

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
October 2021



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Little Free Library

We have acquired and placed our SKUUF Little Free Library. Put together by Quentin Blaine and placed by Bill Trought and Richard Odman to the left of the rear parking lot in front of the Fencing of the Solar Array. Miriam Chandler, our ongoing Librarian, was on the spot to place an assortment of new books inside. If you have possible donations, please talk with Miriam who will be managing our replacements.

Now we are waiting for snow to see how we manage with the snow plow. If you have any concerns or suggestions please let us know.



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 Thursday
8:00 AM to 1:00 PM
536-8908

Tending to Spiritual Leadership Blog

The [Tending to Spiritual Leadership Blog](#) is offered by New England Region UUA. They share reflections to inspire and support Unitarian Universalists tending to Spiritual Leadership in themselves and their community. [Subscribe](#) and be the first to receive the monthly blog posts directly to your email! If you're already subscribed, please share this email with someone you know would benefit.

Minister's Newsletter

*If we have no peace, it is because we have forgotten
that we belong to each other.*

~ Mother Theresa

The Soul Matters theme for October is Cultivating Relationship. It seems a worthy endeavor to make some effort to cultivate relationships especially since the Covid-19 vaccine has made it a bit safer go out. Granted, it can feel like uncharted territory and we may worry about having to go into isolation again. All the same, I fear that as Mother Theresa says, "we have forgotten that we belong to each other." All of us, not just at the Fellowship, but in our neighborhoods, at school, perhaps at work, and in other groups are rediscovering that we belong to each other. And so, we find ourselves now renegotiating *how* it is we are together.

We are opening to activities and Sunday services at Fellowship on a month-by-month basis, keeping a watch on the current pandemic realities to make the best decisions for our community. It has been particularly gratifying for me to see people both on-line and in person on Sunday mornings. You are a delight to me in both locations! It has been particularly difficult not to sing! I know many of you share this frustration. Still, we are making it work, we are in relationship.

If you'd like to explore the Cultivating Relationship topic more deeply, please consider this your personal invitation to join the Soul Matters group that meets on the third Wednesdays from 6:30 - 8:30 PM. We meet in the sanctuary of the Fellowship. Please see weekly email, The View, for more details.

As part of this how-to-be-together negotiation, we are ending the Smooth Sunday teams. They do not make sense in our current configuration of worship. Thank you to all who organized, led, and participated in the Smooth Sunday teams. I appreciate the ways that those teams helped us be in relationship with one another before the pandemic. In the near future, you may be asked to help with some of the tasks that volunteers typically cover. Please engage in all the ways you can and are comfortable with. As things change, so do we. What hasn't changed is the big and small ways we remain in relationship. How we interact is not nearly as important as our commitment to help one another, have fun, commiserate, and ultimately remind one another that we each are worthy of community - that we are not alone. In the coming month, I hope you'll find one small way to be of service to one another.

I was told you might need an update to know that I am ok. Here's the short story. Although we were never formally introduced, it seems I had a close encounter with a deer tick. This particular tick just happened to be harboring the bacterium that causes Lyme disease. And, although it took some time to fully recover, please know that I am doing well. I am feeling like myself again. I am grateful for doxycycline, grateful for the research and scientists who discovered how best to treat this, grateful for the healing properties of rest, and grateful for the tender care of my partner. Thank you too for all your kind wishes, cards and support. All will be well.

BTW, thank you for reading the newsletter.

In Faith and Love,
Rev. Linda

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Sunday Services - Live STREEM via ZOOM <https://zoom.us/j/567620881>

October 3 To Care for the Soul of a People Rev. Linda Barnes

Whatever your gifts, they are needed to maintain the soul of our community. Join us this Sunday as we recognize the collective good that comes when we each contribute what only we can give.

October 10 Behind the Walls. Joseph Lascaze

Joseph Lascaze, a Smart Justice Organizer for the NH ACLU, will talk about his background as a New Hampshire youth who was "justice impacted" and how it led him to his current role as an ACLU organizer working mainly with New Hampshire youth at risk in the areas of decarceration and prison reform.

October 17 To Tender Relations Rev. Linda Barnes

To tender is to make a bid, to be tender is to show a kindness, a caring. These two definitions can be mindfully joined as a guide to healthy human relations. Join us this Sunday for a deeper look into the spiritual practice of "tendering" our relations.

October 24 The Call Amanda Schuber

As Unitarian Universalists, we are called to act for justice and equality, and while we have championed the cause of physical accessibility we have a long way to go in treating mental health as the social justice issue it is. What more can we do to make our denomination more accessible for caregivers and those living with mental health concerns? Join us as we explore and reflect on the growing mental health crisis in our country, and our call to seek justice and compassion for individuals and families navigating this system.

October 31 Together We Remember Rev. Linda Barnes

In the spirit of our ancestors and the relationships that linger after we lose someone join us for an all-generations service to honor and hold close the spirits of those who have passed from this life. Please bring a photo or a memento to share on our virtual altar of slides or in the sanctuary.

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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 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

This is my favorite time of year. Clear days, lots of colors and cool nights. So nice to be out and about in the woods, or on the water or just walking the neighborhood. When I taught, I was always grateful for the end of September because I finally felt like I was back in the routine and my students were too. It feels that way here at Starr King too as we are back to Sunday services, with in person and online attendance, and back to our regular meetings as well.

The Board continues to maneuver through the various issues that come up. Solar panels, Boilers, CLC, Covid. I can not speak highly enough about the work that this group continues to do. I have much gratitude for all of them!

Updates: The CLC has asked and been granted a lease extension through the end of this calendar year. They have a new site, but work is taking longer than anticipated due to many circumstances with lack of materials and work force being at the top. We so look forward to getting our Religious Education space back for our children and youth,

The solar panels are in, and we are just waiting for the New Hampshire Electric Coop to "flip the switch" to get them online! With all the work done for the solar panels an added consequence is that of needing to repair the hillside going up the side of the building. With all the trench work that was done we ended up with a significant erosion problem every time it rains. With work from the Buildings and Grounds committee we have approved work on the hillside to put in stone stairs and to make it a safe passage as well as a good-looking solution to what could be a long term, serious problem. The work should be completed this fall.

Our new boilers are in and just need to have the final work completed by the electrician. We expect it to be completed this week as it is getting a bit cooler, and we need the boilers on!

It has been wonderful to see so many of you at Sunday services. The request that those in attendance wear masks and be vaccinated, if able to be, will continue as we head into October. It is month to month and the Pandemic Response Team and the Board are staying on top of things.

Enjoy these wonderful fall days,

Mary Crowell

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Board's Bulletin

- Return to in person service
- CLC Lease extension thru 2021
- SKUUF website & sign updates
- Minister's spring sabbatical

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

Soundbites

Happy Fall!

What a month September 2021 was at Starr King! Opening our doors to in person services was a great and challenging occasion. I am so grateful to the Unitarian Universalist Association, and the Starr King Pandemic Task Force for offering us guidance and assistance in a difficult decision. I am also grateful to the Starr King choir for being willing to meet masked and distanced (and time limited) so that we can record choir music for Sunday Services. The tech team has molded and morphed with additional challenges, and takes their roles seriously. The leadership of the church offered greeter duties, coffee making, and clean up so that we can meet in person. To carry out multi platform services takes some effort, and many hands. And, those of us presenting worship had to “re-learn” what it felt like to offer up in front of our congregants. Thanks to Rev. Linda, Tatum and the Worship Associates for staying the course.

For me, obviously, the biggest challenge is the temporary restriction on congregational singing. I am entering my 10th year at Starr King, and one of my passions is leading singing in community. We have worked hard as a community to learn to listen to and sing with one another. For me, it is a true connection to the power of collective energy that is down right Holy. I appreciate your willingness to “embody” the music through humming, movement, and breathing. I can “feel” all of those offerings and know y’all get it! We will continue to move one week, one month, one breath at a time until we can sing out to the cupola!!

Thanks so much to the Red Shedders for their musical magic in September. It was great fun to rehearse together in order to offer up worship music for us all. If any of you wish to contribute any musical offerings, I am happy to work together. The more the merrier.

See y’all in church (which mean also “online”!)

Sarah Dan

October Schedule:

Choir meets Thursdays at 6:00 to 7:00
EXCEPT OCTOBER 14.

Guest Musician for October 17: Will Gunn
(Sarah Dan off)



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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 starringfellowship.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.



Message from the Director of Religious Education

Dear Starr King Fellowship,

It is a profound joy to be back in the swing of things! Whether you've been visiting the fellowship in-person, or engaging digitally, it's great to see this community come together after such disruption. Here are the news bulletins from religious education:

RE is back to meeting during Sunday worship! We've been exploring the theme of Possibility. Using our imagination, we imagined what was possible for our make-shift classroom in the downstairs foyer, and made some ambitious goals for the rest of the year. Keep an eye out for the decorations our creative children have made! Next month we'll dive into Building Relationships, and study kindness, friendships, and empathy.

Youth group will be back on October 10th! Families should keep an eye out for an email with the precise time of our meeting (T.B.D). Youth are encouraged to wake up early enough to join the service that day, as we have the opportunity to learn from youth leader Joseph Lascaze, a "Smart Justice Organizer" for the NH ACLU. Check it out!

We're still looking for RE volunteers! If you know someone that would be an amazing role model for the children of this fellowship, please lovingly cajole them to reach out to me at dre20@starringfellowship.org

Finally, thank you to those who appreciated the original poem I shared during our worship on September 26th. You can find it reproduced below:

Blessings,
Tatum Barnes

Now

I'm a commodity! A cognizant anomaly
An oddity on odysseys to see how life ought to be.
Gotta see what God can see
Us living all in harmony
The new normal is transtemporal - it'll make sense if you follow me
I got the gift of prophecy
I understand my history
In my meditation I see past and future presently
All three occur simultaneously
That's how I hear my Ancestors speaking to me

I hear clearly how things used to be
'fore coal engines clattered noisily
We honored cycles of the Earth with no problem being stewardly
But the brutality of industry
Robbed man of his humanity
And mechanistic noise now drowned out nature's symphonies
Smog crept horizontally
While carbon rose fast vertically
Those who came before left fair warning if we cared to see

That's how I now know this Now-moment
With the know how to show it
This eternal Now-moment
The source of all gnosis
For those in hypnosis
Who think that it hopeless
I'll change your vibe from low to high
Call that a conscious osmosis

I feel my descendants emotions
It's a joyful commotion
So much liquid love that it drowns all the oceans
No frowns no pollution, Ecological education
Oh - and they finally undrew the lines betwixt nations!
They honor this Earth as God's prime creation
And don't give one hoot about your skin's pigmentation
They know this Now-moment, this eternal Now-moment
They teach it in schools and they keep it in focus.

Ain't no hocus pocus, it's the truth - no apology
In this Now-moment this wisdom flows out of me
Tell the whole world about this brand new ontology
And if you understand it, Now's the time to change some policy
Marching away from our debt-based economy
Invest in community, divest from technology
Liberation for those who've lost their autonomy,
Ancestors I feel you! I know that you're proud of me.
Now don't stop and stare, I ain't no dang prodigy.
I know but one truth that I'll give to my progeny.
With indigenous wisdom and righteous community,
We've got all the answers, so come Now, and follow me.

OUTREACH COLLECTION: OCTOBER 2021

NH Bail and Bond Fund

New Hampshire's Bail and Bond Fund was established in 2018 by Unitarian Universalist and Congregational churches, to assist those caught up in the criminal justice system. The Fund states: "No one should be in jail for the "crime" of being poor, or for fleeing oppression in their native country, or simply seeking a better life."

The NH Bail Fund raises donations and posts bail to free low income people in jail awaiting their trial dates; these bail detainees have been charged but not convicted. Bail charges can run as high as \$1500, and for many detainees are impossible to pay. Long absences while awaiting trial may result in lost jobs, homes and families. In some cases, the charges are as minor as shoplifting or trespassing

The NH Bond Fund assists those unable to purchase a bond; asylum seekers could remain in detention – sometimes in deplorable conditions – for up to two years. Bond eligible immigrants, held in detention centers in Dover NH, are refugees who have come to the US to escape the violence and persecution in their homeland. Bond rates of \$1,000 - \$10,000 are usually an insurmountable problem. UU Action NH pairs with the United Church of Christ, NH Conference to provide assistance.

Since its inception in 2018, the NH Bail and Bond Fund has bailed out 31 detainees and bonded out 11 immigrants. Those incarcerated are disproportionately people of color.

On October 10 our worship leader will be Joseph Lascaze, a Smart Justice Organizer for the American Civil Liberties Union. He spent 13 years incarcerated in NH jail and prison systems, and developed an understanding of the challenges faced by those incarcerated. This has made him especially effective in his work; he successfully lobbied NH Legislators to pass a bill banning law enforcement from using chokeholds, requiring law enforcement to report witnessed instances of misconduct, and banning private prisons in NH. He assisted in the creation of the NH Bail and Bond Fund.

Donations to the NH Bail and Bond Fund may be made by using the donate button on Starr King's home page, placing a check in the collection basket or mailing a check to PO Box 337, Plymouth (please write "bail and bond" in the memo field), or by placing cash labeled "bail and bond" in the collection basket.

Questions? Contact Katherine Hillier (ednkath@gmail.com), Outreach Coordinator

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Book Group News

The SKUUF book group meets the second Tuesday of each month at 3:30 p.m. via Zoom. If you'd like to be on the email list for the zoom link and book group announcements, please email either admin@starrkingfellowship.org or kmkelsey@gmail.com or call the office at (603) 536-8908. The group has chosen the following to discuss.

October 12 - ***Salsa, Soul, and Spirit: Leadership for a Multicultural Age*** by Juana Bordas

November 9 - ***Murder in Old Bombay*** by Nev March

December 14 - ***The Accidental President, Harry Truman and the four months that changed the world*** by A. J. Baize

January 11 - ***Where the Crawdads Sing*** by Delia Owens

February 8 - ***Lab Girl*** by Hope Jahren

Notes from the BLM Workshop

*"Health inequalities are differences that are avoidable, unnecessary and unjust."
~ Margaret Whitehead*

On September 19th, Dr. Suzanne Gaulocher led a discussion entitled "Racism, Not Race" over zoom. (It was recorded and can be accessed through our web site.)

Suzanne started with a power point showing the current effects of racism. She talked about the declaration that "Racism is a public health crisis." This has been accepted in most of the states east of the Mississippi. In fact, the only eastern states that have not declared racism as a public health crisis are Alabama, South Carolina and New Hampshire. Many cities, towns, municipalities, and counties have also declared racism a public health crisis, but not in NH. Perhaps it is time for Plymouth to mobilize and raise awareness of the huge health consequences associated with racism.

Suzanne mentioned that there are three levels of racism:

- 1) Institutionalized - access to goals, services and opportunities in society
- 2) Personally mediated - prejudice and discrimination, where prejudice means differentiated assumptions about the abilities, motives and intention of others.
- 3) Internalized - acceptance by members of the stigmatized races of negative messages about their own abilities and intrinsic worth.

Her key "take-aways" are that:

- Racism exists
- Racism is a system
- Racism saps the strength of the whole society (hurts all of us!)
- We can act to dismantle racism

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Your Black Lives Matter Committee will be bringing Joseph Lascaze to the Fellowship to lead the worship service on October 10th. Joseph will be talking about racism and the criminal justice system in NH. He has agreed to stay after for a discussion period. I hope you will join us for this important service.

Cindy Spring, BLM Committee Chair

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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.*





## Climate Action

Our Fellowship's Climate Action Team held its first meeting of the fiscal year in mid- September. Around that same time the National Oceanic and Atmospheric Administration (NOAA) released their temperature outlook for the rest of this calendar year, showing a broad portion of New England (including Plymouth, NH) being among the two most likely areas of the country to experience the highest chance of above-normal temps during October through December. The other place is the Four Corners region in southwestern U.S. While we realize that climate change and weather are not always in sync, we are reminded that NOAA's forecast portends of more frequent observations of climate change where we live here in New Hampshire.

At our Climate Action Team meeting we discussed several important climate-related activities taking place since we last met in May, and how these items might lead to actions within our Fellowship. Among these:

- The alarming report issued in August by the UN Intergovernmental Panel on Climate Change (IPCC). The reaction of climatologists in NH to this report includes specific observations made of changes already taking place in our state's plant and animal life.
- A recent report released by the Environmental Protection Agency (EPA) showing the impacts higher temperatures will have on people with low incomes, persons of color, and seniors age 65 and older. Regional differences are included in the report.
- A recent article appearing in the NH Bar News regarding the lack of environmental justice statutes in New Hampshire to protect vulnerable groups of people burdened by the effects of development.
- Support available to us from our continued participation with UU Action NH—Climate.
- Climate workshops attended at UU General Assembly in June, including one which highly praised an organization of scientists and others knowledgeable about climate change that provides help to individuals (and groups like UU congregations) in their understanding and selection of the most effective ways to restore and regenerate what nature provides.

Closer to home, we look forward to sharing the cozy place being planned at our Meetinghouse to include books for all ages related to climate change.

If any of the above-mentioned items are of particular interest to you, please let one of us know of your interest. Your input helps the Climate Action Team determine how best to share more content within our Fellowship. Members of the Team are Nancy Chaddock, Kathy Hillier, Margaret Salt, Suellen Skinner, and Stew Weldon.

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## Men's Group

The SKUUF men's group will continue with ZOOM meetings in October.

We will gather virtually on October 4 and 18 from 10:00 AM to noon.

## JUST A REMINDER~

**Hannaford Cards are always available to  
purchase during office hours.**

**Tuesday, Wednesday and Thursday**

**8:00 AM to 1:00 PM**



## Guidelines for worship services and meetings for children and youth during the COVID-19 Pandemic: Fall 2021

We are off to a good start as we gather in person and on Zoom this fall. Thank you for respecting the guidelines below which are based on the currently available scientific information and updated UUA guidelines. They take risk into account, while maximizing our opportunities to gather in person and to both include and protect our children and youth.

### Guidelines:

**Please join us in person if you are vaccinated and willing to wear a well-fitting mask.** This is to protect all of us, but most particularly, to protect our children under 12 who do not yet have access to the vaccine by reducing risk for them and for their parents.

If you are not vaccinated or vaccinated and not comfortable wearing a mask, or just not comfortable with in-person gatherings at this time, please join us remotely. We will continue using Zoom so those who cannot join us in person can participate in our services.

Physical distancing will be in place. Of course, couples and families can sit together.

Our children under 12 will meet downstairs, wearing masks and observing distancing guidelines, in a room with an air purifier, once it is too cold to gather outdoors.

Our youth group members who are vaccinated will meet in the Sanctuary, distanced and masked.

**The second Sunday of every month will be Family Sunday.** For that service, we will welcome our children and youth to join us in the sanctuary. The children, youth and parents will need to wear masks along with the rest of us.

All adults who work with children and youth must be vaccinated and wear masks.

No coffee hour (sigh) until further notice. While the weather permits, we can socialize outdoors after the service. The UUA recommends masks even outdoors, and we agree.

Expect that anyone speaking from the pulpit or the piano will remove their mask while speaking.

The UUA recommends no singing. Sarah Dan is creatively finding ways the choir can participate safely.

Please refer to our website at [starringfellowship.org](http://starringfellowship.org) for building use guidelines for committees and groups.

Starr King Ad Hoc Committee on Safety during the Pandemic: 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.



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#### **Staff**

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

#### **Governing Board**

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

#### Trustees:

Cindy Spring  
Sandy Mucci  
Stewart Weldon  
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.