

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
February 2023



In this issue:

- [Sunday Services](#)
- [Minister's Letter](#)
- [Letter from the President](#)
- [Soundbites](#)
- [Religious Education News](#)
- [Climate Action Team](#)
- [Gender Unicorn Workshop](#)
- [Stewardship](#)
- [Breakfast Club, Sunday Hike](#)
- [Book Group and More Activities](#)

February Outreach Collection

February's outreach collection will support the Pemi Youth Center, which is housed in the "Old Fire Station" on Main Street in downtown Plymouth. For over twenty years the Youth Center has provided a safe and loving "home away from home" where youth from ages 9 – 17 may gather after school, Monday through Friday, from 2:30 to 5:30. They are open five days a week throughout the entire year.



A typical week includes a variety of team-building activities, both indoors and out, opportunities for homework help, and the benefit of connecting with each other. Snacks and a hot dinner are provided, with youth helping with the preparation. All services are provided at no charge. Your contribution to the Pemi Youth Center will provide support for this vital organization for programming and needed building improvements.

Donations may be made by using the donate button on the Starr King UU Fellowship homepage, by mailing a check to the Fellowship at PO Box 337, Plymouth 03264; or by leaving your donation in the collection basket – please note that your donation is for the Youth Center.



Minister's Newsletter

To love and be loved is to feel the sun from both sides.

~ David Viscot

If I could wish for you just one thing, I would wish that you know yourself to *be* loved. If I could wish for you two things, I would wish for you to *be* loved and *to* love. Thus, this quote, to love and be loved is to feel the sun from both sides. This is my hope for you especially now in the heart of winter, to feel the sun from both sides. To that end, I offer you a video from our Soul Matters Packet. Take a look, it will make you smile: [Free Hugs in Sondrio, Italy](#). If you'd like more from the Soul Matters Packet, let our office administrator, Taphi, know and she'll send a packet to you. She's at admin@starrkingfellowship.org.

February's Soul Matters theme is ***The Path of Love***. I've been thinking about love, not romantic love, which is fine enough, but more like the kind of love whose reward is not so obvious. The kind of Love that asks that we offer it unconditionally, that it not be transactional. It is because we love that we speak out against police brutality. It is because of love that we seek to protect the rights of all people. It is because of love that we work to mitigate the effects of climate change. It is because of love that we treat one another and strangers with kindness. I know I need not remind you, that love is hard. It is demanding. And, love serves as salvation. Without it we are left to despair. So, let's let love in and give it away.

The kind of love that changes the world is hard to maintain if we do not care for ourselves. So, as you go through this month, as the days grow longer, I hope that you find ways of caring for yourself so that you can be what the world needs, a bringer of unconditional love.

I hope you'll find all the ways to rekindle yourself at the Fellowship this month. Take a look at the rest of the newsletter to see all that's happening here. Join us at vespers, for worship on Sunday morning, for reproductive justice work, for climate justice, to sing in the choir and so much more. Take good care, you matter to me.

In faith and love,

Rev. Linda

[Back to Home Page](#)

Learn more about Starr King UU Fellowship *with Rev. Linda and Jane Clay*

Are you new to the Fellowship? Do you have questions or wonder how you might become more involved? Please join us at 10:45 on Sunday, February 5 after the service for conversation about Unitarian Universalism, to ask questions, and to learn what it means to be a member of this community.

Stewardship 2023

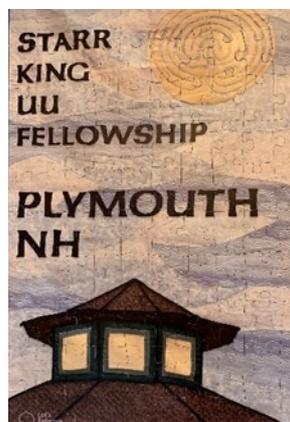


The Stewardship service on Sunday, January 29, marked the beginning of our 2023-24 Stewardship drive. Linda's sermon, and the music by Sarah Dan, the choir and the Red Sheddors, inspired and reinforced our commitment to "collectively create a community that holds love at its center." Each person is an essential part of this beloved community and each has a unique contribution to make. The unfinished jig-saw puzzle that hangs on the wall in the sanctuary will illustrate this important truth. When each person makes a pledge we will add a piece to the puzzle and, over the five weeks of the Stewardship drive, the separate pieces will interconnect and emerge to become one beautiful whole.

Help us make this...



Become this!



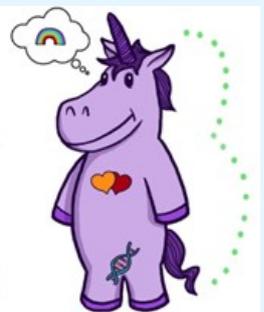
Our Stewardship packet was emailed you on Sunday, January 29. ([link here](#)). It contains all the information you will need to make an informed pledge. Do watch the videos of our members describing what motivates them to give to the Fellowship. They are inspiring!

On March 5, following the service we will be celebrating the conclusion of the Stewardship drive with an intergenerational brunch. We have some fun activities in store for people in attendance and for those on zoom. We hope you will plan to attend! Watch for details in the Starr King View.

[Back to Home Page](#)

Gender Unicorn Workshop February 26

Are you confused about the words people are using these days to talk about gender and/or sexual orientation? Are you not always comfortable with people's wish to be identified by certain pronouns, especially when it stretches grammatical rules? Do you want to assist our beloved Starr King community with updating and thus widening our welcome of people with a range of gender identities and sexual orientations?



If so, then plan on attending the 1-hour workshop on Sunday, February 26th at 11am that will address these questions in a supportive, safe and perhaps even fun environment. A surprisingly clear model of these matters, called the "Gender Unicorn" will be presented by DRE, Grace Kennedy and Ministerial Intern, Margaret Rieser, with plenty of time for discussion and questions. The workshop will be both in-person and on Zoom. As we get closer to the date, links will be made available for more information on the Gender Unicorn. Feel free to contact either of us with questions.

Sunday Services –

February 5 A Covenant of Love

Rev. Linda Barnes

Our faith is non-creedal which means we do not collectively espouse one truth or one way of being. What we do have is our shared, love-centered, values. Join us as we explore our Faith's on-going commitment to re-examine the words and principles on which we rest our shared values.

February 12 Lost in Translation – Love Languages Revisited

Rev. Linda Barnes

We all need love. But, we don't all give and receive messages of love in the same language. Join us as we revisit the love languages of the human heart so that our love is not *lost in translation* with those we love the most.

February 19 In Everyone's Story is Our Story: Reflections on the Spiritual Journey

Quentin Blaine, Stephanie Halter, and Nancy Dowey

Join us on this Sunday for one of our favorite Sunday services, *Spiritual Journeys*. We will hear stories from three of our Fellowship members. Each will offer us a glimpse into their spiritual experiences and learnings.

February 26 The Embodiment of Love

Rev. Linda Barnes

We move through our whole lives in a body. In them, we embody strength, weakness, beauty, and autonomy. With our bodies we make love and give love. On this Sunday we'll explore the relationship between body, mind, and spirit as we acknowledge all the ways that our bodies really do embody love.

[Back to Home Page](#)

On Friday, February 3, we will hold a vespers service in our sanctuary at 6:00 PM.

This will not be available on Zoom.

Pizza will be served after the service for those who'd like to stay and "break bread."



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.

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 feeling of community and belonging seems to be an important part of happiness, something I have read or heard from several posts and articles. We are fortunate to have our fellowship community and relationships with each other to "cultivate more love in the world and nurture more love for the world."

The Stewardship drive is underway and I urge you to make your pledge soon. Your pledge helps all of us follow our mission and vision in so many ways. Be sure to read the information in your packet, you will see all the things we are able to do because of you. We are fortunate to experience diverse worship and music and renewal of the religious education for children and youth because of excellent staff, supported by more wonderful staff!

The work continues with your gift of time as well as money. Volunteers are needed in many areas and we want to learn where your interests and talents are. Please complete a short survey available during coffee hour on Sunday or electronically via a link available in the weekly View. Spend time with the children, join a committee, or help in other ways, you can do something even once to help!

Many thanks to Suzan Gannett, Diana Pamplin and John Marunowski for recreating Smooth Sunday teams that begin this month. Get to know your teammates, work together in the kitchen, greet each other at the entrances, and more-this is easy and fun. Provide feedback to your team leaders so we can improve this process and continue teams next year.

The Youth group is meeting twice monthly with Jessica Dutille and Bob Clay and a service trip to Costa Rica is being organized for April. They will be selling Howling Monkey coffee (the same served during coffee time) on Sundays to raise funds for the trip. The coffee sales also support Compas de Nicaragua. The youth in grades 5-8 meet downstairs with Diana Pamplin and Stephanie Halter during the same time so Sunday afternoon our fellowship is a busy place.

Zoom is part of Sunday mornings of course, but it is also available for committees and small groups now. Grace is able to join the religious education children Sunday mornings in the classroom and the youth groups in the afternoons, and our intern, Margaret Reiser, participates in the Zoom community on Sunday mornings in the youth room. Televisions serve as the screen; everyone is able to participate.

Thank you in advance for your pledge, your support on the Smooth Sunday teams, and your completion of the survey.

Jane Clay, president

[Back to Home Page](#)

Check Out These Books!

Fellowship Lending Library

The Fellowship's lending library is being revitalized! All titles have been reviewed and many will be finding new homes. Before we make a mass donation elsewhere, we wanted to open the selection up to members and friends in case there are any titles of interest or sentimental value. The books that will be leaving the Fellowship are in the room at the bottom of the stairs next to the bathroom. Please feel free to peruse and take any that you like!

Soundbites

Carry On! Love is Coming! - Stephen Stills

The theme for this month is Love and there are so many thoughts that come to mind when contemplating that topic. My mind goes first to the Crosby, Stills and Nash song that was the first cut on the ground breaking ***Déjà Vu*** album, released in 1970. With the passing of Crosby, we are reminded of the many ancestors of artists and prophets who have advocated for the goal of universal love. This song was actually the “B side” of the single release of ***Teach Your Children***; another anthem of guidance, commitment, patience and love. Ideals that are timeless and needed more than ever.

As we are in the Stewardship season at Starr King, I am struck how these themes fit the Mission of our Fellowship. We often sing of the power of love: ***Love Will Guide Us; There is More Love Somewhere; Open my Heart***. It seems an endless search when our communities are overwhelmed with injustices, oppressions and outright hatred. Music is one way that we can sing through those challenges in our offer of support.

February is also Black History Month, and the wealth of Spirituals weaves a tapestry of songs of hope and love while having to “carry on.” All of the Black music of the Civil Rights era (are we ever out of that era??) sing of action and justice grounded in love for all of humanity. We will honor that as well in our music in our worship – yearlong.

Finally, the focus on love is important in our every day lives. We can tell our friends, co-workers, family, pets and partners of our love at anytime – and we should. And, we can harness our frustration at the “lack of love” towards creating more love everywhere. Music can help. Music can heal. Music can cross bridges.

So, sing for love friends. After all, Love IS Coming!

See y’all in church,

Sarah Dan



FEBUARY CALENDAR:

Sunday February 5 – Sarah Dan and Choir

Sunday February 12 – Will Gunn, musician

Sunday February 19 – Spiritual Journeys. Sarah Dan and Choir

Sunday February 26 – Sarah Dan and Choir

Thursdays: Choir meets in Sanctuary every Thursday at 6:00 PM

[Back to Home Page](#)



From Your DRE



Religious Education

We have had a wonderful start to Religious Education this new year. The children have focused this month on exploring the theme of Finding Our Center. We have practiced several different meditation forms and thought about how it feels before and after we engage in these centering activities.

If you pass by RE Room 1, you will see another tree has grown, this time in the winter season. This month we have also discussed more in-depth the UU principles. The children practiced thinking of examples of how to put our principles into action in the world.

It has been a joy to be able to connect our DRE and our youth on the new monitor via Zoom, and we are so very grateful to the many RE volunteers who have allowed us to continue offering this time to our youth!

Middle and High School Youth Groups

We are thrilled that both the Middle and High School youth groups have begun meeting again this month! We have hosted 2 meetings so far and they will continue to meet on the first and third Sunday of each month. It is such a gift for these kids to have this time and space together!

The Middle School Youth Group right now is exploring different ways we can find magic in our world and within ourselves, and how we can use our gifts to influence change in areas of social/environmental justice.

The High School Youth Group is currently planning and preparing for a trip to Costa Rica that will take place over their April vacation. We are so excited to be hosting these youth groups once again and are grateful to the facilitators who have stepped up to make this possible.

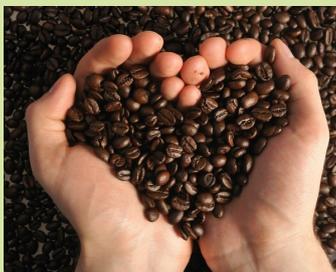
If you have any questions about the Youth Groups - please email Grace, the Director of Religious Education at dre@starringfellowship.org

[Back to Home Page](#)

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.



Climate Action News

On January 15th Dr. Lisa Doner, Assoc. Professor in the Environmental Science and Policy program at Plymouth State University, shared her knowledge and experience with our Fellowship on the subject of climate change and how it will affect central New Hampshire in the next 30 years.

On the science of climate change Lisa included a huge factor that is often left out of the discussion, the worldwide population increase which has more than doubled since 1960. After noting that New England is warming faster than other regions in the US, Lisa then presented to us the primary change impacts for New Hampshire, summarized much too briefly here by me:

- More days above 90 degrees F
- More drought and wildfire risk in summer and fall
- Extremely heavy rain, when rain occurs, causing local flooding
- More pests attacking trees and humans
- More people migrating to NH, away from coastal and other areas with intolerably hot summers

We cannot summarize here for you all the informative slides and details of Lisa's presentation, and her information about other important factors revealed such as the crucial economic changes we can expect will develop in New Hampshire. If you would like any of those details sent to you, please let me know.

Snowfall on January 20 caused us to postpone a planned discussion of the part of Lisa's presentation that focuses on how we can prepare to adapt to the changes that are coming here in our community and what actions we might take. Please join us if you can, in the Foyer of our Meetinghouse, on Friday, February 17 at 10:00 AM for that discussion which will help to move us forward together.

Nancy Chaddock, for the Climate Action Committee

[Back to Home Page](#)

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.

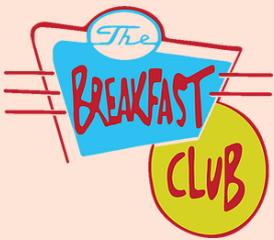
If you test positive, please stay home until you test negative or for 10 days.

As always, if you do not feel well or remain uncomfortable in group settings, join us on Zoom.

Great way to support SKUUF!

The purchase of a Hannaford card to use for grocery shopping costs you no additional money but helps SKUUF raise funds. In addition, purchase of Hannaford gift cards is always in good taste and you can use the SKUUF Hannaford program to purchase gift cards to give as thoughtful gifts. Denominations \$25, \$100, \$500. See Taphi Janell during 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, February 3

Join us 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 PSU's ALLWell North and assemble in the lobby at 9:45 AM. There is some free community parking in the garage. We will tour the building and then walk the track from 10 -11 AM (special time arranged for us by Gigi). Bring clean indoor walking shoes for the track. 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.



[Back to Home Page](#)



"Second" Sunday Hike—February 19

Please note that the Second Sunday Hike will be on the **THIRD** Sunday in February! On February 19, we will take our annual hike to the Flume in Franconia. This is a fun hike for all ages. There are opportunities for those who are young (or young at heart) to do some sliding, so dress in appropriate clothing and bring an adventurous spirit! We usually get to see some ice climbers as well. Our plan is to go to the Woodstock Station for refreshments after the hike. We will leave the Fellowship after the service at 11:30 AM from the lower parking lot. If you plan to join us, RSVP to Deedie at cdkriebel@gmail.com for updates.



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:

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



[Back to Home Page](#)

More Activities...

Click here to:

[Check out the Calendar on the website for other activities...](#)

- Morning Men's Meeting—1st and 3rd Wednesdays at 10:00 AM, contact Bill Trought for more info
- Climate Action—1st and 3rd Fridays at 10:00 AM, contact Nancy Chaddock for more info
- Meditation Group—Mondays at 6:00 PM
- Scrabble—Wednesdays at 10:00 AM, contact Danni Simon for more info
- Bridge—Thursdays at 12:30 PM, contact Anna Wilken for more info
- GentleYoga—Tuesdays at 5:00 PM and Saturdays at 8:30 AM, contact Darlene Nadeau for more info

Still missing:

A black LL Bean down jacket without a hood was last seen in the closet off the foyer. Someone must have taken it accidentally.

It was Paul's, and when I wore it, it felt like he had his arms around me. Please, please return it. It means so much to me.

Gigi

(Gisela Estes)

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

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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 Chandler
John Marunowski
Sandy Mucci
Suzan Gannett
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.

[Back to Home Page](#)

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.