

# *Starr King View*

A publication of the  
**Starr King Unitarian Universalist  
Fellowship**

**-A Welcoming Congregation-**  
101 Fairgrounds Road  
Plymouth, New Hampshire  
www.starrkingfellowship.org  
(603) 536-8908



**The Reverend Sarah Stewart, Minister**

**November 2010**

**Cindy Spring, DRE**

**November 7 : “Introduction to Buddhism”**

The Rev. Sarah C. Stewart preaching.

**November 14 : “Fundamentalisms”**

The Rev. Sarah C. Stewart preaching.

**November 21 : “Family Thanksgiving Service”**

Cindy Spring and Worship and Music

**November 28: “Leftovers”**

The Rev. Mary Edes, Guest Preacher. Mary is the minister of the Unitarian Universalist Fellowship of the Eastern Slopes in Tamworth. She and Sarah are swapping pulpits this morning.

## **Adult Education**

**November 7 - Aphasia: What I Have Learned**, Barbara Lambert

**November 14 - Minister’s Discussion** “Fundamentalism” with Rev. Sarah Stewart

**November 21 - Committee Meetings**, Social Justice

**November 28 - No Program**

### **Service of Comfort**

**Thursday, November 18**

**7:00 to 8:00 p.m.**

Join in the circle of this congregation to give and receive healing and comforting energies. Give what you can and receive what you need. Illness and grieving do not remove you from the human family, but bind you closer to it, as we all journey together in mutual care and support.

Rev. Sarah

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*In Fellowship*  
*November 2010*

The Buddha taught the wisdom of meditating daily on five remembrances. They are:

- \* I am of the nature to grow old. There is no way to escape growing old.
- \* I am of the nature to have ill health. There is no way to escape having ill health.
- \* I am of the nature to die. There is no way to escape Death.
- \* All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.
- \* My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

How easily we forget these truths we ought to remember! I have been thinking especially of our human nature to become sick and, eventually, die. Every one of us will experience illness. Every one of us will die. Despite our western advances in medicine, despite all we do to maintain our physical, spiritual and emotional health, we will become sick, and someday we will die.

There can be a temptation, when we are confronted with the illness or death of someone we know, to remind ourselves of the things he could have done to stave off his circumstance. “If only he’d gone to the doctor sooner,” we say, as we redouble our efforts to eat a high-fiber diet and exercise regularly. Going to the doctor, eating well and exercise may improve health and quality of life, but they will not keep us from being human. All that we do for our health should be seen as a way to enhance our humanity, yet not to overcome it. As the Buddha reminds us, we cannot be other than we are.

It seems to me that many members and friends of our fellowship are coping with illness, grief, or caring for a sick family member right now. To gather us together as a whole community around the shared human experience of illness and grief, I invite you to a Service of Comfort on Thursday, November 18, from 7:00 to 8:00 p.m. Join in the circle of this congregation to give and receive healing and comforting energies. Give what you can and receive what you need. Illness and grieving do not remove you from the human family but bind you closer to it, as we all journey together in mutual care and support.

In fellowship,  
Rev. Sarah

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## Religious Education Program

What a busy, exciting Fall! We have been averaging **forty children and youth per Sunday** with a dozen adults. Our **Chalice Children**, ages three and four, have been learning about the Fellowship. A few weeks ago they took a tour of the building. They enjoyed a ride on the elevator and seeing all the storage areas. The class has also talked about the history of the Flaming Chalice and how important that symbol of hope was during and right after the Second World War.

The five to seven year olds are learning about **Special Times**. So far they have discussed the *Sabbath, Rosh Hashanah, Yom Kippur* and *Sukkot*. In November they will be learning about *All Saint's Day* and some of our UU "saints." The **Timeless Themes** class began with the old story of Creation. They talked about Adam and Eve and what might have happened if Adam had been courageous enough to talk to God instead of hiding or blaming Eve. They have also talked about Cain and Abel and other ways to end that sad story. This month they will be discussing Noah's Ark and flood stories from other ancient cultures. One of the goals of the class is to help the kids understand that those stories are still part of our "modern" culture. Take a peek in **Room 3** sometime - you will find a growing collection of cartoons based on the old Hebrew stories.

**Our Whole Lives** continues to hold the attention of sixteen youth from 9:00 to 11:00 on Sunday mornings. Thanks to the holidays and our Family Services, the class will only meet twice in November and twice in December. I'm sure our four dedicated leaders will appreciate the breaks!

### Holiday Happenings in RE

On **October 31**, Sarah and I will be leading a Halloween Service for all ages. Please come in costume! The Worship and Music Committee is already planning the **November 21** Family Service with me. We will be hearing the real story of Thanksgiving, singing some favorite songs, and learning about the work of the Unitarian Universalist Service Committee. Classes will **not** be held on **November 28**. Instead, the RE Committee will be in charge of a "games" morning. (Parents and other adults are welcome to help!) Older children might enjoy going to the service. Mary Edes, minister of the Tamworth UU Congregation, will be speaking.

Regular classes will resume on December 5 and 12. On **December 19**, the younger children will decorate "gingerbread houses" and the OWL students will help count coins from the UUSC collection or attend the service. The Family Christmas Service will take place on Friday, **December 24**. There will be no child or nursery care on **December 26**, but children are welcome to attend the annual book service.

**January 2** will be another RE Committee Sunday. The children will be making snacks and hosting Coffee Hour. Again, adult help will be welcome. Classes will resume on January 9.

**Thank you** to all those who helped out with the hike to Rainbow Falls on **October 10**. Thirteen children and twelve adults participated. So glad the weather cooperated! Thanks also to **Elizabeth Becker** for helping **Wendy Rowbotham** with the non-hikers who stayed at SKUUF.

Cindy Spring  
Religious Education Director

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**“From the Prez”...**

Hello everyone,

I would like to begin this month by echoing Sarah Stewart’s recent candle lighting. I continue to be very proud and impressed with our congregation. The way our fellowship and our community came together to celebrate the life of Carole Estes was truly amazing. I arrived to the service fifteen minutes early. The room was already full, but SKUUFers were everywhere lending a hand to make the service go as smoothly as possible. People brought chairs from every corner of the building while others directed people to parking spaces. Some of us moved the food tables into the kitchen while at the same time extra copies of the order of service were being copied. Nobody had to ask. Everyone just pitched in and we were able to have a wonderful service. I really love to be part of a group of people that are so willing to lend a hand.

It is the spirit of volunteerism and community involvement that Carole embodied and that we collectively demonstrated that makes SKUUF a special place. Before Carole’s untimely passing, I had wanted to use this space to publicly thank everyone that makes “things happen” at SKUUF. So many things go on each week that remain in the “background.” We sometimes take this work for granted and I wanted to take time to recognize a few people whose work may go unnoticed but who are truly appreciated.

First of all I’d like to thank: the Worship and Music Committee; Mary Hazelton and the choir; and Betty Nicholson at the piano. Every week we come to Sunday services and find an environment where we can expand our spiritual senses and think about the world and larger universe. Secondly, I want to thank Jules Doner and George Smith of the Property and Maintenance committee for making sure all the little things like chairs and tables are in their place and our “stuff” is working. Lastly, I’d like to thank the people who watch out for SKUUF’s finances: particularly the Budget and Finance committee including Mark Becker, our bookkeeper, and Tom Hahn who does meticulous accounting work for us. Tom’s work is especially important but not very public, so thank you.

I could take the next ten pages to publicly thank everyone that gives their time and energy to SKUUF both visible and invisible. Each of you should know that everything you do is highly valued and highly appreciated.

Eric Hoffman

**Announcements**

Rev. Sarah will be out of the office on Thursday, November 11, and from Wednesday, November 24 through Thursday, November 25. Please call her at home with pastoral needs during these times.

Otherwise, our minister, Sarah Stewart, is in her office Tuesday through Thursday. You can reach her at:

sstewart@starrkingfellowship.org. , or  
536-8908

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**SKUUF Finances Snapshot** as of October 20, 2010

Fiscal Year to Date, Operating: Change from Last Month

Income	\$ 41,214.50	+ \$ 9,643.28
Expenses	\$ 39,552.09	+ \$ 9,922.88

Important Balances

Operating Funds	\$ 14,327.51	- \$ 572.94
Building Funds**	\$ 59,123.91	- \$ 524.14
Endowment Funds*	\$ 12,497.61	+ \$ 377.59

This snapshot shows only selected funds. This is not a full accounting of assets or liabilities. If you would like more detailed information feel free to contact Nancy Chaddock, or me.

\*These funds represent multiple accounts grouped together.

\*\* This includes the principal from the new mortgage.

Accurately submitted,  
Mark Becker

Hospitality Schedule  
November

MONTH	FOOD	FLOWERS
<b>November</b>		
<b>7</b>	Darcy & Eric Hoffman	Mary Hazelton
<b>14</b>	Mary Joyce	Mary Joyce
<b>21</b>	Barbara Lambert	Barbara Lambert
<b>28</b>	<b>Help Needed</b>	<b>Help Needed</b>

Thank you for your help.

If you have any questions, or would like to sign up to provide food or flowers on November 28, or any other future date, please contact Bev Seavey.



## **About Membership in Starr King Unitarian Universalist Fellowship**

### **What It Means to Be a Member**

SKUUF membership is open to all individuals regardless of race, creed, national origin, gender, or sexual orientation. You are invited to become a member by participating in a membership orientation or by meeting with the Minister to review the rights and responsibilities of membership. All new members sign the official Fellowship membership book witnessed by the Membership Chair or the Minister.

Members are entitled to the services of the minister and the use of the sanctuary for rites of passage (weddings, dedications, funerals, etc.) at no cost. Members also have the privilege of full voting rights, are eligible to serve as Chairs of committees, and may be elected to Officer positions.

Membership is maintained by active participation in the Fellowship and by supporting the annual fund and/or contributing service towards the Fellowship.

### **What it means to Be a Friend**

A Friend is an individual in harmony with the visions, goals, and programs of SKUUF who chooses not to sign the Membership book. A Friend may participate in any and all Fellowship activities, but does not receive rites of passage services without fee, cannot vote and may not serve as a committee Chair or Fellowship Officer.

### **For More Information on Membership**

If you are considering becoming an official member of our Fellowship, or if you can support membership activities, please contact Danni Simon, Membership Co-Chair. You may also contact Darlene Nadeau, Membership Co-Chair.

## **Social Justice**

### **Community Outreach for October**

#### **PLYMOUTH AREA**

#### **COMMUNITY CLOSET**

Plymouth Area Community Closet is the Social Justice Outreach Program for November. PACC is a non-profit organization which is supported through donations and the profits of the Thrift Shop, our second hand store.

The various programs are: Food Pantry, Financial Assistance Office, Thrift Shop, Meals for Many and Christmas Baskets. Our purpose is to assist those in financial need by providing emergency funds, food, clothing and support. PACC serves the towns of Alexandria, Ashland, Bridgewater, Campton, Dorchester, Ellsworth, Groton, Hebron, Holderness, Plymouth, Rumney, Thornton, Warren, Waterville Valley and Wentworth.

The big news at PACC concerns our move to 5 Main Street in Plymouth. The Thrift Shop has been at this address for awhile. Thanks in large part to the generosity of Alex Ray, a majority of the first floor has been renovated to accommodate the PACC office and the Food Pantry. Now all

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the various programs of PACC are under one roof.

Our Fellowship has been extremely generous to PACC over the years for which the folks involved with the organization are very grateful. Thank you.

Mimi Ford  
Outreach, Social Justice Committee

## Broadband Service Survey

A survey to identify broadband service availability in our area is being conducted by James Steele of the North Country Council. The intent of this project is not only to identify where broadband is and isn't, but what level of service is available. Addresses are fine from people who have no options for broadband, but they would like to have a survey filled out. People who can't attend the meetings can email [jsteele@nccouncil.org](mailto:jsteele@nccouncil.org) requesting a survey.

Sally Davis, Social Justice Committee



## Share-a-Book

The Share-a-Book committee is working on this year's fund raiser. Information will be printed in the December newsletter. Donations will be used primarily for picture books for the younger children's story time and adult informational books. Stay tuned. Send your questions to Margaret Salt.

Margaret Salt

## Citizen Forum On-line

The Citizen Forum sponsored by the SKUUF Social Justice Committee and the Granite State Fair Tax Coalition on October 14 is now available on-line at <http://www.vimeo.com/16045145>.

The Social Justice Committee would like to thank Forest Seavey for recording, editing and posting this important information.

Betty Ann Trought

## Helpful Hint for a Healthier Planet

Earth Friendly Hint - Recycling Wood Ash

While we are approaching winter, there are quite a few cold days ahead! If you have a wood stove or fireplace, here are some uses for the ashes and charcoal.

Lumps of charcoal shouldn't be removed from your fireplace if possible, just the ash - the charcoal will help kick along your next fire and get it cranking out decent heat far faster than if a fire is just started with wood alone. You could also save it and use it for summer barbecues, rather than using some of the commercial products that sometimes have toxic chemicals. Use metal containers outside to save your ash - thus allowing cooling and yet protecting the ash from the

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outside elements. Bill keeps a small metal box inside that he uses to periodically transport ash outside to avoid having hot ash blowing in the wind off of his shovel. It also helps as it is handy enough that I can use it when he isn't around to do the job.

### Ice

Wood ash can be used as an [anti/de-icing agent](#). It is a little more environmentally friendly than salt or other chemicals used these days, but you should be careful not to track the ash into your house.

### Pest deterrent

In spring and summer, sprinkle the ash around the border of garden beds to [repel snails and slugs](#). This will need to be reapplied after rain.

### Compost

Add a dusting of wood ash to each layer of [your compost heap](#) as you're building it up. Don't dump the whole can into compost - only layer lightly.

Betty Ann Trought

## Activities Committee

### HALLOWEEN POTLUCK SUPPER & TREATS FOR GOBLINS



Sunday, October 31, 2010

- \* 4:00 p.m. Pumpkin carving
- \* 5:30 p.m. Potluck Supper - Bring your favorite covered dish to share and your own eating utensils
- \* 5:30-7:30 p.m. Treats for the neighborhood kids & SKUUF kids go out into the neighborhood

This year Halloween is on a Sunday evening and we may expect a larger crowd of neighborhood goblins to come to the lower rear door of the Fellowship. Come early to prepare jack-o-lanterns to light the way, then enjoy good food and good company while we await the arrival of the spooky big and little creatures.

***Goblins will come from the neighborhood and from among our SKUUF community. Dress in costume or come-as-you-are as your usual scary self to celebrate the holiday.***

There will be a sign-up sheet in the foyer. Come in costume if you wish, but come for fun.  
**Park in back and enter through the downstairs rear door.**

See you there.  
Bev Walker

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## More Activities...

### Friday Game Nights:

Board gamers link up every Friday at SKUUF from 7:00 to 9:00 p.m. or so for stimulating challenges, mental workout and more. Contact Elizabeth Becker for more details.

### Second Sunday Hike

***Sunday, November 7 at noon: hike up Plymouth Mountain via the Sutherland Trail. Depart SKUUF lower lot at noontime. (Note that the Second Sunday Hike will be held on the first Sunday in November.) Possibility of showers doesn't cancel. Register with Mitch if you want updates.***

*Concerts, Lectures etc.*

***Tuesday, November 9 at 7:00 p.m.: The Bay State Winds, free concert by the Air Force Band of Liberty's clarinet quartet at the Silver Center's Smith Recital Hall. Wonder what that sounds like. Tickets are free, however call the Box Office to reserve, 603-535-2787. Pick up your tickets early, and then join us for 5:00 p.m. dinner at the Thai Smile. The wine there is free, too, if you bring it. Contact Mitch if you want dinner reservations.***

**Monday, November 15, at 7:00 p.m.: Stuart Davis, writer, director, actor, comedian, and songwriter performs ["Deity Freak: Sacred Comedy for Profane Sensibilities."](#) (Recommended for mature audiences.)**

Join the multitalented and multifaceted Stuart Davis for a hilarious and bizarre ride through the human spiritual experience. For this "twisted mystic," embarrassment, taboo, and paradox are key ingredients in his performances. A long-time practitioner of Zen Buddhism, comedy, and indie rock music, Davis's work is a rare combination of sincere open-heartedness and fearless boundary-pushing.

Stuart Davis has made a genre-busting career of delving into difficult subjects. With his trademark synergy of sacred and profane punch lines, he takes the audience through a circus of sexuality, spirituality, and showbiz. In Davis's universe, funny is profound and love has no opposite.

All Sidore lectures are free and open to the public, but reservations are recommended. A reception follows each lecture. Lectures are presented in the Smith Recital Hall in the Silver Center for the Arts, unless otherwise noted. For reservations call (603) 535-ARTS.

**Sunday, November 21, 4:00 pm, Nashua Symphony Orchestra & Chorus performance at Keefe Memorial Auditorium, Nashua, New Hampshire**

Nashua Symphony Orchestra presents an epic performance of Mahler's Symphony No. 8 "**Symphony of a Thousand**" in collaboration with Nashua Symphony & Chorus, Boston's Children's Chorus, New World Chorale, and vocal soloists, including tenor John Mac Master, who has performed at the Metropolitan Opera and Glimmerglass Opera to great acclaim. This symphony is rarely performed live because it requires an enormous cast of musicians, and is a remarkable work that brings together a double chorus, children's chorus, full orchestra, and eight soloists, in a celebration of the eternal power of love.

To get a sense of the magnificent sweep of this late-Romantic masterwork, "try to imagine the

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whole universe beginning to ring and resound.” Mahler’s words come close to approximating what it will sound like when hundreds of instrumentalists and vocalists come together. The musical event of the season - if not the decade - is an ecstatic and radiant celebration of the creative spirit. Don’t miss this rare chance to hear Mahler’s masterpiece.

Contact Darlene if you want to join a group or arrange for your own tickets directly at:  
<http://www.nashuasymphony.org/nsa-season-tickets-subscriptions.html>

Darlene Nadeau

## Fundraising

Thanks to all who attended the “Leaf Peeper” dance. We all enjoyed Ginger Kozlowski and look forward to getting her back next year.

Line Dancing is taught on the second and fourth Sundays at Starr King from 4:30-6:00 p.m. Only \$5.00 and we throw in some swing lessons to boot! **Note, there will be no Line Dancing on November 28.**

Every third Thursday, the LAKES REGION BIG BAND comes to town at the Common Man. It’s free and open to the public to enjoy dancing or just listening to the big band sound. Darlene and George will be hosting a free swing clinic starting at 6:00 p.m. while the band is setting up. Join them and other skuffers at our reserved tables and then sit back and listen to the nostalgic sounds of the big band era while practicing your newly learned moves!

George Maloof

## Yoga Class Changes:

Please note there are no classes Wednesday, November 24, and Saturday, November 27 during Thanksgiving week.

Darlene Nadeau

### Plymouth Holiday Parade

The Religious Education Committee will **not** be taking on the float making for the Plymouth Holiday parade this year. If you are interested in taking on this project, please do so!!

Cindy Spring

## Governing Board Meeting

The Governing Board will meet on Wednesday, November 10 at 5:00 p.m.

## Committee Chairs Meeting

Committee Chairs will meet on Wednesday, November 17 at 6:00 p.m. Note that the Committee Chairs are now meeting on the third Wednesday of the month from 6:00 to 7:30 p.m.

## Circle Dinners

A Thanksgiving Circle Dinner is scheduled at the home of Sue and David Appleton on Thanksgiving day for any adult(s) who are not able to be with family on that day. A sign up sheet is in the foyer.

Hosts for December, January and February are also needed. If you are willing to share your home for a brunch, lunch, tea or dinner, on any day and time of the week that works for you, please contact Sue Appleton for details.

Suzanne Appleton

## Newsletter Deadline

The deadline for the December Newsletter is Wednesday, November 17.

Please send all items, committee reports, notice of events and activities to Barbara Avery.

## Remember to Recycle Cans

Remember to bring your aluminum cans to SKUUF. Let us continue to recycle for the good of SKUUF and the planet. Those cans SKUUF collects and recycles help the work of our Fellowship.

## Worship and Music

The Worship and Music Committee is looking for assistance on Sunday mornings in preparing the sanctuary for the service and assisting during the service. These would be two different opportunities to assist. The time commitment for Sanctuary preparation will be for forty-five minutes on one Sunday per month. The worship assistant commitment will be one hour, during the service, one Sunday every other month, depending on the number of volunteers who respond. If you would like more information or are interested please see contact Mary Hazelton or Paul Tierney, co-chairs or any member of the Worship & Music Committee.

On November 28, the Rev. Mary Edes, minister at the UU Fellowship of the Eastern Slopes in Tamworth, New Hampshire will participate in a "Pulpit Swap" with Sarah Stewart. Rev. Edes has conducted services at SKUUF during Sarah's sabbatical period and we are looking forwards to her return in November.

Paul Tierney

## SKUUM

The men's group, SKUUM, will meet on the first and third Sundays of November, from 6:00 to 8:00 p.m. in the upstairs conference room at SKUUF. Any interested male is invited to attend these lively and entertaining discussions which cover a wide range of topics.

The co-leaders are Bob Clay, George Maloof and Bill Trought. Contact any of them for further information.

Bill Trought

## Wise Women in Training

Wise Women in Training is a women's study group which meets to discuss issues of women and aging. Members share experiences, questions and concerns about improving their lives while optimizing their happiness. Generally this group is recommended for any women over fifty years of age but younger women are welcome. Questions will be researched and discussed by various members.

Meetings are held on the second and fourth Wednesdays of each month from 10:00 a.m. to 11:30 a.m. in the SKUUF Conference room. Please direct questions to Betty Ann Trought or Marci Boomer.

Betty Ann Trought

### Prepare for February Book Discussion

Great Holiday Gift to help SKUUFers prepare for February book discussion recommended by the UUA. **The Death of Josseline: Immigration Stories from the Arizona Borderlands** by Margaret Regan is now available from Beacon Press in paperback for \$15.

Betty Ann Trought

### Community Closet Needs Our Help

Remember, the Community Closet can always use our help. There is a basket in the foyer for your non-breakable food contributions. You can drop off canned or boxed goods anytime.

Thank you.

### Stewardship Committee

If you prefer to use cash to pay your pledge, please use the designated envelopes available by the Sanctuary door. Simply add your name to the outside and seal in your cash!

Thank you all for pledging to Starr King !

Andrea Sutherland

**Remember to wear your Nametag.  
It helps Everyone.**

**Play Bridge Thursday  
Afternoons at SKUUF**

If you are a bridge player interested in the Thursday afternoon bridge game at Starr King Fellowship, please see Anna Wilken.

**Connect with  
Starr King Fellowship  
online in various ways!**

Go to the Starr King website—[www.starrkingfellowship.org](http://www.starrkingfellowship.org) . Here you can

- Click on “Minister’s Blog;”
- Click on “Newsletters” where you can read, or print out, any of several past issues
- Click on “Podcast” and enjoy listening to sermons you have missed, or just want to hear again.
- Click on the “Events Calendar” to find out what is going on in our Fellowship.

Follow us on Twitter! We’re @starrkinguu. You can keep up with events and the things your minister thinks about on Twitter. Become a follower here: <http://twitter.com/starrkinguu>. You will need a Twitter account in order to do this. Facebook updates will be automatically cross-posted on Twitter.

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