

# STARR KING VIEW

Starr King UU Fellowship  
-A Welcoming Congregation-  
January 2022



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## Stewardship 2022

"We make a living by what we get,  
but we make a life by what we give."  
Winston Churchill

Our Stewardship drive for 2022 will begin on Sunday, January 30<sup>th</sup> with a Stewardship sermon by Linda. We will distribute our pledging information and Stewardship packet online again this year as a cost saving and environmentally friendly measure.

In planning this year's drive last spring, we optimistically made plans to hold in-person stewardship gatherings with food and drink. Alas, the pandemic has other ideas. But we have, and will continue to stay strong and support each other during the challenges of this pandemic. We will look at this latest setback as an opportunity to connect with each of you individually this year by phone or in person, during the month of February. We are interested in having your ideas on how this Fellowship will live our mission and vision with intention as we move into the future. Our stewardship gives each of us the opportunity to show our gratitude for what we have, and affirm our intention to "keep on moving forward, never turning back".

From Cindy Spring—a report on a recently attended virtual UUA Compass Conference:

### ***Navigating the Paths of Liberation Together***

[Click here for more information](#)

## 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

## Minister's Newsletter January 2022

*Intention leads to behaviors, leads to habits,  
leads to personality development which leads to destiny.*

~ Jack Kornfield

If intention leads to behavior, then that is the place where we might begin make the best of our lives, to strengthen our community, and to live better in place respecting the earth and all her inhabitants. Our theme for the month of January is to *Live with Intention*. I admit it took me a while to put my head around this topic. I wondered, like the chicken and the egg question - which comes first, intention or habits or personality? Do intentions precede all else? After some thought, I'm going to say yes. Yes, with this caveat, we have some control of our intentions. When we pause and consider what we value, what are our habits, what holds meaning, and how it is we wish to live our lives; then we have the ability to be directive with our intentions. In doing this we can better form our habits, our personality, and ultimately to some degree, our destiny. Lofty stuff, I know.

Welcome to this new year where we all get to reshape, recommit, or reconsider our intentions. It is a relief to imagine that we can change our minds. This is true for communities too. It seems like these last couple of years have changed us, offered us insight into what it means when we can't be together physically but are together remotely and now both, on Sunday mornings. Just how resilient or creative can we be? Apparently, more than we imagined. For me, it's been a lot about saying yes to things I'm not comfortable doing (like singing into a microphone or preaching to a camera). Remarkably, we survive and even grow. That is what I want for myself and our Fellowship community in the coming year. To do more than survive, to grow in the understanding of who we are and why we matter. Because there is nothing like us, no place else in our community that seeks to be so very open to the world in the name of justice and in the service to the human spirit. Lofty stuff, I know.

So, with all this lofty stuff, I want to thank you for being part of this community. Whether you're engaged just a little or a whole lot, you are part of our collective destiny and I'm so glad to be in this strange and wonderful life with you. Thank you to all those who continue to make our Sunday mornings possible by working the camera, managing the Zoom meeting, serving as a worship associate, helping with music, and so much more. The details of making this possible continue to astound me. I am grateful.

There is much going on at our Fellowship, I invite you to direct your intention to being engaged in the ways that work for you, be it the book club, Soul Matters groups, the hiking group, Sunday mornings, teaching religious education, or even making coffee. Engaging, even in the smallest acts, shape our collective destiny, and remind us that in these strange and remarkable times, we are not alone.

In faith and love,  
Rev. Linda

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### Sabbatical News

Reverend Linda Barnes will be taking a sabbatical mid-February through mid-May and most details are done! Timelines and protocols are being finalized, all Sundays are "filled", (i.e. speakers are confirmed for all Sundays during the sabbatical).

Connie Maatta and Bill Trought will be contacts for pastoral care concerns; Joe Kelaghan will be contact for concerns/challenges with worship; Stephanie Halter will be contact for families/religious education questions and concerns, and Jane Clay will check in routinely with each staff member. Any other questions/concerns, please contact Jane Clay.

## Sunday Services - January 2022

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

### January 2      **Harnessing the Potential of Intention *and* Attention** **Rev. Linda Barnes**

For this Sunday service we'll open the new year by exploring what it might mean to live our lives with both intention and attention. Understanding the difference can give us insight into how we might move more easily into being the people we long to be.

### January 9      **What are Your Intentions? What is Their Impact?** **Suzan Gannett**

Our intentions do not always have the impact that we would imagine they would or should have. We will look at both personal and congregational intentions and their impact. How do we judge if our actions are meeting our intent?

### January 16      **Soul Tending and Spiritual Practice** **Rev. Linda Barnes**

Join us for a look at the practice of *soul tending*, of engaging in spiritual practice with the intention of self-care. When we care for ourselves we are able, in turn, to care for all else.

### January 23      **Belong Again** **Rev. Linda Barnes**

We humans are curious creatures. We are a species that tinkers and resolves to change the world to better serve ourselves. So much so, that we now live in a world largely of our own making. This leaves us lonely for wilderness and heartbroken at the downfall of the living world that brought about our being. To unmake the world we've made, we must learn again to belong to it.

### January 30      **Keep on Moving Forward** **Rev. Linda Barnes**

In her song, *Keep on Moving Forward*, Pat Humphries reminds us that to make the world we want we've got to keep moving forward, forward together. That is what we do as a Fellowship. On this Sunday morning we'll explore just how we support one another, the Fellowship, and the wider world with integrity and love.

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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.

### Online Member/Friend Directory

Need to reach your Starr King Friends? All members and active friends have access to our online directory. The link is on the Member menu item of the [starrkingfellowship.org](http://starrkingfellowship.org) web page or you can simply go to the url [skuuf.simplechurchcrm.com](http://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](mailto:kmkelsey@gmail.com).

## **Guidelines for worship services and meetings for children and youth during the COVID-19 Pandemic: January 2022**

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.

**Time to update your vaccination!** If you were vaccinated more than six months ago with either the Moderna or Pfizer vaccine, or received the Johnson and Johnson vaccine, it is **essential** to get a booster as soon as possible. Also, children over 5 should now be vaccinated.

**Given the presence of the Omicron variant and the high COVID case numbers in New Hampshire, everyone is encouraged to assess their risk tolerance and participate via Zoom if attending in-person is not a good option.**

We need to protect each other as much as possible in order to continue to enjoy meeting in person for those who chose that over Zoom attendance.

### **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 5 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.
- Limited singing is possible, while all in the congregation are still masked. Performers will be distanced from the congregation, especially if masked are briefly removed to play an instrument or sing.
- Our children 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.
- 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.

Please refer to our website at [starrkingfellowship.org](http://starrkingfellowship.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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## Soundbites

A New Year!

I spent the turning of the calendar year in my beloved North Georgia with dear friends -a small pod of no more than six folks in only two homes. The trip was a gift from my wife Abby and it was sorely needed. And, it was a tricky decision of travel risk versus the healing power of kinship.

Dahlonega, Georgia is the home of Georgia Mountains UU Church- my home fellowship and the reason for my ministry as a musician in our faith. They have recently purchased a beautiful piece of property that is similar to Starr King with it's wooden features and it's setting in nature. I was able to tour the building, which is under construction, and write a blessing on a wall before the sheet rock is in place. (Sound familiar?). It was a moving experience and I felt so honored to have been included as a past Music Director and a current member.

I asked my three friends with me to join in singing Meditation on Breathing, and it was a Holy moment.

Connection and Community are why we gather and give thanks. As we approach another year with the health of the overall community foremost in our mind, it is important to draw on those personal relationships that give us energy to continue the work.

It is good to start the new year off with this blessing. I look forward to more blessings every day in our community at Starr King.

See y'all in church  
Sarah Dan



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## Message from the Director of Religious Education

Dear Starr King Fellowship,

Happy New Year! Here are the first 2022 bulletins for RE:

- RE has been getting comfortable! We've been sprawling out on our new bean bag chairs, and making home in our fellowship's foyer. This month we'll be exploring the theme of Living with Intention. Look to see our youth start to meditate more and discover the power of their minds!
- Youth group will be back on January 9th. In the new year, facilitators will be drawing from Our Whole Lives human health and sexuality curriculum to touch on themes of respect, responsibility, and relationships!
- We still are in desperate need of OWL volunteers! The next opportunity for training takes place in March. Synchronous meetings will be held from 6-8:30 pm in both ET and PT time zones on Mondays March 7, 14, and 21 and Thursdays March 10, 17, and 24. In addition, there is a mandatory session Saturday March 26 from 10 am to 3 pm.

Ever Forward,  
Tatum Barnes

## Compass Conference - Navigating the Paths to Liberation Together

Thanks to our Endowment Fund (and the Committee), I was able to attend this virtual UU Conference a few weeks ago.

One of the workshops was led by the “**Article Two Study Commission**”. Their task is to redefine what binds us and rewrite the UU Principles as needed to reflect the new definition of Unitarian Universalism. (*From the UUA Bylaws: Every 15 years the Board of Trustees shall appoint a commission to study Article II [the UU Principles and Purposes] and to recommend appropriate revisions.*)

Rev. Cheryl Walker is the Chair of the commission. She explained that they had four areas to study:

- Our shared UU values
- The mission/purpose of the Unitarian Universalist Association
- Our shared covenant
- Our sources of inspiration

Rev. Walker mentioned that the members of the Commission had agreed to root their work in love and to feel free to **revise, replace or restructure the seven UU Principles** as needed to bring us into this century. This is one of the things that sets us apart from many other religions. We are encouraged to rewrite our “sacred text” to reflect our new learnings and understandings.

At this point the Commission is gathering information through workshops, congregational meetings, and a survey (available at the UUA website.) They will bring a draft to the 2023 General Assembly with the final vote at GA '24.

After the presentation, we met in breakout groups and talked about the current principles. The 1st one - *the worth and dignity of every human being* - came into question because many of us now see **interdependence** as more important than individuality. Being part of our BLM Committee has reminded me over and over that **it is not about me, but about us!**

Cindy Spring

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### Black Lives Matter Workshop

**Sunday, January 16th, 2:00 to 3:00PM**

**Marcia Morris**, long-time friend of our Fellowship and currently Program Coordinator of the United Campus Ministries at Plymouth State University, will join us to talk about the new Black Student Union and white allies group on campus. They are planning to hold a “Conversation on Race” for the campus and the greater Plymouth community. Marcia will share the group’s ideas and hopes to gather ideas from SKUUFers to contribute to the group’s plans. Please join us to learn more about the campus effort and to share your own stories and ideas.

### JUST A REMINDER ~

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

**Tuesday, Wednesday and Thursday**

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



## From your Climate Change Committee

*Natures's Best Hope* by Douglas W. Tallamy

A Book Report by Suellen Skinner

The Climate Change Committee has been assembling a small (but growing) collection of books for Starr King members to enjoy. They include books about the effects of climate change and what can be done to change the trajectory of this crisis on a wide range of fronts.

Nature's Best Hope is not focusing specifically on the climate crisis, but rather on the life-threatening damage that humans are doing to our environment. This discussion begins with describing how living things, including humans, are completely dependent on "ecosystem services," all those things nature does that makes life in any given place possible. He goes on to describe the pieces of our surrounding living environment that are essential to ensure the most robust and productive ecosystem possible, and includes describing how we humans are systematically destroying them.

The subtitle of the book, "A New Approach to Conservation That Starts in Your Yard" identifies a most interesting and practical way communities and individuals can repair our impoverished local ecosystems most effectively. He advocates for the creation of the Homegrown National Park, creating enormously expanded wildlife habitats that include large quantities of human occupied space – rural, suburban and urban. These habitats must include much more than "butterfly gardens" or bee hotels, but rather whole collections of mutually interdependent microbiota, whole plant communities from mosses to trees, and everything necessary to nurture, not only those butterflies and birds we all love, but healthy air, water and food for us humans!

Tallamy is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware and uses his intimate knowledge of insects to lay out what is required. Specifically, which plants are best to support the healthiest possible populations of Lepidoptera- butterflies and moths. He identifies essential keystone species required in our ecosystems and how important it is to focus on indigenous species. Why butterflies and moths you might ask? Good question. Because their larvae, those annoying little caterpillars, are the fundamental, essential food for baby birds. Specific local plants are required for specific local butterflies and moths required for specific local bird populations...and so on.

Dr. Tallamy's description of this nuanced view of creating local animal habitats can sound incredibly intimidating. However, he identifies a few basic species of plant that provide the biggest bang for your buck and even provides a couple of websites that allow you to search your area by zip code and get a list of local species that you can focus on.

A book on rethinking how we do conservation of local nature earns a place in our Climate Change collection because strong, healthy ecosystems are more resilient, It is well-written and full of interesting and surprising facts. This book invites us to get planting!

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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.



## Starr King Hiking Group

Welcome, hikers of all ages! Our newly resurrected hiking group plans to hike twice a month. We will continue the Second Sunday Hike tradition with the focus on easy to moderate hikes that will be family friendly. Our Waterfall Wednesdays Group will select a good weather Wednesday to hike to one of the many amazing waterfalls in our area. We'll have more time on a weekday to drive farther and maybe hike longer.



**Second Sunday Hike** - Sunday, January 9 to Quincy Bog in Rumney. This is a one mile loop trail, family friendly hike.

“This trail encircles a forest management area where logging activities continue to be used to promote forest diversity and enhance wildlife habitat. A mixed forest of both hardwood and softwood trees predominates. Small patches of forest, less than 2 acres in size, were cleared during the fall 2012, and these openings with new growth can be seen from various locations along the trail. Look for stone walls in a couple of places that are silent reminders of open fields and livestock grazing that once dominated even this relatively steep landscape. It is an easy hike and all levels of hikers are welcome. In addition, dogs are allowed if leashed or under voice control.”

We will leave the Fellowship after the service at 11 AM from the lower parking lot. If you plan to join us, RSVP to Deedie at [cdkriebel@gmail.com](mailto:cdkriebel@gmail.com) for updates.

**Waterfall Wednesdays** - Let's do Smart's Brook Falls in Thornton in January and see all the incredible, frozen water features! Dogs are also able to use this trail but must be kept on a leash. If you plan to join us, RSVP to Deedie at [cdkriebel@gmail.com](mailto:cdkriebel@gmail.com), weighing in on which Wednesday you'd prefer. We can hike in the late morning and have lunch after the hike.



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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@starringfellowship.org](mailto:admin@starringfellowship.org) or [kmkelsey@gmail.com](mailto:kmkelsey@gmail.com) or call the office at (603) 536-8908. The group has chosen the following to discuss.

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

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

## Breakfast Club

Join us for conversation and food on the first Friday of each month. This month we will take a break, as Plymouth State University is not in session.

On February 4, 2022, we plan to meet at Annie's Overflow Restaurant in Plymouth at 8:30 AM. There will be a new exhibit at the Museum of the White Mountains - *Process Meets Practice: Balancing Creating and Teaching* that we will be able to visit.

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

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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.