



The H E E D

September 2026

Newsletter of the Durham Unitarian Universalist Fellowship

Welcome Back!

DUUF's long summer break is a good time for rest and renewal. With a lay led group like ours, the slower summer season gives us a needed break from the more intense work of supporting and upholding this community. While some functions continue (Caring Committee work, communications and outreach) the summer provides a change and less work.

As we return, your Program Committee is working on scheduling and preparing programs. Maria has lined up musicians and Social Committee is preparing for coffee, potlucks and more. The work of keeping our DUUF community vibrant, fulfilling and growing continues.

We all face a changing world and threats to our ideals as UU's. Our ideals are similar to those the founders of our country held. Recently, I have been thinking about the overlap. Every one of our seven principles aligns with the values our country held when I was a child. It is not just what we expect of our UU community but also what we expect from our government. Each of those principles is under attack from our current administration.

Join Our Services at 10:00 AM Sundays

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

September 13 - Susan Bullivant, will present our traditional "Water Ceremony."

From the UUA site: "Members bring to the service a small amount of water from a place that is special to them. During the appointed time in the service, people one by one pour their water together into a large bowl. As the water is added, the person who brought it tells why this water is special to them. The combined water is symbolic of our shared faith coming from many different sources. You are invited to bring the water you collected this summer. But no worries if you forget - we'll have water at the fellowship to use as well."

September 20 - Larry Vogelmann - "LBJ Hero and Villain"

Larry will explore Lyndon B. Johnson, a man who was vilified for his role in extending the War in Vietnam while leaving a lasting legacy on civil rights in this country.

September 27 - Betty Crepeau - "Developing a Generous Heart"

Generosity is linked to a sense of gratitude. Those with a well-developed sense of gratitude tend to be more generous. This presentation will begin with a short period of reflection on the roles gratitude and generosity have influenced our lives. Second, Betty will review generosity from a social science perspective. Third, she will introduce the concept of *Dāna* – generosity in *Pāli*, the language of Buddhism – which the Buddha taught as the first step on the spiritual path. We will close with another short period of reflection followed by discussion.



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I keep returning in my mind to Mary's program on climate change last year. When it is easy to get swallowed by hopelessness, the most important thing we can do is continue to hope and work towards what we want. I hope we can all keep love at the center as we swing back into our important work.

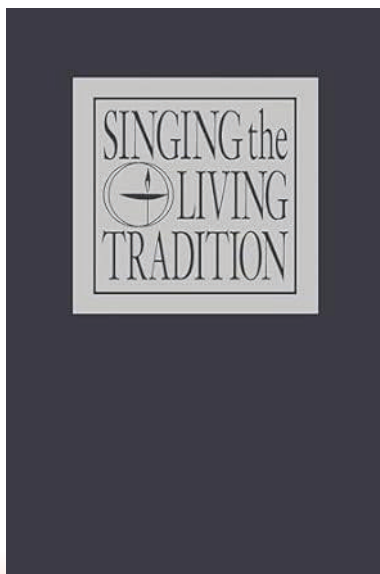
Rachel Legard, President

Hymn Leaders Needed!

Would you feel comfortable leading us in song during an upcoming Unitarian Universalist Fellowship service?

We'd love to have a different member of the congregation lead us each week—no formal musical training required, just a willingness to share your voice and help us sing together! If you're interested, please email Maria at maria.isaak@gmail.com.

And if no one volunteers... well, you'll just get to watch Maria's head bob and smile at you from the front!



Pot Luck on the Horizon - September 20th!

It's nearing the end of August and at dinner tonight two of my grandchildren were discussing their fall classes. My younger granddaughter complained that summer was too short. I reminded her that summer really lasts into September, and it's the start of school that makes us feel that summer is over.

Another sign that summer is over is heading back to DUUF for Sunday services.

I think that's a happy thought. I look forward to seeing old friends and making new ones, to enjoying thought-provoking services and wonderful conversations during the coffee hour. **On September 20, after our second service, we will celebrate our community with a potluck.** Please bring something to share. If that's not possible, please plan to attend anyway. I look forward to seeing you there.

If this is your year to try to do just one little volunteer job, **consider volunteering to help make coffee.** I am happy to train you and you will learn the many mysteries of storage in our dining room.

Carol Bullivant, Chair Socials Committee



Photo by Jennifer Burk on Unsplash

Fellowship Hall Minus Two Trees



Downtown Durham Day - THANK YOU!

(DUUF participated at Downtown Durham Day with an information table, face-painting, and beadworking. Our volunteers were Rachel Legard, Sarge Legard, Elle Legard, Mary Downes, Samantha Yeaton, Susan Noon, and Chip Noon)

Hi All!

Thank you for helping make Downtown Durham Day such a wonderful celebration of our community yesterday evening!

Your participation played an important role in creating a fun and welcoming event for residents and guests of all ages. We truly appreciate the effort you put into being there yesterday, and we loved all of the interactive activities, informational booths, demonstrations, entertainment, and community engagement. Your presence helped showcase the incredible businesses, organizations, committees, and volunteers that make Durham such a special place to live, work, and visit.

Downtown Durham Day is a true reflection of what can be accomplished when our community comes together. Your willingness to be part of the event helped create an evening filled with connection, laughter, and hometown pride!!

On behalf of Durham Parks & Recreation, thank you for your partnership and for bringing such great energy to our downtown. We appreciate your support and look forward to working with you again at future community events.

With appreciation,

Rachel & Kellie

Rachel Gasowski, CPRP, Park & Recreation Director, Town of Durham, durhamrec.recdesk.com



New Recycling Policy

Durham has changed its recycling policy to the single-stream system. With single-stream recycling, all acceptable recyclable materials may be placed together in the recycling bin with no sorting required. The Fellowship kitchen will now maintain just 1 bin under the back counter.

Although Durham does not pick up regular trash at the DUUF curb, it did provide us with a large toter and will pick up our recyclables. Please rinse cans & bottles and follow the guidelines that are posted in the kitchen.

Another change to food & drink containers is that the Fellowship is moving to a 'carry in-carry out' policy. Large groups like DUUF, AA, and 4 Rivers will continue to take out their own trash bag after each get-together. For every other person using the building for any reason, individual responsibility is expected. Food waste left in a trash can for days (or longer) is attracting fruit flies, ants, mice and flies.

For those unfamiliar with carry in-carry out, it simply means if you are able to carry in a package of food, then you can carry out any unconsumed parts of that food as well as the packaging.

Sarge Legard, House Chair





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

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