



The H E E D

April 2026

Newsletter of the Durham Unitarian Universalist Fellowship

The Joy of Community

We are all challenged in these times to live our beliefs and not lose hope as we watch the evolving situation with our current administration. UU faith asks us to value all people and the environment, holding love at the center.

The program committee has provided many relevant services, and the social action committee is geared towards mitigating harm. Our small congregation is a place of comfort and support for all of us.

I find much of my personal solace in watching a small group of committed UU's, working together at DUUF. I recall a speaker this winter pointing out that acts of democracy include things like our Holiday Fair, where people made soup to raise money for a good cause. Singing songs of peace promotes democracy. Each little act of caring adds together to build community and to stand up to the hate and greed we see in the news. Each of us plays a part, and I am so grateful to be doing this work with all of you.

Rachel Legard, President

Join Our Services at 10:00 AM Sundays

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

April 5 - Durham UU Fellowship Program Committee - "Rebirth, Renewal, Redemption" Betty, Larry, Mary, and Dawn will present stories and reflections to celebrate the common themes in Easter, Passover and Spring equinox.

April 12 - Mellen Tanamly - "Real World Consequences of the Destruction of USAID"

Mellen will briefly describe what the United States Agency for International Aid (USAID) was and the changes in the last 14 months. She will introduce "Rovina's Choice," a documentary showing consequences to one refugee family from cuts to humanitarian assistance, narrated by Dr. Atul Gawande. She will lead a brief discussion about the film.

Mellen Duffy Tanamly is a retired USAID Foreign Service Officer. She worked in over 40 countries in Africa, Latin America and the Caribbean, the Middle East and Asia primarily in the health and nutrition sectors during her 45 year career. Mellen serves on the Board of Congo Education Partners and leads the Grants Team. She is the Exeter Chapter Leader of Together Women Rise, a national organization that promotes girls' and women's equality in the world. She has a Masters of Science Degree in Public Health Nutrition.

April 19 - "Artificial Intelligence: The Ultimate Humanity" - Prof. Wheeler Ruml

AI is all over the news, with people saying it will destroy the world, cure cancer, or both. Bring your questions and insights as we discuss the history of the tool, modern applications, and potential benefits and risks.

Wheeler Ruml is a Professor of Computer Science at UNH, a co-founder of the International Symposium on Combinatorial Search, and a Fellow of the National Academy of Inventors.

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Before joining UNH, he led a team at Xerox's PARC lab that used AI techniques to build the world's fastest Printer.

April 26 - Human Trafficking - Brian Bessette

Brian is the co-founder of The Freedom Cafe of Durham, a non-profit specialty café dedicated to ending human trafficking and the commercial exploitation of all people. The café provides a collaborative space that invites the local community to engage the issue and take action toward a traffic-free world. Through presentations, discussion groups and community events, they seek to educate local citizens about the complexities of the issue and its root causes, the actions necessary for preventing it, and ways to support reputable organizations working to bring about a world where all people are free.

A Lee, NH Tradition

Hello,

The **Town of Lee is holding its Annual Egg Hunt** on Saturday, April 4th at 9:00 AM SHARP (eggs will be found/picked up within minutes), rain or shine. We will have multiple age groups (all "hunting" at the same time, but in different areas), candy, allergy-friendly treats and a variety of prizes.

This Lee tradition has been open to kids in Lee, Durham, Madbury for more than 30 years.

Let me know if you have any questions. I can be reached at 603-659-2046 (home) or 603-969-1941 (cell).

Thank you so much, Cynthia Nizzari-McClain



Nominations

In order for a lay-led fellowship to survive, we need many volunteers. If you are interested in the environment, making coffee, technology, maintenance, helping children, gardening or program planning, let's talk soon! Help the fellowship thrive by volunteering for a position on a council or a committee.

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

The Milnes and Their Legacy

As authors and UNH professors, **Lorus and Margery Milne** traveled for National Geographic, published over 50 books, and made appearances on national TV. Following Lorus's death, Margery joined our Fellowship. Their legacy was financial gifts to various civic and other groups in the Seacoast area. Among the benefactors was our Fellowship. This sanctuary was built largely through Margery's generosity. Diana Carroll, longtime Durham resident, was good friends with Margery and has maintained a collection of memorabilia on this remarkable pair. If you would like to learn more about the work of Margery and Lorus and their contributions to wildlife and nature, I invite you to an evening with Diana Carroll at the Durham Public Library, beginning at 6:30 p.m. on Tuesday, April 7.

Thomas Pistole

Socials Committee

1. Easter Sunday, April 5, means the return of our **World-Famous Egg Roll**. Well, maybe it's only Fellowship-Wide-Famous but we all like it! Please bring a hard-boiled egg decorated or at least marked with a magic marker as identification so that you can participate. This is an all-ages activity. There will be prizes!

2. On Saturday, April 11, we are trying something a little new. In the past, we've had **Circle Dinners** for eight or six, which are **potlucks**. Dinners are held in someone's home, so that we may get to know each other in smaller groups. It's a lot of fun. As some of us are getting older and don't enjoy driving at night, we decided to try a **Circle Lunch**. So, on that Saturday, we are hoping to hold both a lunch and a dinner in two different locations. Sign-ups will be passed around at the Easter service next Sunday, or you can always contact me, Carol, at cbulli@yahoo.com.

Moments for Young People At the Fellowship Service



This year we have re-started Moments for Young People at the Fellowship. Rachel Legard is shown reading to our young, and not-so-young, congregation.

Chip Noon in Concert!

Yes, you read that right...for the first, and probably last, time, Chip is giving a solo vocal concert for Family and Friends. It will be held on Sunday, May 3, 2026, at 2pm in the sanctuary of the Durham Unitarian Universalist Fellowship, 20 Madbury Road, Durham, NH. Since he has his mother, Doris Noon, singing on old 78 rpm metal records (recorded in 1939) he thought he should contribute to posterity by performing a concert and recording it. This is your chance to hear a mature person sing a grab-bag of his favorite songs. Tomatoes and other fruit must be checked at the door, if you decide to attend.

Here's the song list as he has published it:

1. "Molasses" is the first song I sang in public...at a radio station, age 5
2. "A Wand'ring Minstrel" from The Mikado...I played Nanki-Poo in 9th Grade
3. "Love's Old Sweet Song" one of my mother's favorite songs
4. "The Vagabond" from Songs of Travel, poetry by Robert Louis Stevenson
5. "Tit Willow" from The Mikado which I sang to the kids to their great delight
6. "Granada" a song from my old age
7. "Una Furtiva Lagrima" - my audition song, from L'elisir d'amore
8. "Eamonn an Chnoic" an Irish song from my youth (sung in Irish)
9. "Core 'Ngrato" a Neapolitan Song
10. "The Irish Emigrant" words by Lady Helen Selina Blackwood Dufferin
11. "The Rose of Tralee" - So I'm Irish...so what?
12. "The Kerry Dance" - Another song my mother taught me
13. "Macushla" - Another of my favorites from John McCormack
14. "September Song" - One of Doris "Grammy" Noon's favorites

Small Congregations Month Presentations **submitted by Deb Johnson**

The UUA, recognizing the unique challenges faced by congregations like DUUF, offers a variety of resources to support small congregations*. For the past several years, the month of March has been designated Small Congregations Month; this year the UU Institute offered weekly virtual gatherings for leaders from such congregations to discuss their experiences. I participated in this month's gatherings as your denominational affairs coordinator, and will share with you some of what I learned.

The month's four "Small Congregations" sessions addressed: Week 1: "Creativity in Small Congregation RE", Week 2: "Mobilizing for Climate Justice", Week 3: "Building 'Containers' for Social Justice", and Week 4: "Holding the Sacred."

Our first session, led by Chelsea Krafka, Erica Baron, and Emily Cherry, focused on challenges faced in creating RE programs in small congregations. Erica noted that young families with children are different today than families twenty or thirty years ago and described some of these differences: more often both parents are working and have little free time; children have more programmed after-school and weekend activities. The pressure of these time commitments, including work, parenting and youth sports, as well as

economic pressures result in families being less likely to be able to contribute their time, volunteer labor and/or money to religious congregations. Erica pointed out that in these conditions a first step should be to ask families in your community what they need and how we might be useful in making their lives somewhat easier--perhaps periodically offering family dinners, or a parent's-night-out babysitting service. Finally, they reminded participants to recognize that RE is dedicated to faith formation, and the formation of faith is not restricted to childhood, but continues to develop throughout our lifetime.

The "Mobilizing for Climate Justice" session included a thoughtful presentation by Rachel Misliv, UUA's Climate Justice Strategist. During the past few years, Rachel and her team have completely revamped the Green Sanctuary accreditation process--a process which many of you might remember as unwieldy and cumbersome. The new, streamlined process--Green Sanctuary 2030--simply requires congregations to submit annual reports of one climate justice project they have carried out during the past year. These Green Sanctuary projects are entered into a new database of climate justice projects, producing a valuable resource for UU congregations involved in climate

justice work. Throughout her talk Rachel emphasized that "creating climate justice is the work of our faith" as climate justice is inextricably linked with UU values and with other social justice initiatives. Presentations by organizers from several congregations underscored this point by illustrating how climate justice campaigns are intertwined with immigration justice, economic justice and contributes to an increased awareness and respect for the interdependent web of all existence of which we are a part.

During the third session, Reverend Samuel Felder, minister of the UU Fellowship in Dubuque, Iowa and Emily Cherry, Congregational Life Staff for the New England region of the UUA, discussed challenges faced by small congregations as they engage in social justice work. Though such work is integral to UU identity and values, such work can be difficult to sustain in small congregations, as limited volunteer resources (alongside many other tasks requiring volunteers) and competing perspectives on which communities we should assist, and how much social action assistance is "enough". Rev. Samuel describe how, some time ago, the small fellowship (~50 members) he now leads, had committed to providing a full meal to 200 people once

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a month. Though certainly helpful to the community being served, the work of preparing this large menu was the responsibility of an ever-dwindling number of people. The project collapsed, leaving bad feelings on both sides, and it has taken lots of work in recent years to rebuild that particular social justice connection. So how should such congregations “right-size” their social action work; and what amount of social action is “enough” for a small congregation. Rev. Samuel suggested that it’s important for the congregation to have thoughtful discussions both of “what the congregation can do sustainably, and with long term goals in mind” as well as “what the community actually needs from us”. In other words, make sure you are doing something (which you can sustain) and make sure it’s helpful to the community you are serving. Only through such discussions (which will need to be revisited periodically) can the congregation select social justice work that is sustainable, helpful and “enough”.

During the final session, a panel including Simone Monique Barnes, Dana N. Moore, and QuianaDenae Perkins, explored the questions: What does it mean to host and be held by a sacred community within the congregation? What emerges when congregations create and hold ‘sacred space’ for identity-based small groups

and gatherings?

Though the panelists acknowledged that meanings of “sacred space” vary, they suggested it involves creating a congregational environment in which participants can feel energized, inspired, connected to others, appreciated and comfortably at home. Developing such a space, they said, involves the ‘radical hospitality’ of being able to see your congregation through the eyes (and needs) of visitors/new members, while thoughtfully establishing welcoming spaces and practices that make our congregation accessible and accommodating to newcomers. As one panelist stated, “You can’t say ‘All are Welcome’ and not be willing and ready to change your community.” So instead of inviting newcomers to “come in and learn about us and what we do”—a radically welcoming attitude would suggest “join in with us, and help us become a bigger, better community.”

It’s my hope that this report serves as a reminder that the UUA can be a rich source of new ideas, creative approaches and deep inspiration.

** The UUA defines “small congregations” as those having fewer than 150 members, so many of those attending and presenting came from congregations considerably larger than DUUF. FYI: congregations with up to 200 members are sometimes included in the “small congregation” category.*



An Announcement from the March 29th Service

*Musical Connections -
Thomas Pistole*

A number of years ago I was introduced to a local music group, seven women who sang *a cappella*. I bought their CDs, attended their concerts, and, when I was Dean of Religious Education Week on Star Island, made arrangements to have some of the members to give a concert there. An unexpected highlight was an impromptu singing on the porch of the Oceanic Hotel later that evening. *Sing Out Magazine* said it better than I could: “These voices soar and blend, deliberate and precise, yet passionate and expansive... The arrangements are accessible and the choral and solo parts are divine.”

Our speaker today was a member of that group **femme m’amie**.

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



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

Last Two Concerts for this Season!

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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