

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
November 2023



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RAKE THE LEAVES DAY AT THE FELLOWSHIP

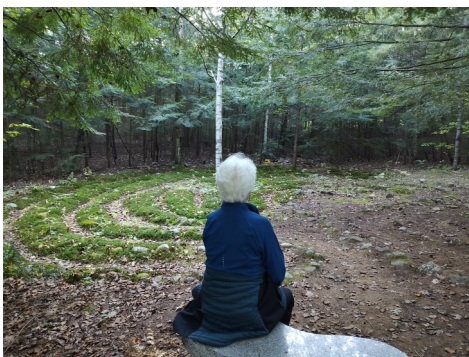
Saturday - November 4th,
between 9:00 and 11:30 am

Bring
rakes, leaf blowers & gloves!

See you there!

Jennifer Gentry, Babe
DeRaymond, Jim Hostetler
& Richard Odman

-- Building & Grounds Committee (B&G)
(Rain Date - November 11th, 9-11:30am)



Our Labyrinth

Do you know about our labyrinth? It was the brain child of Marcia Vandermast, designed and created in the summer of 2003. Many of us have walked it, services have been held there, members of the meditation group have meditated

there, and children have run it! You can get there via a path between the wooden fence and the parking lot behind the fellowship.



Sunday Services November 2023

November 5 Reciprocity and Generosity Rev. Linda Barnes
We are painfully aware, sometimes, of the way our lives feel lacking. What would happen if we stepped outside our longing for just long enough to offer to another what we need? Join us as we explore the reciprocity that happens when we practice generosity.

November 12 The Resilience of Nature Rev. Linda Barnes
All the ways we are sustained by our planet, especially the end-of-season harvest, are worthy of notice and appreciation. On this Sunday, we'll celebrate the resilience of nature and our connection to it with an Apple Communion!

November 19 Even a Wounded Earth Suzan Gannett
Earth is home. It's the only home for all people, animals, and plants. Join us for a service that will explore all that she has offered and how it is we respond.

November 26 Question Box Service Rev. Linda Barnes
This is the service to ask Rev. Linda questions. Questions about life, ministry, Starr King UU Fellowship, and anything else that is on your heart and mind. Feel free to send her questions before the service at minister@starrkingfellowship.org.

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Welcoming Congregation Renewal

Starr King first did the work and was recognized as a Welcoming Congregation in 1999. Much has changed in the last 25 years and it is time for us to look at what it means to carry the banner of Welcoming.

From the UUA: "To honor your original pledge, it's essential that new people in the congregation (as well as people who were originally involved in the program) understand your congregation's commitment to this work and learn about the current needs and concerns of LGBTQ+ people."

Throughout the church year we will be offering workshops and other activities to help us achieve this goal and to proudly hang a Welcoming Congregation banner along side our Black Lives Matter banner.

Please feel free to contact any member of the Welcoming Congregation Task Force with questions or for more guidance on this.

Grace Kennedy, Margaret Rieser, Mary Crowell, Mimi Chandler, Larry Wylie, Paul Phillips, Reed Harrigan, Carolyn Erickson, Nancy Chaddock, Sarah Wylie, Bob Clay

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 the bottom of this page [Sunday Services | Starr King Unitarian Universalist Fellowship | Plymouth, NH \(starrkingfellowship.org\)](#) on our website

You can see the most recent Sunday or any past services.

Minister's Newsletter November 2023

*The meaning of life is to find your gift.
The purpose of life is to give it away.*
~ Pablo Picasso

The world is challenging as news, both domestic and abroad, feels foreboding. It may also feel like there is little we can do. But I am going to offer a bit of advice, find your meaning and purpose and lean into that. *The meaning of life*, says Picasso, *is to find your gift*. To this, I would add the imperative that we recognize the worth of our gifts. Perhaps you are good at numbers, at recognizing patterns, seeing trends, and making quick decisions based on numerical evidence or fixing computers. Or say you are good with design; you see color and coordination; you can make a physical space come alive with a touch of tender loving attention. Or perhaps you have the gift of voice either singing or speaking, your words and music can claim the attention of all in the room. Or maybe you are creative, you paint, bake, or knit, do wood working, your meaning-making comes from using your hands. Nearly all of us underestimate the worth of our gifts and often take them for granted. Picasso went on to say *the purpose of life is to give it away*. This is where our November theme of generosity comes to mind, this is how we give away our gifts. It is in the uniqueness of our gifts that we make a difference. Whether you do this here or beyond our doors, thank you. It is my joy to witness the ways our gifts together make for a kinder, more loving world. When the weight of the world grows heavy, this is what I am going to do, look at the gifts I have, and give them away. This, I think, is a sane response to challenging times, recognize your gifts and give them away.

In this same thought, I invite you to support yourself with the gifts of others. Just because you don't bake doesn't mean you don't eat cake. We can lack the gift of aesthetics and still appreciate beauty. We can let others be kind to us as a means to spread love. I think sometimes we forget to notice all the good that others bring our way, we take it for granted. I vow to pay attention to the ways we gift to one another. This too is a sane response to the challenges of the world.

My friends, there are many good gifts in our community. In honor of our theme for the month I invite you to recognize the generosity all around you and offer your gratitude. I'll start. I am grateful to those who come to our Fellowship, in person and online, on Sunday morning. I am heartened to see your faces and hear your voices in song. Thank you for your presence, it matters to me. Thank you to those who help make all the activities in our community possible. I hope you too will take the opportunity to say yes to the gifts of others. See you on Sunday!

In Love and Faith,
Rev. Linda

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Vespers

First Friday of the month at 6:00 PM

**For an end-of-week slow down,
come for 30 minutes of contemplation
followed with pizza and fellowship.**

President's Letter November 2023

I have heard many of us use the word “Community” when we talk about Starr King Fellowship, myself included. In the online book [Conversational Leadership](#) by David Gurteen, Community can be defined as follows: a group of people who...

- share something in common
- care about what they have in common
- care about each other
- interact regularly
- are passionate about a common purpose
- have shared core values
- care about the community as a whole.

They go on to talk about respecting each other, building healthy relationships, and taking an active role in building and sustaining the community. This takes work, by all of us!

We are a busy place: Sunday mornings we have a very small “tech crew” (camera, 2 laptops in the sanctuary and tablet, Zoom hosts, slide show prepared ahead of time, etc), worship associates, choir members, Smooth Sunday teams, religious education teachers. Two youth groups meet twice monthly on Sunday afternoons with volunteer leaders (3 times in October-they prepared and served dinner at Bridge House), various committees meet usually monthly, either in-person or via Zoom, choir practice is weekly/Thursday evenings, Vespers first Friday of each month, and more.

There is an opportunity for every one of us to be involved in this community as defined above. Where would you like to get involved? What are your interests? Do you want to learn the camera or Zoom hosting, become a worship associate, join a Smooth Sunday team if you are not assigned yet? Committees are rebuilding after the pandemic and welcome new ideas/workers/organizers. Ask questions if you want to know more. Speak with any of the board members to learn more. Let's work together to continue building and working together in this community we are so happy to be part of.

Jane Clay, Board president

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Board's Bulletin

- Bob Chandler new Smooth Sunday Coordinator
- Co-president leadership model under consideration

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

Soundbites

October was a meaningful month for the music ministry at Starr King UU Fellowship.

The choir is going strong with most of our members attending regularly and participating joyfully in our Sunday Services. These volunteers are a vital part of our worship in the fellowship, and I am always grateful for their commitment.

I was away in mid October for my 61st birthday, and am filled with gratitude for Raymond DeRaymond and Mary Hazelton for providing music that Sunday. Our fellowship is blessed to have Will Gunn as our regular substitute when I am away; we are equally blessed to have so many talented and willing volunteer musicians who also can offer meaningful music on Sunday mornings. This is part of the legacy set forth over 40 years ago by Mary Hazelton.

In October, Starr King also co-hosted a community sing for our members alongside members of the Pemi Choral Society and the Plymouth United Church of Christ. Will Gunn lined up Vermonter Moira Smiley as our clinician and she guided us through two hours of movement, sound and music on a Tuesday night at the Fellowship. Around 60 people attended and it was a wonderful evening. Often, community events are held at the UCC church because of the proximity to the town center. I am so delighted that Starr King opened our doors to the wider community this time around. We have the space, we have the parking, we have the amazing acoustics in the round in the sanctuary, and we have the people to welcome our guests. Much thanks to all who made this happen, especially the administration assistance from Taphi.

Finally, the Service of Remembrance was most meaningful the final Sunday of the month. It was a joy for me to welcome two dear friends that I worked with on the UUA Board, and they were both so moved by the worship and the community. Thanks, friends.

Looking forward to more great music ministry to round out the end of 2023!

See yall in church,
Sarah Dan

SCHEDULE

Choir meets every Thursday in the Sanctuary EXCEPT 11/23, which is Thanksgiving.

Choir sings on the 12th and the 19th.

Will Gunn is the guest musician for 11/26.

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Sarah Dan, Moira Smiley and Will Gunn from
Tuesday, October 24 Community Sing



From your DRE

Religious Education and Youth Groups

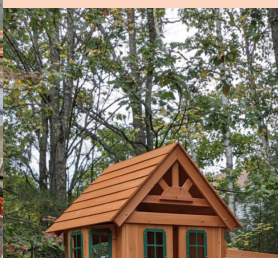
This past month has been full of activity! On Sunday mornings, we have enjoyed steady attendance to our Religious Education classes, with new and returning faces. This year, RE has been greatly supported by the Religious Education Committee, as well as the many volunteer teachers who make this time together possible. We have enjoyed spreading out into the larger RE room, with a large variety of options available for kids to choose from. This has proven to be really successful in meeting the needs of the wide range of ages and interests of the kids who join us each week.

When we go downstairs, first, we gather in a circle, lighting our chalice and sharing our joys and sorrows. After that, each week has been unique, with activities ranging from enjoying the cozy reading corner to puzzles, lots of different art projects, Legos, games, and inspecting many things under the microscope! Our activities have spread out even further to the backyard space, where you will find a recently planted pollinator garden and a brand-new play structure that was generously donated by the Boynton family and assembled by them, the MacIntosh family, and friends. We are so thrilled to have such an amazing space to spend time together and are grateful to all those who have contributed to creating it.

Our Youth Groups have also been enjoying their respective spaces and regular meetings together. Both groups have gone through activities to create a covenant, explore their shared values, and brainstorm what social justice issues are most important to them.

The Middle School Group has started its exploration of the different religions of the world. Using the Neighboring Faiths curriculum as a guide, this year the group will focus on learning about the many ways people practice spirituality, and eventually, visit various places of worship in order to learn about and meet people from a range of religious communities. If you have a connection to or experience with another religious tradition and are interested in sharing your experience with our Youth Group, please send an email to dre@starkingfellowship.org!

This past Sunday, October 29th, together, the groups prepared and served dinner at the Bridge House in Plymouth. These young folks are truly spectacular people, who care deeply about their community and put that love into action. Keep an eye out for some fun events coming soon hosted by and to support our Youth Groups!



Climate Action Committee

On October 15 speakers from the Citizens' Climate Lobby (CCL), John Gage, the NH Coordinator, and Wharton Sinkler, the Lakes Region Chapter Leader, presented the latest information concerning the work CCL is doing to make the case for putting a price on carbon. 29 people were in attendance.

The two speakers spoke clearly and convincingly that with respect to climate change:

- the greatest problem is fossil fuels (coal, oil, gas)
- the reduction we need in greenhouse gas emissions, 50% by 2030, cannot happen without putting a price on carbon. A map of the world was presented, showing a surprising number of countries (including most of the provinces of Canada) who have either implemented a price on carbon, or are scheduled to do so. The point is made by CCL that carbon pricing is inevitable. But when and how we do it matters greatly.
- the CCL carbon fee and dividend proposal is structured to be both effective and socially responsible. Here, in few words, is their proposal: a fee is placed on fossil fuels at the source and all monies collected, minus administrative costs, are returned to American households. Under this proposal the dividend amount is the same to all. About 2/3 of all households will break even or receive more in their monthly dividend than they will pay in higher prices due to the fee, thereby protecting middle-income and helping low-income households. Those most harmed by climate change would benefit the most.

A model called EN-ROADS, developed by a group at MIT, was briefly shown by John Gage to demonstrate how important it is to focus on the reduction of greenhouse gases. The demonstration revealed that putting a price on carbon reduces the earth's temperature, *far* more than any other single policy option. EN-ROADS is available online at no cost and is easy to navigate.

Your Climate Action Committee is planning to invite our Fellowship's members and friends to a letter or post card writing session at our Meetinghouse so we can effectively address our state and national representatives. We will provide all the writing materials so all you will need to do is compose and drop your letter or post card off at your local post office. The session will probably be held a few months from now, when state and national legislative proposals related to climate change are expected to receive more attention than they do now. Watch this space.

Members of your Climate Action Committee are eager to have discussions with you as our work moves forward. Your feedback is needed and appreciated.

Nancy Chaddock for the Climate Action Committee

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ACTION NH

Who we are

Unitarian Universalist Action New Hampshire is your- statewide action network amplifying UU voices and putting our UU values into action in NH.

What we do

UU Action NH educates and advocates on legislative and policies issues in support of our UU values:

- **Operates the NH Community Bail Fund**
- **Activates New Hampshire UUs in support of climate justice, racial and gender equity, and immigrant solidarity**
- **Represents UU values at the Granite State Organizing Project & NH Council of Churches**

How can you help?

- **Join our 603 Campaign! Go to www.uuactionnh.org and become a monthly donor for just \$6.03 a month.**
- **Join the UUANH Leadership Team!**
- **Donate to our 2024 Faithify campaign to amplify UU voices in support of climate justice in NH.**

Learn more about us and our social justice work in New Hampshire by visiting <https://www.uuactionnh.org>.

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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, \$15 per pound. Please Contact Bob and Jane Clay, 603-996-1207 or claysusanj@gmail.com, to make arrangements for pick-up or delivery.



Soulful Sunday - Soul Matters Made Easy

Join us on Sunday, November 29, from 11:00 – 12:00, for a no-prep-required Soul Matters discussion. This month we'll take a deep dive into generosity. Below is a sneak peak of the questions we'll explore together. Any and all are welcome to simply drop in.

Ask Them About Generosity

One of the best ways to explore our monthly themes is to have conversations about them with people who are close to you. It not only deepens our conversations but also our relationships. Below is a list of "generosity questions" to help you on your way.

Generosity Questions:

- How has your definition of generosity changed since you were younger?
- How has *your enjoyment* of generosity changed since you were younger?
- Who taught you the most about being a generous person?
- What's been your *greatest* act of generosity?
- What's been your *hardest* act of generosity?
- Have you ever wished your parent(s) had been more generous in some way?
- How easy is it for you to receive the generosity or help of others?
- Some say that attention is the rarest and purest form of generosity. Tell me about a time when someone's gift of attention came to you when you needed it most?
- French author Andre Gide wrote, "All you are unable to give possesses you." Has that ever been true for you?
- How good are you at being generous with yourself?

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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. Cash or Checks, sorry no credit cards as fees remove our profit. Remember all checks are made out to SKUUF with Hannaford on memo line.





Date with Death Club
Developed by Karen G. Johnston, MSW, MDiv
Presented by Rev. Linda Barnes

The Date with Death Club (DwDC) curriculum explores mortality in community. This month's session is:

November 12 Planning Your Own Funeral, Memorial, or
Celebration of Life Service

Classes meet from 1:00 until 3:00 PM on Sunday afternoons. Join us for one session or all, and please feel free to invite friends and family!

To sign up, email us at admin@starrkingfellowship.org and let us know what dates you'd like to attend. Taphi has flyers available if you know someone who would like one or have a place to distribute them. You can direct questions to Rev. Linda at minister@starrkingfellowship.org.

Hope to see you there 'cause we all got a date with death.

Rev. Linda

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Date with Death Club NEWS!

Save the Dates

The popular Date with Death Club will be available for 6 sessions ONLINE from January-March, 2024. These meetings will be open to anyone ages 16 and up.

We are all members of the Date with Death Club, since we eventually all die. Our meetings present a lively opportunity to discuss topics related to death, such as "Getting Comfortable with Death Talk," and "Owning Your Own Dying." For more information on the Date with Death Club, check out the Starr King website page [here](#).

Please contact Margaret Rieser at intern@starrkingfellowship.org if you are interested in attending. The meetings will be from 3-5 pm on Wednesday afternoons on January 10 & 24, February 7 & 21, and March 6 & 20.



Office Hours

Fellowship Office is open Tuesday through Friday
9:00 AM to 1:00 PM
536-8908



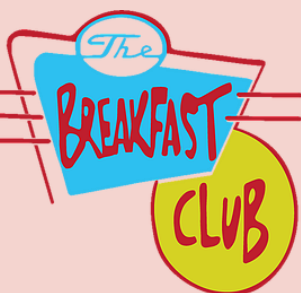
Second Sunday Hike November 12, 2023

Join us as we hike a local nature trail behind the skating rink at PSU with Reed Harrigan leading us. This is considered a very easy hike, the duration of which should be about an hour or two and no more than 2 miles. It encompasses both woods and open fields. Due to the small parking lot, we will carpool as much as possible. Dogs are welcome.

Following the hike, we go out for refreshments in Plymouth.

We will leave the lower parking lot at Starr King at 11:30 AM after the service. Contact Deedie at cdkriebel@gmail.com, if you plan to join us.

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Breakfast Club Friday, November 3, 2023

We will meet for breakfast at Annie's Overflow Restaurant in Plymouth at 8:30 AM. Then we will go to the Museum of the White Mountains for a tour of the current exhibit - **Extending Ecology: Making Meaning with the White Mountains**. This exhibition features multimedia interpretations and visual artwork made through an ongoing Oika collaboration between ecologist and cultural communicator, Dr. Rich Blundell, artist Rita Leduc, and the Hubbard Brook Experimental Forest. By presenting an overview of their two-year long collaboration, the exhibition underlines how deep, intimate engagement with the natural science and creativity of a place can offer and extend insights into more ecological ways of being in the world.

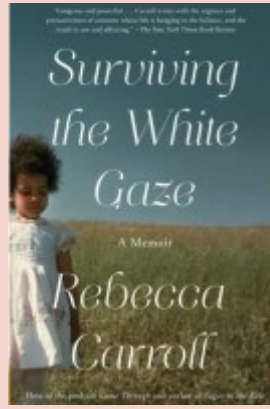
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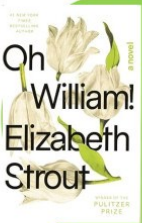
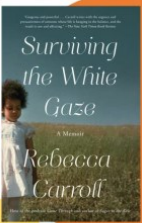
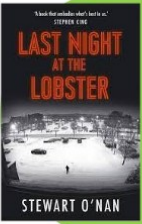
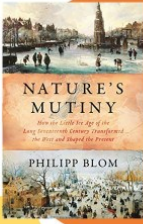
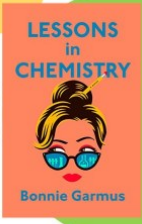
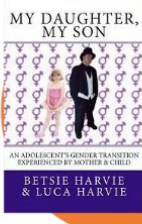


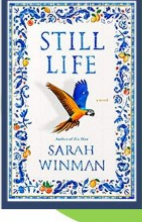
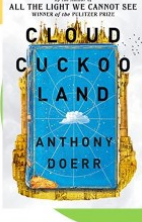
BOOK GROUP NEWS

November 14, 3:30 Book Group

The November book selection is ***Surviving the White Gaze*** by New Hampshire author Rebecca Carroll recounting her painful struggle to overcome a completely White childhood to forge her identity as a Black woman in America. Book group meets the second Tuesday of each month via zoom at 3:30 p.m. This next discussion will be held November 14. If you would like to be added to the contact list please let Taphi know at admin@starringfellowship.org.



SKUUF Book Group 2023-34 Titles

 <p>September</p>	 <p>October</p>	 <p>November</p>
 <p>December</p>	 <p>January</p>	 <p>February</p>
 <p>March</p>	 <p>April</p>	 <p>May</p>
 <p>June</p>	 <p>July</p>	 <p>August</p>

Meditation Group, Mondays at 6 p.m.

Our meditation group meets every Monday from 6 to 7 pm in the upstairs foyer. We are a small informal group that shares an abiding interest in meditation. Usually, we have between 5 and 10 participants. We are not affiliated with any sect or religion, however we often follow meditations in the Buddhist tradition of Thich Nhat Hanh, Jack Kornfield, Pema Chodron and the like. We generally get together at 6 for brief hellos and pertinent comments. Then a facilitator for the week will offer a short reading or discussion on a meditation topic, followed by a guided meditation, related to the topic. The meditation can be anywhere between 20 and 40 minutes. Afterward we have a short debriefing and discussion of the experience. We adjourn at 7. There is no designated leader of the group and there is no effort to persuade anyone to any point of view.

We welcome newcomers to our group. This group is free and requires no dues or contributions. No previous meditation experience necessary.

Starr King Unitarian Universalist Fellowship
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(603) 536-8908
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Staff

The Rev. Dr. Linda Barnes, Minister
Sarah Dan Jones, Music Director
Taphi Janelle, Office Administrator
Margaret Rieser, Ministerial Intern
admin@starrkingfellowship.org

Governing Board

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

Trustees:

Robert Chandler
Suellen Skinner
Doug Grant
Connie Maatta

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.