STARR KING VIEW

Starr King UU Fellowship
-A Welcoming CongregationJanuary 2024



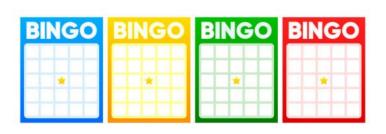
In this issue:

- Sunday Services
- Minister's letter
- Stewardship
- Soundbites
- Soulful Sunday
- Religious Education and Youth Groups
- Climate Action Committee

- <u>UU Action NH</u>
- Outreach Offering and winners of the Holiday Giving Drawing
- Date with Death Club
- Membership News
- Breakfast Club, Second Sunday Hike, Thursday Bridge
- Book Group, Meditation

B*I*N*G*O!

Have you filled out your bingo card? Proudly put your name on it and turn it in to the office or on Sunday morning between January 7th and January 14th because there are prizes!!! Stay tuned as we'll have one more round of Starr King UU Bingo!





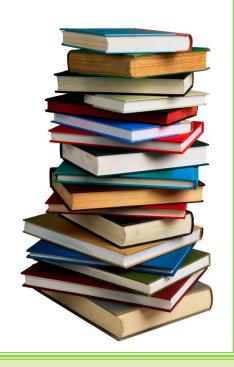
First Friday of the month at 6:00 PM

For an end-of-week slow down, come for 30 minutes of contemplation followed with pizza and fellowship.

What are we reading??

Click here to find out the results of our

December 31
Book sharing groups



Sunday Services January

January 7 How to Liberate Love Rev. Linda Barnes
The liberating message of love is not easy. To see the stranger, the antagonist, and those with whom we vehemently disagree, and see them with compassion, that's a big ask! Yet, without it, there can be little hope for reconciliation, peace, or true human relations. Liberating love, even for oneself, comes with practice. Join us on this Sunday as we explore practices in liberating love.

January 14 Love and Power Rev. Linda Barnes
Dr. Martin Luther King Jr. wrote, "Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love." Understanding power, how it's used, manipulated, and maintained is key to bringing about justice for everyone. How is it we can use our power to bring about justice as seen through the eyes of love?

January 21 When Our Time Comes Rev. Peter Friedrichs What does "Liberating Love" look like as we contemplate the end of our lives? This Sunday, guest minister Rev. Peter Friedrichs will reflect on this question and share his perspective on the use of Medical Aid in Dying by people diagnosed with a terminal disease. How do our UU values call us to support the efforts to legalize MAiD in New Hampshire? Rev. Peter will also hold a discussion session on the topic following the service.

January 28 The Light at the Center Rev. Linda Barnes Love is the light at the center of our faith and at the center of our mission. The light of love serves as a balm to loneliness, a call to collective action, and a communal exploration of meaning and purpose. This light brings about so much good work and none of it is easy. Join us on this Sunday as we explore how it is that we keep the light at our center.

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 <u>Sunday</u>
<u>Services | Starr King Unitarian Universalist Fellowship | Plymouth, NH</u>
<u>(starrkingfellowship.org)</u> on our website

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



Minister's Newsletter

January

Love is the drive towards unity of the separated. ~ Paul Tillich

Loneliness is epidemic. According to the U.S. Surgeon General, loneliness is responsible for a whole host of physical and mental health illness. The health impact of social disconnection is similar to the harm caused by smoking 15 cigarettes a day! Loneliness is harmful to our individual and our collective health. Here's where love comes in, "Love" says theologian Paul Tillich, "is the drive towards unity of the separated." Love is the answer to loneliness. Active love, love that reaches out. Love that takes others in, this is a liberating love. This is the love that our faith brings to each of us and to the wider world. If ever you wonder if we serve the wider world, I invite you to consider our efforts to address this epidemic of loneliness one member, one friend, one person at a time we work to be present for one another.

Our Soul Matters theme for January is The Gift of Liberating Love. It's a particularly beautiful and deep topic. I encourage you to look at our Soul Matters packet. There are engaging questions, videos, and more. It's on the Starr King UU Fellowship website under Connections and then Adult Spiritual Exploration. If you'd like, you could join us for Soulful Sunday (January 28) to explore the topic in community. It is always a rich conversation.

I'm excited to engage this new year with you, I am interested in all the ways we can continue to work towards a unity of the separated. Let's work towards seeing one another whole, making time to reach out, to listen, to fight loneliness. We can do this in all the ways we connect, we're already good at this! Just look at your bingo cards! You do this when you offer hospitality through your Smooth Sunday teams (thank you, thank you for the coffee!). You do this when you greet everyone who walks into the Fellowship for the first or hundredth time. By these efforts, you are working to lessen the epidemic of loneliness. We tend to underappreciate the value of these efforts. Perhaps if we see it in this light, we can be emboldened to do more, to reach out more and in doing so, alleviate a little of our own loneliness. A win/win, a liberating love.

See you on Sunday, where together dear ones, we can lessen

the epidemic of loneliness.		
In faith and love,		

¹ https://www.hhs.gov/sites/default/files/surgeon-general-social-connectionadvisory.pdf

Rev. Linda

Back to Home Page

Stewardship

"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."



- Dietrich Bonhoeffer

This year our Stewardship drive will begin on Sunday, January 28 and run throughout the month of February. We will be reviving cottage meetings—small gatherings in people's homes offering food, conversation and fellowship. This will be a time to celebrate and uphold the role the Fellowship plays in bringing the light of hope and love to us, our community, and the world. We will also present facts and figures that will help you to determine your pledge amount this year. Please plan to attend one of these cottage meetings. For those who are unable to attend, we will also be offering a zoom cottage meeting, and a brunch meeting after church. More detailed information to come in the Starr King View and February newsletter.

Boards Bulletin

- Sound system repaired
- Volunteer recruitment
- January Outreach is Pemi Baker Literacy
- Staff compensation

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

Back to Home Page

COME TEACH RELIGIOUS EDUCATION AND GET TO KNOW OUR KIDS

Religious education teachers are needed for the classes held during the Sunday morning services. It is a great opportunity to get to know the youngest of our congregation. Grace always plans the lesson and gets it to the teachers before the class. There are always two teachers. The room has a great set up for learning and fun.

Please call or email Nancy Dowey to be put on the list. You only have to volunteer once or more would be great! I can put you in for certain dates or if you don't know your availability now I can put you on the list and call when we need teachers. Right now there are just three of us doing all the teaching and we need help. The class might be small but it is important to provide a great experience for the kids that attend.

Talk to me at the service or email at nancydowey@gmail.com or call me 603 801 1845.

Thanks, Nancy

Soundbites

Happiest of New Years to you all. I am still basking in the glow of our December services, and the commitment of so many singers and musicians who shared their gifts with the Fellowship. I look forward to programming more music that includes our youth and our elders in our Sunday services.

Our theme for January is **Liberating Love**, and I think that is quite fitting for the beginning of the year. So many of our hymns implore us to choose and spread love. Which song comes to mind for you when contemplating this topic? In the current iteration of the revised Article 2 from the UUA, Love is at the center of our faith with many ways towards that goal connected to the center. Which one of those pathways resonates the most with you?

January is also Black History month and our music will feature anthems, hymns and instrumental music that ranges from the Oral Tradition of Spirituals to current Black composers and poets. In a world where there is so much tension between people and nations, might we find a way through music to find our common ground and work toward healing?

See y'all in church, Sarah Dan

SCHEDULE:

Sundays

January 7 - Will Gunn, musician

January 14 - Sarah Dan and Choir

January 21 - Sarah Dan, musician

January 28 - Sarah Dan and Choir

Thursdays

Choir will meet every Thursday in the sanctuary 6:00 - 7:30 PM

Back to Home Page

Soulful Sunday - Soul Matters Made Easy

Join us on Sunday, January 28, from 11:00 – 12:00, for a *no-preprequired* Soul Matters discussion. This month we'll take a deep dive into the Gift of Liberating Love. Below is a sneak peek at the spiritual practice of engaging in meaningful conversations. You are welcome to simply drop in for rich conversation, no reservations required.

Ask Them About Love -One of the best ways to explore our monthly themes is to bring them into the conversations you have with those closest to you. We can explore the following questions both before and while we meet. It's a powerful way to deepen our conversations and our relationships.

Below is a list of "love questions" to help you on your way.

Love Questions:

- What did love mean to you as a child?
- 2. How has love changed as you've gotten older? Is it softer? Quieter? Larger? Tougher? Sneakier? More central? More painful? More universal? More ordinary? More mysterious? More demanding?
- 3. Whose love has companioned you the longest?
- 4. Has love ever scared you?
- 5. What most helped put you back together after love broke you to bits?
- 6. We know that self-love and self-care are essential. But which part of yourself most needs love and care right now? Your physical self, emotional self, intellectual self, relational self, spiritual self, sensory self, hidden self, pleasure-seeking self, fearful self, childhood self, hopeful self?
- 7. What do you know of "a love that will not let us go"?
- 8. What has been your greatest act of love?

From your DRE

This past month has been full of many festive moments. To kick things off, our Youth Groups hosted an incredibly fun Game Night. Fellowship members enjoyed a wide range of board and card games, instructed and led by the youth. There was also an epic game of Pictionary played by almost the whole group, as well as a wide variety of beautiful and ugly holiday sweaters



worn. We know many members were unable to attend this Game Night due to the snowy weather - but not to worry! Keep your eyes out for an announcement of another event coming soon!

On Sunday mornings, we've enjoyed the joyful sounds of children playing downstairs and outside, getting good use of the new play structure and the RE classroom. We also had the help of some young elves on the morning of Christmas Eve to deliver presents of the various elements of the service. To conclude our celebrations as a congregation, we had a beautiful evening service on Christmas Eve where many young members of the Fellowship played integral roles. From musical accompaniment and solos to lighting the chalice, greeting and handing out candles, and sharing readings, our youth shined bright amongst the candlelight. We are so lucky to have such talented and kind-hearted young people within this community and to have such a wonderful space for them to thrive in. We are all excited about the many plans we have for both Religious Education and the Youth Groups in the new year!

Photos from Game Night







Climate Action Committee

Tracking Climate-Related Legislation in New Hampshire

On December 14th, I attended an informative public meeting in Concord, hosted by the New Hampshire chapter of the League of Conservation Voters. About 50 people were in attendance.

The League's NH Director, Rob Werner, spoke about:

- The lack of an up-to-date Climate Plan for New Hampshire, the absence of which may prevent the receipt of Federal grants for climate projects under the Inflation Reduction Act.
- Concern over the study now taking place to bring the Seabrook Nuclear Power Plant directly into the renewable energy plans for NH, a proposal that has the potential of removing investment in solar and wind projects that are more sustainable and far less costly.
- the good news that 80 municipalities in NH are considering the establishment of Community Power for their residents.

Nick Paul, the Director of Legislative Affairs for Clean Energy, spoke about:

- his nonprofit's support that recently prevented the State from closing down NH Saves, the program the NH utilities want to continue, which offers incentives to customers who buy more efficient appliances and other items that help both consumers and our environment.
- the current guaranteed rate of return on capital investment that is extended to utilities in NH. This incentivizes the utility companies to build more wires, neglecting the needs of both rate payers and societal goals.

Both Nick Paul and Lindsay Bourgoine, Director of Policy & Government Affairs, ReVision Energy (an employee-owned solar company), spoke about:

• the need to expand net metering which has been seriously restricted in NH, based on the argument that it would create cost shifting (increasing cost for rate payers). A long, careful independent study recently concluded that the cost shifting involved is either slight (less than a 1% shift) or even a net positive, considering the benefits that would derive from an expansion of net metering. Lindsay also spoke of the difficulty solar companies have in NH due to a lack of clear regulations, which often leads to some unknown prohibited action taking place, causing unnecessary costs and wasted efforts.

Matt Wilhelm, a House Democratic leader, informed us of many of the bills being put forward for consideration in 2024. Among these:

- Holding the French manufacturing company Saint-Gobain responsible for health issues experienced by people living near their plant in Merrimack. The Company recently announced the closing of this plant.
- Creating a State-owned landfill.
- Establishing a NH-based American Climate Corps, benefiting both the youth involved and our environment.
- Prohibiting electric cars from parking in off-street garages.
 Unfortunately, Matt expects to be spending too much of his time opposing the extremely negative proposals that are being proposed (like that last one above!).

The meeting of this group of folks in Concord represents a good example of the significant networking now going on among people in numerous nonprofit climate action groups and clean energy companies now operating in our State. All are needed to help bring New Hampshire a bit closer to the positive climate legislative actions already implemented in the other New England states.

Nancy Chaddock for the Climate Action Committee.



2024 Third Thursday Climate Workshops

Zoom meetings are on the Third Thursday of the month from 6:30 PM to 7:30 PM. Attendance is free but registration is required. Please register here to receive the Zoom link.

UUAction NH Join our monthly zoom meetings as we discuss various ways to affect climate change in your home, your church, and your community. All zoom sessions are from 6:30 -7:30. Preregister to receive the link.

January 18 Plastics Recycling and Reduction,

February 15 Buttoning Up Your House or Church, and Rebates

March 21 Heating & Cooling

April 18 What's New in Solar, plus Tax Credits and Rebates

May 16 Community Power and Choosing an Alternative Power Company

June 20 Energy Policy in NH, Who Makes it and Alternative Models

July Lawn Care for a New Age, July 18

August 15 Composting for Households, Churches, and Communities

September 19 Agriculture in NH, How and Why We Should Support It

October 17 Clothing and Textile Recycling

November 21 Hybrid and EVs, Prepping Your Home, Tax Credits, Rebates

December 19 Potential Funding Sources for Climate Action

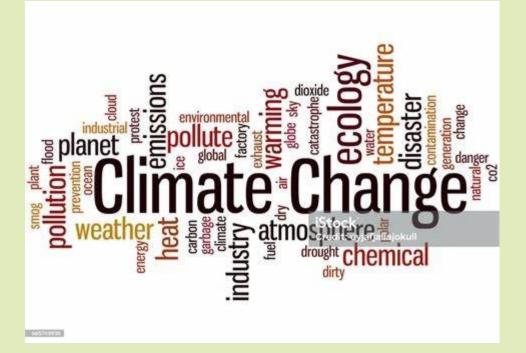
What we do

UU Action NH is <u>your</u> statewide action network amplifying UU voices and putting our UU values into *action* in NH.

- Join our 603 Campaign! Go to www.uuactionnh.org and become a monthly donor for just \$6.03 a month.
- Join the UUANH Leadership Team!
- Donate to our 2024 Faithify campaign to amplify UU voices in support of climate justice in NH.

Learn more about us and our social justice work in New Hampshire by visiting https://www.uuactionnh.org.

Back to Home Page



January Outreach offering—Pemi-Baker Literacy

PBL was created in 2001, when representatives from more than 16 organizations affiliated with Pease Public Library began to assemble for a series of meetings focused on filling some of the gaps in the literacy needs in our area – particularly basic adult education. They created this volunteer-based tutoring program of Pemi-Baker Literacy. This non-profit serves adults in the Plymouth/Bristol/Lincoln areas of Grafton County. Their programs involve tutoring in English as a second language, HiSET/GED Preparation, and basic digital literacy. They are always open to new volunteers.

Our outreach offering will be received on January 28 when Darci McCarthy, the Program Director, will be coming to our fellowship to talk more about the activities of Pemi Baker Literacy, (https://www.pemibakerliteracy.org/).

Back to Home Page



Thanks to
your Generosity
to
Our Outreach Collections:
In November 2023

We sent \$1,697.80* to

Plymouth Area Community Closet (PACC)

(* includes \$200.00 from our Endowment Fund)

THE WINNERS OF THE 2023 HOLIDAY GIVING DRAWING SPONSORED BY THE ENDOWMENT COMMITTEE

A special thank you to those who submitted a name of a charity to our annual Holiday Giving Drawing in December.

THE FOLLOWING WINNERS WILL RECEIVE \$500 EACH:

Bridge House Circle Program Luc Bisson Memorial Scholarship Fund

WE WOULD LIKE TO HIGHLIGHT ALL THE WORTHY CHARITIES THAT WERE SUBMITTED FOR THE DRAWING:

Artistic Roots
Black Heritage Trail NH
BLUU (Black Lives UU)
NH Humane Society
NH Peace Action
NH State Math Counts
NHPR – NH Public Radio
PAREI
Pemi Baker Literacy & Home Health
Pemi Baker Land Trust
Planned Parenthood NH Action Fund
Reproductive Freedom Fund of NH
Society for Preservation of NH Forest

Date Death Club replering mortality In community

Date with Death Club

Developed by Karen G. Johnston, MSW, MDiv Presented by Rev. Linda Barnes

The Date with Death Club (DwDC) curriculum explores mortality in community. This month's session is:

January 14 Owning Your Own Dying

Classes meet from 1:00 until 3:00 PM on Sunday afternoons. You are welcome to drop in and join us, and please feel free to invite friends and family!

You can direct questions to Rev. Linda at <u>minister@starrkingfellowship.org</u>.

Hope to see you there 'cause we all got a date with death. Rev. Linda

Back to Home Page

More Date with Death Club NEWS!

We will offer the Date with Death Club ONLINE for 6 sessions on Wednesday afternoons, from January-March 2023. The meetings are open to anyone ages 16 and up.



The Date with Death Club has become a popular and powerful offering in our adult religious education program. We will meet twice a month over Zoom, for two-hour sessions, to discuss important but sometimes hard to talk about topics, like "Getting Comfortable with Death Talk" and "Owning your Own Dying". You can read all about the Date with Death Club on Starr King's website here.

Please contact Margaret Rieser at intern@starrkingfellowship.org with questions, and to let her know that you are interested in attending. The meetings will be from 3-5 pm on Wednesday afternoons via Zoom on January 10 & 24, February 7 & 21, and March 6 & 20. You are welcome to attend as many sessions as you like.

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 per pound. Please Contact Bob and Jane Clay, 603-996-1207 or claysusanj@gmail.com, to make arrangements for pick-up or delivery.



Membership News

Barbara Jenkinson

After a stay in the hospital where she was treated for Covid (and to manage some other issues that were discovered) **Barbara Jenkinson** has been transferred to:

Forestview Manor Assisted Living Oakwood Room 5 153 Parade Road Meredith, NH 03253

Her daughter said she would welcome visitors (mornings best as she takes a siesta in pm) and mail.

Solstice Gratitude

Close to 40 folks attended our Solstice event December 22, wearing white, dancing traditional sacred circle dances to beautiful music, holding votives. Many thanks to the planning team: Margaret Rieser, Suellen Skinner, Darlene Nadeau, Kathy Kelsey and Gigi Estes. Thanks to Babe DeRaymond for the soothing guitar music. Thanks to Babe and Darlene for stringing lights. Thanks to Jess Boynton for suggesting luminary candles and to Suellen for placing them all outside, front and back, to invite people in. Thanks to Carolyn Erickson, our angel greeter. Thanks to Darlene for creating a beautiful center with greens and candles. Thanks to our story tellers, Lisa Mure and Gigi Estes. Thanks to our readers, Suzan and Bob Gannet, Suellen, Gigi, and Darlene. Thanks to Susan Jacobs and Babe and the many others who brought refreshments and stayed to clean up. And, of course, thanks to all the good people that attended and made the Solstice celebration sacred and magical by their presence. Putting the evening together sure made us appreciate the planning that goes into every service. Thanks Rev. Linda, Sarah Dan, Margaret and choir!



The Monthly Newsletter

Many may not know that the collector of articles, designer and publisher of the Monthly View is done by Barbara Avery. Each month she skillfully requests submissions and artfully arranges them in a creative, readable publication. She sends reminders multiple times before the deadline so no one is missed and thoroughly reviews each article in order to catch errors. She's taken on this role for more than twenty years! So grateful to Barbara. Thank you!

A New Year-end Book Experience Is Born!

As most of you know, we've had an informal year-end Sunday service for many years, an enjoyable time, sharing with each other the books we've enjoyed. This book service provides a much-needed rest for our religious staff members and tech volunteers who lead our many Fellowship celebrations during December. This year we officially scheduled the book service as an in-person only event on 12/31/23. Well, the online folks got together separately, with the result that we can provide the books that were recommended by each group meeting independently. Look for this new arrangement again next year. It is fun to see how many duplicates are listed among the two groups.

From the Meetinghouse Group

Carolyn Erickson:

Demon Copperhead by Barbara Kingsolver

Anita Rowley:

Lessons in Chemistry by Bonnie Garmus
The Boys in the Boat by Daniel James Brown
All the Light We Cannot See by Anthony Doerr

Shane Doherty:

Foundation (a series) by Isaac Asimov)

Maura Doherty:

Goodbye to Clocks Ticking by Joseph Monninger

Between Two Worlds: Lessons from the Other Side by Tyler Henry

Tom Lake by Ann Patchett

Covenant of Water by Abraham Verghese

The Heaven & Earth Grocery Store by James McBride

Northwoods by Daniel Mason

Olivia Saunders:

Sapiens by Yuval Noah Harari

Sue Ellen Skinner:

Earth's Children (a series for children) by Jean Auel

West with Giraffes by Lynda Rutledge Simon the Fiddler by Paulette Jiles Western books by William Johnstone

The Comfort of Crows: A Backyard Year by Margaret Renki

Reed Harrigan:

Rendezvous with Rama by Arthur C. Clarke Hatchet by Gary Paulsen

Larry Wylie:

A Short History of Nearly Everything by Bill Bryson
The Ascent of Rum Doodle by W. E. Bowman

The Ascent of Rum Doodle by W. E. Bowman Inside a Dog: What Dogs See, Smell, and Know by Alexandra Horowitz

Nancy Chaddock:

The Revolutionary Samuel Adams by Stacy Schiff King Hancock by Brooke Barbier

From the Zoom Group

Cindy Spring:

The Seven Sisters series by Lucinda Riley
West with Giraffes by Lynda Rutledge

Edie Patridge:

Out of My Head by Sharon M. Draper (caution - multiple books same title, different authors)

Out of My Heart by Sharon M. Draper Wonder by R. J. Palacio (also a movie)

Kathy Kelsey:

Americanah by Chimamanda Ngozi Adichie Brave the Wild River by Melissa L. Sevigny Unraveling by Peggy Orenstein

Barbara Averv:

Tom Lake by Ann Patchett (audio by Meryl Streep)

While You Were Out: an intimate family portrait of mental illness in an era of silence by Meg Kissinger

The Heaven and Earth Grocery Store by James McBride

Barbara Lambert:

Cloud Cuckoo Land by Anthony Doerr (read about it before reading it)

After Disclosure by Richard Dolan & Bryce Zabel

The Eden Conspiracy: Ancient Memories of ET Contact and the Bible Before God by Paul Wallis

Before God by Paul Wallis UFOs for the 21st Century Mind: The Definitive Guide to the UFO Mystery (new and expanded version) by Richard M. Dolan

Sue Ellen Tuttle:

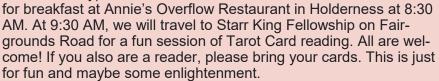
Search by Michelle Huneven

The Collected Regrets of Clover by Mikki Brammer

Please Note -Breakfast Club now meets on the Second Friday!

Friday, January 12, 2024

Please notice that we have changed Breakfast Club to the **SECOND** Friday (instead of the first Friday) of the month. We will meet



Let Linda Smith read your cards! Linda will give us a brief history of Tarot cards and then do a few readings for anyone interested. Most say that a card reading shouldn't be used to make decisions, but instead should be used as a guide to help you make the decision yourself. Come with a question or two that you are looking for insight into or help with answering, and Linda will let the cards guide you. You can choose from several decks- a gypsy oracle deck, a deck similar to Tarot but not Tarot, and even a Christmas deck!



Second Sunday Hike January 14, 2024

Join us as we hike Mt. Livermore via Old Mountain Road to the Crawford-Ridgepole Trail. This 2.6 mile out and back hike is considered moderate and takes under 2 hours to complete. It is just

15 minutes from Starr King. We will go out after the hike for refreshments. We will leave the lower parking lot at Starr King at 11:30 AM after the service. Contact Deedie at cdkriebel@gmail.com, if you plan to join us.

Back to Home Page

Join Us for Thursday Bridge At the Meetinghouse

1:30 to 3:00 PM

Any questions, contact Anna Wilken

awilken@roadrunner.com



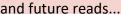
BOOK GROUP NEWS

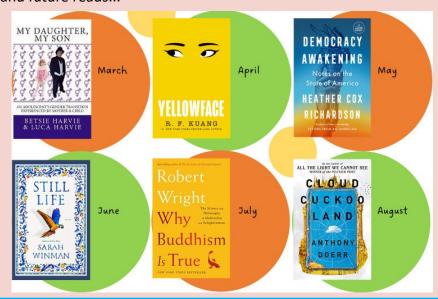
January 9, 3:30 Book Group (Notice change in schedule)

Please note that the January and February book selections have been swapped. The January selection is Lessons in Chemistry and will be led by Cindy Spring. The February selection will be Nature's Mutiny led by Gigi Estes.

All discussions are via Zoom the second Tuesday of each month at 3:30 p.m. if you'd like to be added to the email list for the zoom link contact Taphi, ad-







Back to Home Page

LESSONS

CHEMISTRY

Bonnie Garmus

Meditation Group, Mondays at 6 p.m.

Our meditation group meets every Monday from 6 to 7 pm in the upstairs foyer. We are a small informal group that shares an abiding interest in meditation. Usually, we have between 5 and 10 participants. We are not affiliated with any sect or religion, however we often follow meditations in the Buddhist tradition of Thich Nhat Hanh, Jack Kornfield, Pema Chodron and the like. We generally get together at 6 for brief hellos and pertinent comments. Then a facilitator for the week will offer a short reading or discussion on a meditation topic, followed by a guided meditation, related to the topic. The meditation can be anywhere between 20 and 40 minutes. Afterward we have a short debriefing and discussion of the experience. We adjourn at 7. There is no designated leader of the group and there is no effort to persuade anyone to any point of view.

We welcome newcomers to our group. This group is free and requires no dues or contributions. No previous meditation experience necessary.

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 pur-



chase gift cards to give as thoughtful gifts. Denominations \$25, Cash or Checks, sorry no credit cards as fees remove \$100, \$500. our profit. Remember all checks are made out to SKUUF with Hannaford on memo line.

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, Music Director
Grace Kennedy, Director of Religious Education
Taphi Janelle, Office Administrator
Margaret Rieser, Ministerial Intern

Governing Board

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

Robert Chandler Suellen Skinner Doug Grant Connie Maatta

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