



The H E E D

Summer 2026

Newsletter of the Durham Unitarian Universalist Fellowship

Program Committee

Our first service in the fall is Sunday, September 13th, the first Sunday after Labor Day. Susan Bullivant will continue the tradition of offering the Water Ceremony on this first Sunday back. During this service we share water and memories collected from our summer to help us reconnect. (If you forget to collect water, no worries, we will have some to share.)

Dawn

Socials Committee

A big thank you from all of us to Maria and Nick Isaak for hosting the annual end of year picnic at their home. The invitation said rain or shine and unfortunately, rain was the order of the day. Despite the weather, there was a great turnout with lots of socializing and wall to wall food. It was a wonderful way to end the church year. We hope everyone has a great summer and returns reinvigorated to enjoy another year of good programs and great friendship.

*Carol Bullivant
for the Socials Committee*

Join Our Services at 10:00 AM Sundays, Starting Again September 13, 2026

It's summertime, and the livin' is easy. And in keeping with a Unitarian tradition dating back to the early 19th Century, our Fellowship takes a vacation for the summer. This is becoming less common among UU's in the US, but here in Durham we still keep that custom.

But this only means that Sunday services are suspended. Our Caring Committee, Social Action Committee, Marketing & Outreach Subcommittee, and in fact all of our committees and councils still find things to do during the summer.

If you find the need to do something, please get in touch with any of our committee members and they'll help you out.

And of course, please remember that our entire Fellowship is more than ready to help you with personal issues you may have. Just give us a call or email...or text if you are Gen Z.

Chris Rogers is coordinator of our Caring Committee at 603-970-0502 by call or text.

See you next September!



Caring Committee

Fellowship programs may be on hiatus for the summer, but your Caring Committee remains available all year round. So please contact Chris Rodgers or one of the other CC members should you have personal needs, or should you become aware of someone else's needs.

Chris Rodgers

Avalyn Reed Trio

presenting

“Notes from America”



Nancy Fiske, Maria Isaak Christine Fell

August 5, 7PM, Wednesday
PEA Summer Library Series
PEA Library, Elm St., Exeter

Avalyn Reed Trio will be celebrating 250 years of democracy and diversity through music featuring music from the early New England tradition of William Billings and “Simple Gifts” to zany Peter Schikele. Other New Hampshire highlights include Amy Beach and Edward MacDowell (of the NH MacDowell Colony of Peterborough). Stephen Foster, George Gershwin and John Philipp Sousa will also make appearances.



Soliciting Your Ideas and Efforts To Secure DUUF's Future

We closed the 2025/2026 DUUF year with our Annual Business Meeting on May 28, and we are looking ahead to the coming year. It was a great year for programs and music. We also are very happy to welcome a new family with two young children as new members. This was an initial success to accomplish our goal of attracting young families to the Fellowship.

At our Annual Business Meeting, there was the usual review and approval of the budget (thanks Jen!) and the usual voting on the nominated officers, chair people and council coordinators (thanks Sarge!). Also on the agenda was sustainability of the Fellowship's future. Each year it is harder to fill open positions, and the issue of fewer active members was highlighted by the need to wait ten minutes for a quorum so we could start the meeting. We began with three open positions. They were filled at the meeting illustrating one of the things DUUF members do best: stepping up when they see a need. I remain concerned, though, since one member is now serving in three significant roles. Many people are filling two positions. I worry about burnout and sustainability.

The members present all agreed that growth of membership, and particularly young families, are what we need most. There are varied opinions about how this should happen, and the board has been charged with having further discussions about this goal in the upcoming DUUF year.

We have been and continue to be ready for children and families to join us. We have a great RE chair (thanks Bob!) who is also a teacher. He is well supported with others willing to teach, and there are great RE rooms. We have a teen member currently providing childcare each week. (Thanks Dylan!).

Increasing membership numbers is not a new concern, and it has been discussed over many years with several ideas offered. This is not a small problem to address. I still recall John Macri's wisdom when he was on the board and people would say we “should do something.” His response was positive about the idea, but he reminded us we need someone to “champion the idea.” Relying on the same small group of people and adding more to their plates is not sustainable. I have been involved with this Fellowship for about 30 years since our older daughter was five, and I became an RE teacher. It is a great community of people, and I really want us to thrive long term. Please bring your ideas to the board, but more importantly, be willing to champion them.

Rachel Legard, president

Your AED At Work... or waiting to work.

Last month, after a certain discombobulating incident in the Fellowship Sanctuary, someone (me) noticed Sarge Legard carrying the **Automated External Defibrillator** into the hall. I thought, "Hmmm...where'd he get that?" So, here's a picture of it in the building. (Below, Right) And here's a 2 1/2 minute video from **The Mayo Clinic** which is a must-watch for all of us, in my humble opinion.

Chip Noon

Mayo Clinic AED video
copy and paste into browser

<https://bit.ly/4fXBYDA>



The beautiful Korean Dogwood in full bloom. This was a gift from Joyce in memory of her husband Merle Sheffield.

Durham Day

Hello Durham!
We would love for you to join our annual event, **Durham Day!**
Thursday, Aug. 6th
6:00pm to 8:30pm
Downtown Durham
Hope to see you there,
Thank you
Rachel & Kellie
Kellie DeSimone
Park & Recreation Assistant
Director
Town of Durham
(603) 817-4074
durhamrec.recdesk.com
follow us on Facebook "Durham Rec"

Let's Have Your Feedback on Our Programs!

Dear DUUF members and friends,

As the Program Committee begins to plan our program for next year, we'd like some feedback from you about the programs this past year. As a reminder, last year's program included faith leaders, social action leaders, meditation, music, sharing of personal and spiritual stories.

A full list of the 2025-2026 season programs is here to jog your memory.

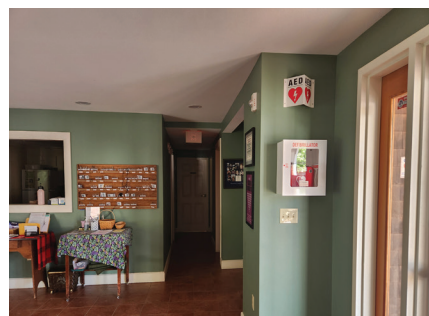
[CLICK HERE](#)

Check your email for the survey, mailed to you last month. Or contact Dawn for a link.

We are interested in your opinion of the mix of topics, the quality of speakers, and the length of the program. Feedback by the end of June would be most helpful. If you have trouble filling out the form, contact Dawn (dawn.meredith@comcast.net).

Thanks!
2026/27 Program Committee
Dawn Meredith, Mary Downes, Larry Vogelmann, Bob Pavlik

AED



Your AED At Work...or waiting to work.



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), Bob Pavlik, Mary Downes, Larry Vogelmann
Religious Exploration: Bob Pavlik (Chair)
House and Grounds: Sarge Legard (Chair), Grounds: Jon Babon, Rentals: Maria Isaak
Green Sanctuary: Jon Babon (Coordinator), Nick Isaak
Socials: Carol Bullivant (Chair), Jon Babon, Christopher Dunning, Susan Noon
Membership: Tom Reichheld (Chair); Caring Subcommittee: Chris Rodgers (Coordinator), Dawn Meredith, Rachel Legard, Carol Bullivant,

COUNCILS

Nominations: Sarge Legard (Coordinator)
Music: Maria Isaak (Coordinator)
Social Action: Mary Downes, (Coordinator), Betty Creapeau
Denominational Affairs: Thomas Pistole (Coordinator)
Communication & Outreach: Christopher Dunning (Website Administrator), Bob Bullivant (HEED Editor), Chip Noon (HEED Design & Layout)
Ad Hoc Marketing: Susan Noon, Chip Noon
Dover Area Religious Leaders Association: Chris Chance (Representative)
Oyster River Folk Music Concerts: Brad Kinsey, Bob Pavlik (with Durham Community Church)

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

HEED is published by the
Unitarian Universalist Fellowship
of Durham, New Hampshire.
Editor: Bob Bullivant
Design/Layout: Chip Noon

20 Madbury Road
Durham, New Hampshire 03824
www.uudurhamnh.org