

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
November 2022



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**Don't forget to turn your clocks back
one hour on Sunday morning, November 6.**

Let's Renew our Welcome

The Unitarian Universalist Association is asking that we renew our vows of welcome. This is from the UUA website:

Many Welcoming Congregations confess to not having updated or reviewed their LGBTQ+ programs and outreach since the 1990s. As such, the UUA unveiled the Welcoming Congregations renewal program in 2015. Our goal was, "To honor your original pledge, it's essential that new people in the congregation (as well as people who were originally involved in the program) understand your congregation's commitment to this work and learn about the current needs and concerns of LGBTQ+ people."

Let's do this! The UUA has prepared a checklist for the renewal process. With a task force to lead the way, we can do this important work. If you are interested in participating in this endeavor, please speak to Margaret Rieser, Ministerial Intern, or email me at intern@starrkingfellowship.org.



On Friday, November 4 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."

RAKE THE LEAVES DAY

Saturday - November 5th, between 9:00 and 11:30 am

(Rain Date - November
12th, 9-11:30am)

See you there!
The B&G team



Minister's Newsletter

*Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.*

~ Rumi

October was brilliant, the orange and red, the bronze of the beech tress, all of it left me awestruck and then, in an instant, it was gone. In stepped November and everything was different, colors muted, and the leaves on the ground were blowing with every breath of wind. Everything changes. Sometimes change brings relief, sometimes it brings sadness, and sometimes it offers something unexpected and remarkable. Change is our Soul Matters theme for the month of November. I'll admit I've struggled to get my mind around its connection to time and impermanence.

There is a reassurance that comes from the predictable, isn't there? This is why we might choose to wake up at the same time every morning and make coffee or tea, feed the cat, and read the news. Why we choose to have the same things for lunch on week-days. There's comfort in calling a loved one on the same day each week. This is why we do laundry on a given day or park our car in a particular place. Our minds need the reassurance that somethings are predictable. I think it is wise to seek comfort in routine, as it grounds us when change presents itself. And, change always presents itself.

The same is true for institutions like our Fellowship. We take comfort in the predictable order of our worship services. We take comfort in the time and regular nature of our meetings. There are so many good things happening here again, both new and familiar things. Do check them out. Maybe say "yes" to a little change, by trying something new. Maybe even move your car. Or try choir or check out the Activities Group. You could volunteer to teach Religious Education just once. I guarantee that you'll love our young people, they are great fun. I invite you to dive a little deeper into your own life by engaging with others. You will be offered the unexpected and the remarkable, I promise. In this way, we do as Rumi invites, we choose to change ourselves. In doing this, we change the world.

Let us hold tight to each other and all that holds meaning as we navigate the coming election and the changes it might bring. Let us remember that we are change we'd like to see in the world and that by embodying that we make it so. I am so pleased to be in this thing called life with you - for all that is predictable and all that is not.

In faith and love,
Rev. Linda

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NEW 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.

Sunday Services –

November 6 Time Will Tell

Rev. Linda Barnes

Change is inevitable. Time moves ever onward. And yet, we cling to what we wish would be, live in fear for what might be, and long to understand. Join us as we ground ourselves in those things over which change, and time have no authority.

November 13 The Silver Rule

Rev. Emily Burr

The Golden Rule isn't always the best rule to follow. Come find out why.

November 20 Calling People In: A Civil Discourse for Change

Rev. Linda Barnes

Professor Lorretta J. Ross asks us to consider calling people *in* rather than shaming or calling people out. Join us this Sunday to explore cancel culture and when, instead, we might call people in.

November 27 Question Box Sermon

Rev. Linda Barnes

This is the opportunity to ask Rev. Linda, our ministerial intern Margaret, and director of religious education questions about life, ministry, Starr King UU Fellowship, and anything else on your heart and mind. Feel free to send questions before the service.

Nursery Care

If you have a child three years or younger, you are welcome to use the nursery to care for your child. Please know that children of any age are always welcome to remain in our services.

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Coffee/Tea | Volunteers Sign-up

Please consider helping with the Sunday coffee/tea prep and set-up after Sunday services. There are easy directions in the kitchen. Others that can help show you the process, too. There will be a sign-up sheet in Macey Hall. Also, if you want to consider helping with treats that will also be available to volunteer for on the same sign-up sheet. If you have any questions or concerns please feel free to reach out to Bob Chandler. (Mobile 978-460-7478, email: bobchandler@verizon.net)



Volunteers are needed to clean up after coffee hour. Duties include emptying coffee pots, putting items away, washing dishes, and sweeping. Children are welcome to volunteer with parents. Sign up sheets are in Macey Hall. We are requesting 2 volunteers per week. Reach out to Stephanie Halter, stephanie.halter@gmail.com, or 603.996.1547 if you have questions.



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

The Soul Matters theme for November is Change. I have just returned from vacation and so many changes are visible-the leaves are on the ground now, brown and dry, chrysanthemums and asters have finished blossoming, grays and browns instead of oranges, yellows, and touches of green, temperatures are dropping, days are shorter. Change is the only constant in our lives, according to Greek philosopher Heraclitus. We cannot escape it - get used to it, prepare, and enjoy!

There are many ways to enjoy time together at Starr King Fellowship. Sunday mornings are a wonderful time together of course, but there are so many other things happening. Some of these activities include the work being done in regularly scheduled meetings of various committees/task force groups, committee chairs, monthly board meetings, staff meetings, Soul Matters groups, and more! Other activities include choir practice, Vespers, Bridge, Scrabble, Men's group, Wise Women, Book Club, a meditation group. Children/youth may meet at times other than Sunday morning too. We are a busy community for each other and for our wider community (such as Got Lunch! In the summer). Invite your friends to join you in some of these activities. There seems to be something for everyone and still room for more.

Most of these happenings occur because of volunteers like you and me. The pandemic brought many changes in a fast and furious manner, now it is slightly slower but steady in these complex and challenging times. Be part of this change - step up to help in small or BIG ways - greet at the entrances on Sunday morning, prepare coffee and refreshments on Sunday morning, join a committee, help in religious education, come to Vespers, try something new and/or renew an interest in a past passion. Be the change by making a change.

In joy, enjoy,

Jane

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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.

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

Soundbites

“A Change is as good as a Holiday”

Our Soul Matters theme for November is Change, and the above southern-ism always comes to my mind when I hear that word. I am not sure if it is true, but it is one way to look at the unknown – a hopeful one as we usually think of Holidays as rejuvenating and uplifting. And, sometimes they are stressful and full of uncertainties.

“Cain’t no one know at sunrise, how this day is going to end”

This song from Dr Ysaye Barnwell and Sweet Honey in the Rock brings me to mind that we can only control so much of what happens in our daily happenings. The only thing we can control is our reaction and even then it is sketchy. This is when breathing in and out helps, and focusing on peace and love. That isn’t always easy either, but it is something.

“A Change is Gonna Come”

I often think of this Sam Cooke tune when the word ‘change’ comes around. Of course, he is singing to the over 400 years of oppression and white supremacy that is at the base of our nation building. Hoping, praying and working for social change and liberation is paramount to a faith based on love and freedom.

“Keep on Moving Forward”

Written by Pat Humphries of Emma’s Revolution, this song is a rally cry that is often sung in worship and in public witness. It calls us into community when it states, “Gonna work for change together.” It is so vital that we move forward in unison and not as a solo.

What is on your song playlist when it comes to change? How might we sing those songs collectively?

See y’all in church.

Sarah Dan



Schedule:

Thursday Choir 6:00 PM Sanctuary –
every Thursday except Thanksgiving (11/24)

Sunday: November 6 – Will Gunn and the Red Shedders

November 13 – Sarah Dan and the Choir

November 20 – Sarah Dan and the Choir

November 27 – Will Gunn

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Religious Education

This past month in Religious Education we explored the theme of Courage. We began the month by celebrating Indigenous People's Day and read the story *We Are Water Protectors* by Carole Lindstrom, illustrated by Michaela Goade, which tells the story of the protests that took place to stop the Dakota Access Pipeline. We continued to learn about the indigenous history of the land we are on by listening to an Abenaki story of how the watershed of Lake Champlain was created, and reflecting on questions such as *Where do we find water?* and *How can we protect the water around us?*



Over the past few weeks, we have been creating our own environment around us in RE Room #1. Those of you who joined us for the Trick-or-Treat Tour got to see the beautiful tree that has grown and the flowing river that has sprung up next to it. This art has been created throughout our discussions and reflections on the topics we've covered this past month. In preparation for the intergenerational Day of Remembrance Service that took place last week, we also spent time decorating the space with ghosts, which we created while talking about what we most looked forward to on Halloween, and what to expect during the Day of Remembrance service.

The start of November brings with it a new theme: Change! We have lots of exciting things planned for RE, as well as other opportunities for our youth outside of Sundays. Stay tuned for more announcements soon. Thank you to everyone who has helped to make Religious Education such a huge success so far! We look forward to many more wonderful Sundays together.

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"Be the Change You Wish to See in the World"

We are still looking for volunteers to help facilitate RE on Sundays! Religious Education is only possible with your help, and the impact just a few hours of your time can have on these kids is profound. All preparations and planning are done ahead of time by the Director of Religious Education, and volunteers do not need to have prior teaching experience! Anyone who has an interest in getting to know the children of our congregation is encouraged to give it a try. These are wonderful kids who are hungry for love and learning, and your presence alone is a huge gift.

If you're interested in volunteering, please send me an email at dre@starrkingfellowship.org

Grace Kennedy

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.



November Outreach -



Plymouth Area Community Closet

The Plymouth Area Community Closet (PACC) provides emergency food and fuel services for Plymouth and 14 surrounding towns. It serves in a variety of ways, from its location at 5 South Main Street in Plymouth.

**Keep The Heat On* provides assistance funds through its Financial Aid office, and serves as a referral agency for the NH Electric Coop's Project Care program. During the heating season, their office is open on Tuesday and Thursday mornings from 9 AM to 12 noon. During the rest of the year, phone requests are returned on a daily basis.

**The PACC Food Pantry* runs year round from 8 AM to 10 AM and provides boxes of food as well as Hannaford gift cards

** Meals for Many* serves a delicious meal each Thursday from 5 to 6 PM, and is served in the downstairs room of the Plymouth Congregational Church in downtown Plymouth.

**The Holiday Food Basket* program is once again available, in a new format. Recipients aren't given actual food, but instead receive a Hannaford gift card and recipes to try.

Donations to the Plymouth Area Community Closet may be made by placing checks or cash in the collection basket (please note they are for PACC), by using the 'donate' button on Starr King's homepage, or by mail to Starr King UU Fellowship, PO Box 337, Plymouth 03264.

Questions? Contact Bob Gannett (PACC Board Member), Kathy Hillier or Nancy Dowey (Outreach Coordinators)

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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.

Ministerial Internship Committee Formed

We are so pleased to have Margaret Rieser join us as Starr King's Ministerial Intern for the 2022-24 church years. We have agreed to serve as Margaret's Ministerial Internship Committee, to meet with her monthly, to provide feedback on her work in our fellowship and the broader UU community, and to provide an evaluation to the UUA as part of Margaret's educational and professional requirements for becoming a minister. We are also here to answer your questions and to receive any feedback you may have about the role of a ministerial intern in our church life and about Margaret's work as our intern over the next two years. Please feel free to reach out to any of us with your comments and observations.

Joseph Kelaghan, Chair

Mary Crowell

Nancy Dowey

Paul Phillips

Suellen Skinner

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.

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MORE EXCITING WAYS TO GET MONEY TO PAY FOR “STUFF”

FROM THE FELLOWSHIP ENDOWMENT FUND

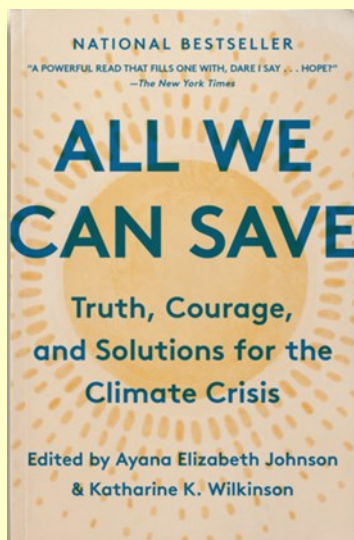
You might think you have to be a “special person” to receive money for a project at the Fellowship. In fact, this is a TRUE statement– if you follow the directions below, then you can be a “special person”! I know, I know you’re already special... but if it gets you to apply, that’s pretty cool!

HOW TO APPLY TO RECEIVE MONEY FROM ENDOWMENT

- 1] Log onto Starr King UU website <https://www.starrkingfellowship.org/>
- 2] Go to “Members” and select “Endowment Request” from the drop down
- 3] Type in your name and email address
- 4] Provide us with a description of your project & amount requested

Jennifer Gentry, Endowment Chair

Climate Action



All We Can Save

Truth, Courage,
and Solutions for the
Climate Crisis

Edited by Ayana Elizabeth Johnson
& Katharine K. Wilkinson

Book report by Suellen Skinner

There is a wide variety of books in our climate collection available in the Foyer at Starr King. This book is unique as a gathering up of stories about American women committed to the struggle for a healthy, sustainable world and against the destructive systems that threaten our climate. It lends itself to short spells of reading and that drew my attention.

The women included in this book are engaged in an enormous range of issues from closing down coal power plants (working with the Sierra Club) to fostering recycling programs and local food systems. They explain how they found themselves on the front lines of the effort and why their work matters. They identify issues that were under the radar, at least for me, like the growing mental health crisis being created by the existential threat of climate disaster and parenting in the face of this struggle as working women committed to the work and to their families. This covers an enormous range of territory.

Your Climate Action Team will be adding new books for your borrowing. Meanwhile, check out what is now offered in the Foyer. To borrow a book, just sign the log on top of the display.

Let one of us know if you have recommendations of books that relate to one of our current topics of interest: local foods and planting; care of our ecosystem, reduction of fossil fuels and plastics.

Climate Action Team members: Nancy Chaddock, Gigi Estes, Kathy Hillier, Margaret Salt, Suellen Skinner.

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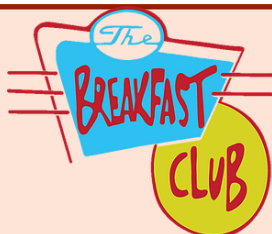
Raising income for SKUUF that costs you no additional money!

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, \$100, \$500. See Taphi Janell during regular 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 .



Breakfast Club - Friday, November 4

Join us for conversation and food on the first Friday of each month. This month we will meet at Annie's Overflow Restaurant in Plymouth at 8:30 AM for breakfast and conversation. Then we will travel to the Museum of the White Mountains at 10 AM, where Gallery Director, Meghan Doherty, will give us an introduction to the exhibit - *Plymouth State Art and Design Faculty Show* - that we will be able to view.



For those who want some exercise, you may leave your cars at Annie's and walk to the Museum. If you would prefer, you may park your car at the Museum.

Please contact Deedie Kriebel at cdkriebel@gmail.com, if you are interested in joining us, and if you would like to be put on the email list.

Second Sunday Hike - November 13

Join us as we hike the **Lockes Hill Trail** in Gilford, which is a 1.8 mile loop and is generally considered an easy, multi-use trail for hikers of all ages! There are some neat areas for kids to explore! If we spend some time at the viewing areas, we should complete the loop in about 2 hours.

We will leave from the lower parking lot at Starr King after the service at 11:30 AM. It's a 40 minute drive to the trailhead. Dogs are welcome but must be on a leash.



Bring a lunch to eat on the trail or join us for a bite to eat at **Patrick's** after the hike.

Contact Deedie at cdkriebel@gmail.com, if you plan to join us.

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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:

November 8- ***Bewilderment*** by Richard Powers

December 12 -***Born a Crime*** by Trevor Noah

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

SKUUF Men's Group

The SKUUF Morning Men Meetings have resumed with in-person gatherings. We will meet on the first and third Wednesdays of November from 10AM to noon in the Macey/Fellowship Hall. The meetings are open and without agenda. For more information or to receive notice, contact Bill Trought. - wst1212@gmail.com or 603-786-9342.

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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 Chandle
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.

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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.