

# STARR KING VIEW

Starr King UU Fellowship  
-A Welcoming Congregation-



July 2025

## In this issue:

- Summer Sunday Services
- Minister's Newsletter
- Note from your President
- Building & Grounds Update
- SKUUF Protestors Next Step
- Reports from GA Attendees
- Book Group
- New Foyer Art

## Sunday Summer Services 2025

### Summer Speaker Series

We are happy to announce the following presenters for our summer series modeled after the lyceum circuit, where famous speakers, such as Henry David Thoreau and Ralph Waldo Emerson, would talk to large crowds to educate them about the important issues of the day. Thomas Starr King, our namesake, became one of the most popular speakers on the circuit.

All presentations will be held in our Sanctuary at 9:30 and live streamed on the Pemi Baker TV YouTube channel. A zoom coffee hour following each presentation will also be available each Sunday.

### SUNDAY SERVICE LIVE STREAM

<https://www.youtube.com/channel/UCu8iHDpmYApf7rNmT3S-rVQ>

### Coffee Hour via ZOOM

[https://us02web.zoom.us/j/89054493148?](https://us02web.zoom.us/j/89054493148?pwd=aTBYcaBoElwDW9KMmFI1J1dFABkpv5.1)

[pwd=aTBYcaBoElwDW9KMmFI1J1dFABkpv5.1](https://us02web.zoom.us/j/89054493148?pwd=aTBYcaBoElwDW9KMmFI1J1dFABkpv5.1)

### July 13

#### Common Man for Ukraine

Holderness and Plymouth, NH residents **Alex Ray, Lisa Mure, Steve Rand,** and **Susan Mathison** founded the nonprofit Common Man for Ukraine, a project that partners donors in the US with Rotarians in the US, Poland and Ukraine to provide critical humanitarian aid and trauma counseling to children of war in Ukraine. Together, CMfU has delivered more than 2,000 tons of humanitarian aid to the children in the war zone and provided three week trauma counseling programs to 1,000 children ages 8 to 12 whose fathers have been killed in the war. Alex, Lisa, Steve and Susan will be sharing stories of their twelve visits to safe houses and front line villages in war-torn Ukraine and their plans to return to Ukraine in August. To learn more about the miracle of how thousands of people came together, gave their time, resources, energy and love to help the most vulnerable children of war in Ukraine, please visit their website at [www.commonmanforukraine.org](http://www.commonmanforukraine.org).

[More Summer Sunday Services...](#)

### Office Admin Summer Schedule

Tuesday: 12:30PM - 5:30PM  
Wednesday: 12:30PM - 5:30PM

As always, you can email [admin@starrkingfellowship.org](mailto:admin@starrkingfellowship.org) or leave a voicemail and Jennifer will get back to you when she is in the office.

During July & August the weekly newsletter deadline is Wednesday afternoon.

## Minister's Newsletter

Dear Friends,

Here's a short note before I head off for a bit of break. I do feel that the times we live in mandate our attention *and* I feel that without joy and rest, we will be of little use in days ahead. So, it is both difficult and necessary for me to step away, as I always do, for the summer. But before I go...

I have recently returned from attending Ministry Days and the UUA General Assembly in Baltimore, MD. I am grateful for the opportunity. I found it both fulfilling and exhausting. There are thousands of UUs at General Assembly, all in one place singing, talking, learning, and simply being together. We had a good contingent there from this fine Fellowship. One of my takeaways included an interest in the UUA's *Meet the Moment* framework for engaging in what's next in the world and what's next for our denomination. I invite you to watch a short introduction to this at <https://www.uua.org/congregations/meet-the-moment>. We can pick this up in the fall.

*In the meantime, "There is virtue in work and there is virtue in rest. Use both and overlook neither."* says self-help author Alan Cohen. Who would not want to be virtuous? This is my intent for the month of July, to practice the virtue of rest. Though, I will confess that much of the month is already full of things that need to be done at home. Such as it is.

Take good care, you matter.

In faith and love,  
Rev. Linda

[Back to Home Page](#)

(Continued from page 1)

### July 20

#### Exploring Happiness as a Community

The ancient Greek philosophers defined eudaimonia as living a full and excellent life. In this illustrated talk, Dr. Maria Sanders encourages individuals to explore happiness as a community. Building upon scientific research showing a positive correlation between people's self-reported levels of happiness and their perceptions of feeling connected to their communities, Dr. Sanders shares material from her latest book, ***Mind the Gap***, which offers a flexible approach for increasing personal happiness and developing happy communities. Just as the frequent reminders by London's Underground Officials to 'mind the gap' between the platform and the track when boarding the tube help to prevent injuries caused by people falling into the gap, intentionally inspecting the gaps in a community, and systematically closing those gaps from within through meaningful engagement promotes healthy and happy communities.

**Dr. Maria Sanders** is a philosophy professor at Plymouth State University and author of ***Mind the Gap: Exploring Happiness as a Community***. Holding advanced degrees in philosophy, law, business, and music, Maria is a public philosopher who has received multiple teaching and service awards. She has facilitated town-wide happiness quests and hosted local radio and television programs designed to encourage reflective discussions exploring connections to local communities and researching variables for living full and flourishing lives. A common theme found throughout her work is the importance of the relationship between human beings and the natural world, emphasizing the impact meaningful places have on individuals and their communities.

[More Summer Sunday Services...](#)

## A LETTER FROM THE PRESIDENT

The star wheel turns and summer is upon us. Our Starr King Governing Board changes with the new Fellowship year as well. I, Connie Maatta, will serve as President. Suellen Skinner is President-Elect and Bob Chandler is Past President. We each have certain responsibilities and will work together to ensure Starr King UU Fellowship moves forward with loving care, joy and grace.

The Summer Series is in full swing and I hope to see you there. Spread the word and bring a friend! Thank you to Kathy Kelsey for organizing a varied and interesting program of speakers for Sunday mornings at 9:30.

There are maintenance improvements happening in the Meeting-house with wood floor refinishing, chair and carpet cleaning and new carpet installation in the upstairs hallway. Thanks to all the volunteers who are moving chairs.

We are excited to have The New Hampshire Music Festival Chamber Music group rehearsing in the sanctuary in July 9 - 31 and giving us a performance July 27. I am coordinating the days and times with them. They will have options of four hours blocks of time to be scheduled Wednesday through Sunday for three weeks.

Looking ahead, there will be a Board Retreat on August 19 at the Meetinghouse. The board members will share a light meal at 5:30 PM and discuss how we want to proceed as a group this year. I extend a warm welcome to Jenn Gentry, who is our new treasurer and Mimi Chandler, who will serve as a trustee.

A special thank you to Janet England who has been our treasurer and a board member for seven years! We will miss your dedicated presence on the board. We appreciate all that you have done. I know the Membership Committee will be in great hands with you as chairperson.

Being on the board as a Trustee, followed by President - Elect and now President has been a wonderful opportunity for me to provide leadership, learn and give back to Starr King Unitarian Universalist Fellowship. I look forward to leading with compassion, understanding and commitment to our beloved Fellowship.

Sincerely,  
Connie Maatta.

[Back to Home Page](#)

## Building and Grounds - Summer 2025 Update

In case you were not aware the Building and Grounds committee has been carrying out plans set last spring. Here are a few areas we are working on during this summer at Starr King.

- 1) The Sanctuary floor has been lightly sanded and refinished.
- 2) Carpets in the front entry, stairs and sanctuary have been cleaned.
- 3) Chairs in the Sanctuary and Macey Hall have been cleaned.
- 4) New carpeting will be installed in the hallway outside Macey Hall.
- 5) The back driveway was repaired.
- 6) The gardening team has been busy weeding and trimming plants/trees.
- 7) There are two new planters in the front of our building with regular maintenance scheduled.
- 8) The roof over our entry sign will be set soon. We expect to have some lighting, too.
- 9) The exterior of our windows will be cleaned

Starr King will be active during the summer with regularly scheduled summer services thanks to Kathy Kelsey and Suzan Gannett. Please see the schedule in the View, our summer newsletter and on our website. The New Hampshire Music Festival will be practicing at Starr King periodically. If you are available to help open and close our building for the practice sessions of NHMF, please contact Connie Maatta.

## July 27

### **New Hampshire Music Festival Chamber Orchestra**

Since 1952, the New Hampshire Music Festival has built community and enriched lives through exceptional classical music performances in Plymouth, New Hampshire. Their 73rd Season will feature an exceptional roster of artists from across the United States in Chamber Music concerts on Tuesday nights, Classic Orchestral concerts on Thursday nights, and several free Music in the Mountains community concerts throughout their month-long festival. □ □

## August 3

### **Pushing Up Daisies: How Your Natural Burial Can Contribute to Climate Resiliency**

If you've always imagined a peaceful rest in nature, look no further. Natural burial protects land while supporting human, wildlife, and plant communities, providing a sustainable solution to carbon emissions and resource-guzzling. We only die once, so let's make the most of it by rethinking how we plan to leave a legacy of environmental stewardship while honoring the needs of our families, our communities, and the public.

**Lee Webster** is an internationally recognized educator, and public speaker on funeral reform and has served in major leadership positions of the Green Burial Council, Conservation Burial Alliance, National Home Funeral Alliance, National End-of-Life Doula Alliance, NH Funeral Resources & Education, and Natural Burial NH. She is author of several home funeral and green burial books, and instructor of online courses through Redesigning the End, Dartmouth OSHER, UNH OLLI, and other higher education venues.

## August 10

### **How Animals Help Us Develop Our Better Selves Through Dynamic Relationship Bonds**

This presentation explores the profound and multifaceted ways in which our relationships with animals contribute to the development of positive human qualities and enhanced well-being. Moving beyond the traditional view of animals as mere companions or resources, we delve into the dynamic nature of human-animal bonds and their significant impact on our emotional, social, and even moral growth. Drawing upon interdisciplinary research from psychology, sociology, and animal behavior, this presentation will illuminate the key mechanisms through which these interactions foster our "better selves." We will examine how caring for animals cultivates responsibility and empathy, how their non-judgmental presence can bolster self-esteem and reduce feelings of loneliness, and how shared activities build trust and strengthen social connections.

Furthermore, we will discuss the dynamic interplay within these relationships, highlighting how the reciprocal nature of care, communication, and shared experiences contributes to personal development. By exploring the neurological and physiological benefits of animal interaction, such as the release of oxytocin and the reduction of stress hormones, we will clarify the tangible ways in which these bonds positively shape our emotional landscape and promote prosocial behaviors.

This presentation explores the deeper understanding and appreciation of the vital role animals play in our lives, not just as companions but as catalysts for personal growth and the cultivation of essential human virtues through the power of meaningful relationships.

**Clarissa M. Palmer** teaches courses in Child, Adolescent, and Lifespan Development, Social Psychology, and Human-Animal Interaction. She is responsible for the coordination of the campus pet therapy program and the creation of professional development opportunities for handlers, emphasizing the evaluation of the therapy animal's engagement and enjoyment during interactions.

[More Summer Sunday Services...](#)

## August 17

### Resistance as Activism – Questioning Dominant Narratives

How do we continue to build resilient and healthy communities while weathering political storms? We create opportunities to come together and foster connections, dialogue, and trust. Through authentic curiosity, active listening, and recognizing the value of each of us, we continue to shape our common ground. Perseverance in collective action is the antidote to worry, anxiety, and hopelessness. In this talk, Suzanne will present ways to navigate today, tomorrow, and our future by highlighting the good work happening locally and regionally to resist dominant narratives that threaten the wellbeing of people and the planet. Art, education, public health, and sustainability can be forms of resistance, and we can engage in so many ways – let's talk about it.

**Suzanne Gaulocher** is an Associate Professor in Public Health and is the Associate Director of the Center for Healthy Communities. Before joining PSU, she directed the Community Engaged Learning Program focused on Health at Stanford University. She holds a PhD from the University of Wisconsin at Madison where she was a part of the Center for Sustainability and the Global Environment focusing on the intersection of human and environmental health. She also holds a Master of Public Health from the University of Wisconsin School of Medicine and Public Health and a Master of Arts from Oregon State University in Applied Medical Anthropology and a Bachelor of Science also from OSU in Cultural Anthropology. Her research and teaching centers around the intersection between human health and the environment with focus on community engagement, social justice and health equity.

## August 24

**Why Democracy.** Dr. Duclos will explore the value of democracy. Democracy is taken to be an obvious good. It often seems like the one thing, we can agree on in political debates. After all only dictators and fools question the value of democracy, right? And yet the value of democracy has been challenged again and again throughout history. Great philosophers from Plato to Confucius thought it was a terrible idea, and many contemporary Western political theorists have speculated that democracy may not be useful or moral as we suppose. For those who believe in the value of democracy (its efficacy and its morality), it is important to analyze, articulate, and explore the arguments in which democracy is grounded. This talk will do three things: explain what democracy is; explain why serious historical and contemporary thinkers distrust democracy; and explore the best contemporary arguments for democracy.

**Dr. Josh Duclos** is the 1923 Chair of Humanities at St. Paul's School in Concord, NH. He earned a MA in Humanities from the University of Chicago and a PhD in philosophy from Boston University. A former Fulbright scholar, he is the author of numerous articles in moral and political philosophy and one book: *Wilderness, Morality, and Value* (Lexington, 2022).

[More Summer Sunday Services...](#)

[Back to Home Page](#)

## Do You Wish You Could See a Service You Missed?

Did you know that most Sunday Services are recorded and posted to Vimeo - a cloud-based video platform similar to YouTube?

You can view any past service by navigating to the bottom of this page [Sunday Services | Starr King Unitarian Universalist Fellowship | Plymouth, NH \(starrkingfellowship.org\)](#) on our website

You can see the most recent Sunday or any past services.

(Continued from page 5)

## August 31

### The role of creative expression to enhance resilience and humanitarian work during uncertain times.

Living in times of uncertainty whether caused by economic disruptions, environmental crises, or just plain human developmental transitions necessitates a multi-faceted approach to existential living. Dr. Byers argues that the use of creativity within a humanitarian relief perspective offers those in need a path to (re)gaining meaning and purpose.

**Julia Gentleman Byers**, EdD, LHMC, ATR-BC, has participated in international relief activities and interventions emphasizing the role of the arts in building empathy and hope within our complex global societies. She was the Art Therapy coordinator for Lesley University for close to 30 years and is Distinguished senior fellow at the global resilience institute at Northeastern University. She is the author of ***Cold Water: Women and Girls of Lira, Uganda***. For the past 40 years, Dr. Byers has been working in over 25 countries providing humanitarian aid through expressive art, play therapies and mental health counseling. She has worked with many communities who have experienced trauma as a response to natural disasters, violence or unexpected personal bereavement and loss.

## September 7

**Rev. Linda will be back to officiate our first fall service - a Water Communion.**

[Back to Home Page](#)

## SKUUF Protesters next steps

Interested folk met on June 29 to organize. We have created a Facebook private group called SKUUF Protest Group, where we plan on posting upcoming events weekly so folks can connect with others who want to carpool or meet up at events. We will also create sign-ups for larger events further in the future, such as nationwide No Kings Day protests and regularly scheduled SKUUF PG "Adopt a Bridge" Bridge Brigade dates! You can join the Facebook group at [www.facebook.com/groups/skuufpg](http://www.facebook.com/groups/skuufpg). Note that we've registered for the July Bridge Brigade on July 27<sup>th</sup>..

Some of us have been attending the Wednesday bridge visibility in Plymouth and I went to the I93 overpass on N. Ashland Rd. It is a good spot and I look forward to going again. Call me if you want to go with me. We need to stick together in these difficult times. Continuing to protest is essential to support others and make our concerns be clear and I find it encouraging to share these times with others. We look forward to it.



## Reports from GA in Baltimore

### Susan Jacobs

My experience will be different from those who attended as delegates. The choir was a wonderful experience. Singing in a very diverse choir and singing in front of several thousand people both in attendance and online was a great opportunity but not intimidating. We were well received and an important part of the service.

The workshops I attended were not as inspiring as I hoped. It helped me realize that though we are a small congregation in a small community, we are involved and very active in social justice issues. Another service I attended online reassured me that our religious team work together to include soul matters and social issues in our weekly service.

### Deedie Kriebel

This was my first GA. The dates finally aligned for me and it was in Baltimore where my son lives (a bonus). While the convention hall was cavernous and a chilly 68 degrees, the connections and experiences were warm and welcoming! For me, the choir was the high point - our director, Verdis Robinson,



said to trust him and he was true to his word. He prepared us and, under his direction, allowed us to enjoy the full experience of singing before 4,000 people (3,000 in person and 1,000 virtually). This was a dream come true for many of us. One of our gospel soloists told us, "This is the way it's done in my culture. Trust me, and I will guide you through this." Once again, she held us in her hands and carried us through the song, allowing us to "feel the spirit" and be overwhelmed with joy!

For me, the small groups had the most meaning - learning how others do membership, participating in a movement service, singing the songs from the brand new virtual hymnal in a small group, rubbing elbows with members and ministers from all over the country, and being with so many like-minded people.

I was able to have a full Baltimore experience, as I navigated the streets walking and using the free "Charm City Circulator" bus back and forth to my son's house. I walked to the Inner Harbor, and to Fort McHenry and its grounds by the water. I viewed the city from my son's roof deck at night - spectacular! I could NOT get enough crab cakes! My interactions with the residents of the city were as amazing as any I have had. They were understanding, helpful, and eager to converse with a total stranger. I am pleased that GA took up a collection for the South Baltimore Community Land Trust. If you are so moved, I urge you to contribute; take a look at all the good they do.

Thank you to our Fellowship for sending me on this adventure. I hope that I will be able to share what I have learned. Deedie

### Mary Crowell

This was my second time attending GA in person as a delegate. I had more time to go to workshops as well as do my due diligence as a delegate, which was made easier as all voting was online at the end of the daily session. The theme for this year was Meet the Moment and the most important question asked was "How do our UU values call us to respond to this moment?" Something to continue thinking about every day. I went to workshops on Climate Justice and Building Trans Justice, Safety and Belonging. I look forward to bringing ideas from here to the Fellowship. It was a joy to attend with the 5 others from our Fellowship – Susan Jacobs, Ray DeRaymond, Mimi Chandler, Deedie Kriebel and Rev. Linda – and to end the weekend with a powerful Sunday service with a couple of thousand UU's- A UU revival!

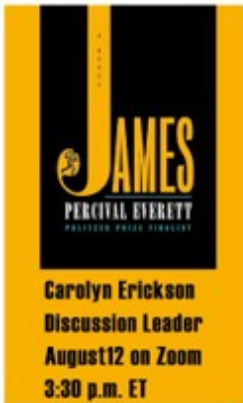
[More.....](#)

## And More Reports from GA in Baltimore

### Ray DeRaymond

I had a good experience at the Baltimore General Assembly. There were two main areas of participation for me. One was being a part of the choir and that was a very good experience. Our director, Rev. Verdis Levar Robinson was great to sing with and he brought a lot of really good energy to our Sunday performance. I also attended the UUA General Sessions each afternoon, 3 hours daily. I paid attention to the voting issues closely. There also was a lot of interesting presentations from different UUA groups: The OWL(our whole lives) program celebrated its 25th anniversary. The Liberal Religious Educators Association (LREDA) 75 years. Black Lives UU (BLUU) celebrated 10 years. They all gave informative talks about their work. The new virtual hymnal, "Sing Out Love", was introduced and each day we heard new songs from it. We may all hear more in the coming year. Just some of the presentations that stood out for me. I am still watching programs that I was unable to attend but were recorded and are accessible online. It will be interesting for me to stay connected with the UUA, the issues discussed, and see how things develop. Are there any questions? Thank you, all

[Back to Home Page](#)



## THE STARR KING BOOK CLUB INVITES YOU TO JOIN US



We meet **once a month** over **Zoom** to **check in** and **discuss a book** suggested by a **member**. For more information or to be added to the list please email

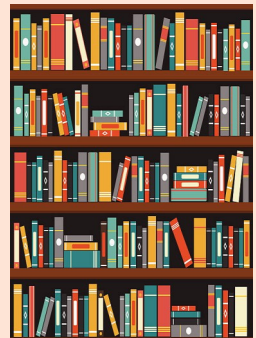
[admin@starrkingfellowship.org](mailto:admin@starrkingfellowship.org)

*Reading makes immigrants of us all. It takes us away from home, but more important, it finds homes for us everywhere. — Jean Rhys*

### SKUUF LENDING LIBRARY

Next time you're in the downstairs lobby, take a look at our lending library. It has recently been refreshed and has many new titles. Some of the new selections focus on LGBTQ+ topics as part of the Welcoming Congregation renewal. Other subjects deal with grief and loss. Both children's and adult books are included.

To check out a book, write your name on the library card in the front of the book and place the card in the card file box. Please return the book in a reasonable amount of time, one month suggested.



## New Foyer Art



The new foyer art exhibit is by Annette Mitchell. Annette coordinated the Drawing Program at [Plymouth State University](#) for more than three decades before retiring Professor Emerita.

During her tenure, she pioneered a printmaking process that used polystyrene foam plates. Her textbook on the subject *[Foam Is Where The Art Is—New Ways To Print](#)* was published in Canada and has assisted studio artists and teachers worldwide. Annette has received many accolades: New Hampshire Art Educator of the Year, a National First Prize in Painting by the [Daughters of the American Revolution](#), and *American Artist Magazine* published a beautiful article about her block printing process with many color examples of her original prints.

After retiring, Annette continued to teach nine-day workshops at Plymouth State University every January and July. When the COVID-19 pandemic discouraged large in-person classes, she was invited to teach via zoom for [Artistic Roots Gallery](#) in Plymouth, NH. Those classes continue. Annette's current offerings can be accessed at the Artistic Roots Gallery website. Her courses have been enthusiastically embraced and have crossed international borders. We are very grateful to Annette for exhibiting her creative work. It will be on display through September.

[Back to Home Page](#)

## What's on the Starr King Website

During every Sunday Service announcement we hear the statement "for more information go to our website."

Here are a few things you can find there:

- \* For a list of board members, committees and chairs, and recent board minutes, go to <https://www.starrkingfellowship.org/committees>.
- \* To learn about interest groups such as breakfast club, Sunday hikes and book group, go to <https://www.starrkingfellowship.org/interest-groups>.
- \* To learn about Adult Spirituality offerings such as Soul Matters, go to <https://www.starrkingfellowship.org/adult-spiritual-exploration>.
- \* For a two minute summary of what we believe, go to <https://www.starrkingfellowship.org/about>.
- \* **There's so much more. Please surf around!**

**Starr King Unitarian Universalist Fellowship**  
**101 Fairgrounds Road**  
**PO Box 337**  
**Plymouth, New Hampshire 03264**

admin@starrkingfellowship.org  
(603) 536-8908  
[www.starrkingfellowship.org](http://www.starrkingfellowship.org)

#### **Staff**

**The Rev. Dr. Linda Barnes, Minister**  
**Sarah Dan Jones, Music Director**  
**Grace Kennedy, Director of Religious Education**  
**Jennifer Sprague, Office Administrator**

#### **Governing Board**

President: Connie Maatta  
President Elect: Suellen Skinner  
Treasurer: Jennifer Gentry  
Secretary: Suzan Gannett

Trustees:  
Mimi Chandler  
Louise Randal  
Jim Hostetler

## **Mission and Vision statement**

### **Mission:**

At Starr King Unitarian Universalist Fellowship, we cultivate more love in the world and nurture more love for the world.

### **Vision:**

Our Fellowship welcomes and cares for people of all ages and varied identities. We experience joy as we build community and use our relationships with each other to create a more loving world.

Our Fellowship embraces what is meaningful and beautiful. We offer diverse experiences in worship, music, and the arts through our services, events, and the use of our building.

We live and model our values, collectively creating social and environmental justice with direct action and financial support.

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

### **What it Means to be a Member**

Membership is open to all individuals sixteen years and older regardless of race, creed, national origin, gender or sexual orientation who are in harmony with the visions, goals and principles of Starr King Unitarian Universalist Fellowship.

You are invited to become a member by participating in a Path to Membership orientation or by meeting with the Minister to review the benefits and responsibilities of membership. All new members sign the official Membership Record book witnessed by the Minister or a Membership Committee Chair.

Members are entitled to the services of the Minister and the use of the sanctuary for Rites of Passage (weddings, dedications, memorial services, etc.) at no cost. Members are eligible to serve in elected officer positions and serve as committee chairs. Members have the privilege of full voting rights.

Membership is maintained by active participation in the Fellowship, by supporting the annual Stewardship Drive and/or contributing service toward the Fellowship.

### **What it Means to be a Friend**

A Friend of Starr King UU Fellowship is an individual in harmony with the visions, goals and principles of our Fellowship who chooses not to sign the Membership Record Book. A Friend may participate in any and all Fellowship activities but does not receive Rites of Passage services without a fee, is not eligible to vote or serve as an elected officer or committee chair.

[Back to Home Page](#)