



The H E E D

January 2026

Newsletter of the Durham Unitarian Universalist Fellowship



Larry is congratulated by, at left, Gordon MacDonald, Chief Justice of the NH Supreme Court, and Shane Cooper, Associate Dean at Cornell Law School and President of VLJ. Photo provided by John Macri

Larry Vogel was honored for his many years of providing *pro bono* legal counsel to NH service veterans and their families. He was a co-founder of Veterans Legal Justice in the NH Bar Association of which he is a past president. Larry has retired from Shaheen & Gordon, P.A. in Dover, NH. He will continue to do *pro bono* work for veterans.

The ceremony was held Nov. 18th at the Concord Hotel in Concord, NH and was attended by six other Fellowship members.

Veterans Legal Justice (VLJ) matches NH veterans, service members and their families to *pro bono* legal services on a variety of civil legal issues including housing, family and consumer matters. These are veterans and service members who otherwise could not afford an attorney. VLJ works closely with 603 Legal Aid to cross refer matters and with over 150 NH lawyers who provide their services *pro bono*. Their efforts over the last 3 years have resulted in providing representation for approximately 200 veterans, service members or their families.

Join Our Services at 10:00 AM Sundays

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

January 4 - Betty Crepeau - “Find the stillness” is the first line of the UU hymn, “Find the Stillness. Hold the Stillness.” During this service, we will have the opportunity to reflect on our gratitude emanating from the holiday season, on the difficulties we may have encountered, and on the challenges of the coming year.

January 11 - Michelle Wagner - “Holding on to Hope: A Spiritual Look at Mental Health” This talk will explore how spirituality and mental health overlap, intersect, and sometimes collide in a world where depression is the leading cause of disability worldwide. Through personal stories of living with depression and anxiety, and parenting children with serious mental health conditions, we will name both the stigma that still surrounds these challenges and the impact of global turmoil on our collective psyche. Grounded in Unitarian Universalist commitments to inherent worth and compassion, we will explore practical, spiritually rooted ways to resist despair and instead nurture hope, connection, and mental well-being.

Michelle Wagner is a former registered nurse who went on to earn a Master’s in Clinical Mental Health Counseling from SNHU and a Master of Theological Studies from Boston University. Shaped by her own and her family’s lived experience with mental health conditions, she has spent the past decade working in the mental health field, delivering direct care and helping with systems improvement. She recently founded Wagner MindHealth, a company that partners with organizations to provide mental health education, resource navigation, and employee support.

January 18 - Betty Crepeau, Mary Downes, Larry Vogel and Dawn Meredith - Dr. King’s “Letter from a Birmingham Jail.”

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We will expand on themes and consider progress relative to Dr. King's pivotal letter from the civil rights movements.

January 25 - Thomas Pistole - "Death Cafe" provides a safe, interactive environment for discussing death. This program will focus on what each of us wants for our own death.

Out Reach

I am thinking about some of the December activities and how important they were to potential growth of our membership.

The Holiday Fair was a real group effort. People donated hand-made items and other small used things. Many made soups and swags. Carol set up a cocoa/coffee station. Thanks to all, too numerous to name here. Was it quite a bit of work? Definitely. Yet, there are hidden benefits.

First, we raised a nice amount of money for the Cornucopia Food Pantry at Waysmeet Center. Many visitors saw that this was where the proceeds were going, so it was a nice statement of what our Fellowship is all about. People had only positive comments about that. The Waysmeet Center director came in as a customer and saw the sign. She was surprised and very touched that we would be donating the proceeds of the day to them.

We also showed kindness and trust to people. One woman had no way to pay so we encouraged her to take her items and send a check. (She did). We also had a young UNH doctoral candidate from Pakistan. She came around mid-day and had no money. She was mooning over some ornaments and since it looked like they were likely to be left to haul away at the end of the day anyhow, we offered them to her. She was so happy - and who knows if and when we may see her again?

Once the party on Solstice was scheduled, we invited a newer couple in our neighborhood we had recently met. It was such a pleasant surprise that they actually came! Please, always feel free to invite people to our potlucks, social events and activities. I recall Hilary talking about having targeted family-friendly events open to the community. If anyone has the energy to organize something like this, it would be great.

There are many ways to attract new families and I see it as similar to dating - first you need to put yourself out there in a position to meet people.

Rachel Legard, President



Larry Vogelmann, honored for his service to Veterans and their families.

IMPORTANT DUUF PARKING UPDATE

There are several changes to the parking spaces along both Madbury and Woodman Roads mostly due to the now completed Madbury Road Project. The most important changes affecting our Fellowship are as follows:

Parking on the south side (our side) of Woodman Road is not allowed and cars will be ticketed. There is no longer a Sunday morning exemption for the Fellowship, nor an exemption for concerts or any other events.

The designated parking spaces on the North side of Woodman Road are 'permit parking' only. No parking is allowed at any time without an expensive permit, prominently displayed.

There are some designated parking spaces on the West side of Madbury Road and in the parking lot on the corner of Madbury Road & Pettee Brook Lane (Sammy's Lot) which are metered. However, parking is free on Sundays.

On Sunday mornings, people who are able bodied and more youthful should consider utilizing the West side of Madbury Road or other public spaces, leaving our parking lots for those who need close parking.

These changes also affect our office tenants and their clients, so please keep parking in our lots to a minimum during business hours Monday-Friday.

Hot Off the Presses, DARLA Event

“I’ve Been to the Mountaintop”



A Vision of Justice and Unity

Please join us to celebrate the loving legacy of the Reverend Dr. Martin Luther King, Jr.

Sunday, Jan 18, 2026
4:00 PM at Madbury Town Hall
13 Town Hall Road
Madbury, NH

Featuring invited speaker Nur Shoop
of the Black Heritage Trail of New Hampshire

With music by
Wendy and Marty Quinn,
Stu Dias,
and the Madbury Maranatha Indonesian Choir

All are welcome at this FREE community event, and please stay to enjoy refreshments to follow provided by Dover Cooperative Ministries!

Check out **Dover Area Religious Leaders Association** Facebook page for updates and snowdates

Dover Area Religious Leaders Association (DARLA) encourages attendance at a Martin Luther King event on Sunday, Jan 18, 4:00 PM. DARLA is working to bring people of various area congregations together to support spiritual connection and social justice, at a time when coming together with a vision of unity is an important act of compassionate resistance! The event is inspired by the Reverend Dr. King’s final speech: “I’ve Been to the Mountaintop,” with music by wonderful area musicians including Stu Dias of Diaspora Radio, and a Special Presentation by Nur Shoop of the Black Heritage Trail of NH! See you then at the Madbury Town Hall!

Chris Chance, DUUF’s representative to DARLA



Socials

Happy New Year, everyone!

In January look for an email announcing the date and time of the return of **Game Night**. Jen Pavlik and Mike Fleming have kindly agreed to host this fun event.

February 1 will be the **Next Potluck** following the service. Everyone is welcome!

Carol Bullivant, Socials Chair

Making the Durham Unitarian Universalist Fellowship Work!

As you all know, we don’t “pass the hat” or pressure members and guests for donations. In the past, members have asked what level of donations are necessary/appropriate for keeping the Fellowship running. I wanted to provide some information that should shed some light on this question.

This year’s DUUF’s operating budget calls for income of approximately \$48,500 in order to balance the books for the current fiscal year. Income comes from several sources including \$30,000 from our tenants and other users of our facility, and interest from our investments. The balance, \$18,500, is expected from member donations. At this halfway point in the fiscal year, we are running about \$2000 short of this target.

We have around 34 active adult members in 25 families. Our projected donation total requires an average of \$550 per member or \$720 per family. 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!

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 and Dan Faiella

February 7th

With each performance, this effervescent duo takes listeners on a journey through haunting ballads, danceable jig and reel medleys, and poignant slow airs.



Betsy Green & the bottom dollars

March 7th

Local fiddler Betsy Heron will be joined by seasoned professionals Tim Fitzpatrick and Dan Africk to cover a wide swath of old and new bluegrass and old-time classics -- there will be fiddle, mandolin, and three-part harmony galore. Come and tap along!

Jordan Tirrell-Wysocki Trio April 11th

Putting a fresh spin on traditional Celtic music, the Jordan TW Trio delivers a dynamic show full of lively fiddle tunes, haunting airs and classic sing-alongs.



Cosy Sheridan

May 2nd

Cosy Sheridan has been called one of the era's finest and most thoughtful songwriters. Backed by the strong rhythms and harmonies of her bass player Charlie Koch, she plays a percussive bluesy style of guitar. She has performed at Carnegie Hall, The Cowgirl Hall of Fame and on the Jerry Lewis Telethon.

Holiday Greetings from UUA President Sofia Betancourt

Beloveds,

I am sending you all best blessings in this winter holiday season. I know that we are coming into this season of joy, of care, and of neighborliness from a difficult year. Unitarian Universalist ministry within our congregations and beyond is life saving, especially in these times. My prayer for us as Unitarian Universalists is that we hold fast to hope, as a practice and a discipline, and as a promise that we hold in common cause.

I offer the holiday message below to share my prayer with you and my blessings. Please watch it and share it widely with your congregations and communities.

I know that a practice of hope can be especially difficult for those of us who are targeted by those who wish us to succumb to despair – BIPOC and LGBTQIA+ beloveds, federal workers, caregivers, and all who are targeted by policies, politics, and a lack of care. Let us lean on one another in this season. Let us remind one another – through our religious practice of worship, action in the streets, feeding our neighbors, singing with children, and educating one another – of the hope that is among us in community and of the opportunity at the turning of the year to begin again.

We are not waiting passively on a miracle, beloveds. We are working together for our shared values. May those values be a guiding light for this season.

<https://youtu.be/RWv44qzZ2sw>

Love,

Rev. Dr. Sofia Betancourt

From the President's Holiday Party on December 21st



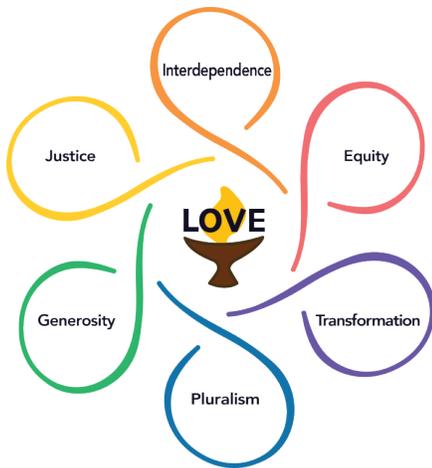
Zoe and Lanie Pavlic provided beautiful music





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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