

# HEED MARCH 2009



## UPCOMING SERVICES

March 8	Professor Barbara White	NH's UU Marilla Ricker
March 15	Julianna Macri, Kate Clark	Bridging the Gap: Southeast Asia in the Eyes of Outsiders
March 22	Larry Vogelmann	Death is Different
March 29	Reverend Roberta Finkelstein	And Now.....
April 5	Betty Crepeau	The Meaning of Home

## ON THE CALENDER

March 14	Board Retreat at Noon
March 16	Board Meeting at the Fellowship, 7:30 p.m.
March 29	Pot Luck after the Program
April 12	Easter Breakfast at the Fellowship 9:00 a.m. Eggs and sausages provided by the Nordgrens Bring bread or fruit to share

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# THE GREENEST BAKERY

by Sarah Mae Brown

When Beach Pea Bakery opened a few years ago, sustainability was a priority. That commitment, relentlessly applied to every aspect of the business has catapulted owners Mariah and Thomas Roberts to the forefront of green restauranting. By composting 100% of food waste and offering New England's most impressive array of biodegradable and compostable packaging - Beach Pea has raised the green bar for the restaurant industry. With 600 customers daily, this small but busy bakery in downtown Kittery could be creating close to 20 bags of trash a day, all of which, under normal business practices, would end up in our local landfill. But, an aggressive and educational waste reduction program yields only 3, (biodegradable), garbage bags daily that can't be composted, recycled or reused. And even this garbage doesn't go to the landfill; it is burned to create electricity for the Maine power grid.

At Beach Pea every customer is educated in the composting and recycling effort. Each time a loaf of bread is sold or a sandwich made, the environmental ethics of this business are passed on to the customer. Table displays ask for participation in reducing and disposing waste properly. A large, prominent sign describes what each alternative packaging item is made from: forks, knives and spoons from potatoes, to-go containers, disposable plates and portion containers from sugarcane pulp, drink cups, straws and garbage bags from corn, bakery bags, boxes, napkins, coffee cups, toilet paper and paper towels, all from unbleached, sustainably harvested forests or recycled paper. "We use peer pressure and convenience to tell the customer exactly what we are doing and how we are doing it: we make it very easy for them to participate here and challenge them to take this approach home. We want people to think about the waste they generate and learn how to dispose of it responsibly," says Mariah.

Beach Pea has high expectations of all their suppliers. Every product is examined for its environmental impact. Purchasing is made as local as possible to cut down on fuel usage for delivery and to invest in the local economy. Vendors are pushed to offer more sustainable alternatives or chosen for the sustainable options they carry. "We hope customers leave here and ask other stores they frequent to offer alternatives to plastic - there are so many great options now and they really don't cost much more. Frankly, there is no reason other than habit, for restaurants to be using plastics -- viable, affordable, functional options exist for any business" explains Roberts.

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# CHRISTMAS FAIR 2008

*January 30, 2009—Members present: Margaret McKenna (retiring Chair), Joyce Sheffield, Dorothy Oliver, David Funk, Karen Haselrud, Chris Rodgers, Norma Segal*

*Below are the figures for this years sale.*

<i>Homemade soups and café</i>	<i>\$250.00</i>
<i>Swags and other greenery</i>	<i>160.00</i>
<i>Bakery, Jams, Jellies</i>	<i>123.90</i>
<i>White elephants</i>	<i>194.80</i>
<i>Kid's corner</i>	<i>15.40</i>
<i>Post sale</i>	<i>97.00</i>
<i>Total</i>	<i>841.10</i>

*The committee reviewed the sale, trying to ascertain the reason for the low profit vis a vis previous years. It would seem that there a number of possibilities: bad economic times, a reduced number of items, etc. (t is our hope that we can do better next year, but plans were tabled until we can see where we are in construction of the new addition.*

*Following our tradition of donating funds locally, the following checks were sent.*

<i>Feminist Health Center</i>	<i>200.00</i>
<i>A Safe Place</i>	<i>200.00</i>
<i>My Friend's Place</i>	<i>100.00</i>
<i>Cross Roads House</i>	<i>100.00</i>
<i>Avis Goodwin Health Center</i>	<i>400.00</i>

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# UU INFORMATION

## UUs Online

Are you aware of how many UU resources and communication possibilities are available online? Below are a few you might consider exploring.

## DUUF Website

Our Fellowship's website began years ago and has since expanded a lot. Go to [duuf.net](http://duuf.net) to see what visitors see when they look us up (folks increasingly check us online before they visit). But there is much also of use to those who already attend, including a list of upcoming Sunday programs and links to our newsletter and to sites such as the UUA, the District website, and UU World. Added recently is a link to a UUA video in support of marriage equality. Other pages on the site describe our religious exploration and social action programs and more.

Navigate to the Members Section and you will find other links including one at the bottom of the page for members to sign in to view Fellowship history, our bylaws, financial information, job descriptions, member contact information, minutes of meetings, and more; new things are added periodically. I plan to add pages for each member who would like one, helping us get to know one another better and especially useful to newer members who'd like to learn more about people whose faces they've seen but haven't yet had much contact with. Betty Nordgren's 1995 "Who We Are" binder about members might be a good model. Watch for information about a sample page I'll put up (eventually), along with a call for members to provide information for their own page.

## UU Websites

In addition to our DUUF site, the Northern New England district site, and the UUA's site, you might be interested in exploring a few of the following:

UU Wikipedia ([uuism.net/uuwiki](http://uuism.net/uuwiki)- this is a user-editable site (modeled after Wikipedia)

will all manner of information about UUism, including links to UU blogs and podcasts

UU Planet TV ([uuplanet.tv](http://uuplanet.tv)) has a wealth of UU video clips, plus links to a host of other uu sites. You can even upload your own UU video to the site

UUFAQ - offers answers to frequently asked questions about Unitarian Universalism along with many interesting links, including some to podcasts of sermons

Church of the Larger Fellowship ([clf.uua.org](http://clf.uua.org)) - founded 50 years ago to provide a home to isolated UUs worldwide, it is a formal member congregation of the UUA

Belief Net ([beliefnet.com](http://beliefnet.com)) - see the section on Unitarian Universalists

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# SAVE THE DATE

## **Meadville Lombard's Prospective Student Conference is April 8 and 9**

Meadville Lombard Theological School, a Unitarian Universalist seminary in Chicago, Illinois, is holding a Prospective Student Conference on April 8 and 9, 2009. Visit the school to meet our award-winning, full-time faculty, and the students who will be your future colleagues. Learn about our Master of Divinity degree program that infuses practical experiences throughout your academic career. And learn how you can earn your degree through our innovative **TouchPoint distance learning format**, where you travel to Chicago for academic courses and orientation, but do your community and congregational experiential work where you live. For more information, [visit our website](#) or call the Admissions Office at 773.256.3000 x250.

## **Theological Education for Lay Leaders and Seminarians at Meadville Lombard**

Deepen your Unitarian Universalist theological understanding as you study with current and future leaders of our movement, including: **Rev. Dr. William F. Schulz**, Senior Fellow at the Center for American Progress and former President of the UUA, former Executive Director of Amnesty International, USA; **Dr. Sharon Welch**, Provost, world-renowned ethicist and author; **Dr. Mark Hicks** our new Angus MacLean Professor of Religious Education, author of UU RE curriculum, and lay leader at All Souls in Washington DC. [Visit our website](#) to view course descriptions and syllabi of these summer offerings:

- **Preaching As If You Mean It** with Rev. Dr. William F. Schulz, July 6 - 10, 2009, Chicago.
- **Chancel Drama Practicum** with the Rev. John Tolley, Ph.D., July 13 - 17, 2009, Chicago.
- **Ethical Wisdom: A comparative study of Buddhist, Native American, African American, and Humanist traditions** with Dr. Sharon Welch, July 20 - 24, 2009, Chicago.
- **UU History Through UU Women's Hymns** with Rev. David Johnson, August 16 - 21, 2009, Ferry Beach, ME.
- **Educating for Barack's World: Creating Educational Experiences that Advance Social Justice** with Dr. Mark Hicks, August 16 - 21, 2009, Ferry Beach, ME.

These week-long courses can be taken for credit at full-price (\$1500), or can be audited at half-price (\$750). [Registration opens online](#) on March 16. Early registration is recommended to save your spot, but also so that you have time to do the pre-class readings and other work. If you are not a current student at Meadville Lombard or have never taken a course there, you will need to register as a student-at-large, first. You can do that [here](#) or contact our Admissions Office for more information at [admissions2@meadville.edu](mailto:admissions2@meadville.edu), or 773.256.3000 x250.

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As a bakery, Beach Pea uses a lot of energy but two independent audits found their energy use 50% less than comparable businesses. Extensive conservation and efficiency measures like efficient appliances, using the oven heat to warm the restaurant, no AC in the kitchens, new windows, LED lighting and motion sensors, give the operation a lower than average carbon footprint. Low-flush toilets and a short-cycle dishwasher save water and additional energy. Employees are trained and given a stake in all conservation, recycling, composting and efficiency efforts.

Beach Pea uses only unbleached and unbromated flours and grains in baking and natural, locally sourced food products such as meat without nitrates, dried fruit without sulfites and dairy w/out hormones. Evaporated cane juice replaces refined sugar which is cooked and all the vitamins and minerals burned away. To process refined sugar, your body depletes itself of important stored substances. Evaporated cane juice is crystallized by evaporation instead of being cooked, so that the vitamins and minerals still remain, not causing deficiencies as your body processes it. "These are decisions we make for the health of our community. Processed foods that use ingredients like bleached or bromated flour or refined sugar are eating the vitamins right out of our bodies!" Mariah insists. Working within the constraints of their industry, it is clear that the Roberts choose the greenest options in every business decision. Beach Pea is unabashed in their efforts to influence and educate the consumer, other businesses and the supply chain on the importance, viability and profitability of a fully sustainable restaurant. As a member of the Seacoast's new green business union, The Green Alliance, Beach Pea has earned the highest score out of all participating green businesses. Businesses in the Green Alliance undergo an extensive sustainability evaluation and receive a rating for the "greenness" of their products and practices. To earn the "Blossom" category as Beach Pea has done, a business must be practicing a substantial number of green business techniques and far exceed that industry's standard when it comes to environmental impact. "Our evaluation found that Beach Pea was clearly a trailblazer in sustainability: an example for all area restaurants in reducing waste and energy use," says Joel Bobbett of the Green Alliance.

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While Beach Pea is already defying the waste norms of the restaurant industry, they are never content to rest on their "green" laurels. Roberts has plans to replace the walk-in refrigerator with an innovative and highly efficient model that will utilize the natural cold of Maine winters. Forever looking for ways to further green their operations, Beach Pea hopes to mitigate their high electricity use with Maine's new Green Electric or through carbon off-sets. They will continue to buy as local as possible, always eager to try out new suppliers closer to home. Roberts is particularly keen on starting a composting consortium of local restaurants to begin to reduce the overall waste of the food service industry on the Seacoast and a purchasing consortium for biodegradable, compostable, packaging alternatives.

For more info on Beach Pea visit [www.beachpeabaking.com](http://www.beachpeabaking.com)

*For more info on the Green Allian*

## THE PRESIDENT'S CORNER

### **MARCH BOARD MEMBER CHANGE**

The Board will meet on **Monday, March 23rd, 7:30 p.m.** instead of March 16th, because of the Board Retreat (see below).

### **BOARD RETREAT**

The Board will hold a special retreat on Saturday, March 14, beginning at 11:30 a.m., at the home of Tom and Donna Pistole. All Board members are strongly encouraged to attend, including chairs of all special committees. We will be discussing and deciding upon our new Communications Plans and proposed Communications Committee. If you are unable to attend, please contact the president, Carmen Buford-Paige, so that you can provide input to be shared at the retreat.

### **DUUF CHOIR POSTPONED UNTIL SEPTEMBER**

Because of the dicey weather last December, we were unable to get together to sing for Christmas Sunday. The Easter Sunday service that is planned does not lend itself particularly to a choir anthem. For these reasons, the music director (currently the president), has decided to postpone the advent.

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## **UU Publications**

A number of UU online publications offer a wealth of resources, of which the following is a small sample (there are links to all on our website):

UU World - members already receive this (part of your contributions to DUUF go to the UUA for your subscription), but you can also view it online (and, conveniently, download any articles you'd like to save).

Interconnections - a quarterly publication directed at lay leaders

Small Talk - a newsletter specifically for small congregations like our own

Journal of Liberal Religion - from Meadville Lombard theological school

## **UU Blogs**

Many UU blogs are accessible on websites noted above, but visit [discoveruu.com](http://discoveruu.com) and [uublogsearch.com](http://uublogsearch.com).

## **UU Videos**

UU Planet TV mentioned above is a terrific site, but also check the UUA site and YouTube (do a search for Unitarian Universalist).

## **UU Podcasts**

Podcasts links are on several sites listed above and many free ones via iTunes (search the store for Unitarian Universalist). Several dozen UU congregations (including the Starr King UU Fellowship in Plymouth) podcast their sermons.

## **ListSers**

The UUA has over 300 mailing lists ([lists.uua.org/mailman/listinfo](http://lists.uua.org/mailman/listinfo)); many are for specific groups, but others are organized around interests such as green sanctuary, antiracism, the 1st amendment, et al. Subscriber to get emails and access list archives.

## **Making UU connections**

Many sites offer a way to link up (e.g., Belief Net's UU site has a Unitarian Community Group). You can also use Facebook or Twitter. Search by name or use Unitarian and see who turns up. If you're on facebook or twitter, let us know.

I've only scratched the surface of what's available; if you know an especially useful/interesting site, let me know.

Donna Pistole, Webmaster

# MARCH SPEAKERS

About Speakers for March 8 and March 29

March 8, 2009

Professor Barbara White Speaking on Unitarian Marilla Ricker -

Barbara A. White is Professor Emerita and former coordinator of the Women's Studies Program at UNH. She has written or edited several books on American women writers in the nineteenth century. *THE BEECHER SISTERS* was published by Yale University Press in 2003; *HARRIET WILSON'S NEW ENGLAND: RACE, WRITING, AND REGION*, edited by White, JerriAnne Boggis, and Eve Allegra Raimon, appeared in 2007.

March 29, 2009

Reverend Roberta Finkelstein speaking on *After the Presidential Election* - Reverend Finkelstein writes: "We have a new President who has brought hope and new direction to our nation. How can Unitarian Universalists in New Hampshire work together to further the aims of our faith in this time of civic re-engagement?"

Rev. Roberta Finkelstein is a life long UU. Most recently she was minister of the Portsmouth UU Church. She has served churches in Virginia, Maryland, and New Hampshire and is currently chair of the Steering Committee for the UU Action Network of New Hampshire.

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Remaining funds will provide us (minimally) with start-up money for 2009.

The committee wishes to thank Warren's once more for contributing greenery, our generous soup container providers at Durham Marketplace, Kay Phyllides who graciously helped with advice on making swags, and to Chris Rodgers for agreeing to chair the committee next Christmas. Thank you to all the set-up and clean-up folks.

Note: Keep remembering your white elephants (re-gifting is a pleasure); we need bakers and jelly makers. Let's go over the top in 2009.

Norma Segal, Treasurer, for the committee  
ce visit [www.greenalliance.biz](http://www.greenalliance.biz)

## Durham Unitarian Universalist Fellowship

### 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.

*Newsletter of the  
Durham Unitarian Universalist Fellowship  
30 Madbury Road  
Durham, NH 03824  
Website: [www.duuf.net](http://www.duuf.net)*