

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
January 2023



In this issue:

- [Sunday Services](#)
- [Minister's Letter](#)
- [Letter from the President](#)
- [Soundbites](#)
- [Religious Education News](#)
- [Climate Action Team](#)
- [January Outreach & Winners of the 2022 Holiday Giving](#)
- [Breakfast Club, Book Group, Second Sunday Hike](#)
- [Stewardship](#)

On Friday, January 6, we will hold a vespers service in our sanctuary at 6:00 PM.

This will be posted live on our Facebook page, but will not be available on Zoom.

Pizza will be served after the service for those who'd like to stay and "break bread."



Welcoming Congregation Renewal Informational Meeting

Sunday, January 29, following Sunday Service

[Read More...](#)

Still missing:

A black LL Bean down jacket without a hood was last seen in the closet off the foyer. Someone must have taken it accidentally.

It was Paul's, and when I wore it, it felt like he had his arms around me. Please, please return it. It means so much to me.

Gigi

(Gisela Estes)

Soup for the Soul Family Potluck

Friday, January 27,
2023
5:30-7 pm



Bring a soup, appetizer or dessert to share

Minestrone soup, bread, and beverages
to be provided

RSVP by 1/24 admin@starrkingfellowship.org

Minister's Newsletter

January, 2023

*Do not despise your own place and hour.
Every place is under the stars,
every place is the center of the world.*
~ John Burroughs

I was thinking about the state of the planet. I was thinking about our struggle with elections and government strife. And I was walking. As often happens to me while I'm out walking, a message from my deeper self found its way into my conscience. *Live well in the time you are born, live well in place.* This message burned itself into my psyche. It felt like a recentering imperative. Then, finding this quote above, from naturalist and writer John Burroughs, I was comforted and reaffirmed. We all spend time thinking about *what ifs*, and *if onlys*, and maybe *whens*. Considering this, I want to be more deliberate about how it is I inhabit the time and place in which I live. I want to get better at taking a moment to pause and be present. This fits the Soul Matters theme for this month, The Path of Finding our Center. There are many ways to approach this spiritual understanding – practicing pausing and living in this moment is one of them. This is my aim for this year, to live well in this time and place. What's yours?

To be present in this community one can engage simply in Sunday morning worship or teach religious education, it's easy, all material and lessons provided. One can come to play Scrabble, be part of the Men's group, participate in the Book Club, or join a Soul Matters group. One can engage in ways that serve the community by volunteering with the Building and Grounds committee, by singing in the choir, or helping serve coffee or clean up. I encourage you to step more fully into community this year and find one new way to engage here. I have no doubt that you will be glad you did. In this way, we are living well in place and time together.

My wish for you, in this new year, is that you too hear your inner voice. That even when the world seems more than we can handle that we remember, "Every place is under the stars, every place is the center of the world." So, yes, indeed we are the center of the world and in this center, I hope you'll take the time and pause to wonder, to commit to using your own influence to bring about a better world, and remember you are worthy of good care.

In faith and love,
Rev. Linda

[Back to Home Page](#)

Learn more about Starr King UU Fellowship with Rev. Linda and Jane Clay

Are you new to the Fellowship? Do you have questions or wonder how you might become more involved? Please join us at 10:45 on Sunday, February 5 after the service for conversation about Unitarian Universalism, to ask questions, and to learn what it means to be a member of this community.

Sunday Services –

January 8 How to Save Your Soul Rev. Linda Barnes

We're not talking about saving souls for eternity, but for right now in this life. To save our own souls we need to take our lives seriously; we must find our centers. We can listen closely to the small voice that speaks to us of what matters most and claim who we really are. Join us this Sunday as we explore just how we might save our own souls.

January 15 In Favor of Being Maladjusted Rev. Linda Barnes

Martin Luther King invited us to be maladjusted to the way things are. He said, "... I never intend to become adjusted to segregation and discrimination. ... I never intend to adjust myself to economic conditions that will take necessities from the many to give to the few, leave millions of G-d's children smothering in an airtight cage of poverty in the midst of an affluent society..." On this MLK Sunday join us as we revisit MLK's invitation to live life *maladjusted* to the way things are.

January 22 Only Kindness Matters Bettina Lehovec

Can we pledge ourselves to be kind this year? Such a simple thing to aim for, but not always easy to achieve. Let's explore some strategies for living a kinder life and more truly honoring the inherent worth and dignity of all.

January 29 Collectively Creating Rev. Linda Barnes

In our Fellowship's vision statement, there's a line that is critical to understanding why we exist. It reads, "we live and model our values, collectively creating..." That's what's different about us, we don't have to go it alone, we are collectively creating a community that holds love at its center. We are collectively creating a more just world. Join us on this Sunday to peek into the ways we might co-create the next chapter of our history.

[Back to Home Page](#)

Stewardship 2023

"In one equation you can solve all the puzzles of life. It is the equation of giving."

-Amit Ray



Our Stewardship drive will begin on Sunday, January 29th with a Stewardship sermon by Linda. On this day we will distribute our Stewardship information packet and pledging information to our members and friends by email.

After two years of online Stewardship activities, your Stewardship committee is thrilled to be able to hold an in-person Stewardship event this year. We will mark the conclusion of our drive with an intergenerational brunch on Sunday, March 5th after the service. This will be a time for us to celebrate our commitment to Starr King Fellowship's mission, to express our gratitude for all we have, and to experience the joy of being together once again. Details will be forthcoming over this month in the weekly View.

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 our home page www.starrkingfellowship.org and scrolling down to the section called "Sundays at Starr King."

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

President's Letter

Happy 2023,

Rainy days in December and January feel weird to many of us, and I prefer snow at this time of year, even if I don't "play" in it anymore! It makes everything look clean, bright, and a bit lighter especially on gloomy gray days.

It was so nice to see the sanctuary filled on Christmas Eve with extended families and visitors to add to the magic of the candlelight. I was able to "see" the Zoom attendees on the screen and it felt wonderful to have so many with us. The online audience is here to stay and we are working to find more ways for this group to feel welcome and part of the whole, stay tuned!

The board is working on several things—an email has been sent regarding the Smooth Sunday teams/restructuring, website redesign is in progress, a survey of interests will be done soon, Soup for the Soul evening being planned, Welcoming Congregation work is beginning, Stewardship begins soon, and so much more. Watch the weekly View for updates as well as your emails—communication is crucial and it works. You may contact the office for more information when needed but your board members can be a great resource as well.

Joy, hope, peace and love: my wish for 2023 for everyone, everywhere.

Jane Clay, president

[Back to Home Page](#)

Board's Bulletin

- Grace remains DRE into 2023
- New website under construction
- Return of Smooth Sunday teams
- 1st Soup Night on 1/27
- Attending in person and miss chatting with zoom attendees, or vice versa? Tech is in the works to bring us together—stay tuned!

Reach out to any board member if you have questions or just to discuss matters.



Soundbites

Invitation

Often at this time of the year, folks let go of things not important anymore and embrace some sort of intention for the upcoming year. This “themed” based philosophy is not new to Unitarian Universalists, as evident by the Soul Matters monthly themes and subsequent study materials that we use at Starr King.

But the intention setting is the key in a personal adopting of a particular idea. For me, I decided to choose “Invitation.”

There is a long standing tradition of lay musicians who have contributed in some form or another at our Fellowship. Stories of past coffee houses keep cropping up, and tales of many people who contributed their time and talents in worship and beyond.

My goal is to continue that tradition. I have been trying to invite musicians of all ages to be a part of worship. We saw and heard the lovely sounds from Rachael Pamplin on the flute and Sydney Halter on the piano at Christmas eve. What a joy to make music with them on that holy evening!

On tap is a Baritone sax sound coming from Larry Wylie on Martin Luther King, Jr. Sunday, January 15. We will collaborate to present the gospel hymn “Precious Lord,” which was sung at Dr. King’s funeral. January also brings us theme based music from the Red Shedders on the first and last Sundays of the month. This trio of Ray DeRaymond, John Matta and Brian Haskins meets weekly and has used the past month to explore music that speaks to the Soul Matters theme of Finding our Center.

The challenge for me is to identify who might be interested in an invitation. Do you sing? Are you an instrumentalist? Are you looking for a way to add to the music ministry at Starr King? Then, by all means, seek me out! Trust me, you will get an invitation – an open one that allows you to join us when it feels good to you!

Happy New Year and see y’all in church

Sarah Dan



CHOIR SCHEDULE

Choir meets every Thursday in January at 6:00 pm in the sanctuary

SUNDAY SCHEDULE

January 8 – Will Gunn, musician and the Red Shedders
January 15 – Sarah Dan, choir. Larry Wylie Baritone Sax
January 22 – Sarah Dan.
January 29 – Sarah Dan, choir. Red Shedders

[Back to Home Page](#)

Reserving Space at the Fellowship

As we continue to brush away the cobwebs of COVID, we are excited to welcome in-person group meetings and activities back to the Fellowship!

To keep the process as streamlined – and hopefully easy! – as possible for everyone, we have created a simple form you can use to request space and time at the Fellowship. The form is located under the Members tab on the website. There is also a paper version that can be downloaded and printed for those that prefer, and, of course, you are always welcome to call the office and speak with Taphi about reserving your spot.

Religious Education



This past month in Religious Education has been such a joyful time! For our Solstice service, the children performed a play they had been preparing for several weeks. With help from some other members of the congregation, together we presented the story of Skywoman Falling - the creation story of the Haudenosaunee people. It was wonderful to see the collaborative effort of all the children and the congregation to make the play such a success! You can find some of the art from the play hung up on the wall downstairs outside of the small conference room. On Christmas Eve it was a delight to see so many families and familiar faces! We celebrated the dedication of two children to our congregation and enjoyed piano and flute musical accompaniments throughout the service by two very talented young musicians.

December also brought the conclusion of the Lifespan Sexuality and Relationships Education course adapted from the Our Whole Lives curriculum. This program, adapted to fit a shorter time frame, was a huge success thanks to the hard work and dedication of our incredible students and co-facilitators Bob Clay and Grace Kennedy. Our goal is to help get more teachers trained this year so that we may be able to offer the full-length OWL programs to even more students next fall. If you are interested in learning more about becoming an OWL teacher, please reach out to Grace to learn more about the process and what it is like!

We are excited about what is to come in RE this new year. The Director of Religious Education, Grace Kennedy, has transitioned to serving the congregation virtually as she returns to her home in Monteverde, Costa Rica. Her plan is to return to New Hampshire in June and together with the support of Rev. Linda, the board, and the incredible RE volunteers, we are confident that RE will continue to successfully serve the youth of this congregation. Volunteer RE teachers will receive lesson plans each week from Grace and everything will be set up in the RE rooms ahead of time to make things as easy as possible. It is such a special and valuable experience for these youth to have these sorts of intergenerational experiences. It's a great opportunity to learn from their perspectives on the themes we contemplate together as a congregation, and we try to always have lots of fun!

If you're interested in helping more with our youth programs in any way, please reach out to Grace at dre@starrkingfellowship.org!

[Back to Home Page](#)

Howling Monkey Nicaraguan Coffee Still Available

Shade-grown, organic Howling Monkey Nicaraguan coffee can still be purchased to support both the Starr King Youth group and Compas de Nicaragua.

It is available either whole bean or ground, \$15.00 per pound. Please Contact Bob and Jane Clay, 603-996-1207 or jhclay@roadrunner.com, to make arrangements for pick-up or delivery.



January Outreach Collection

Wondering what you can do to make your home or business more energy efficient? Thinking about installing solar panels? Interested in year-round fresh foods from local farmers?

The Plymouth Area Renewable Energy Initiative – PAREI – is a go-to non-profit serving a wide area in central NH and partnering with many organizations to:

- Provide free technical assistance to small businesses & farmers in rural NH, helping them evaluate possibilities for using renewable energy
- Offer “NH Saves Button-Up Workshops” promoting ways homes can become more energy efficient - and providing details of programs offered by NH utilities
- Provide NH Solar Shares, which creates large solar arrays; the electricity generated is used to offset energy costs for low income families. Check out the array beside Frosty Scoops at the Common Man Inn in Plymouth...
- Provide assistance with solar PV installations
- Offer a year round, web-based program providing an opportunity for local consumers to purchase foods from area farmers, thus reducing the miles food travels from farm to table

This remarkable organization was formed in 2004 by a small group of concerned citizens; today it's an organization of over 700 families and businesses, from Sanbornton to Thornton and Warren to Meredith and Sandwich. It has inspired many new groups throughout the state.

Your donation to the January 15th collection will support a local organization that is making a most significant contribution to increasing our regional energy efficiency; it is a gift to the future.

[Back to Home Page](#)

HERE ARE THE WINNERS OF THE 2022 HOLIDAY GIVING DRAWING

HELD BY THE ENDOWMENT COMMITTEE

The Endowment Committee wants to thank everyone who contributed a name of their favorite charity for our first Holiday Giving Drawing held on December 18th.

The 3 Winners – each will receive a \$500 donation from Endowment

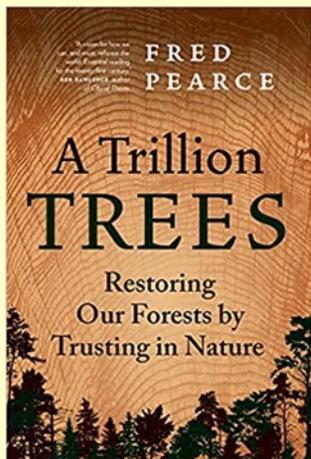
CADY – Communities for Alcohol & Drug Free Youth
CCL – NH Childhood Cancer Lifeline
Transport Center

There were many worthy charities entered into the drawing – we would like to highlight them as well. Below is the list:

Artistic Roots
Bridge House
CASA – Child Appointed Special Advocate
CCL – NH Childhood Cancer Lifeline
CLF – Prison Ministry Program
Friends of Mascoma Foundation
Humane Society Laconia
Lakes Region Search & Rescue
NHPR – NH Public Radio
Pemi-Baker Literacy
Reproductive Freedom Fund of NH
Society for the Preservation of NH Forest
Transport Center
Vets Rest Stop
Voices Against Violence

Climate Action News

Climate Action Committee adds to its collection of books available for loan to Fellowship members and friends.



***A Trillion Trees* by Fred Pearce, published in 2021**

276 pages, plus extensive pages of notes, suggestions for further reading, and an index

This book offers a realistic approach to the restoration of forests. The author provides the latest scientific knowledge of what trees do for the earth and its inhabitants, describes the plundering that has taken place, and emphasizes the power of nature itself to restore what has been lost, along with what humans can do to assist nature.

Mere planting of trees on a massive scale is not the answer to correct what has been lost according to Pearce; nature is doing most of the job much better in the many countries the author visits. He points out that massive replanting by humans is financially costly and unproductive for various reasons. For example, often the loss of a particular forest involves changes in the environment that no longer support new growth of the trees that have been lost. Rather, the changed environment frequently requires the growth of new species of trees, sometimes needing those trees determined by humans to be invasive in an area.

A good portion of the book includes the stories of the human custodians of existing forests: the indigenous tribes, tree lovers, and loggers who are frequently criticized and underappreciated for their work in helping to maintain healthy forests.

This book will be made available for loan in the Foyer of the Meeting-house. Check it out!

[Back to Home Page](#)

COVID POLICY

Starr King Fellowship no longer requires vaccinations and masks for those entering the building.

We always welcome those who choose to wear masks and will continue to supply masks at entrances to the building.

If you test positive, please stay home until you test negative or for 10 days.

As always, if you do not feel well or remain uncomfortable in group settings, join us on Zoom.

Great way to support SKUUF!

The purchase of a Hannaford card to use for grocery shopping costs you no additional money but helps SKUUF raise funds. In

addition, purchase of Hannaford gift cards is always in good taste and you can use the SKUUF Hannaford program to purchase gift cards to give as thoughtful gifts. Denominations \$25, \$100, \$500. See Taphi Janell during office hours or Betty Ann Trought /Linda Haskins after services. Cash or Checks, sorry no credit cards as fees remove our profit. Remember all checks are made out to SKUUF with Hannaford in memo line.



Welcoming Congregation Renewal Informational Meeting

Sunday, January 29, 2023
Following the Sunday Service

It's time to renew our Unitarian Universalist Association's Welcoming Congregation designation. We did great work, back in 1999 in order to receive our initial Welcoming Congregation designation. The UUA is now asking congregations to renew our commitment to welcome LGBTQ+ (lesbian, gay, trans, queer, plus) and TGQNB (transgender, genderqueer, non-binary) people.

About this renewal the UUA writes:

In 2018, we wish to be bolder with our Welcome. Transgender Unitarian Universalists (UUs) are still struggling to find community in UU congregations. Bisexual UUs suffer from invisibility while asexual, intersex, and polyamorous communities are wrestling with a progressive faith that does not privilege their truth. These and the many more social ills that plague our LGBTQ+ and TGQNB communities are calling us into a deeper commitment to ensure that our Unitarian Universalist congregations are living into the Welcome that we boldly proclaim.

Everyone is encouraged to attend the meeting on January 29th to learn about the steps we need to take in order to renew our designation. For more information from the UUA about the process, please go to <https://www.uua.org/lgbtq/welcoming/program/five-practices-welcome-renewal>

If you have any questions, please contact Mary Crowell at marycrowell21@gmail.com or Margaret Rieser at in-tern@starrkingfellowship.org

[Back to Home Page](#)

Donating from the Starr King website.

The Donate button on the website is found at the top right of the Starr King UU Fellowship homepage. It is very simple to use, and only requires you to register the first time you use it.

The donation form allows you to select the amount you wish to deposit to our virtual collection and you can choose to donate to the Sunday offering or to any of our other Special Collection outreach or regular Starr King funds. You can also designate if you would like your gift to be a recurring donation, or not.

The funds you designate can be drawn from your bank account or paid by credit card. Either way, please consider helping to cover the cost of processing electronic donations by clicking on the "Cover Fees" box when submitting your





Breakfast Club
and
Second Sunday Hike
will resume in February

Book Group News

Join us every 2nd Tuesday of the month at 3:30 p.m. for a lively book discussion. Email kmkelsey@gmail.com if you'd like to be added to the email list to receive the monthly zoom link.

The books for the coming year are:

January 9 - ***The Book Woman of Troublesome Creek*** by Kim Richardson

February 13 - ***Wastelands: The True Story of Farm Country on Trial*** by Corban Addison

March 13 - ***The Verifiers*** by Jane Pek

April 10 - ***My Beloved World*** by Sonia Sotomayer

May 8 - ***Parable of the Sower*** by Octavia Butler

June 12 - ***The Fixed Stars*** by Molly Wizenberg

July 10 - ***Tattooist of Auschwitz*** by Heather Morris

August 14 - ***The Bible*** by Karen Armstrong



[Back to Home Page](#)

Click here to:

[Check out the Calendar on the website for other activities...](#)

- Morning Men's Meeting
- Climate Action
- Meditation Group
- Scrabble
- Bridge
- GentleYoga
- Choir
- Vespers

Office Hours

The Rev. Dr. Linda Barnes is in her office
Tuesday and Wednesday,
10:00 AM to 2:00 PM,
Thursday 10:00 AM. to 3:00 PM
or by appointment, 536-8908

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

admin@starrkingfellowship.org
(603) 536-8908
www.starrkingfellowship.org

Staff

The Rev. Dr. Linda Barnes, Minister
Sarah Dan Jones, Director of Music Ministry
Office Administrator, Taphi Janelle
Interim DRE, Grace Kennedy
Ministerial Intern, Margaret Rieser

Starr King Fellowship Governing Board

Jane Clay, President
Doug Grant, Vice-president
Janet Englund, Treasurer
Stephanie Halter, Secretary

Trustees:

Bob Chandler
John Marunowski
Sandy Mucci
Richard Odman
Diana Pamplin

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.

[Back to Home Page](#)

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.