



The H E E D

March 2026

Newsletter of the Durham Unitarian Universalist Fellowship

Potluck March 1

The **Socials Committee** would like to invite you to a potluck on March 1st following the Sunday service. Everyone is welcome, whether you can bring a dish to share or not. We look forward to seeing you there!

Carol Bullivant

From Our February 15th Service



Maria Pinto shares excerpts from her book about *What Fungi Have Taught Me*

Join Our Services at 10:00 AM Sundays

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

March 1 - Rev. Craig Werth - Deriving persistent hope from community engagement through the medium of music

Craig will bring us a presentation/discussion/sing-a-long on "The Power of Song in Community."

Craig Werth is a singer-songwriter from New Hampshire. Craig serves as pastor at Nottingham Community Church (UU). He teaches for the Chaplaincy Institute of Maine (ChIME) and serves as artist-in-residence and facilitator at Krempeles Center - in support of people living with brain injury.

March 8 - "Welcoming the Unwelcome" - Presented by Dawn Meredith.

We will hear from several spiritual leaders: poet Rumi; Frank Ostaseski, author of "The Five Invitations, Discover What Death Can Teach us About Living Fully"; and Buddhist Monk Pema Chodran about how and why we can welcome even difficult experiences.

March 15 - "Who Am I Going To Be?" is a universal question asked by young people, the answer to which is deeply influenced by opportunity and circumstance. It is also the name of a documentary made a decade ago by Fellowship member Christopher Dunning in collaboration with a small team of NH filmmakers, following the journey of high school-aged refugees who settled in the Granite State with their families.

We'll watch excerpts from the film, and discuss how it came to be made, how things have changed in the decade since, and consider the question, "Who am I going to be?"

March 22 - Personalizing gender by Dylan Babon (they/ them) of our Fellowship's family.

A collection of perspectives about gender identity, highlighting stories from our local non-binary and transgender friends.

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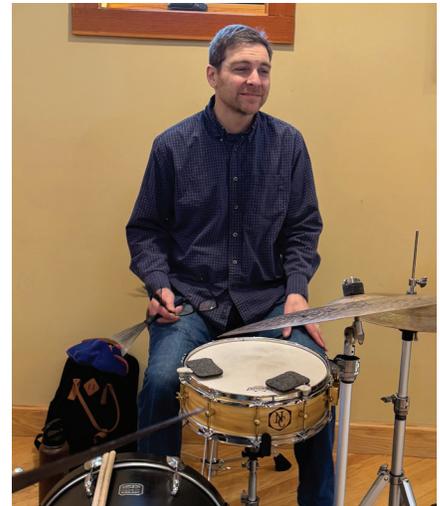
**March 29 - “Sound Meditation: Bloom with Spring” -
Presenter: Peggo Horstmann Hodes**

Transformational is the word used most often to describe Sound Meditation with Peggo Horstmann Hodes. Using the resonant vibration of crystal bowls, tuning forks, shakers, chimes, an ocean drum, a gong, and her voice, a sacred space is created in which stress melts and hearts open. The power of vibration helps people to travel to a place of deep relaxation and peace within themselves. People feel expanded and amplified, energized and renewed. As one participant said, “It was sound bath bliss.”

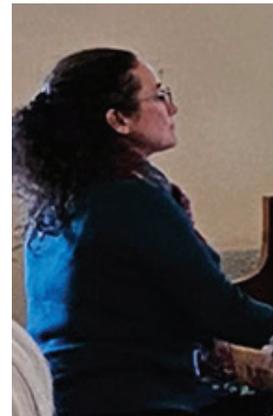
Today’s presentation will include some practical and scientific context for why and how Sound Meditation works. followed by the receptive experience of Sound Meditation.

Peggo Horstmann Hodes (Northern Lights Vocal Ensemble) holds an M.A. in Elementary Education from Lesley College and an M.M. in Vocal Pedagogy from the New England Conservatory. Peggo has been on the faculty of Concord Community Music School for nearly 40 years doing all things vocal, including voice teacher, Voice Department chair, past director of Songweavers and current director of Northern Lights Women’s Vocal Ensemble. Peggo is an expressive soprano soloist and also performs folk music and original songs with her husband, Paul Hodes. Peggo has added to her long experience with voice and vibration by becoming an Advanced Biofield Tuning practitioner, using the power of vibration to bring coherence and healing to the body, mind, and emotions.

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P. J. Donohu, a guest musician, plays his drums accompanying the music of the Solstice Singers.



Maria Isaak, Music Director, Solstice Singers

Solstice Singers, a DUUF-Famous singing group



Like & Share

If you have a Facebook account, you may see Samantha posting weekly about our Sunday programs. If you don't see it, look on our Facebook page and make sure you are following Durham Unitarian Universalist Fellowship. Then begin to like and share.

One week as I did my weekly like and share I noticed that a Facebook friend of mine had liked my post, then shared it on her page. She also happens to have many UU connections, as for years she was married to a beloved UU minister of South Church in Portsmouth.

The more you like and share, the more we spread the word about our great programs at DUUF
Rachel Legard



Fellowship friends congratulate Larry Vogelmann who was honored by Veterans Legal Justice of the NH Bar Association. Seated is Lela Love. Standing from left, John Macri, Dawn Meredith, Deb Johnson and Thomas Pistole. Tom Reichheld also attended.

Facebook Content

Samantha Yeaton is collecting photos and videos of DUUF services and social activities from the last 6 months or so for use on our **social media (Facebook)**. Don't hesitate to share something even if you're not sure if it will be useful. You may be surprised what she can do with it.

Please send to: 603-988-7622 or yeaton.samantha@gmail.com
Thanks!

Slush & Salt

This winter has been especially hard on our building. When there is slush, salt, and dirt coming in on boots it is damaging to the wooden floors and difficult to clean off of the lobby tiles, not to mention hard on our cleaning person.

The board is working on adding another door mat and we may need to ask for more cleaning hours. We also ask everyone to have some awareness and tap off footwear outside and wipe on the mats as appropriate.

from your board



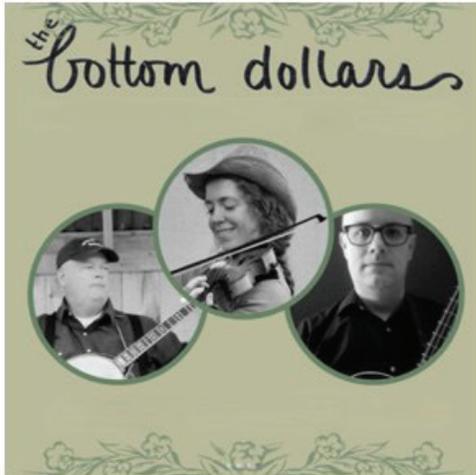
Samantha Yeaton is reading during our young person's story time.



The Avalyn Reed Trio playing at a recent fundraiser event at the Fellowship.

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



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..



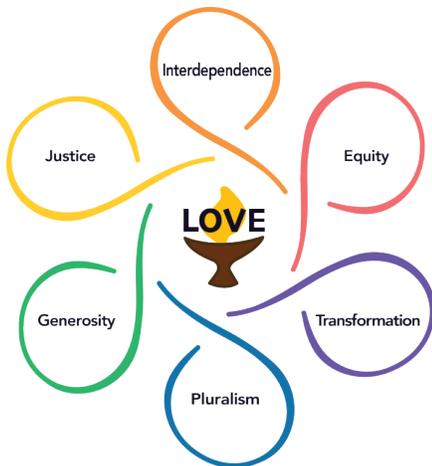
Cosy Sheridan **May 2nd**

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.



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: Nick Isaak

COMMITTEES

Program: Dawn Meredith (Chair), Betty Crepeau, Mary Downes, Larry Vogelmann
Religious Exploration: Bob Pavlik (Chair)
House and Grounds: Sarge Legard (Chair), Grounds: Jon Babon, Rentals: Maria Isaak
Socials: Carol Bullivant (Chair), Susan Noon, Tom Reichheld
Membership: Tom Reichheld, Caring Subcommittee: Chris Rodgers (Coordinator), Susan Bullivant, Dawn Meredith, Carol Bullivant,

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: Christopher Dunning (Web Administrator), Bob Bullivant (HEED Editor), Chip Noon (HEED Design & Layout) Samantha Yeaton (Social Media Administrator)
Denominational Affairs: Deb Johnson (Coordinator)
DARLA Representative: Chris Chance
Durham Housing Association Representative: Susan Noon, Secretary
Marketing ad hoc committee: Susan Noon, Chip Noon

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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