnson, and John Macri, who are moving to California for the next three years. We hope this potluck will be a wonderful party and urge everyone to attend.

Carol Bullivant

Join Our Services at 10:00 AM Sundays

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

November 2 - Imam Mohammed Ebrahim - "The Meaning of Worship." He is the Imam and Director of the Islamic Society of the Seacoast Area. He has been Imam for over 35 years, the last 24 in NH. He was born in the US to Iraqi parents, received early education in Baghdad, and continued his education later in the UK.

November 9 - Dawn Meredith (DUUF member) - "Salt then Sour then Sweet" Dawn will explore poetry from [Andrea Gibson](#), [Ocean Vuong](#), and other members of the LGBTQ+ community.

November 16 - Larry Vogelmann (DUUF member) will answer your legal questions. He will happily take questions in advance so that he can find answers. Email him at vogelmanlarry@yahoo.com

November 23 - Betty Crepeau (DUUF member) will speak on "Gratitude."

November 30 - Thanksgiving weekend - no service.

**Daylight Savings Time
Ends November 2nd
at 2 am!**



Photo by Chuttersnap on Unsplash

DUUF PARKING

The DUUF parking lot can be a convenient place to park while doing things in downtown Durham or when at the Fellowship for a group activity. While there is usually space for one or two cars for a brief stop at the building, please keep in mind that we have five rented offices, that have in their leases on-site parking. We rent to a counseling group and a speech therapist who all have their own clients. This only applies during regular business hours Monday through Friday. The benefit of having parking included is a major factor in retaining long term tenants. The advantage to our Fellowship is enormous, as the rental income covers half of our annual budget. There is almost always available parking on Madbury Road.

Sarge Legard, House Chair

Carers Care for Carers Too!!

Our Caring Committee has been very active this past month, bringing food, flowers, and making visits to one of its own members. Actually it's not only the Caring Committee members who've been doing all this, but other Fellowship members too, which is just the way it should be. We all need to watch out for and look after each other. I'm extremely grateful to each and every one of those concerned for the enjoyable conversations, the pretty garden flowers and the delicious food. I'm sure the same can and will be done for any of our Members and Friends who are recovering from operations, illness etc. Please just make us aware of any needs.

My heartfelt thanks to all.

Chris Rodgers

Caring Committee Coordinator (though not on this occasion!)

DARLA

The **Dover Area Religious Leaders Association** (DARLA), working to bring people of various area congregations together to support spiritual connection and social justice, invite you to two gatherings upcoming this season:

The DARLA Thanksgiving Service

A musical celebration of gratitude and diversity!

4:00 PM, Sunday, November 23

St. John's United Methodist Church

(28 Cataract Ave, Dover, NH)

DARLA's Winter Light Celebration

A meditative service with poetry, music, and space for truth-speaking on the topic of moving through darkness to light

4:00PM, Sunday, December 7

Durham Unitarian Universalist Fellowship

(20 Madbury Road, Durham, NH)

See Thomas Pistole if you are interested in helping with setup and snacks.

PLEASE MARK YOUR CALENDARS NOW! ALL ARE WELCOME!!!

Looking toward 2026, DARLA is working to collaborate with leadership at the Black Heritage Trail and Seacoast African American Culture Center of Portsmouth for a moving service MLK Sunday in January, inspired by MLK's final speech: "I've Been to The Mountaintop."

Chris Chance

DARLA Representative

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 Izz R on Unsplash

How Things Work

Our Fellowship is a complicated web of people and jobs. We run things based on the the bylaws, job descriptions and some very dedicated volunteers.

You may wonder who makes decisions, or what it means to have a "President." You may wonder where your donations go.

Every year starts with the previous year's budget, set by the membership at the Annual Business Meeting or ABM in May. This meeting also includes election of Officers, Committee Chairs and Council Coordinators. We honor our fifth principle

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THE OYSTER RIVER FOLK SERIES PRESENTS:

JOYCE ANDERSEN & HARVEY REID

IN CONCERT Nov 8, 2025

7 PM



...One of the most potent duo teams in acoustic music, they jump from showstopping jigs and fiddle tunes to house-shaking blues rockers, soaring gospel duets, and achingly beautiful ballads. Reid's legendary acoustic and slide guitar work, autoharp, banjo and mandolins mesh with Andersen's powerful fiddling, and they take turns on lead and harmony vocals to showcase a large and varied repertoire of original, traditional and contemporary Americana music. They will perform separately and together.

DURHAM UNITARIAN UNIVERSALIST FELLOWSHIP
20 MADBURY RD., DURHAM, NH
TICKETS \$20 / \$5 STUDENTS – Cash Only
DOORS OPEN AT 6:30 PM



Speaking to us on Oct. 12, **Kirk Simoneau** is a trial lawyer and writer, who discussed surviving hardship with honesty and clarity. Raised by Deaf parents, his life has been shaped by trauma, loss and disability.



The **Solstice Singers**, under the direction of **Maria Isaak**, will be performing again on Nov. 23.

A Special Invitation

Samantha and Josh Yeaton have invited fellowship members and friends to come to a poetry and snack party at their home! November 2, Sunday 3 - 5. It is not accessible and there are stairs. Feel free to bring snacks and a child friendly poem to share.

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to utilize democratic process.

There are monthly board meetings which are open to members and friends to attend, although only board members can vote. The board consists of Committee Chairs and Officers. The president sets an agenda and presides over the meeting. S/he just has one vote, like everyone else!

All board minutes are approved at the next month's board meeting after being shared for corrections. After they are approved, they are posted on the member's only portal at the website.

There are multiple ways you can find out more about what is going on. If you are not a member, consider joining. Talk to me or to our Membership Chair, Tom Reichheld. If you don't have a job- talk to the nominations chair person, Sarge Legard about where there is need for help. Come to a board meeting, or ask any of us who are committee chairs, council coordinators or officers. If you want to start small, consider volunteering to help make coffee on Sundays or participate at this year's holiday fair.

Thank you to everyone who helps keep systems working, from music to program to building maintenance to socials and member tracking, we need everyone!

Rachel Legard, President

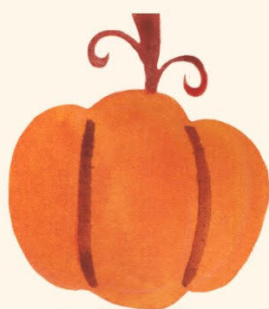


Join us for
POETRY & SNACKS

NOVEMBER 2

Bring a snack to share & your favorite poem

3:00-5:00pm



Text Samantha at
603-988-7622
for address

The Yeaton Family
Nottingham, NH, 16 min from fellowship
unfortunately we are not wheelchair accessible

Host UNH International Students or Scholars for Thanksgiving Day

UNH is seeking local hosts to welcome international students or scholars for a Thanksgiving Day meal. For many, this will be their first experience of the holiday. The program offers a chance to share U.S. traditions, enjoy homecooked food and conversation, and build meaningful cross-cultural connections. Hosts often find the experience deeply rewarding. Learn more and register [here](#). Please register by November 10. Questions? Contact Gigi at Gigi.Green@unh.edu.

Dear Community Members,

Warm fall greetings from the UNH Office of International Students & Scholars (OISS)!

We're excited to announce this year's Thanksgiving Host Program, which invites members of the UNH and local community to host international students and scholars for a Thanksgiving Day meal. Whether you're new to the program or have hosted before, we'd love to have you join us!

For many of our international guests, this will be their first Thanksgiving. The program offers a chance to share U.S. traditions, enjoy good food and conversation, and build meaningful connections across cultures. Hosts often find the experience enriching and enjoy learning about their guests' diverse backgrounds.

Here's how it works:

- Hosts are matched with guests based on preferences shared in the registration form.
- Introductions will be made by email around November 14, along with tips for planning your gathering.
- We aim to match each host with two guests (or more, if you're open to it).
- Transportation may be needed for some students or scholars.

If you're interested in hosting on Thanksgiving Day (Thursday, November 27), please complete the registration form by Monday, November 10.

Questions? Feel free to reach out to Gigi.Green@unh.edu.

Thank you for considering this opportunity to connect with and support our international community!

Best regards,
The OISS Team

*Gillissen Green (she/her)
Academic & Cultural Engagement Specialist
Office of International Students and Scholars
University of New Hampshire
315 Conant Hall
10 Library Way, Durham, NH 03824 USA*



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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20 Madbury Road
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www.uudurhamnh.org