The HEED
November 2026

Newsletter of the Durhham Unitarian Universalist Fellowship

The Fellowship has received the following notice:

The UUA Annual Program Fund office is happy to confirm that your congregation has achieved Honor Congregation recognition for Fiscal Year 2027. Thank you for being an Honor Congregation and your unwavering support and continued generosity!

We have earned this recognition for several consecutive years. Let's continue to do our part to sustain the work of our parent organization.

President's Party

The President's Party (Rachel Legard is this year's president) will be on December 20th at 3:00pm in lieu of the service that day. It will be Solstice-themed with poetry and the Fabulous, Fellowship-famous Solstice Singers (to put a little alliteration to the announcement). (Did you get that?)

Join Our Services at 10:00 AM Sundays

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

November 1 - Nancy Crumbine - "Bending the Arc Ever So Slightly"
Through exploring the connection between my two-year-old grandson learning the word grasshopper and Joseph Conrad visiting the Belgium Congo in 1899, I want to suggest what language allows us to see, what not speaking allows us to avoid, and how important it is for us to counter the doublespeak, the truthiness, the treason of our age.

Nancy is a UU minister and Professor Emeritus at Dartmouth College. Her work spans theology, ethics, and public engagement, and she has lectured under the auspices of the Vermont, New Hampshire, and National Humanities Councils.

November 8 - Larry Vogelman - "Giving Back to Those Who Serve"
Larry Vogelman will talk about Veterans Legal Justice, a non profit that provides legal assistance to veterans, service members and both their families.

November 15 - Michael Ferber - "The Mystery of Language"
If you step back and try to consider the matter with fresh eyes, it can seem amazing that you can read this, and that I can give a talk about this subject and you might come to hear it. What I'll talk about is why human language is unique among animal communication and why its origin is still mysterious. Why do babies learn to speak so speedily? How did phonemes arise? Are there linguistic universals? We'll explore together; I don't have the answers.

Michael Ferber is not a professional linguist but may be the next best thing. He taught English at UNH for thirty years and at Yale before that, and has studied several languages at various depths. He has published quite a few books about

(continued on Page 2)

Denominational Affairs: *Who Are These Three People?*

This month's column includes current affairs and a bit of history.

First, a quiz.
1. Can you name any of the people in the above photo?
2. Two of these people form a group. What is its name?
3. One of these people plays an important role in our current UU Association. Which one is this and what is that person's name?
Answers and additional information are elsewhere in this issue.

Socials Committee

The Socials Committee is pleased to invite everyone in the DUUF community to participate in a potluck after the service on November 15. Enjoy good food and even better conversation with Fellowship members and friends. We look forward to seeing you there!

Carol Bullivant

October Programs *(continued from Page 1)*

poetry, and right now he is working hard on Homeric Greek. He also writes a bi-weekly column on language for InDepthNH, an on-line news feed.

November 22 - Betty Crepeau and Dawn Meredith - "*The Five Invitations: Discovery What Death Can Teach Us About Living Fully.*"
We will lead a discussion of the first chapter of this book entitled "Don't Wait." The author of the book is Frank Ostaseski co-founder of the Zen Hospice House in San Francisco. He shares his wisdom from Buddhist teachings and years working with people in hospice. In the new year we will be leading several services with discussions about the remaining chapters of the book. We hope you will take a larger part in our discussion by reading a short excerpt of the chapter which we will email to you. Even better, we hope you will commit to reading the book and contributing your thoughts to our discussions over the next few months.

November 29 - No program this Sunday after Thanksgiving. Enjoy your time with family and friends!

Thankful

As we approach Thanksgiving, I am contemplating different meanings people attach to the day. There are the friendship stories I learned in school of Indigenous people and the early settlers sharing a meal. It is an oversimplified story and often white-washes the brutal history of colonizing. Some people focus on the food, the time with family or even football.

Thanksgiving always reminds me of all I have to be grateful for. In relationship to our Fellowship, I am so very thankful for having this community. I am thankful for all of you, and your willingness to share in the work it takes to maintain our building, to plan, prepare, and present programs, to welcome new members, to provide care and education of our children, to administrate, to manage coffee and snacks and coordinate social events and to enact social action functions. This work has carried us through over sixty years.

At this time when our values as UU's and our values as Americans are under such stress as a nation, I am so very grateful for each one of you. You value caring for other people and the earth, you value kindness and acceptance of each other, and you value the democratic process and truth. You are my people. Don't forget to vote your values on Nov. 3, Tuesday!!

Rachel Legard, President

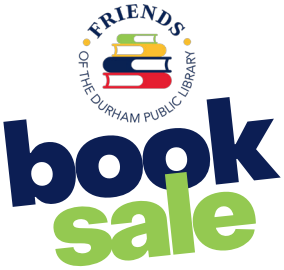
Answers to the quiz

1. People in the photo. left to right. Pat Humphries, Sandy O (Opatow), Sofia Betancourt
2. Group name. Pat and Sandy are known collectively as Emma's Revolution. The duo is named after Emma Goldman, a Russian-born anarchist revolutionary, political activist, and writer. From their website: "Emma's Revolution carries on in the spirit of their mentor, Pete Seeger." They are "known for fearless, truth-telling lyrics and melodies you can't resist singing" Their venues often include UU congregations.
3. Rev. Dr. Sofia Betancourt is the current president of the Unitarian Universalist Association.

About our UU presidents

The American Unitarian Association and the Universalist Church of America consolidated in 1961. Dana McLean Greeley was the last president of the AUA and first president of the new, combined organization. Greeley and the next five presidents were white men. In 2001 William Sinkford became the first UUA president of color. The next president, Peter Morales, was the first Latino to hold that position. Following his sudden resignation in 2017, a triumvirate of prominent UUs was collectively named acting presidents. They were past UU president William Sinkford, minister/academician Sofia Betancourt, and Dr. Leon Spencer, academician & "Pioneer in UUA's antiracism and anti-oppression efforts." Dr. Spencer was our first, and so far only, non-ordained minister to hold the position of president. Our first elected female president, Susan Frederick-Gray, took office in 2017. In 2023 Rev. Dr. Sofia Betancourt became our current president. Our tenth elected president is described as the first woman of color and first openly queer person elected to the presidency of the UUA. Unitarian Universalism is very much a dynamic faith. We are (usually) open to change. The path of our presidents is one example of this dynamism.

Thomas Pistole



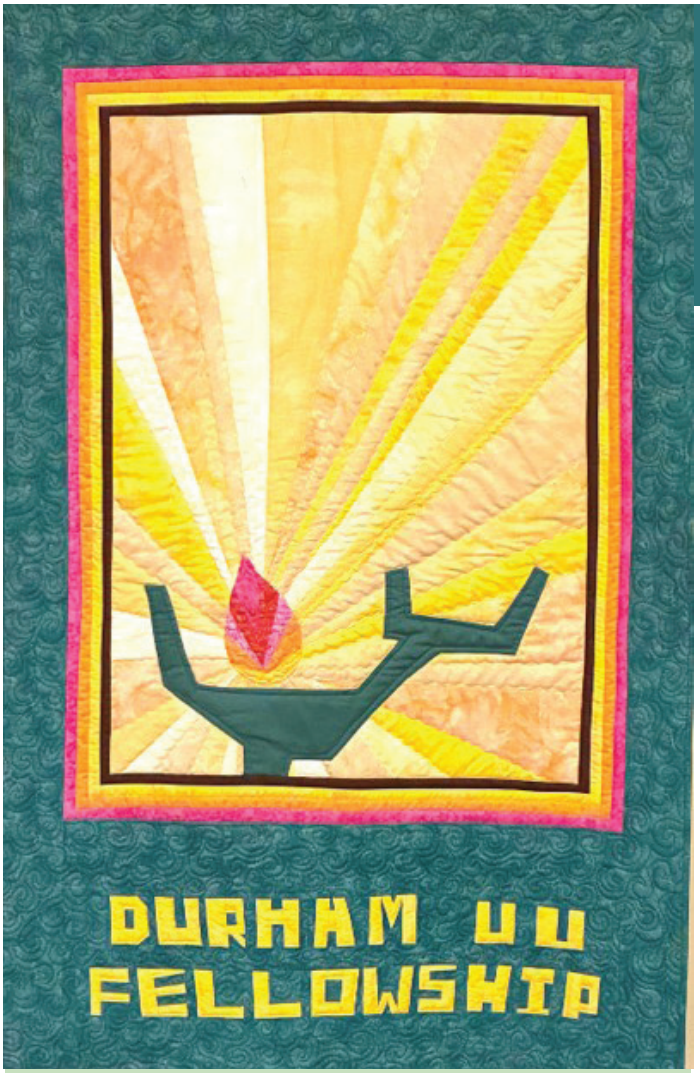
Adult Fiction & Non Fiction **$1-$2**
Children & Young Adult **50¢**

Friday, November 6th
10:00 a.m.–4:30 p.m.
Saturday, November 7th
10:00 a.m.–2:00 p.m.

DPL
Durham Public Library
49 Madbury Rd, Durham, NH | 603.868.6699

New Hampshire, make your voice heard in the State General Election on Tuesday, November 3, 2026

Important decisions are on your ballot, including key federal and state races. Candidates like Cinde Warmington (DEM), Kelly Ayotte (REP), and Stephen Villee (LP) are running for Governor. Voters will also choose representation for the U.S. Senate, with candidates including Chris Pappas (DEM), Edmond LaPlante (ConP), and John E. Sununu (REP), alongside critical U.S. House seats and referendum measures. Plan ahead to vote. Consult official state resources to verify polling place operating hours, early voting options, and deadlines for submitting absentee ballots. You can check your registration status, view your specific sample ballot, and locate your exact polling place by visiting the New Hampshire Secretary of State Election Portal. Don't sit this one out—mark your calendar and vote!



We believe that together, we can make the world a better place.

If you are searching for greater meaning and connection, please consider joining us

Sundays from 10 – 11:15 AM

Each gathering features music, community, and a thought-provoking talk, followed by an informal gathering with our speaker, our members and refreshments.

One of the oldest lay-led (no minister) UU congregations in the country, Durham UU is diverse in faith, ethnicity, history and spirituality, but aligned in our desire to make a difference for the greater good. Everyone is welcome (including kids)!

DURHAM UNITARIAN UNIVERSALIST FELLOWSHIP

20 Madbury Road
Durham, NH
UUDurhamNH.org

October 25, 2026

The Importance of Keeping the Die-A-Logue Alive

Laura Cleminson, founder of the Pre-Dead Social Club, speaks about how talking about dying and death can pave the path to living more fully and gaining clarity about what matters most along the way.

November 1, 2026

Bending the Arc Ever So Slightly

Rev. Nancy Crumbine, a UU minister and Professor Emeritus at Dartmouth will explore what language allows us to see, what not speaking allows us to avoid, and how important it is for us to counter the doublespeak, the truthiness, the treason of our age.

November 8, 2026

Giving Back to Those Who Serve

Larry Vogelman will talk about Veterans Legal Justice, a non-profit that provides legal assistance to veterans, service members and their families.

November 15, 2026

The Mystery of Language

Michael Ferber, retired UNH English Professor (and the next best thing to a professional linguist) will talk about why human language is unique among animal communication and why its origin is still mysterious.

November 22, 2026

The Five Invitations – What Death Can Teach Us About Living Fully

Betty Crepeau and **Dawn Meredith** will lead a discussion of the first chapter of the book "Don't Wait" by Frank Ostaseski, co-founder of the Zen Hospice House in San Francisco.

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 Vogelman
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

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