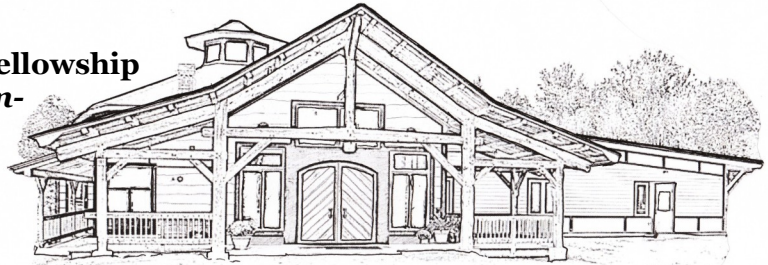


Starr King View

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

July / August 2011

Cindy Spring, DRE

Sunday Services - 9:30 am

June 26: "Books I Loved Growing Up and Why"

Phyllis Rockwell and Cindy Spring

A few months ago Phyllis and I were talking about some of our favorite books when we were kids and why we liked them. I loaned her a few of my favorites and she brought me one of hers. Of course, the more you read, the more you remember. We thought it might be fun to co-lead a summer service on the topic. So, please take a few minutes to think back on some of your favorite books of yesteryear (then a few hours to actually find them!) and come prepared to share happy reading memories. Come early - we will have a light repast; muffins, fruit salad and coffee or tea, at 9:00 am to start the fun! ~ Cindy

July 3: "Hinduism and Eco Spirituality"

Dr. Whitney Howarth

For thousands of years, communities in India developed ways of understanding spiritual ecology that worked to maintain harmony in the cosmos. Such practices were built on religious myths and epics, which lay great emphasis on the centrality of the divine in nature. However, in recent years India has lost its ecological equilibrium and is heading towards an un-sustainable, uncertain future. Why? This service will celebrate the beautiful traditions of Hindu spiritual ecology and ex-

amine the modern challenges currently threatening those ancient traditions.

July 10: "Why Do We Come Here?"

Stuart and Mary Ann Terry

This morning we share our stories about the attraction, cohesion, and, yes, adhesion, of this place, this community, this ritual. John Updike said, "Simply as a human gathering I find it (*attendance at church*) moving, reassuring and even inspiring. A church is a little like a novel in that both are saying there's something important about being human." Rev. Danny Reed, minister at my home church, The Unitarian Church in Charleston (SC) shared this nugget one Sunday morning. He said, "...what here is freely given is not to be lightly taken." Can you remember when and how you first knew you belonged here at SKUUF? When the adhesion happened? When you and SKUUF stuck together? Music, readings, and our personal vignettes will, once again, add to the ever growing enrichment here at SKUUF, which is "not to be lightly taken." Stuart Terry

July 17: "Storytelling"

Paul Tierney

July 24: "The Building Next Door"

Bill Trought and the SKUUF Board

(Continued on page 3)

In Fellowship
Summer 2011
Starr King View

Summer is nearly here. Starr King Fellowship will kick off the summer with a solstice celebration on the solstice itself, Tuesday, June 21 at 7:00 p.m. All are invited to celebrate the sacred seasons of the year. Bring a fruit, vegetable, flower or herb to contribute to the altar of summer and enjoy together afterward.

I will spend six weeks this summer on study leave, mostly in Plymouth, reading and preparing for next church year. On my list for this summer are finishing *Christianity: The First Three Thousand Years* by Diarmaid MacCulloch; a biography of William James, one of my favorite philosophers; and *Lifelines* by the late Unitarian Universalist minister Forrest Church. I'll also plan my adult education class for next year and study some social justice possibilities for our fellowship.

It won't be all work, though. I enjoy running and try to make the most of our New Hampshire summer. I'll spend more time with my family, especially my children. I'll get some household projects and some knitting done. We'll travel to the Adirondacks for a family reunion of my mom's family, and Andy and I are taking a vacation to Montreal.

If you have a pastoral emergency while I'm out of the office, please call me at home at 536-7507. The summers are a chance for me to plan for next year and be away from the day-to-day work of the fellowship. However, if you or someone in your family are hospitalized, or if you lose someone you love, I am here for you. Please call.

What will your summer hold? I find these warm weeks so precious because winter is so long. When I see the green world emerge in May, I find I can hardly remember what it looked like covered in snow. Winter has its own pleasures--the warmth of the fire, and the crisp air on the ski trails--but in summer, it seems we don't have to look so hard to find the joys of the season. Enjoy what mother Nature has to offer you this summer, and I'll see you in the fall.

In fellowship,
Rev. Sarah

(Continued from page 1)

July 31: “Loss, Grief and Memories”

Darlene Nadeau and Cindy Spring

In this age of Hospice and Palliative Care, many of us have been at the bedsides of loved ones who are dying. This can be a very emotional and spiritual time, yet it is not something we have a chance to talk about very often. We chose the date for this service because Darlene and I both visited Gail Smith during her last days. July 30 would have been her sixty-sixth birthday. The service will be a chance to talk about Gail and others who have left us and about that sacred “leaving” process.

August 7: “Writings of Edwin Way Teale”

Nancy Chaddock

Nancy Chaddock will speak about the inspiration she has received from the writings of this naturalist who published numerous articles and books for over forty years. His style is centered in the tradition of pure nature writing. Come share your thoughts on these selections from Teale.

August 14: “God Is Love: The Poetry of Rumi”

Service led by the Rev. Sarah C. Stewart

August 21: “Introduction to Adult Ed.”

Service led by the Rev. Sarah C. Stewart
Come for an introduction to Sarah’s adult education class for the 2011-12 fellowship year.

August 28: “Music Sunday”

Service led by Jann Sparks and the Rev. Sarah C. Stewart

Come hear Jann and Sarah (and maybe some guests!) play their instruments and lead a service about the role music plays in our lives.

September 4: “Living in Harmony: Lessons from the Three Sisters, Corn, Beans and Squash”

Cynthia Scrimshaw

This service will draw upon the story and metaphor of the Three Sisters, a Native American tradition of planting three crops together that grow in harmony, while nourishing and supporting one another.

From the Treasurer

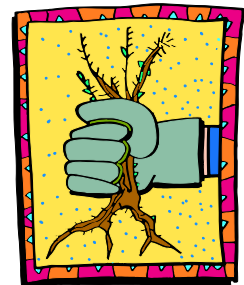
As of this writing, we are a bit behind where we should be for pledge payments for the FY11 fiscal year. All pledge payments received for FY11 and FY12 will help SKUUF financially as we move into summer. If you make periodic pledge payments to support SKUUF’s operating budget, please remember to consider making such payments over the summer months as our major expenses continue during July and August. Enjoy your summer!

Nancy Chaddock, Treasurer

Wanted: A Few Summer Gardeners

Keeping our fellowship looking cared for requires some summer touch ups. We are looking for a few cheerful souls who would join a “weeding and pick up party” a few times during the summer, probably in the early or mid morning. If you would be interested in working with an experienced gardener, see Margaret Salt, or send her an email: saltma@hotmail.com We will find a day and time that is right for you!

Margaret Salt



Dear Fellow Skuffers,

Thank you for the lovely retirement “send-off” following the Sunday service on June 5th. It was a complete surprise, and I was quite overwhelmed. The gift certificates for the Common Man enterprises were most welcome, especially during the recent storm related power outages! Special thanks go to Mary Hazelton and our wonderful choir for their clever adaptation and rendition of the Beatles’ song “Yesterday.” And the cake was just delicious!

It has been a pleasure and a privilege for me to have played hymns and accompanied the choir for the past several years. There are many ways to volunteer at the Fellowship, and we all choose the ones that suit us best. For me, making music, singing or playing, has been the best that I could offer, and I shall miss it immensely. You have been a warm and friendly audience, and I appreciate your support. However, life moves on and we change and move with it, and it is time for me to look at other paths. Thank you for your kindness and encouragement over the years, and I will continue to see you all on Sunday mornings.

Yours sincerely,
Betty Nicholson

SKUUF Finances Snapshot as of June 15, 2011

Fiscal Year to Date, Operating:		Change from Last Month
Income	\$ 144,309.85	+ \$ 17,147.33
Expenses	\$ 139,429.26	+ \$ 13,656.04
Important Balances		
Operating Funds	\$ 16,138.97	+ \$ 5,067.65
Building Funds**	\$ 79,196.00	+ \$ 4,085.14
Endowment Funds*	\$ 12,962.97	+\$ 0.00

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

Religious Education Notes

I wish all of you could have joined us on June 12 for “sundaes on Sunday.” The “Timeless Themes” and OWL classes had their treats on their own, but the other three groups, the Nursery, Chalice Children and Special Times kids met together in Chapel one last time and then moved to “craft tables” to create their own celebration crowns. After they donned their creations, we all moved into Room 1 to play a few games together. At 10:15 they were led back to the tables and served dishes of ice cream with LOTS of assorted toppings. I was amazed how quiet thirteen young children eating ice cream could be!

Thank you to all of our helpers: **Nancy Dowey, Amy MacDonald, Joe McKellar, Valerie McQueeney, Wendy Rowbotham, Margaret Salt, Natalka Sywenskyj, Laura Thibault and Joan Thomas. Walter Faithorn** stopped by to visit for a few minutes making the occasion even more “multigenerational”!

After the service was over I joined **Bill Dowey** to talk with our Junior Highers about next year’s Coming of Age Program. We stayed for the parents’ “thank you” to our wonderful OWL teachers: **Shelly Chamberlain, Bob Clay, Rodger Ellsworth and Belinda Phillips.** (Thank you to **Mary Joyce** for collecting the funds and purchasing the gift cards!)

I had one more gathering that morning - **Whitney Howarth, Becky Noel and Paul Phillips** met with me to talk about how the Timeless Themes class will be participating in the RE Sunday Program (held June 19.)

It is wonderful to have so many parents, grandparents, and non-parents involved in our Religious Education Program.

Special Thanks to **Barbara Avery** for the second changing table (in the kids’ bathroom downstairs) and to **Margaret Salt, Leslie Livingstone, Nick Becker and Stew Weldon** for planting “my” lilac bush!

Have a good summer, and come back ready and willing to participate.

May the joy continue!!

Cindy Spring, DRE

Announcements

Sarah Stewart will be on study leave and vacation from Friday July 1 through Monday August 8. If you have a pastoral emergency during this time, please call her at home at 536-7507. She will also be checking her e-mail at [sstewart@starrkingfellowship.org](mailto:ss Stewart@starrkingfellowship.org) regularly.

The fellowship office will be closed from June 27 through August 8, and then open for the rest of August by appointment. Messages (postal mail, voice messages and e-mail) will be retrieved weekly. Regular office hours will resume in September.

Sarah

“From the Prez”...

Hello Everyone,

Well, I said my “tearful” goodbyes and thank yous in the last newsletter. So let me say that it has been my pleasure to serve as President of SKUUF. I told someone the other day, that being president was a really great learning experience.

I hope everyone has a perfectly beautiful summer.

See you in September!

Eric

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 Membership Co-Chairs Danni Simon or Darlene Nadeau.

Membership News!

We're now over 150 members!

Our newest members are Virginia Miller, Sharon Seabrook, Joe McKellar, and Robert Sanford. Please join us in extending a warm welcome to our most recent members.

Darlene Nadeau



Members and Friends Directory

Directory Changes and Additions:

Betty Nicholson

Email change:
wmenich@myfairpoint.net

Michael Rickman

tvlr@hotmai.com

Gail Scholfield

gypsy@inorbit.com

2012 Members and Friends Directory:

Work on the 2012 Directory will begin this summer but without a regular Office Assistant it may take longer than usual. Everyone can help by checking all personal contact information, updating it if necessary, adding a birth date if it is not already listed. Changes and additions should be sent to Mary Tierney, mtierney3@myfairpoint.net or 968-9506.

Thanks for your help.

Mary Tierney

Hospitality

Here is the list of those responsible for coffee hour in September, October and November. If you are unable to do coffee hour on the date you are assigned, please try to find a replacement, or ask a member of the Hospitality Committee to help you find one.

September 11	Mark and Elizabeth Becker and Family
September 18	Stew Weldon and Family Amey Bailey and Family
September 25	Sue Brothers Joel Heathcote
October 2	Ron Janson Connie Maatta
October 9	Leslie Bryant and Christie Faella Natalie Thompson
October 16	Michelle Chamberlain Amy MacDonald
October 23	Bobbie Crocker George Maloof Marcia VanderMast
October 30	Sally Davis Kree Woolley and Family
November 6	Deb and Mark Casale and Family Bill and Betty Nicholson
November 13	Paul and Gigi Estes Belinda Phillips
November 20	Nancy Chaddock Shonna Perrin and Family
November 27	Bob and Jane Clay
December 4	Virginia and Sam Miller and Family Janet Dearborn

Members of the Hospitality Committee are:

Elizabeth Becker
Deedie Kriebel
Nancy Dowey
Bev Seavey



How to Pick Fish

Every time I'm at the seafood counter, I'm paralyzed. So I send Bill. How does one choose fish that are safe for health (free of mercury, PCBs, antibiotics), not overfished, and not caught in an environmentally destructive way? The more I learn, the more confused I get. So to simplify things a bit, here's some recommendations on four fish you could eat more of, and four fish we strongly advise avoiding. This tip comes courtesy of **Casson Trenor**, author of *Sustainable Sushi* and campaigner with Greenpeace.

Fish to Seek Out

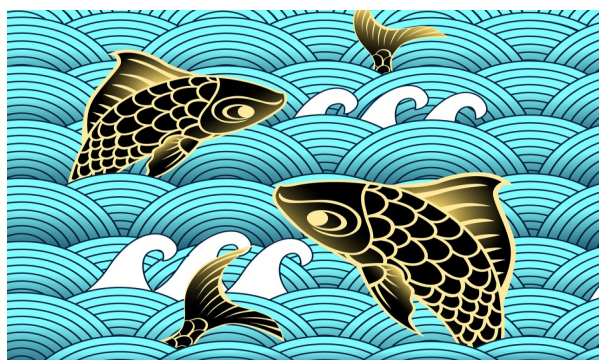
1. **Sardines:** Fresh sardines are inexpensive, carry fabulous flavors, and perform marvelously on a grill. Even better, these tiny delights are packed full of Omega-3 fatty acids while their short lifecycle keeps them relatively mercury-free.
2. **Wild Salmon** tastes fantastic, is high in Omega-3 and low in mercury. Meanwhile, conventional salmon farms with open-net pens have tremendous problems with disease, parasites and waste flow to the ocean. Wild Alaskan salmon provides a comparatively sustainable, healthy alternative at competitive prices.
3. **Dungeness Crab** is caught in non-lethal traps to keep bycatch at low levels and allow female and juvenile crabs to be released unharmed. This helps keep crab populations resilient and robust. And the kicker? Dungeness crab is among the best-tasting shellfish in the world. Grab a cracker and go to town.
4. **Pole-caught Skipjack Tuna:** Canned tuna is a hugely popular seafood item, and the species that's most often used is skipjack. Unfortunately, skipjack boats generally fish with **purse seine nets** and **fish aggregating devices (FADs)**, or free-floating rafts that attract many different types of fish, which results in a lot of bycatch. Thankfully, a

new industry is beginning to develop — skipjack tuna caught on a pole-and-line, which allows fishermen to be much more precise about what they catch. When you're shopping for canned tuna, **look for the words "pole caught"** to support companies that are trying to do right by our oceans.

Fish to Avoid

1. **Bluefin Tuna** stocks around the world are verging on collapse and yet it is still hunted relentlessly to satisfy the world's sushi industry. Put the chopsticks down!
2. **Orange Roughy** reaches market size well below sexual maturity, which means they get eaten before they have a chance to reproduce. The fish is also caught using destructive **bottom trawl nets**. It's best to avoid this species altogether.
3. **Sharks** are apex predators, feeding slowly from the top of the food chain and ensuring the populations of other animals are kept in check. While many sharks are killed accidentally as bycatch in **longline** fisheries, the majority of shark casualties are from the **shark fin** industry.
4. **Chilean Sea Bass** are long-lived predators who reproduce slowly. In our quest for seafood, we strain at the boundaries of our food system until we reach the ocean's farthest-flung reaches—by dropping hooks to the ocean floor off of Antarctica in the middle of winter to catch Chilean sea bass.

Betty Ann Trought



Thoughts About Our Participation at SKUUF

There are many ways for all of us to participate at SKUUF.

Certainly one important way to support SKUUF is for us to pledge and give money to SKUUF. We would not even be able to keep our doors open without funds with which to pay our bills- staff, maintenance, heat, light, etc. During the Fellowship year, we also give away one collection a month for community outreach to help worthy causes. Money is fundamental to any non profit organization like ours especially over the summer- most of our bills continue year round.

Another important way is to simply show up and participate- whether on Sundays or the many other activities that go on there. Examples are the Adult Ed classes that are presented on Sunday mornings and in the afternoon / evening sessions presented by Sarah. There are also participatory groups like Wise Women, SKUUM (Mens Group), our Covenant Group, the UunCommittee and there are always the SKUUF business processes and meetings. All of the business meetings are advertised and are open to the congregation.

But (to me) the most important way is for all of us to do "stuff" there. The heart blood of organizations like SKUUF is the people who do the a lot of the work- and most of it is volunteer, not paid. Particularly in the current economy with our new budget, volunteering helps to keep us flourishing. To volunteer does not cost anything but a little time. It's not magic making an organization work- it just takes people willing to do something to help. And you are be the one who determines what and how much that you do. Examples of participation opportunities range from helping a committee, helping with RE on Sundays, cut the grass once during the summer, picking

up a piece of litter on the grounds. The possibilities range from something that takes a minute to whatever you feel you can do or want to do. And if you are not sure of what needs to be done- Just ask someone who is doing something!

I hope that this inspires you to at least think about your activities and roll at SKUUF.

Gary Walker

Wise Women in Training

Wise Women in Training (WWIT) is a flexible group of senior women (over fifty) who meet the second and fourth Wednesday of each month at **10:00 am** in the SKUUF conference room. They talk about issues and topics of interest to the group. Membership includes a core group but is flexible so feel free to attend when you have time.

If you would like to be on mailing list for WWIT please contact Betty Ann Trought at troughtel@nhecwb.com.

Betty Ann Trought

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, or call her at 536-2013.

SKUUM

The men's group, SKUUM, is going on summer vacation. They will resume their gatherings in September.

Bill Trought

Activities Committee



June 12 Hike

Hikes. On June 12, a small, but enthusiastic, group participated in the hike at Paradise Point Nature Center in Hebron. We stopped in at the nature center and got lots of interesting information about the area from Tyler, the person on duty. Also, we were fortunate to have John Lennon with us on the hike. He provided us with information about all of the wildlife that we encountered. When we discovered a pile of poop on the trail, he showed us how to tell that, after careful examination, it was probably from a coyote rather than a dog. Since it was fresh, it meant that the coyote was nearby, adding some drama to our hike. We lunched on a rock overlooking Newfound Lake, and man-

aged to complete our hike past the giraffe tree without any rain. Under John's guidance, we tried spearmint berries and leaves that tasted like cucumbers. Just as we were approaching the parking lot, we were treated to a beautiful display of lady slippers. Our entire group made it into the photo. We hope that more people will join us for hiking trips next fall.

Paddling. Our trip down the Cocker-mouth River to Newfound Lake on June 5 was a tremendous success. A great time was had by all who attended! Thanks to people generously donating the use of their boats as well as people willing to transport them, 17

SKUUFers were accommodated, including David Appleton, who is recovering from a stroke. The weather was sublime with sunshine and mostly clear skies. A few brave souls took a dip or two in the freezing cold waters of both the river and Newfound Lake. For some, the dip was inadvertent! We stopped for lunch and to socialize. A big thank you goes to the Hazelton's for hosting the event on their beautiful farm in Hebron. It's amazing what can happen, when people work together.

Cycling. Some hikers and paddlers have shown interest in a bicycling activity. Please let us know if you have a trip in mind, or if you would like to attend. Also, please let us know if you prefer weekends or midweek. We are considering a trip from SKUUF to an ice cream shop! We might also bike in the

old town of Hill and swim at Profile Falls. Let us know, if you have any interest in either or both of these trips by contacting Mitch and Deedie.

Summer Picnic. Phyllis and Mitch will again host this potluck event at their home in East Hebron, on Sunday, September 5 (Labor Day). Those who attended last year enjoyed the view, the weather, and the camaraderie of fellow SKUUFers. We are hoping for a nice day, but the event will be held rain or shine, so we can all celebrate the end of summer. We'll do a SKUUF-wide e-mail reminder as the event approaches; but you may want to pencil the date in now.

**Mitch Manseau and
Deedie Kriebel
Activities Co-chairs**

June 5 paddle down the Cockermouth River



Fundraising

SKUUF Yard Sale

The **SKUUF YARD SALE** will take place on the first Saturday after Labor Day, **September 10**. This is a very important fund raisers for us.



Drop off times to bring in your items are:

- * Saturdays, 10:00 am to 12:00 noon on July 9 and 23, and August 6, 13, 20, and 27
- * Every Sunday from 10:30-11:30 am

For special items or assistance you may call George Smith.

Please help us with pricing! price all items that you value over \$5.00. NO NEED TO PRICE SMALLER ITEMS!!

PLEASE NO:

- * **TIRES,**
- * **COMPUTERS,**
- * **TV'S,**
- * **CLOTHING,**
- * **MATTRESSES,**
- * **STRAIGHT SKIS,**
- * **REFRIGERATORS OR**
- * **AIR CONDITIONERS.**



We will need more volunteers to sign up for the August drop offs. A sign up sheet will be in the foyer.

Leaf Peeper Square Dance

The Third Annual Leaf Peeper Dance hopefully will be held the first weekend in October. It will be a **SQUARE DANCE**.



Line Dancing

Line dancing will continue to be held on the second and fourth Sundays of the month from 4:30 to 6:00 pm throughout the summer. Donation fee of \$5.00 goes to SKUUF.

Never too late to join in. Yeehaw!

George Maloof

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

Newsletter Deadline

The deadline for the September Newsletter is Wednesday, August 17.

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

PO Box 35, Woodstock, NH 03293, or
bdavery@roadrunner.com, or
call 745-8845.

SKUUF Newsletter Policy :

“Activities covered in the Newsletter are those sponsored by SKUUF or related to SKUUF Committees. As room permits, UU activities happening elsewhere may be included. There may also be a column mentioning activities that are happening in our building but not directly related to SKUUF.”

News Notes for May

Martha Copithorne and Robert Sprafkin were married on May 14, 2011 in Sonoma California. They had a wonderful wedding surrounded by their children and grandchildren. Congratulations to all.

Also congratulations to Nancy Grady, a proud grandmother. Her youngest grandson recently completed his university studies successfully and with many high honors.

Condolences to Nancy Dowey and her family on the death of her father.

Also, condolences to Amy MacDonald and her family on the death of her father-in-law, John MacDonald.

On June 18, Gigi Estes ran in the Mount Washington Road Race. This is an annual event with over eight hundred participants. Gigi came in second in her age category, and ahead of more than one hundred and thirty others, many much younger.

Beverly Walker

Fall Walking Program

Larry Spencer is organizing a walking program again, starting with a meeting, followed by a walk, at 3:00 pm on September 11 at Boyd Hall. The program will last for ten weeks and the theme will be a celebration of the Weeks Act. More information will be forthcoming. For questions call Gigi Estes at 536-2176.



The website is www.walkingishealthy.info

Gigi Estes

Memorial Service Beth Best Upton 1925—2010

There will be a Memorial Service for Beth Best Upton at 11:00 a.m., Friday, July 8, 2011 at the Waterville Valley Cemetery, Boulder Path Road, Waterville Valley, New Hampshire. Park at Snow's Mountain parking lot for cemetery service where there will be transportation from there to the cemetery.

Following the service, all are welcome to a Celebration of Life Luncheon at the Coyote Grill from 12:30 to 3:30 p.m. RSVP for luncheon would be appreciated, email Diane Best: rattlerff@earthlink.net

Check Out the Starr King Fellowship Website!

Go to the Starr King website—
www.starrkingfellowship.org.

Here you can:

- Click on “Minister’s Blog;”
- Click on “Newsletters” where you can read, or print out, the current, or 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.

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

Starr King View

Minister: Rev. Sarah Stewart
sstewart@starrkingfellowship.org

Office Administrator:
admin@starrkingfellowship.org

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Vice Pres.: Mitch Manseau
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Treasurer: Nancy Chaddock
(603) 934-8286

Secretary: Margaret Salt
(603) 536-3698

Trustees:

Don Crowell (603) 279-4176

Bill Trought (603) 786-9342

Belinda Phillios (603) 726-3664

Starr King Unitarian Universalist Fellowship
PO Box 337
Plymouth, New Hampshire 03264

Health Hint

From the Wellness Letter, University of California, Berkley

- Folks with high HDL (“good”) cholesterol are more likely to live to age 85 and are less likely to develop colon cancer.
- Don’t assume that “multigrain” foods are good sources of whole grains. It just means that more than one grain is included. Look for “whole” grain ingredients.
- Walking may help older people maintain or improve memory function.
- If you eat bacon, choose Canadian bacon to reduce calories and fat.

Health & Peace
Betty Ann Trought

Mission Statement

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.