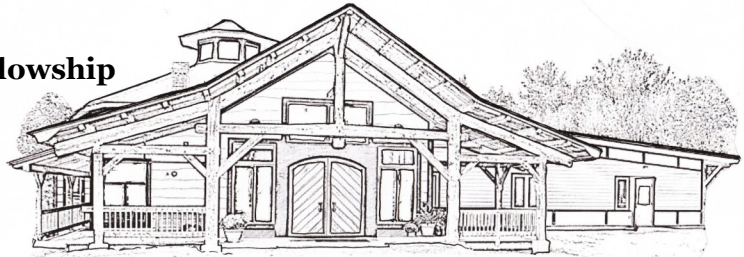


Starr King View

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

June 2011

Cindy Spring, DRE

Sunday Services - 9:30 am

June 5: "A Rule of Life"

The Rev. Sarah C. Stewart preaching.

June 12: "The Growth of the Spirit"

The Rev. Sarah C. Stewart preaching.

June 19: "Flower Communion"

A family Service led by Cindy Spring, DRE, and the Rev. Sarah C. Stewart. Bring a flower to share in our end-of-year ritual, and come to celebrate with our Religious Education children and youth.

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

June Adult Ed

June 5— "Path to Membership" class with Rev. Sarah Stewart

Join our minister and Membership Committee co-chairs to learn more about membership in Starr King Fellowship and join if you feel ready. Perfect for those considering membership now or in the future, or those who have recently joined and would like to meet other newcomers.

June 12 -Uncovering Your Own Natural Wisdom with EFT

Janet R. Dearborn LMT, EFT-ADV

One of the many benefits of defusing your "triggers" and learning how to let your fear, anger and grief go in a healthy way, is that your own natural wisdom starts to emerge. You will start to respond to life's challenges rather than react the same way, over and over again.

There are many ways to bring your energy back into a balanced state. The Emotional Freedom Techniques (EFT) is one way that is rapid, that you can easily learn to do for yourself, and has no known negative side effects.

June 19—Flower Communion—followed by RE Cookout

June 26—First of Summer Sunday Services—No Adult Ed

In Fellowship
June 2011
Starr King View

What do you want to know? That's what I'd like to know! I am considering different adult education options for next year. I'd like to facilitate a group in an ongoing class next year, meeting once or twice a month. Here are some possibilities I've been considering. Let me know what appeals to you.

Bible Study: This has been popular in the past. We would use former Unitarian Universalist Association president John Buehrens's book *Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals* as a guide for our discussions. A group of at least four (this class could be as big as it wanted!) would meet twice a month to discuss passages from the Hebrew Bible and the New Testament. Participants would need a Bible to read the passages before coming to the study group, and might want to buy Buehrens's book for \$16.

Christianity: The First Three Thousand Years: A group of four to twelve would meet monthly to discuss this book by Diarmaid MacCulloch, a masterful history of the global institution of Christianity, starting with its Jewish and Greek roots a thousand years before Jesus of Nazareth was born. This option would require buying MacCulloch's book for around \$15 and reading at least a chapter a month.

Exploring Our Values Through Poetry: A group of four or more would gather twice a month to explore meaning and spirituality through poetry. The curriculum, by Karen Harris, was written for high school youth but can be adapted for use by adults.

The Sustainable Soul: Using the book *The Sustainable Soul: Eco-Spiritual Reflections and Practices*, a group of six to twelve would meet once or twice a month for about two hours. We would engage in practical activities, worship, reflection and discussion on ecology and spirituality.

I will plan to lead one of these next year, and I am interested to know which interests you. The group will meet on a weekday evening beginning in September and continuing throughout the year.

If you are interested in leading one of these adult education experiences (or something else!), please let me know that, as well. Leading a group is as easy as finding a time, sharing your enthusiasm through this newsletter and online communication, and meeting for spiritual growth with others on the journey.

In fellowship,
Rev. Sarah

“From the Prez”...

Hello everyone,

By the time you read this, I will officially be a “lame duck” president as our new President elect will have been selected at the Annual Meeting. It has been wonderful to serve this congregation for four years on the Governing Board, one as Vice President and three as President. I have been very fortunate to work with many wonderful, dedicated, and thoughtful people during my time as President. Each and every one of them has made the experience a pleasure and has contributed to a great leadership team. Thanks to Marcia Vandermast, Mary Tierney, Kim Batchelder, Gail Smith, Don Crowell, and Bill Trought for their leadership as trustees and for contributing their many excellent thoughts and ideas to our meetings. Thanks also to the two wonderful people that served as Secretary during my time on the Board, Barbara Avery and Amy McDonald. Their patience with the Board when our discussions rambled a bit and their excellent minutes are priceless. In my term as President the hardest job has certainly been that of Treasurer. It’s not possible to thank Gary Walker and Nancy Chaddock enough, for the job they did and do. Gary’s leadership was instrumental during the Building addition process and Nancy has picked up right where Gary left off. Vice President may seem to be job without much glamor, but it has been especially nice to have two people, Paul Tierney and Carole Estes, that have supported the Board and provided me with strong mentorship. Among other things, Paul has taught me that “Every idea is a good idea for five minutes,” and Carole taught me that “It’s all good, baby.” Finally, I am very thankful for the leadership and friendship of Sarah Stewart. Our monthly meetings to discuss the business and agendas for the Board meetings have been invaluable.

This is a truly wonderful fellowship and the job of President at SKUUF is enriched by the fact that the volunteers, committees, and leaders of the congregation are what really make this place work. Thank you to everyone, members and friends! You are truly the heart and backbone of SKUUF.

As summer approaches, the warm weather lets me know that our church year is winding down. I’m already looking forward to next year and to opportunities to have new volunteer roles for myself at SKUUF. Have a great summer!

Eric Hoffman

Hospitality Schedule for June

Month	Food	Flowers
June		
5	SKUUF choir	Nancy Chaddock
12	Marcia and Quentin Blaine	Marcia and Quentin Blaine
19	RE Cookout	Flower Communion



Religious Education Notes

You may have noticed that I missed a couple of Sundays in May. I am delighted to say that SKUUF gives me a **Sunday off each month** to relax, be with family, or attend the service. Since I was part of the April Fool's Service and led the Easter Service this year, I wasn't able to take a week off in March or April, so I took them both last month. I spent Mother's Day with my daughter in Maine and the following weekend with my daughter-in-law and grandchildren in Disney World! So wonderful to have those happy memories! (And thanks to Amy MacDonald and the RE Committee for "covering.")

June is always a fun month in RE. On the 12th we will have "**Sundaes on Sunday.**" Each family is asked to bring an ice cream topping. (Thanks to Bev Walker and the Stewardship Committee, we already have the ice cream!) And the annual **RE Cook-out** will be on June 19th following the "Flower Service." Please bring a salad, cookies, bars, something to share. RE will provide the hot dogs, hamburgs and veggie burgers.

Lots of **thank yous** this month:

To **Rosa Bailey** for the cardboard bricks she donated to Room I

To **Gary Walker** for the book ***Ayat Jamilah: Beautiful Signs, A Treasury of Islamic Wisdom***

To **Ruby Weldon, Mallory Rocca, Jordan and Zander Browne** for helping with Child Care during the Memorial Service for Gail Smith

To **Jerrett Hoffman** for once again being our "pole holder" on May Day (last time...) and to **Elizabeth and Mark Becker** for leading the dance

To **George DeWolf** for hosting the trip to Quincy Bog, and

To the **Bailey family** for letting us visit their farm.

It has been a **great year** for RE at SKUUF - lots of children and youth, lots of dedicated adults, and our wonderful new space. I'm already starting plans for the fall - let me know how you want to be involved. **Remember - it's YOUR Program!**

Cindy Spring, DRE

SKUUF Religious Education Program

	First Sunday	Second Sunday	Third Sunday	Fourth Sunday
JUNE	5 Curriculum	12 RE Sunday	19 Family Service (RE and Flower Sunday)	26 No RE Program

SKUUF Finances Snapshot as of May 18, 2011

Fiscal Year to Date, Operating:		Change from Last Month	
Income	\$ 127,162.52	+ \$	16,213.22
Expenses	\$ 125,773.22	+ \$	10,533.82
Important Balances			
Operating Funds	\$ 11,071.32	+ \$	3,875.18
Building Funds**	\$ 75,110.86	+ \$	1,932.23
Endowment Funds*	\$ 12,962.97	+\$	140.56

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

Announcements

Gathering, the weekly pause for shared reflection and meditation, will continue to meet at 4:00 pm on Thursdays through June 16, which will be our last meeting. Join Rev. Stewart and other members and friends of the fellowship for this half-hour Gathering each week.

Beginning the week of June 27, the Fellowship Office will be closed until the week of August 8. Stew Weldon will be coming in once a week over the summer to retrieve postal mail, voicemail and e-mail. Our minister, Sarah Stewart, will be at General Assembly in Charlotte, North Carolina from June 21 through 28, and then on study leave and vacation until August 9. If you have a pastoral emergency during this time, please call her at home.

Share-A-Book Shipment on Its Way!

Danni Simon facilitated our recent book order, which many people were able to see at the book Display on Mother's Day. Your donations to our Spanish language book project have made discount shopping possible, and we were thrilled to be able to acquire reference books as well as pleasure reading at a variety of levels. The books will be hand carried to Managua by PSU students in the Nicaragua Club who are visiting Women In Action. That community group continues provide micro-lending, education for women, and a variety of projects to help the families in the La Primavera neighborhood. Scholarships for women and children to continue their education have been an important initiative. Thanks to all who helped this year, with books, scholarships, and other aid. Since the economy there is so different than ours, a modest donation has a major impact!

Margaret Salt

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,.

2011 Directory

Please send Directory changes and additions to the Church Office at 536-8908 or admin@starrkingfellowship.org, or Mary Tierney at mtierney3@myfairpoint.net, or 968-9506 so that we can keep the data base current.

Remember, if you change your name, mailing address, phone number, email address do let us know.

Mary Tierney



Tables for SKUUF

After the May 1 Tea, we realized we are still short a number of the six foot folding tables used in the Fellowship Hall. Mitch and I would be glad to pick up more when Lowe's has its next sale on the tables, and with his military discount we could get them at a reasonable price. They will run anywhere from \$45-55 each. So far we have two spoken for, but we could use another six or eight. We'll let you know what the final price is when we purchase them. Please email me if you are interested in supporting this purchase.

Phyllis Rockwell

Social Justice

Community Outreach for June The Pemi Youth Center

The Pemi Youth Center is a local not-for-profit, serving as an after school destination for youth ages ten to seventeen. The Center offers enriching after school programming at no cost to youth and families, which includes, academic assistance, mentoring, arts and recreational activities, nutritional guidance and cooking instruction, a drug and alcohol free group, a drama group, service learning opportunities and much more! Pemi Youth Center staff work hard to inspire, encourage and support young minds and dreams. We were fortunate to grow our staff this past year to include Bryan Dutille, Program Director and Chris Mohan, a Program Coordinator.

Over the past school year the Pemi Youth Center launched three new components to the after school program. These are a girls empowerment group called S.E.L.F. (Support, Empowerment, Love and Freedom), a boys empowerment group called B.A.T.T. (Boys Achieving Together Today) and C.A.P.S. (College Application Process Support). These three new components have run for the duration of the school year and proved to provide additional supports and inspiration for youth participants.

In addition, the Chain Reaction Youth to Youth Drug and Alcohol Free Group has been very successful and has worked hard this past year in educating youth on the positive benefits of remaining drug and alcohol free while providing a positive social support for its youth participants.

It has been a very exciting year to watch our youth participants grow in knowledge and in confidence as they interacted with staff, went on numerous hikes and climbing adventures and engaged in art workshops. They have reached out through service learning activities, which included helping at Meals for Many on a weekly basis and putting together Hero Packs in collaboration

with Operation Military Kids for children whose parents are deployed.

Pemi Youth Center staff has taught youth cooking skills and we have had the opportunity to feed youth a nutritious dinner each day after school. We are looking forward to providing our youth with many more meaningful activities, which educate, inspire and encourage them! We are able to provide programming for youth at no cost through grants, fundraisers and generous donors! The Center is so thankful for all the support received from Starr King Unitarian Universalist Fellowship, which enables us to continue to provide a nurturing environment for our youth to feel valued and loved!

Jessica Dutille



Summer Is upon Us

As most of you know, during the summer we don't hold formal services. For many, the summer provides a well-earned respite from busy volunteer schedules. Others of us, including many returning summer folks, appreciate a time to be together on Sunday mornings through the summer.

The summer services are lay led and have covered many subjects over the years- music appreciation, friendship, drumming, environmental concerns, travelogues. The list is long and varied. Relaxed and informal, our summer services are a great way to stay connected, to become better acquainted, and to learn what interests your fellow SKUUFers.

In the sanctuary there is a corner set up with toys and books for any children who might come. Their presence is welcomed and enjoyed.

Marcia VanderMast



Activities



**Paddle - Sunday, June 5 - Cocker-
mouth River** in Hebron. Bring your canoes and kayaks and get ready for some fun! The Cocker-
mouth is the longest tributary of Newfound Lake. We will depart from SKUUF lower lot at high noon. Please register with Mitch for any necessary weather updates.

Second Sunday Hike - June 12 - Paradise Point Nature Center and Wildlife Sanctuary on the north shore of Newfound Lake in Hebron. This is the perfect hike for “turtles” of all ages! There are three hiking trails (1 mile, 1/3 mile, and 3/4 mile) on the forty-three acres which includes 3,500 feet of rocky, unspoiled lakeshore. We will depart from SKUUF lower lot at noon. Please register with Deedie for any necessary weather updates.



View from last month's hike

Games Night at SKUUF

Friday, June 10 at 7:00 pm

Come join in the fun. Bring a game and dessert to share. Games start at 7:00 pm in our fellowship hall. Elizabeth Becker is your host; please call her for more details. You'll love it, so plan on coming the second Friday of every month, same time and place.

Square Dance at Old Wentworth Town Hall on Rte. 25 in Wentworth

Friday, June 3 at 8:00 - 10:30 pm

This is the final dance called by Lester Bradley until the fall. So, come and kick up your heels one more time. The price is \$7 per person, no advance tickets required. There are waltzes, polkas, and a variety of square dances. With all of the dancing, it heats up quickly, so dress accordingly. Jeans are fine. Wear comfortable shoes and prepare to have some good, old fashioned, country fun!

The Mill Fudge Factory (2 Central St., Bristol)

- There are lots of activities, including open mic nights for both poetry and musicians. Check their web site <http://www.themillfudgefactory.com> for more information. Our own Bev Walker plans to participate on poetry nights, which are now scheduled on the second Friday of each month. Sign up ahead of time to participate. It is requested that new, previously unread work be presented. Very casual. Bev says, “The Fudge Factory makes great sandwiches and terrific ice cream, and some concoctions as you wait. Their coffee is very good. They're located in a neat, old building with wood floors that really squeak like the old 5 and 10 cent stores.”

Summer Biking and Hiking - If you are interested in a biking or hiking adventure this summer, please contact Mitch or Deedie. Specify your interest and days of the week that you are available.

Mitch Manseau and Deedie Kriebel, co-chairs

Other activities you might want to consider:

Pemi-Baker Local Food Fare and **Plymouth BetterBuildings Block Party** on **Saturday, June 4**. The day will include a tasting event featuring local farmers **from 10:00 am to 3:00 pm**, in Prospect Hall at Plymouth State University. Come sample locally-grown and sourced goodies. From there, head to local demonstrations of energy efficiency projects in town, and then to the Plymouth Common for music, information, and more!

Betty Ann Trought

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.

Meetings this month are scheduled for June 8 and 22. If you would like to be on mailing list for WWIT please contact Betty Ann Trought.

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,.

SKUUM

The men's group, SKUUM, will meet June 5 and 19. On June 5, we will be finishing with the final segment of the Joseph Campbell/Bill Moyers video series on mythology. The topic for June 19 is to be determined.

SKUUM meets from 6:00 to 8:00 pm. 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

Our Favorite Books

(From our annual Book Sharing service held at the end of 2010)

God Is Not Great:
how religion poisons everything
by Christopher Hitchens

Rebel Land:
unraveling the riddle of history in a Turkish town
by Christopher de Bellaigue

Faithful Place
by Tana French

Ghandi An Autobiography:
the story of my experiments with truth
by Mohandas Karamchand (Mahatma) Ghandi

Advocates Needed for Our Youth

Our teenagers will be entering the new Coming of Age Program at SKUUF next fall. The program includes outdoor activities, social action projects and a chance to really think about their individual philosophies of life.

One of the components of the Program is choosing an advocate from the congregation. **An advocate is an adult member of the Fellowship who has volunteered to spend time with one of our youth in activities and in discussions about their views of life and of Unitarian Universalism.** (Parents cannot be advocates for their own child, but they can work with one of the other students.)

At the end of the class year (June, 2012) each advocate will introduce his or her youth to the Fellowship in a formal "affirmation" Sunday service.

Over the summer the youth and their parents will discuss who might be a suitable choice from those who have volunteered. The youth will approach the "potential advocate" and ask if the volunteer would be interested in being that particular teenager's advocate.

See me if you would like to add your name to the list of those who are willing to serve as advocates for our youth. (Remember "many volunteer but few are chosen." There will only be eight to ten students in the class.)

Cindy Spring, DRE
(dre@starrkingfellowship.org)

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.

Fundraising

Afternoon Tea for Ladies and Gentlemen netted \$704.00. Lots of good feedback and everyone seems to think we'll make a yearly event out of it. Mark your calendar for May 1, 2012. Congratulations to all who worked on this event. Many gave time and treasure!

The Fund Raising Committee is sort of a 'rolling committee.' People jump in when they see something that catches their eye. Do you have any ideas for fund raising? Let's talk. If you want to participate anytime during the year please contact George Maloof and he will include you on the mailing list.

To date we have raised \$10,289.00!! We have already exceeded our goal. Congratulations to everyone that made this happen.

SKUUF Yard Sale

The next major fund raiser will be the **SKUUF YARD SALE on the Saturday after Labor Day**. This is a very important fund raiser for us. An exploratory 'yard sale' committee will be forming in the near future and anyone who wants to participate on that committee is encouraged to contact George Maloof. Once the committee is formed there will be a meeting at his home to discuss strategy.

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

Greeter Schedule June 2011

If your name is on the list please make a note in your calendar. We are still in need of a Greeter for July and August. If you are not able to be a Greeter when scheduled, there is a list of substitutes on the bulletin board in the foyer. If you have questions contact Anna Wilken,.

Month	Upstairs Greeter 1	Upstairs Greeter 2	Downstairs Greeter
June	Janet Doner	Jules Doner	George DeWolf

Anna Wilken

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

Health Hint

10 symptoms not to ignore
by Mayo Clinic staff

Take note of these warning signs and know when you need to seek medical care. You already know that obvious symptoms, such as chest pain and severe abdominal pain, require immediate medical attention. But the not-so-obvious symptoms may leave you wondering whether you need to seek care. Here's a list of symptoms that merit at least a call to your doctor. While some of them are more urgent than others, none should be ignored.

1. Unexplained weight loss
2. Persistent or high fever
3. Shortness of breath
4. Unexplained changes in bowel habits
5. Delirium
6. Sudden severe headache
7. Sudden weakness, loss of vision or speech
8. Flashes of light
9. Feeling full after eating very little
10. Hot, red or swollen joint

Betty Ann Trought

Governing Board Meeting

The Governing Board will meet on Tuesday, June 14 at 5:00 pm.

Committee Chairs Meeting

Committee Chairs will meet on Wednesday, June 15 at 6:00 pm.

Newsletter Deadline

The deadline for the Summer Newsletter is Wednesday, June 15.

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

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.”

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

Office: (603) 536-8908
Website—www.starrkingfellowship.org

Pres.: Eric Hoffman
Vice Pres.: Paul Tierney
Treasurer: Nancy Chaddock
Secretary: Amy MacDonald

Trustees:
Bill Trought
Kim Batchelder
Don Crowell

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

Used Fencing Available

SKUUF has sixteen 8 foot sections of fencing that were removed when the addition was built. They are currently stored beside the shed. If you would like to have them, contact Barrie Sawyer .

Barrie Sawyer
Building Maintenance

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.



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.