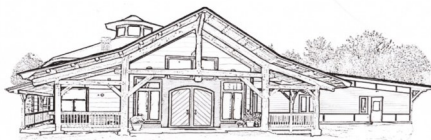


# STARR KING VIEW

Starr King UU Fellowship  
-A Welcoming Congregation-  
May 2021



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## Notice of Annual Meeting

The Annual Meeting for the upcoming fiscal year 2021 will take place on Sunday, May 16 after the service. Due to the Pandemic this meeting will be held virtually. The link will be sent out to all members prior to the meeting.

**A quorum is needed so please save the date.**

**[For Meeting Agenda and all the details, Click Here](#)**



For news of our  
[Little Free Library](#)  
[Click here](#)

## Yard Clean Up Day

**Saturday May 22nd - 9:00 AM to noon' ish**

Our yard needs help! Your Building & Grounds Committee would love for you to come and be part of our clean-up day!

### We plan to do the following:

- Move Mulch – we have two huge piles of mulch just waiting to be moved to the various garden areas around the Fellowship!
- Trimming dead tree limbs
- Raking leaves
- Cleaning up the patio & walkways
- Cleaning out bushes
- Move inside plants outside

### What to Bring:

- Gloves
- Rakes
- Leaf blowers
- Tarps for moving leaves
- Wheel barrow for moving mulch
- Shovel for putting mulch into wheel barrow :)



Any questions please contact and let us know you are coming:

Jennifer Gentry - [junebug2104@gmail.com](mailto:junebug2104@gmail.com)  
Jim Hostetler - [jimhost@hotmail.com](mailto:jimhost@hotmail.com)

# STARR KING UNITARIAN UNIVERSALIST

## NOTICE OF ANNUAL MEETING

In accordance with Article 9 of the By-laws, notice is hereby given of the Starr King Unitarian Universalist Fellowship Annual Meeting to be held on May 16, 2021 at 11:00 AM via Zoom. A quorum of 30% of the Membership is required for the Annual Meeting.

### AGENDA

**Call to Order** Mary Crowell  
**Opening Words** The Rev. Dr. Linda Barnes  
**Count of Members Present** Stephanie Halter

**Approval of Minutes of 9/20/20** Mary Crowell

**Presentation and Election of Nominees:** Danni Simon

Treasurer – 2021-2024(3 year term) Janet Englund  
Trustee – 2021-2024 (3 year term) Richard Odman  
Trustee – 2021-2024 (3 year term) Diana Pamplin

Endowment Committee – 2021-2022 (1 year term) Don Crowell  
Endowment Committee – 2021-2024 (3 year term) Marcia Blaine  
Endowment Committee – 2021-2024 (3 year term) Bob Gannett

Nominating Committee – 2021-2024 (3 year term) Bill Trought

**Presentation and Vote of 2022 Budget** Janet Englund

**Warrant Article: By-law Changes** Mary Crowell

Recommendation:

**Article 9: MEETINGS AND NOTICES OF MEETINGS:**

Current Policy:

The Fellowship shall hold its Annual Meeting each year in the month of May or June at a time and place determined by the Board. If circumstances require, the Board may elect to postpone the meeting until a later date. The Board may call special meetings at such times as it deems prudent. Meetings will be conducted in person as long as it is deemed safe to do so. If need be, meetings may be held virtually. Meetings shall be either all in person or all virtual. The Board shall call a special meeting upon receipt of a written request signed by 10% (ten percent) of the membership.

Proposed additions in ***bold & italics*** and omissions in ~~striketrough~~:

The Fellowship shall hold its Annual Meeting each year in the month of May or June at a time and place determined by the Board. If circumstances require, the Board may elect to postpone the meeting until a later date. The Board may call special meetings at such times as it deems prudent. Meetings will be conducted in person as long as ~~it is deemed~~ ***the Board deems it*** safe to do so. ~~If need be,~~ ***If circumstances require,*** meetings may be held ~~virtually.~~ ***exclusively by virtual means at the discretion of the Board.*** ~~Meetings shall be either all in person or all virtual.~~ The Board shall call a special meeting upon receipt of a written request signed by 10% (ten percent) of the membership.

**Article 6:**

Currently:

Members of the Fellowship are entitled to vote on all matters brought before the Fellowship. However, members must be present, either in person or virtually, as circumstances require, to vote. No proxies are allowed. Unless another provision of these Bylaws requires a different percentage, a simple majority of votes cast shall decide all issues.

Proposed additions in ***bold & italics*** and omissions in ~~striketrough~~:

Members of the Fellowship are entitled to vote on all matters brought before the Fellowship. However, members must be present, either in person or virtually, ~~as circumstances require, to vote. No proxies are allowed. Members may not cast their votes by proxy.~~ Unless another provision of these Bylaws requires a different percentage, a simple majority of votes cast shall decide all issues.

**Recognition and Awards**

**Adjournment**

[For more information from the Nominating Committee, including Nominee Bios, Click here!](#)

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## FROM THE NOMINATING COMMITTEE

The Nominating Committee is pleased to announce the slate of nominees for the three Governing Board openings, three Endowment Committee openings, and one Nominating Committee opening.

Nominees for three-year terms on the Governing Board are Janet England (for a second term), Diana Pamplin (for a second term), and Richard Odman.

Nominees for Endowment Committee are Don Crowell for a one-year term, as well as Bob Gannett and Marcia Blaine, both for three year terms.

The nominee for the Nominating Committee is Bill Trought.

Their biographical sketches appear below.

### GOVERNING BOARD

#### **Janet England, Treasurer (2021 to 2024)**

Janet joined Starr King in 2017 and currently serves as Treasurer on the Governing board. She also sings in the choir, manages the annual auction and chairs the Finance Committee. She served on the Board of Trustees at her previous congregation in Croton-on-Hudson, NY as a Trustee, Secretary and Treasurer, and was involved in fundraising and strategic planning. After retiring from Citigroup in 2013, where her career encompassed law, real estate and mergers & acquisitions, Janet taught English as a Second Language at a community college in NY until moving to NH full-time. She currently teaches ESL part-time at Pemi-Baker Literacy in Plymouth, where she also serves as President of the Board. Janet is married to Jennifer Gentry and they divide their time between Campton, Six Mile Island on Lake Winnepesaukee and Illinois, where Jennifer maintains business interests.

#### **Diana Pamplin, Trustee (2021 to 2024)**

Diana was born and raised as a Unitarian Universalist. She attended the Danvers MA UU church as a child right up through her high school graduation. When she moved to Plymouth as a college student, she felt immediately drawn to Starr King UU Fellowship. She volunteered with an after-school program that was held at Starr King, attended many Friday night circle dance sessions, and even tried a couple of Sunday morning services. As she grew further into adulthood, got married and had a child, she began to feel an even stronger pull to connect spiritually. She started coming to Sunday morning services and felt a connection that reminded her of her first church home. Starr King was warm and welcoming, it was exactly what she needed. She and her family have now been attending SKUUF since 2008, and it is a place where they have come to feel quite comfortable. Diana is a fellowship member and has served on the Religious Education committee off and on over the last 10 years and has volunteered to teach RE classes as well. It has been her honor to serve on the Board for the past two years and would be thrilled to have the opportunity to continue on the Board for a three-year term.

#### **Richard Odman, Trustee (2021 to 2024)**

Richard Odman's formal association with Unitarian Universalism is relatively recent (2018), but his world view has long aspired to UU principles. He is presently a member of our Building and Grounds committee, where he has distinguished himself, paint brush in hand, while climbing our UU ladder to the heights of Starr King. Richard brings to the board the ponderings of a seminarian and the sensibilities of a farmer. Oh, and if SKUUF ever gets a church cow, Richard has offered to do the milking.

*(Continued on page 4)*

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## **ENDOWMENT COMMITTEE**

### **Donald Crowell (2021 to 2022)**

Don Crowell has been affiliated with SKUUF since about 1997. He has served in many capacities, including being a governing board member, can recycling czar, yard cleaner upper, and youth group leader. I am currently chair of the Endowment Committee and would like to serve again next year in that capacity. I value my connections to SKUUF for the sense of community with like-minded individuals and as a great source of support for my family. Thanks!

### **Bob Gannett (2021 to 2024)**

Bob Gannett is a life-long Unitarian who joined Starr King back in 1983 with his wife Suzan. He came to this area from Massachusetts back in 1976 to work at radio station WPNH in Plymouth, which was followed 12 years later by a brief career in the food industry as a co-owner of Gely's - Food with a Flair, which led him to his last career as an early childhood educator at the PSU Children's Center where he was a preschool teacher for 23 years. This year he and Suzan will celebrate 45 years of marriage. They are the proud parents of two, grandparents of four, and are extremely lucky that they all live in NH and so they get to see them (and hug them) often!

### **Marcia Blaine (2023 to 2024)**

Marcia Schmidt Blaine is a long-time member of Starr King, having joined when she, her husband Quentin, and their then-young children Becca and Chris moved to Plymouth in 1991. In return for what she receives from SKUUF, she has served for several years on the Starr King board both as an at-large member and as Treasurer. She also enjoyed many years of singing with the (awesome) choir. As of May, 2021, she is a retired history professor and college administrator who studies 18th-century women and power, the cultural history of the White Mountains, and academic leadership.

## **NOMINATING COMMITTEE**

### **Bill Trought (2023 to 2024)**

Bill Trought was born in New Bedford, Massachusetts and educated at Holy Cross College and Tufts University School of Medicine. He is married to Betty Ann and has two children, Joshua and Dara. He has lived in Massachusetts, Pennsylvania, Virginia, South Carolina, North Carolina, & New Hampshire. He served two years in the US Airforce, and has been on the faculty of Duke, East Carolina and Dartmouth. He has been a member of Starr King since 2005, and has served as a Board Member, Small Group Facilitator, Stewardship Chair, yard cleaner-upper, yard sale seller, and end-of-year cook-out cook,

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## Sunday Services - April 2021

Live STREAM via ZOOM <https://zoom.us/j/567620881>

### May 2 The Complexity of Truth Rev. Linda Barnes

The stories we tell ourselves offer just one point of view, our own. The grip with which we hold our own truths can keep us from understanding that there are multiple truths. On this Sunday, we'll explore how, when we strive to realize the multiple realities around us, we make our own stories richer.

### May 9 Nurtured Rev. Linda Barnes

Human babies are born unready for the world. To survive and to thrive, we must be physically and emotionally nurtured. Then, if we're lucky, nurturing becomes part of who we are. On this Mother's Day, join us as we tell the stories of the nurturers within and among us.

### May 16 Tootsie's Transformation Rev. Linda Barnes

What can *Tootsie*, a romantic comedy from 1982, offer us in 2021? The movie continues to challenge our understanding of gender, sex, and empathy. Join us as we use this good-humored story as an invitation to put our feet into another's shoes.

### May 23 The Enduring Power of Myth Tatum Barnes

Some stories have the power to shape not only minds and lives, but cultures and nations. Join Tatum Barnes this Sunday to explore the notion of myth - past, present, and future.

### May 30 Let Us Begin to Tell the Story Rev. Linda Barnes

On this Memorial Day we will begin to construct the stories we will tell of this most challenging year. We will reflect on the collective losses sustained during the pandemic – the lives lost, the loved ones missed, the worry, and the waiting. Recognizing these tender moments remind us just how much we care.

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## Zoom Etiquette

Starr King Fellowship, like so many other organizations, perhaps even your extended family, have adapted to meetings and gatherings held virtually now more than ever. Zoom and other formats have etiquette suggestions that make the experience better for all.

- Location: background should be clean and tidy. You may use a virtual background as well.
- Lighting: any lighting should be in front of you. Close blinds if window is in background.
- Position: camera device should be at eye level and capture from the chest up.
- Noise: mute yourself, unmute to speak. Background noise from any source is amplified.
- Video: turn on as purpose of this format is to connect with others and visual is preferred.
- Appearance: dress appropriately. If you or your device move, it can be embarrassing for all.
- Screenshots: ask permission of participants first and inform all where it will be posted.
- Speaker or gallery view: speaker view is good to focus, gallery view to see others' reactions.

Smiling, kindness and involvement continues in our fellowship, thanks to a virtual format (and Rev. Linda and many others!) and we are doing as best as we can. With the pandemic and chaos in the world, thank you Zoom.

Jane Clay and the Board

*This list has been edited from <https://www.torontonicity.com>  
Search "zoom etiquette" for more information.*

## Minister's Newsletter

May 2021

“People think that stories are shaped by people. In fact, it's the other way around ...”

~ *Terry Pratchett, novelist*

We use stories to interpret and make meaning of our lives, to bring some order to the chaos of the universe. We keep stories in our head as personal narratives and in our sleep as dreams. Our Soul Matters theme for May explores the role of stories in framing our identity, our biases, even how we learn and grow. Movies, music, history, and literature are our collective stories; they tell us who we are and what we believe is true. When we gather, we always tell a story. Even the statement, “How are you?” is an invitation to tell a story. As you can tell, I'm finding this to be a rich topic.

Of late, I find myself wondering how it is we will tell the story of *these* times. Sometimes I forget that how it is now, is not how it will be forever. When I feel stuck I remind myself, *turn the page and see, this story is not over*. Indeed, it's starting to feel like we are beginning a new chapter. Now that vaccines are widely available, now that flowers are unfolding with spring, I am reminded that things are changing. The world is beginning to look differently. Just how this will go, I honestly do not know. But the story that we've told ourselves - that it's not safe -persists and with good reason. We will continue to heed the guidance of our own Pandemic Response Team and the science provided by the CDC, and understand that things are improving. We have done a such a good job of keeping each other safe. I see that as part of the story too. Thank you for helping make that true.

We are part of the wider community story too. I was quite pleased that we were able to offer our parking lots to the vaccination clinic that served our neighborhood last month. It even served a few of our members. It was a beautiful sunny day and I was able to see my own 19-year-old son pull up his sleeve to be part of this story. I invite you to do the same, be part of the story, turn the page.

So dear ones, know that we are beginning to plan for our next chapter. We are exploring, with the help of the Unitarian Universalist Association, how best to reopen this fall. All will be well. Stay tuned for more as we determine the best way forward. In the meantime, it does my heart good to be in our sanctuary offering worship, holding the space until we are together again, in person. All will be well. Turn the page.

In faith and Love,  
Rev. Linda

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### 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](http://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. The recent Spiritual Journey service was especially soulful and well worth a view.



## President's letter

As I was walking in snow squalls yesterday, I was thinking about spring with the hope that it really will arrive to stay and soon. I was also realizing that it has been over 14 months since we were last together in person.

As we start thinking about reopening in the fall there is much to think about. Is our space able to handle it? Are people ready to come back? Do they feel safe coming back? I miss seeing the sanctuary full and visiting with everyone after the service but how will it look next fall? I have been fortunate to participate in two different workshops/gatherings discussing how various congregations are looking at opening back up. The biggest take away I have from these is that we are doing remarkably well. Our staff and volunteers have made it so that every Sunday we see a live service from our sanctuary. There are many congregations who pre-record the service and then there are those who have never even met their minister in person. We are doing okay, even better than that. We have much to be thankful for.

The pandemic response team is looking into how best to answer all the questions above. There is a lot to consider but hopefully we will all be together in the fall. The Children's Learning Center should be in their new space by the beginning of October It will be wonderful to have our downstairs space back for our children as well as for small groups and other meetings. So much to look forward to.

Our Annual meeting will be held on Sunday, May 16<sup>th</sup> at 11:00 via Zoom. The link will be sent out to all members prior to the meeting. Look for the notice coming to your email this week.

Enjoy the spring as we move from mud season into black fly season- one of the many joys of living in NH.

Mary

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### Board's Bulletin

- Solar array installation starting
- Electric Boiler to be installed in May
- Planning to Re-open our Building
- Minister's Sabbatical- SP2022
- Annual Meeting planning 5/16

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

### Office Hours

The Reverend 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.

Fellowship Office is open Tuesday through Friday  
8:00 AM to 1:30 PM  
536-8908

## OUTREACH – May 2021

### The Bridge House, Plymouth

The Bridge House, located on Highland Street in Plymouth (next to the Whole Village) has been assisting homeless men, women and families with children in the Plymouth area since 1989. Twenty beds are available.

Veterans in need of services are given priority, regardless of where they live. Two years ago a new unit was added, providing six rooms to provide long term veteran shelter.

Many of the aging homeless have significant physical needs; others have emotional and mental challenges. A variety of services are provided to assist residents as they journey toward jobs, permanent housing, and independence.

In addition to the shelter on Highland Street, the Bridge House runs two retail stores in Plymouth, providing income for the shelter. Flipping Furniture (Tenney Mountain Highway) and Ladders (South Main Street) depend on donations of household goods and clothing. Many shelter residents become involved, making back room repairs, sorting and organizing goods for sale, and helping with the myriad details that keep these successful operations going.

Your donation will help assist and support essential services for a part of our community that is often overlooked and ignored.

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### Got Lunch Plymouth Serves Local Children

Got Lunch Plymouth, founded out of this congregation, and still grateful for the many connections here, has been the recipient this pandemic year of multiple grants that more than enable us to plan for the coming year. There were so many donations, large and small.

In particular we received several significant pandemic related grants from Hannaford. Our hearts are overflowing in gratitude to all those who put children first this difficult year. We will be able to give fresh fruit and vegetables to our families, continue to provide dairy products, and the other nutritious foods that we have provided in the past. We were able to use the NH Food bank efficiently over the winter to acquire those foods as well as pantry supplies.

This year we hope to work out of Starr King with a reduced volunteer staff, delivering food directly, with driving teams leaving from the upper parking lot on Monday morning. All of our teams will be vaccinated, and we will minimize contact with families to keep our children safe. If you would like to drive, let Margaret Salt know.

If you had reserved money for Got Lunch, we are moved by your care. Thank You! We know there are other services for children and the food insecure close at hand needing your help.

### HANNAFORD CARDS ARE BACK!!

Here's all you need to do to get yours...

- ◆ Email Lisa at [admin@starrkingfellowship.org](mailto:admin@starrkingfellowship.org) with your card request before noon on Thursdays.
- ◆ Every Friday, from 9:00 AM to Noon, you may stop by the Fellowship to drop off your check and pick up your cards! Everything will be done safely and "distantly."

*(If you can't stop by the Fellowship,  
please contact Lisa for possible alternatives.)*



## From your Community Minister

Hello, Starr King members and friends,

Two important zoom events are happening in May.

On Wednesday, **May 12 at 7:30 PM**, Rev. Kendra Ford, our minister at the First Unitarian Society of Exeter, NH will be part of a panel on *Faith, Climate and Civil Disobedience*. She will be speaking about her actions at the Bow coal-fired power plant. There is a poster below this article that tells you how to register.



UUActionNH is having our Annual Spring Summit on zoom this year! Saturday, **May 22: 10:00 – 11:30 AM**. Come join us for *Crossing Borders in a Warming World: UUANH 2021 Spring Summit* and see how YOU can help amplify our UU voices and values in New Hampshire!

Follow the link below to find more information on our summit and to register – hope to see you there.

UUANH summit [registration page](#).

Don't forget the NH Legislature is still in session. All the bills passed by the House are now in the Senate and the ones passed in the Senate have gone to the House. Please continue to contact you representatives and senator about the bills you care about.

I continue to add the following to my monthly article to you. If you have not already done so I urge you to sign up for:

- AFSC (American Friends Service Committee - Quaker) State House Watch [Subscribe here](#)
- UUANH's email list <https://www.uuactionnh.org/>

Either of which get you more up-to-date actions to take for social justice.

Namaste,  
Emily

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# Faith, Climate, & Civil Disobedience



Wednesday, May 12  
7:30 PM  
on Zoom



Register:  
[bit.ly/faithclimatecivil](https://bit.ly/faithclimatecivil)

Speakers: Rev. Kendra Ford, First Unitarian Society of Exeter, Sonia Birthesel, scientist and chaplain, Marla Marcum, co-founder of the Climate Civil Disobedience Center, Kira Kelley, lawyer and chair of National Lawyers Guild, VT.

unitarian universalist

**ACTION NH**

## Little Free Library

A SKUUF Task Force made up of Quentin Blaine, Linda Barnes, Nancy Dowey, Betty Ann Trought and Miriam Chandler (a new member) have been working on the concept of assisting our neighborhood and honoring Joan Thomas' commitment to early childhood learning and particularly reading which was well recognized by our Congregation. Joan's family and friends honored her by donating seed money for such a project. To learn more about **Little Free Libraries** you may want to check out <https://littlefreelibrary.org/>.



Our Library will look similar to this;

It will be placed facing the road in front of the new solar installation once the Solar Array is installed. In June, a dedication which will involve our Youth, is being planned with neighbors invited.

## Soundbites

What would be the soundtrack of your life?

During the choir zoom meetings on Thursday, we sing the upcoming hymns for Sunday. Of course, we can't hear one another – everyone just has to listen to me and themselves. It makes community singing impossible, but at least we can see one another. So, we spend time on how we interpret the hymns and what they might mean to us. If you can't work on technique and balance, at least you can study the content. And, it builds community. If every person fills in the 'blank' on "Keepers of the Earth" (We are blessed by every "blank"), we get a sense of what is meaningful to each person.

Through music, we are telling a bit of our own story. And, each person gets to listen to each other person's story. It has been most meaningful to me.

Since "Story" is the theme for May, we chose #1012 – "When I am Frightened"/ "Then, I May Learn" by Shelley Jackson Denham as the hymn of the month. This song invites us to ask another for their story so that the listener might learn valuable lessons. "Will you share some of your story with me?" It is a powerful favorite that calls me to listen to those stories that can help shape me, and our faith.

I have many songs in my soundtrack. My "signature" song when I gig out is John Prine's "Angel from Montgomery," mainly because of the first line – "I am an old women, named after my mother." That's me. I can sing every single song in "the Sound of Music" because that was the first movie I saw in a theatre, and it was with my dad. He then bought me the record, which I played constantly. John William's "Star Wars." Classic Rock. Classical. And, of course, hymns.

All of them tell a story – their own and what they mean to me in my story.

So, sing out your soundtrack, and keep adding tracks to the disc.

In the Faith,  
Sarah Dan



Schedule:

Sarah Dan is the musician for every Sunday in May except May 30<sup>th</sup> when we welcome back our guest musician, Abigail Charbeneau, organist/pianist at South UCC in Concord. Abby will join the team in the sanctuary as I will be in North Georgia attending a wedding and seeing my peeps. She can't wait to play Hopedale (the piano) and be with our community.

## Message from the Director of Religious Education

Dear Starr King Fellowship,

Youth Group will be meeting on May 9th and 22nd. We've been settling into a productive rhythm, creating more opportunities for games, ice-breakers and fun! We asked our participants what sort of topics they are most interested in discussing, and revved our philosophical engines. We spent our last meeting discussing human nature, morality, and what separates us from the animal kingdom - all in a day's work.

In order to give our middle schoolers and high schoolers separate spaces to tackle these big questions, we'll be occasionally bringing in another female instructor to facilitate discussions. My wife, Grace Taylor Rae Barnes - a compassionate, intelligent woman and gifted leader - is certainly on call, as are some other amazing volunteers. Finally, we've decided to formally end youth group at 5:30pm, allowing some folks to depart if homework is hanging over their head. A more casual gathering will continue until 6pm - talk to your teenager to see when they would like to be picked up!

RE will be meeting digitally with Nancy Dowey on the 2nd to discuss our Little Lending Library initiative. I'm excited that our fellowship will be creating a "take-a-book, leave-a-book" space for the surrounding community, and even more excited to get our kids involved! Hopefully thereafter, the weather will cooperate and RE will be able to meet in-person, as well as go on a hike. Email reminders about weekly RE offerings will continue to go out on Friday evenings!

Many blessings,  
Tatum Barnes

## From Your Climate Action Team—

### PLASTICS: SOME BASICS

1. Tiny particles of plastic are everywhere: in Arctic snow, in the Amazon Rainforest, in sand in Hawaii: they're in our food, drinking water, the air, our bodies. Some scientists estimate the average amount a human ingests is up to 5 kilograms a week .... 74,000 microplastic particles per year.
2. The health effects of all this plastic are unknown. Animal research has shown when a pregnant mammal ingests nanoplastics, they are found in many parts of the fetus. It is believed these tiny particles may affect brain and organ development in children, and are possibly related to infertility and cardiovascular problems. Creating various types of plastics involves thousands of different chemicals, which also have an unknown effect.
3. The raw materials of plastic are fossil fuels -- oil, natural gas, and chemicals such as bisphenols (BPA, for example) and phthalates. These chemicals can leach into our foods; foods warmed in plastic containers in the microwave are especially vulnerable.
4. Over time, plastic breaks down into tiny particles – which find their way to bodies of water all over the globe. Household dust can also be full of plastics; carpets are a great gathering place.
5. Plastics have been in use for 60 or 70 years; nearly all plastic ever created is still around in some form.
6. Some predicted times for decomposition:
  - Plastic straws: 200 years
  - Plastic bottles: 450 years
  - Disposable diapers: 500 years
  - Plastic in coffee pods: 500 years
7. We tend to think of plastics as being safe because they are recyclable. The unfortunate reality is that between 76 - 91% of plastic materials tossed in the recycling bin are never recycled. Plastic codes 1 and 2 are more likely to be recyclable- and they are usually “turned into lower-quality products that will end up in a landfill because those materials can't be recycled again.” Unfortunately, recycling is trending down since China no longer accepts our plastic trash.
8. It is estimated that in the next few decades plastic manufacturing will triple worldwide.

**Next Month: Plastics: Thirteen Suggestions for Lowering Plastic in Our Homes**

*Sources: Consumer Reports- 6/2020; National Geographic- 7/2019  
Environmental Defense Fund -Spring 2020*

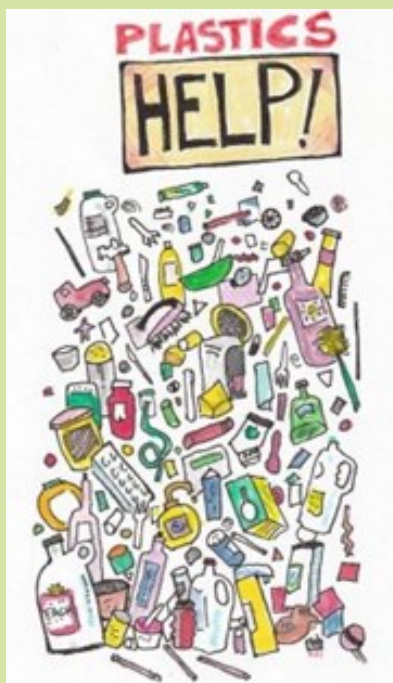


Illustration by Stew Weldon

## Report from the Study Group on

### ***Widening the Circle of Concern***

Five of us met last night over Zoom to talk about “Innovations and Risk-Taking.” Our opening words were from Rev. Leslie Takahashi:

*Walk the maze*

*within your heart: guide your steps into its questioning curves.*

*This labyrinth is a puzzle leading you deeper into your own truths.*

*Listen in the twists and turns.*

*Listen in the openness within all searching.*

*Listen: a wisdom within you calls to a wisdom beyond you and in that dialogue lies peace.*

It seemed to fit well with a discussion on taking risks.

We spent some time talking about how to make the Fellowship building more welcoming to people of color. (Of course, we have to get back into our building first!)

One of the members mentioned how all the reading she has done on dismantling White Supremacy has changed how she thinks. “I am rethinking about our history as a nation and all the stuff I didn’t know. Why didn’t I?”

Another mentioned being both proud of the family connection to the Mayflower and the first settlers AND horrified at the way the Native Americans and the people from Africa were treated.

We talked a lot about ambiguity - about holding two opposing truths at the same time.

A person who attended General Assembly virtually last year said it was dominated by talks of racism and anti-racism. “I almost felt marginalized as a white person.”

I mentioned that the work at this time is to help white people understand our history of supremacy and oppression. This is not easy work, but we can’t move forward until we accept and understand our history. So many of us were raised in white neighborhoods and never really thought about what life was like for non-whites.

The book **Caste** was mentioned again - we have all either read it or are in the process of reading it and we highly recommend it!

We agreed that right now the focus for most people is on the Pandemic and getting through it. “People who are just getting by don’t have the luxury to reflect on our history. Holding ambiguity is not easy for people who are desperate.”

What will the world be like when it is over?

~~~~~

This gives you just a small sampling of a rich conversation. The topic next month is “Restoration and Reparations”. Let me know if you are interested in joining us, and I will send you the pre-meeting reading material.

Cindy Spring

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## **Sunday collections from the Starr King website.**

The [Donate Here](#) button on the website is found at the top right of the [Starr King UU Fellowship page](#). It is very simple to use, and only requires you to register the first time you use the online donate form. After your registration is submitted, you will receive a welcome email from Simple Church Giving, which also includes a link to our donation page. You are also able to donate directly from the Simple Church app that many of you have on your smart phones.

The donation page form allows you to select the amount you wish to deposit into our virtual collection bowl, and to designate if you would like it to be a recurring donation, or not.

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



## Notes from the BLM Workshop - April 11, 2021

Sixteen of us met over Zoom with **Nancy Chaddock** to talk about **Climate Change and how it impacts people of color**. Nancy began by telling us about the “white flight” she experienced, white people who fled to the suburbs of Boston. She was a member of the UU Church in Dorchester, Massachusetts, which was located in what became a black neighborhood. She said that during her childhood over 100 white people left the church. There were about 30 who remained. Only one person of color ever attended services, and only for a short time. “My feelings about anti-racism have roots.”

Communities of color are marginalized in our societies and often forced to live in our inner-cities. These areas have few trees and lots of pavement so are hard to heat in the winter and to cool in the summer. Not surprisingly, heat related deaths are much higher in black communities.

Air pollution is also a big concern. National Geographic recently included an article about this issue. According to the magazine, air pollution is the leading cause of death world-wide.

Toxic material dumps are often located on or near Native American lands.

Given all of these facts, those concerned with climate change must focus on “**climate justice**.”

Nancy acknowledged that new ideas are being proposed, but wondered **how equitable they would be**. For example, carbon pricing will help cut the use of fossil fuels, but will it help people of color? Fuel costs will go up making it harder to buy gas. Perhaps new proposals should include a “statement of impact” for those living on the margins to really evaluate the harm they might cause.

**Too often people of color are not included in important discussions affecting their lives**. Nancy suggests that white people **help empower the leaders of marginalized communities** - listen to them and help them understand and control whatever mitigation is needed.

Participating in this workshop reminded me of the way social justice issues overlap and the complexity of making change. Who benefits and who pays the cost?...

The **recording** of this session is on the Starr King Website: [starrkingfellowship.org](http://starrkingfellowship.org).

Please join us for our next **BLM workshop on May 23rd at 2:00**. (The date has been changed due to Mothers’ Day and our Annual Meeting.) **Michael Kim Cuddihy**, co-founder and co-director of the Plymouth Black Lives Matter Chapter, will be our speaker. Michael will share his experience with anti-Asian violence in the Plymouth Area.

Cindy Spring

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## Attend 2021 UU Virtual General Assembly

### REGISTER NOW!

If you haven't registered for Virtual GA 2021 already, there is no better time than right now! Registered attendees are among the first to hear program announcements, such as the Ware Lecturer and featured speakers, and only registered attendees will have access to the **NEW!** GA app (coming soon). So register early to join online discussions, familiarize yourself with the GA schedule, and find your place in our community of communities.

Click here to

[Register Now!](#)

Registration is \$200 per person (and our Endowment Committee is happy to support this!) Last year eleven of us “attended” the first virtual GA. Two sang in the GA Choir and one volunteered as a chat-room monitor. A very different experience than attending in person, but a lot less expensive so accessible to more people and easier on the earth ~

Interested? Want more information? Contact Betty Trought or Cindy Spring



## COVID-19 Prevention for our Fellowship Building: May 2021 update-and Planning for next fall

**Note:** As this newsletter goes to press, the CDC guidelines have been revised. Once we assess these, we will update the Starr King website regarding building use.

Your Pandemic safety committee is now planning for our church year beginning in September. We are evaluating air quality and air circulation in our building and how to improve these. We are looking at ways to involve our children and youth safely if they have not yet been vaccinated. By September, all adults age 16 and over will have had access to the vaccine. Unless there is a serious medical issue preventing this, we urge you to get vaccinated, for your safety, and for that of our entire church family.

Also, spring is here, and we can take advantage of spring and summer weather with outdoor, masked meetings at the fellowship.

**Vaccines are now available in NH to everyone over age 16.** Go to [vaccines.nh.gov](https://vaccines.nh.gov) for more information on when you will qualify, and to register. Sites are scattered around the state, so you can choose one near you.

Again, you are very strongly encouraged to get vaccinated when your turn comes up. Even after getting both doses, we will all need masks and precautions for some time to come in most settings as population immunity builds, but in the meantime, the chances of infection should be greatly reduced for those vaccinated. The CDC has indicated that fully vaccinated grandparents can visit and hug grandchildren, and that small groups of fully vaccinated friends can visit indoors without masks, but that ideally, this is limited to four people at a time.

**In the meantime, while the rate of new infections in New Hampshire is dropping now due to vaccinations, masking and distancing, new more infectious variants of the virus have appeared in our state.** We have to be more careful than ever. Please continue to be vigilant, both within our Fellowship space and beyond. Wear a mask, wash or sanitize your hands, minimize time indoors with people not part of your household unless everyone is fully vaccinated (including stores and even our Fellowship building) and remember that 6 feet is further away than you think.

The current Guidelines for use of Fellowship Building and Fellowship Gatherings away from Building during the COVID-19 Pandemic are posted on the Fellowship website.

The posted guidelines cover use of the Starr King Fellowship building and grounds, as well as gatherings of Starr King entities (e.g. choir, committees, small group ministries) off the property. They address activities of 1) staff, 2) committees and small group ministries, 3) choir, 4) religious education, 5) rituals (e.g. memorial services), and 6) use by outside groups.

We would like to **highlight** the need for everyone entering the sanctuary to wash their hands or use hand sanitizer just before entering, to keep a minimum 12-foot distance from anyone singing, and to be aware of the need to keep sanitized frequently touched areas such as the podium and door handles.

Certain areas of the Fellowship building are restricted to use by the Children's Learning Center and Fellowship staff. **ANY BUILDING USE MUST BE SCHEDULED THROUGH THE ADMINISTRATOR**, Lisa Olech.

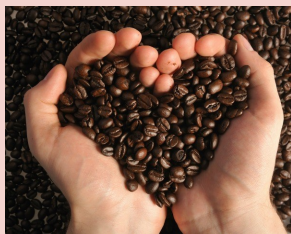
Ad Hoc Committee members: Reverend Linda Barnes, Mary Crowell, Joe Kelaghan, Susan Scrimshaw and Susan Skinner.

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## 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](mailto:jhclay@roadrunner.com), to make arrangements for pick-up or delivery.



## Book Group News

Join us via Zoom to discuss these selections. All sessions are via zoom at 3:30 PM.

May 11- ***Braiding Sweetgrass*** by Robin Wall Kimmerer

June 8- ***What We Talk about When We Talk about Love*** by Raymond Carver

July 13- ***The Big Burn*** by Timothy Egan

Click this link to join: <https://us02web.zoom.us/j/82964373699pwd=N1FrVE45VTFUeDYzVWhEeHF5K1VYQT09>

## Wise Women

Wise Women in Training is a women's study group which meets at least monthly to discuss issues related to women and aging. Members share experiences, questions and concerns about improving their lives while optimizing their happiness. Generally this group is recommended for any women over 55 years of age but younger women are welcome. Now meeting by Zoom, we will be discussing ideas presented randomly (from our question jar) or suggested by a member. Next meeting on Wednesday May 12 at 10:30 AM. This meeting will be coordinated by Sue Ellen Skinner and Sue Ellen Tuttle.

Although Betty Ann will no longer take charge of meeting topics she will coordinate publicity and meeting notices. Please, to be added to the mailing list or direct suggestions for topics or questions contact Betty Ann Trought 786-9342 or [batrought@gmail.com](mailto:batrought@gmail.com).

Join Zoom Meetings posted on Starr King on line calendar.

<https://us02web.zoom.us/j/81208321511?pwd=bE8wQTdtR2NKs2VkbGtocUdmc29kUT09>

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## Monday Morning Men

The Monday Morning Men's Meetings will be on the first and third Mondays, May 3 and 17, from 10:00 AM to noon via ZOOM.

## Members in the news

**Gather at the River** - With Kathy Hillier, Ed Loranger, Sue Chadwick, Wes Chadwick, Mary Hazelton, Susan Scrimshaw, Allen Stern and Gigi Estes

The many members of Starr King UU Fellowship who sing with the Pemi Chorus are excited to invite you and your friends and families to this first, safe, public performance in more than a year!

The Pemigewasset Choral Society, directed by Will Gunn, is announcing a joint choral performance with the NH Master Chorale, directed by Dan Perkins. As both choruses emerge from the isolation of the Covid pandemic, they have been rehearsing outdoors, with masks, in anticipation of being able to perform again safely, in Plymouth's Rotary Amphitheatre at Riverside Park, along the banks of the Pemigewasset River.

The public is invited to attend these family friendly, outdoor concerts, scheduled for both Saturday, June 19, at 6:30 pm, and Sunday, June 20, 4:00 pm. (Rain dates 6/26, 6/27)



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

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

#### **Staff**

The Rev. Dr. Linda Barnes, Minister  
Sarah Dan Jones, Director of Music Ministry  
Tatum Barnes, Director of Religious Education  
Lisa Olech, Office Administrator  
admin@starrkingfellowship.org

#### **Governing Board**

Pres.: Mary Crowell  
Vice Pres.: Jane Clay  
Treasurer: Janet Englund  
Secretary: Stephanie Halter  
Trustees:  
Sandy Mucci  
Stewart Weldon  
Mike Randall  
Diana Pamplin  
Cindy Spring

## **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.