

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
June 2022



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Summer Services

This year our summer services will be held only on zoom. Cindy Spring will be coordinating them. Please let her know if you would like to lead a service, the topic and the Sunday in July or August that you would prefer.

Our summer services are fairly informal. They usually consist of a presentation on a topic chosen by the speaker followed by an open discussion on that topic. It is a great way to share an interest or hobby and to get to know others a bit better. Normally there are 12 to 15 people attending.

Please think of a topic you would enjoy learning more about or discussing with others, then contact me at: cspring2@mac.com. You can also call me at 603-279-5621. If you have an idea, but aren't sure how to "frame it," we can talk about it together.

The hope is to have all topics and presenters decided on by June 25th so they can be written up in the summer newsletter. (I'm delighted to say that I already have four presenters.)

Looking forward to hearing from you!

Cindy

Olivia Saunders reports on UUA Workshop

Reactivity to Resilience

[Click here to read](#)

There will be no **Black Lives Matter** workshop until fall.

We will, however, be hosting an on-line service this summer.

A Note from Your Treasurer

Reminder: The Fellowship's fiscal year ends on June 30th, which means that any outstanding FY22 pledge amounts are due by the end of the month. Please contact me if you are unsure if you have a balance due.

Thanks,

Janet Englund, Treasurer

Minister's Letter

*Not what we say about our blessings, but how we use them,
is the true measure of our thanksgiving.*

~ W.T. Purkiser

The gift of a sabbatical was a blessing to me. I took with me the spirit of love and your good wishes when I left. I am grateful and I hope that the true measure of my gratitude is how I am able to go forward restored. For those of you who wonder, here's a brief synopsis of what I did:

Walked - on the coast of Maine.

Studied – poetry with Billy Collins, Joy Harjo, and storytelling with LaVar Burton.

Walked - on the trails near my house.

Quilted/knitted – I am happier when I can be creative with my hands, so I was.

Walked – on the trails near my house.

Visited – the Midwest, I hadn't really been back, it felt good to connect with old friends.

Walked – on the trails near my house.

Read – I devoured fiction, stories of human experience, I fell in love with words again.

Walked – on the trails near my house.

Thought – of you on Sundays.

Walked – you can guess where.

I thank you. Mica, my dog (who loves to walk), thanks you. Thank you to Sarah Dan for her management of all things worship. Thank you to the Starr King Board for their steadfast attention to this community. Thank you for showing up on Sundays and beyond, you are a gift to me and to one another.

I've returned with a curiosity about what's next for our beloved community. It seems to me that we've spent the last couple of years surviving, and in truth, we've done remarkably well. But this is not why our community exists, we exist, as our mission statement reminds us *to cultivate more love in the world and more love for the world*. And surely, like never before, our world needs us to live out that mission.

Here's where your minister wants to remind you - this is *your* Fellowship. How is it that you would like to serve and be served by this community? Let me know, send me an email, set up an appointment to talk, or walk! I'd love to hear where'd you like to go in the next year, what you might like to learn or focus on. Beyond that, I would simply love to hear from you.

Upon my return from July leave, we will hit the road running to fill the director of religious education and office administrator positions. Additionally, as the Children's Learning Center settles into its new home, we'll look to resettling into all of our space. And, we will be hosting our first ministerial intern! We've so much to think about and I look forward to doing that with you.

In faith and love,
Rev. Linda

Starr King Covid Policy

The Board, with recommendations from the Pandemic Response Team, has set the following policy regarding Covid and attendance at Starr King. The Pandemic Response team and the Board will continue to work together and to monitor the Covid situation in our area. The health and well-being of our members and friends is always the main concern.

Starr King Policy regarding Covid

In the interest of taking care of one another, for all services in the building, we ask that all attendees please:

~ Wear a mask and be vaccinated

~ If there is a known exposure or a positive test for Covid please join us on Zoom for 10 days.

Sunday Services –

June 5 Blessed Autonomy: Reproductive Justice in Our Time Rev. Linda Barnes

We Unitarian Universalists support the human right to have children, to not have children, and seek to safeguard bodily autonomy. The right of self-determination in reproductive health is at risk. On this Sunday we'll explore our role in securing the rights of all to make decisions about their bodies, their health, and their families.

June 12 To Give a Blessing Rev. Linda Barnes

You, yes you, a person who doesn't do such things, give a blessing. A blessing looks like repairing relations, finding refuge, or gratitude. It's living and engaged life really. Join us on this Sunday to consider the ordinary blessings we give and receive.

June 19 Communion of Flowers: Resurrecting the World Rev. Linda Barnes

On this Sunday we will participate in a *Communion of Flowers*, a ritual of remembering the sweet value of being together, the promise of flowers to produce the seeds of the future, and simply, joy. Please bring a flower to share in our common bouquet.

June 26 Woven in a Single Garment of Destiny Rev. Susan Frederick-Gray

How is our Unitarian Universalist theology connected to our practice of covenant? As we are called by our faith to take seriously our interconnection, what choices are demanded from us? Join us for this recorded service which includes homilies by the UUA President, Rev. Susan Frederick-Gray.

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SKUUF Religious Education Spring Schedule

Dear Families,

While Tatum is on leave, religious education (RE) will be led by several members of our fellowship. Below you will find the planned schedule with in-person and virtual options for families. Please join us, we look forward to being together.

June 5 - In-person with Diana Pamplin

June 12 - In-person with Nancy Dowey

June 19 - All generations service upstairs for the Flower Communion

If you have questions, concerns or want to help out, please reach out to Stephanie Halter. Her contact information can be found in Simple Church.

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

Having served my entire time as President during Covid, I guess it is fitting that I had to miss the Annual Meeting because I had Covid! All is well and, following our Starr King policy, I stayed away for 10 days. I am so thankful that we have Zoom - for Sunday services, for memorials and for meetings. It has enabled so many to participate from both near and far. Many thanks to the tech team who continue weekly to make this all possible. They have learned and grown so much over the two years. We are still looking for others to step up and help with tech needs either in person or from afar. Please consider helping in the coming year so that we can continue to offer all that we do.

As I reflect on the last two years, I think of all that was accomplished. The Solar panels and new electric boilers come to mind first and foremost but I think the greatest accomplishment is that we kept going through Covid and all its challenges. From the first year of offering services only via Zoom we transitioned into hybrid services. It is so nice to have people back in the Sanctuary on Sundays. I also appreciate being able to see the live service whether I am traveling or having to quarantine at home. It means that I can stay connected wherever I am. Thank you to Rev. Linda and Sarah Dan who continue to make Sunday services so meaningful.

I want to thank all the members of the Board over the last two years who did the work of this Fellowship. We met every month to do what was needed from budgets to policies to dealing with a pandemic. It has truly been an honor to work with them.

I may be finished on the Board (5 years is long enough!) but I am not going anywhere. Well, I will be traveling but I will continue to stay involved as part of the tech team and I am hoping to get back involved with our Religious Education program. I have missed working with our children over the last couple of years!

Enjoy the summer and thank you for your engagement with the Fellowship,

Mary Crowell

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Board's Bulletin

- 'Siding with Love' banner
- GA delegates
- Sarah Dan recognition
- Tatum & Melissa resigned
- Website redesign over summer
- Summer services
- Covid policy
- Coffee 1/2 hour

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

Soundbites

Blessings.

That is the theme for this month and an apt one it is.

Blessings on the choir: it has not been easy, but we have met in person all church year long. They were patient with singing pieces we have done before, and gracious with me through out it all.

Blessings on the Worship Associates: there was rescheduling to do when one of the members needed a substitute, the calendar was clear and communicated well, and lots of learning and support came into play.

Blessings on the Board: you have a hard task, and you handle it with grace. Mary Crowell has been an amazing President, and I feel supported at every turn.

Blessings on the Tech Crew: It is an ever changing landscape, this multi platform world, and you ALL have moved through the difficulties, and embraced the reality when we just had too many issues to make it "perfect". A reminder that worship is never perfect and we offer up what we are able to do, with help from the Holy.

Blessings on the Minister: It was a growth time while you were on Sabbatical. We made it, and I missed you a heap. Thanks for being my cherished colleague.

Finally, Blessings on ALL OF YOU: Rev. Linda invited you to stay present during her Sabbatical, and you heeded the call! So many volunteers, so many hours of devotion, so many shows of support.

Hope your summer is all you are blessed to enjoy!

In Faith,

Sarah Dan



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UUA GENERAL ASSEMBLY MULTIPLATFORM / PORTLAND • 2022

Over the years, many of us have attended the annual Unitarian Universalist General Assembly, first in person (20 of us went to GA in Quebec back in 2002!) and lately virtually. I wasn't sure how I would like attending through a computer screen, but I like it just fine! It's cheaper, I get to sleep in my own bed at night, and I can catch up on workshops and worship services I missed two or three weeks after the close of the event.

This year GA will be held in Portland, Oregon from June 22nd to the 26th. I encourage those who are interested to register and attend in person. It is a mind-blowing experience to be in the midst of 2000 to 3000 other UUs!

I will be registering once again for the virtual experience. The cost is \$250 and our Endowment Committee has set aside funds to pay that registration fee. To register, go to uua.org/ga (The registration fee to attend in person is \$300.)

GA 2023 will be held in Pittsburgh, Penn. You may want to start saving for that one...

Cindy Spring

Thanks to your Generosity to Our Outreach Collections:

for April Outreach

World Central Kitchen

We were able to Collect:

\$4,510

(\$1,000 was from Endowment)

For May Outreach

PARCI

We were able to Collect:

\$820+

(\$200 was from Endowment)



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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 donation.

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, \$14 per pound. Please Contact Bob and Jane Clay, 603-996-1207 or jhclay@roadrunner.com, to make arrangements for pick-up or delivery.



From Reactivity to Resilience: A UUA Workshop

Imagine: It is May 2025, and the Starr King Annual Meeting is in progress. However, proceedings have been held up by a contentious argument between two factions over whether to spend a significant portion of the Reserve Fund. They cannot come to an agreement and tempers are flaring as each side interrupts the other with comment after comment. Suddenly a person stands up and says, “I think we are at the point where we need to introduce calming measures.” She has been appointed in advance to do this very job. The congregation – which has agreed in advance – stops arguing and all take several deep breaths together. Then, we are led in a song such as Sarah Dan Jones’ “Breathe In, Breathe Out” which we have also agreed in advance to use for an occasion such as this. After that, we sit silently for several minutes. A few people rub their bellies for further stabilization. Finally, the Board President stands up and resumes leading the meeting. Because of the body-mind calming and centering activities we have done, the congregation has been drawn back to center, and is better able to continue the conversation on a basis of mental and emotional calmness, thinking of our common purpose.

This practice was described in the workshop “From Reactivity to Resilience: Doing Our Inner Work in Congregations,” presented by UUA in two parts, March 5 and 26, 2022. Cindy Spring and I attended this online workshop, funded by the Endowment Committee, and wish to pass the information along to SKUUF.

“Reactivity” refers to a disturbed way of responding to situations – such as anger and aggression, or sadness and crying. It may be triggered by past events in one’s life – we are disturbed by the event and the traumatic memory that remains in us, bringing about chemical and psychological responses that are not always within our control. No-one wants to experience being uncomfortable and feeling sad, angry or defensive. The presenters of this workshop pointed out that using somatic practices – body-based movements and therapies – can lead to calming of our physical bodies, a change in the chemicals in our system, and result in our minds becoming calmer and more stable as well. They recommend some specific practices to use:

For a group: singing together, breathing together without eye contact, silently moving together and synchronizing steps, waving arms together, drumming, stamping feet, rubbing your own belly (no eye contact), rocking back and forth together – possibly while singing.

For an individual experiencing stress: drink a glass of water and pay attention to the feeling as it goes down; listen to the sounds around you; walk around slowly and attentively; touch a surface and pay attention to sensations; count backwards from 20 or 100; rub your belly; hum (note: you can do some of these while attending a Zoom meeting!)

If you attended the Earth Day online celebration presented by UU Ministry for Earth on Friday, 4/22/22, you probably noticed the periodic breaks in the workshop in which we were led in somatic practices. One break had breathing exercises; another had stretching; another had humming and visualizing; there was also a break with special movements, all led by expert practitioners. This is an example of what the Reactivity to Resilience presenters were talking about. Watch for more of these somatic practices in UUA events in the future!

The presenters pointed out that traditional Black, Indigenous, and Hispanic cultures have made liberal use of somatic therapies for centuries or even thousands of years. Singing, movement, stamping feet, humming and other practices are well-known among these cultures. Juana Bordas brings up this point in her book, “Salsa, Soul, and Spirit,” a former SKUUF book group selection. There is something of value for us to learn.

These are challenging times we are going through: anger, controversy and violence are all around. The UUA workshop presenters invite us to try these calming, balancing practices in our congregation – whether large meetings, small groups, or individual conversations. It can benefit us as a group and individually.

Olivia Saunders

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From your Climate Change Committee

Fossil Fuels and the UU Common Endowment Fund

In January, 2020 our Fellowship transferred the bulk of the investment management for our Endowment Fund, from a mix of index funds to the UU Common Endowment Fund (UU CEF). The UU CEF has been able to eliminate fossil fuel companies from its actively-managed funds but does maintain a small amount of such in pooled funds within which no selected securities can be removed. Pooled funds are important to the overall investment performance of the UU CEF and help to keep the total fee down which impacts performance.

Fossil fuel investment was one of the issues discussed at UU General Assembly last year. I was one of your delegates to that Assembly. A nonbinding resolution (actually 3 separate resolutions contained within the supporting document) was introduced titled: "Creating a More Just Future Divesting from Pipelines and Investing in Young People." If the stated resolutions found within the document had followed that title, I would have voted "yes." Pipelines need to be stopped and youth need to be supported in that effort. But I voted "no." The final vote was 80% voting "yes," 16% "no," and 4% "abstaining."

In my view, one of the three stated resolutions went too far, and the other two lacked an understanding of the CEF's structure for actions related to Environmental, Social, and Governance investing (ESG). Also, most of the numerous "whereas" statements that preceded those resolutions were lacking in their understanding of how the UU CEF operates.

I believe that there existed a good and necessary tension among those who found themselves on one side or the other of that nonbinding vote last year at General Assembly. We should want that tension to exist, and it does: a UU Investment Committee carrying out its investment strategies on behalf of all the UU congregations and affiliates whose assets this Committee manages **and** UU delegate members regularly engaged in questioning the inclusion of certain investment holdings. That questioning is a healthy process for all concerned.

The UU CEF has a long history of being highly effective in making positive changes to large companies on ESG issues. One way it does this is by holding a small number of securities in companies whose policies it disfavors, just so it can join with other endowments to bring about positive change at stockholder meetings.

The following fossil fuel issues are difficulties that must be met or overcome:

1. Completing our country's commitments to provide fossil fuels to European countries now in desperate need.
2. Advancing our country's work to replace fossil fuels with renewable and sustainable energy sources as quickly as possible.
3. Handling the shift that has begun to take place, an increase of investment in fossil fuel companies that is related to inflation.

Our federal government should work on both items 1 and 2 above in a manner that will prevent fossil fuel companies from creating new infrastructures that will allow them to keep pumping for oil and gas for decades to come.

As for item 3 above, investors are now being encouraged to increase their security holdings in energy companies and reduce positions held in large technology companies. Stock holdings in a handful of these large technology companies have been overweighted in portfolios for many years. A reversal of this situation is beginning to happen, as investors are being urged to make a shift to the energy sector in order to increase the diversification called for in an extended period of higher inflation. Energy stocks generally perform well in inflationary times, providing both dividend income as well as growth.

It is disturbing to realize that many U.S. stock market investors may need to seek greater income from their investments in order to meet the higher cash needs that come with an inflationary environment, leading our stock market back toward a significant investment in fossil fuel companies. This increased investment in fossil fuels is likely to continue for an extended period of time if inflation does settle in at some rate exceeding 3% over the next decade.

The UU CEF is well diversified and has had for some time a solid investment in technology without being heavily invested in the largest technology companies. We expect the UU CEF investment committee will find strategic ways to make whatever minor shifts in asset allocation and stock selection may be needed in the future to meet its long-term investment goal, and that it will do so while staying away from fossil fuel companies as much as possible.

Nancy Chaddock, chair, Climate Action

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***Got Lunch! Plymouth* is Grateful for Hannaford's Contributions**

This article is not an invitation this spring for your financial support for this program, a program that began with lengthy study and the vote of this Fellowship over 10 years ago. It is rather to inform you, dear members and friends of our Fellowship, as to why we have not reached out to you for that financial support since the last appeal to you was made, and generously responded to, in the spring of 2020.

In the May 2021 issue of our Fellowship's monthly newsletter ***Got Lunch! Plymouth*** announced that your contributions as part of the Fellowship's monthly outreach program were not needed at that time because of the generosity of organizations that were providing funds to us during the first year of the Covid crisis. In that article we identified Hannaford as being one of those organizations supporting us. Now we can report to you that Hannaford's financial donations alone to ***Got Lunch! Plymouth*** in 2021 and 2022 have been extraordinary; about \$17,000 in total!

Got Lunch! Plymouth has been able to add to its dollar reserves for the future, and to carry out the efforts that were needed to keep the program operating during the worst of the Covid epidemic. The program works best for the families we serve when we are able to deliver the food to the homes of our families. That was not possible to do in the summer of 2020. Families had to pick up food from us at a central location that year. Last summer we resumed delivery to the homes of our participating families and we were able to provide new and improved ways to assist the families we serve, thanks to all of our contributors.

As we at ***Got Lunch! Plymouth*** celebrate the 10th year of providing food to children in our community during the summer months, we are grateful to the members and friends of this Fellowship who got us started and continue much needed support. Got Lunch! Plymouth continues to be a presence here in our Meetinghouse: The storeroom in our basement holds what we receive from the NH Food Bank, and the Foyer of our Meetinghouse is where all the food from that storeroom and elsewhere gets out the door to the families we serve each Monday morning throughout the summer.

Next time you buy, or consider buying, a Hannaford card, we hope you will remember that your purchase not only helps our Fellowship but benefits a generous business that serves the most needed children and their families within the Plymouth community.

Margaret Salt and Nancy Chaddock

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Fundraising that costs you no additional money!

The purchase of a Hannaford card to use for grocery shopping costs you no additional money but helps SKUUF raise funds. SKUUF receives 5% of our total order in bonus cards and when we sell these we have a clear profit. 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, \$50, \$100, \$250, \$500. See Melissa during office hours or 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.



Starr King Hiking Group



Second Sunday Hike -On June 12, we invite you to spend the afternoon with us! We plan to leave from the lower parking lot at Starr King at 11:30 AM. We will drive to the Warren Fish Hatchery and tour the facility including feeding the fish (so bring lots of quarters!). Then we will drive to the Warren Town Forest (five miles of gentle recreation through the foothills of Mt. Moosilauke and along the Baker River). Pack some swim gear, because you never know what we might find! We can do as many of the loops as we want. Check out the map. We can eat lunch in the car or along the trail. After hiking, we will drive back to Warren to explore the Appleknockers General Store and check out the iconic Redstone Rocket. All of this will be followed by pizza at the General Store and ice cream at Moose Scoops - read all the fun facts, Moose and otherwise - yum! Contact Deedie at cdkriebel@gmail.com, if you plan to join us.

Breakfast Club

- Look for more fun breakfast events in the fall. Please send your ideas to Deedie at cdkriebel@gmail.com.

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SKUUF Book Group News

Book group meets via Zoom the second Tuesday of each month at 3:30 p.m. The selections alternate between fiction and non-fiction. If you'd like to be added to the email list and participate in the discussions, please let Melissa know at admin@starrkingfellowship.org.

June 14 - *Nature's Best Hope* by Doug Tallamy

July 12 - *The Thursday Murder Club* by Richard Osman

August 9 - *Educated* by Tara Westover



Online Member/Friend Directory

Need to reach your Starr King Friends? All members and active friends have access to our online directory. The link is on the Member menu item of the starrkingfellowship.org web page or you can simply go to the url skuuf.simplechurchcrm.com. Your username is your first name and last name separated with a period such as mickey.mouse. If you have never logged in before, simply click on Forgot Password and one will be emailed to you. If you like using your mobile device, you can download the app for Simple Church. To setup, type in the domain name "skuuf".

Here's what you can do there:

- Change your contact information
- Find contact information of SKUUF members
- See what groups you belong to (e.g. Soul Matters, Smooth Sundays)

Questions? Contact kmkelsey@gmail.com.

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Governing Board

Pres.: Mary Crowell
Vice Pres.: Jane Clay
Treasurer: Janet Englund
Secretary: Stephanie Halter

Staff

The Rev. Dr. Linda Barnes, Minister
Sarah Dan Jones, Director of Music Ministry
Melissa Howard, Office Administrator
admin@starrkingfellowship.org

Trustees:

Cindy Spring
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.

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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.