

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
October 2023



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Welcoming Congregation Renewal

We can do this, Starr Kings and Queens and those who don't identify with a gender! It's time to get that beautiful rainbow flag flying on the front of our building. LGBTQ+ people need to know they have our support, as human rights are being threatened daily. Our flag should be up to show our welcome, and to do that we must do the work of renewing our Welcoming Congregation status.

Yes, we did the work in 1999 to get certified as a Welcoming Congregation, but believe it or not, that was almost 25 years ago. A lot has changed in that time, and the Unitarian Universalist Association wants to know that we are keeping ourselves informed and active when it comes to welcoming people of all sexual orientations and gender identities.

The work ahead is not hard, and we've done a lot of it already. We need a small task force to guide us to becoming a welcoming congregation again. Our tasks involve making sure that we list LGBTQ Days of Observance in our newsletter, holding occasional workshops on topics important to keeping us up to date on issues related to the LGBTQ community, (a monthly article-read and discussion on transgender/non-binary youth, anyone?), and providing once-a-year financial support, which we can do using the Outreach basket with an organization that supports the LGBTQ community.

A little time will go a long way in accomplishing this critical task. If you have that time, PLEASE let us know. You can email me at intern@starrkinguufellowship.org, or Mary Crowell at marycrowell21@gmail.com or speak with one of us on a Sunday. You can also let Taphi know of your interest and she will pass on the message.

Margaret Rieser

Save the Date
Rake the Leaves Day November 4
Click here for more...



Sunday Services October 2023

October 1 Hope Will Never Be Silent

Rev. Linda Barnes

“Hope,” gay rights visionary Harvey Milk said, “will never be silent.” On this Sunday we will explore our Unitarian Universalist LGBTQ+ history, how we give the expression of the whole human self a place to be free, and hope, a voice.

October 8 At the Intersection

Margaret Rieser, Ministerial Intern

Unitarian Universalists proudly welcome people with a range of beliefs and backgrounds, yet when it comes to Christianity, we sometimes struggle. Ours is a historically Christian religion and its scriptures are included in the sources from which we draw meaning. However, for some of us, due to our personal religious histories, the words are hard. In this Sunday service, we'll explore the intersections between our personal and congregational heritages.

October 15 Books on Fire: The Problem with Censorship

Rev. Linda Barnes

In 2022 the American Library Association recorded the greatest number of requests to censor books and materials in over 20 years. Censorship of material in public libraries threatens our own, and our children's, freedom to learn, find solidarity, and develop empathy. Join us on this Sunday as we explore the cost of censorship.

October 22 Claiming Our Spiritual Ancestors

Rev. Linda Barnes

For many of us, our ancestry challenges our understanding of who we are - sometimes it doesn't fit, sometimes it hurts. In addition to those from whom we descended, may we count those who have served as our inspiration and our role models as our spiritual ancestors? Join us as we explore claiming all our ancestors.

October 29 The People of Memory: A Day of Remembrance

Rev. Linda Barnes

It is remembering that we honor those now passed. On this day we gather for an all-generations service to remember those we've lost, some recently, some long ago. You are invited to bring a picture or a memento of your loved one or beloved pet to share on our altar of remembrance.

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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 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
October 2023

We all carry inside us, the people who came before us.

~ Liam Callanan

The Soul Matters theme for the month of October is *The Gift of Heritage*. Truthfully, at first, I wasn't taken with this subject. Like many Americans, I feel I hardly know of my ancestors or my heritage. What has been handed down to us often comes with little context or explanation. The stories we are told are most certainly selective. Perhaps because of my ambivalence towards the topic, there is something there for me to explore. Perhaps the same is true for you. As Liam Callanan reminds us, "We all carry inside us, the people who came before us." We can explore this topic together at Sunday morning services, by using the Soul Matters packet (on the website under Spiritual Exploration), participating in a Soul Matters groups online, and with the Soulful Sunday event on October 22 after the service. I encourage you to stretch your spiritual wings and give one of these a try.

The Gift of Heritage also has me thinking about what we leave behind, the stories we pass on, the legacy of our works and the impact on those who come after us. What is it we leave for others to carry forward? Not just for our Fellowship, but for the work we do, the relationships we foster, even in the details of how we spend our days. While we won't know the whole impact of our lives, have no doubt that how you spend it changes the future. Here's an invitation to consider the ways that we can offer the future a brighter, cleaner, and kinder world.

So, dear ones, I'm pleased to be in this endeavor with you. Be well, see you on Sunday.

In love and faith,

Rev. Linda

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President's Letter October 2023

We all use a variety of techniques for communicating with others, such as the good ol' telephone (primarily cell phones now!) to texting, email, social media formats, newsletters, announcements at the beginning on Sunday mornings, and conversations. It is good to know how busy our fellowship is in so many areas!

At the board retreat just over a year ago, your board brainstormed all that we are doing by using categories of Welcoming, Internal Communication, Education, Community Outreach, and Operations. Further work was done to eliminate duplication of several things and make the list a bit more manageable. This work is now moving to the next step, where a board liaison "checks" in with committees, staff, facilitators of groups, and others. The board liaison then reports at the monthly board meetings about how things are going with committees, etc. and areas where help is needed. As our year progresses, our fellowship gets very busy and the board hopes everyone will help in this area.

The categories (listed above) are flexible and will likely be refined as this work progresses. **Welcoming** includes smooth Sunday teams, membership committee, activities, dinners/gatherings, welcoming congregation and the liaison is **Bob Chandler**. **Internal Communication** includes the website, Zoom, Facebook, Simple Church, Sharepoint, Sunday morning announcements, newsletter and weekly view, etc. and at this time I am the liaison. **Education** includes the lifespan religious education program, including Sunday mornings, youth groups, Our Whole Lives, Coming of Age, Neighboring Faiths, nursery, service trips, etc.), religious education committee, Soul Matters, Date with Death Club, music and choir, and the liaison is **Connie Maatta**. **Community Outreach** includes social action work, such as climate justice and reproductive justice, committee chairs, book group, meditation group, and the liaison is **Suellen Skinner**. **Operations** include building and grounds committee, stewardship, safety, solar panel capital campaign, equipment, administration/staff, etc. The board agrees that finance committee would be within this final area but understands and accepts that financial updates are provided to the board via the treasurer's monthly reports.

Please help YOUR BOARD: reach out to the liaison in the area best suited. If unsure, ask any of us. Keep in mind that this is a *work in progress* and we want your input. Communication is always helpful.

Thank you,
Jane Clay

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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.



Soundbites

We had a great September at Starr King UU Fellowship, and I am looking forward to continuing our music ministry through October. We will explore our Soul Matters theme of Heritage, as well as honor Pride Month – so created in recognition of the GLBTQ March on Washington in October 1979. There is much to celebrate in music with these topics.

The choir is off to a great start with some new and familiar anthems as we prepare for the month and beyond. We will sing on October 8 with Margaret Reiser preaching and again on the 29th with Rev Barnes in recognition of the Day of Remembrance. We have room for more singers if you would like to join us!

On Tuesday October 24, Starr King will open up our sanctuary as co host of a community sing with Vermont composer/songleader Moira Smiley. The event will be from 6-8 pm and we will be joined by singers from the Pemi Choral Society and the choir members of the Plymouth UCC. Please let me know if you would like to join us for the evening event, which should be great!

Vespers returns on Friday October 6 at 6pm, and I am so looking forward to once again taking part in this meaningful worship. Please join us.

See yall in church,

Sarah Dan

SCHEDULE:

Choir sings on Sunday 10/8 and 10/29

Sarah Dan is off on 10/15

Choir meets every Thursday at 6pm EXCEPT 10/12



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Monthly Outreach Offering

The Board of Trustees is working on finalizing a list of recipients for our monthly outreach offering. There are nine months to fill, and we would like to offer our members the opportunity to make suggestions for this offering. The goal is to help local non-profits who engage in work that aligns with our UU values. These values would include helping groups working with the homeless, with community youth, reproductive justice, food insecurity, climate change/environmental degradation, addiction, and domestic abuse - Note that this is not an exclusive list. We have been doing this work of support for many years; however, we are interested to identify groups that we may have missed in the past.

So, here is what we are asking from you. We would like you to recommend groups that need our assistance and give us a brief description of how they are aligned with our values. You can send your recommendations to me (Suellen Skinner) any time before October 15. We will also provide a questionnaire during worship on October 15 for your input. The board will be reviewing and finalizing our list at the Board meeting on October 17.

What can we do to serve our community by helping other groups serving our community? We're looking forward to your input.

Suellen Skinner, Member SKUUF Board of Trustees

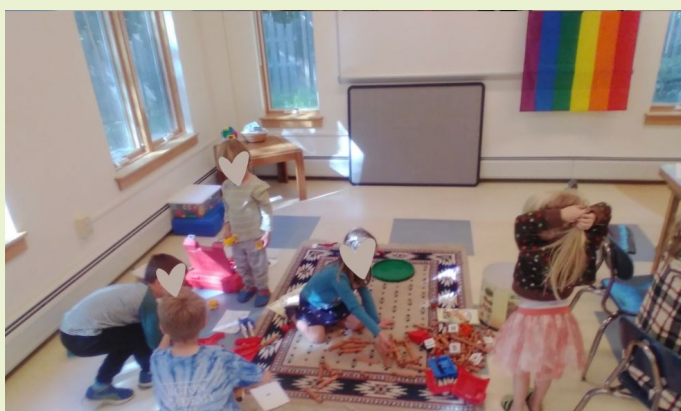


From your DRE

Religious Education and Youth Groups

Religious Education classes and our Youth Groups have been off to a great start! It has been so wonderful to be together again in the Fellowship space. This past month we explored the theme of *Welcome* - how we can welcome changes in our lives and in the world, and how we might be more welcoming to others. Last week we prepared a pollinator garden in the beds out back, in the hope that come springtime our Fellowship will be a welcoming place for more birds, butterflies, bees, and other creatures. Our Middle and High School Youth Groups held their first meeting, which was a lovely time spent catching up with each other and brainstorming their hopes and goals for the year. Both groups will continue to meet on the first and third Sunday of each month from 4-5:30 p.m.

If you want to explore more Religious Education content, check out the RE section of the SKUUF website. There you will find links to the weekly RE packets that get sent to parents. Each packet contains content related to the theme of that week, including a recorded version of that week's story and links to other recommendations and resources. Many thanks to the members of the RE Committee, the Youth Group facilitators, and the volunteer RE teachers for making all of this possible!



Climate Action Committee

Leaders of New Hampshire's Citizens' Climate Lobby to Speak

Sunday, October 15

**At Starr King Unitarian Universalist Fellowship
Starting at 11 am, after the Sunday service**

The Fellowship's Climate Action Committee is pleased to present the following speakers from Citizens' Climate Lobby:

New Hampshire State Coordinator John Gage

and

Lakes Region Chapter Leader Wharton Sinkler

The presentation will include some fundamentals of carbon pricing (Carbon Cash-Back), and how CCL empowers volunteers to be effective at working with our government on climate solutions.

Members of specific groups in the wider Plymouth community who advocate for effective and fair policies to reduce the risks of climate change are also in the process of being invited to attend this meeting.

Nancy Chaddock

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Note from Climate Committee

The time to wrap up our Summer Science project! Do you remember this project? We have been testing the claim of some packing material that is compostable. The time has come to dig up the material buried in our gardens. Please dig them up, put them in a plastic bag and bring them to SKUUF. There will be a box in the coat closet off the foyer.

The data will be evaluated and there will be a summary of the research. This should be exciting. Thanks in advance for your participation.

Suellen Skinner

Thanks for your help.

Soulful Sunday

Explore one of the Soul Matters Spiritual Exercises with a once-and-done group on the last Sunday of each month. We will meet at 11:00 on Sunday, October 29 in the sanctuary. Give it a try then come share what you learned. Questions? Ask Rev. Linda (minister@starringfellowship.org).

Ask Them About Their Dance with Heritage

One of the best ways to explore our monthly themes is to have conversations about them with people close to you. It not only deepens our conversations but also our relationships.

Below is a list of “heritage questions” to help you on your way. Be sure to let your conversation partner know in advance that this won’t be a typical conversation. Telling them a bit about Soul Matters will help set the stage.

Come to your group ready to share what surprised you about the conversation(s) and what gift or insight it gave you.

Heritage Questions:

- If you could talk to one of your ancestors, who would you choose? And what would you ask them?
- What story told by (or about) your ancestors has shaped you the most?
- What story do you want to be remembered by?
- What is your favorite family memento? And why does it have such a hold on you?
- If you could change one thing about your family heritage, what would it be?
- If you could change one thing about our culture’s political heritage/history, what would it be?
- What’s the legacy of your first embarrassment?
- What’s the legacy of your first award/triumph?
- It’s been said that we are remembered for the rules we break. What broken rule might you be remembered by?

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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

Date with Death Club (DwDC) has returned!

The DwDC curriculum explores mortality in community. This month's sessions are:

Oct. 8 What to do with a Dead Body

Oct. 22 Writing Your Own Obituary

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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Donating from the Starr King website.

The Donate button on the website (www.starrkingfellowship.org) is found at the top right of the Starr King UU Fellowship homepage. It is very simple to use, and only requires you to register the first time you use it.

The donation form allows you to select the amount you wish to deposit to our virtual collection and you can choose to donate to the Sunday offering or to any of our other Special Collection outreach or regular Starr King funds. You can also designate if you would like your gift to be a recurring donation, or not.

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

Office Hours

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



Second Sunday Hike October 8, 2023

Join us as we hike the 3 Ponds Trail to the Middle Pond. As you can see it's an easy 2.2 mile walk to the scenic middle pond. Dogs are welcome but must be on leash.

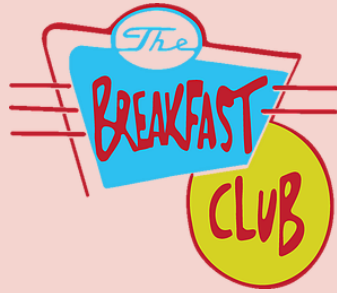
Following the hike, we will enjoy a barbecue at the home of Mike and Louise Randall on Stinson Lake. They will provide burgers, hot dogs, and veggie burgers. Please let them know by texting or calling at 603-786-9535 what you will bring to share - side, dessert, beverage. We will leave the lower parking 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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October Breakfast Club Friday, October 6, 2023

We will meet at Annie's Overflow Restaurant in Plymouth at 8:30 AM. Then we will drive to Ashland for a real treat! The Glidden Toy Museum (as seen on NH Chronicle) is staying open just for us! We will have a special half hour tour at 10 AM. The entrance fee is \$3 each. Then the Ashland Historical Society is leading us on a tour of both the Whipple House and the Railroad Museum! Although there is no fee for either of these tours, donations are gratefully accepted.



Please contact Deedie at cdkriebel@gmail.com, if you plan to attend so that we can let the tour guides know how many will be attending.



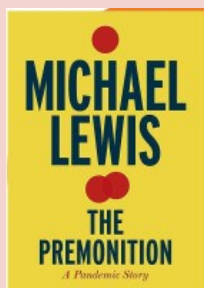
BOOK GROUP NEWS

October 10, 3:30 Book Group

The book selection for this month is *Premonition: A Pandemic Story* by Michael Lewis. Michael Lewis's taut and brilliant nonfiction thriller pits a band of medical visionaries against the wall of ignorance that was the official response of the Trump administration to the outbreak of COVID-19.

The characters you will meet in these pages are as fascinating as they are unexpected. A thirteen-year-old girl's science project on transmission of an airborne pathogen develops into a very grown-up model of disease control.

Contact admin@starringfellowship.org if you'd like to be on the email zoom list. Contact Kathy Kelsey at kmkelsey@gmail.com if you'd like more information about the group.



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.

Member News

The "Seven Principles" affirmed by the Unitarian Universalist congregations is part of who we are. Our Seventh Principle, respect for the interdependent web of all existence focuses on the environment and is a source of meaning to which we dedicate our lives.

Giselle Estes, a.k.a "Gigi", **exemplifies** this dedication. She is known at SKUUF and the greater Plymouth community as a longtime political and environmental activist and member of the Conservation Commission.

She is also known for her lifelong mountaineering, hiking, and cross country skiing adventures and leadership.



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RAKE THE LEAVES DAY AT THE FELLOWSHIP

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

(Rain Date - November 11th, 9-11:30am)

*Bring
rakes, leaf blowers & gloves!*

See you there!

*Jennifer Gentry, Babe DeRaymond,
Jim Hostetler & Richard Odman
-- Building & Grounds Committee
(B&G)*



Starr King Unitarian Universalist Fellowship

101 Fairgrounds Road

PO Box 337

Plymouth, New Hampshire 03264

admin@starrkingfellowship.org

(603) 536-8908

www.starrkingfellowship.org

Governing Board

Pres.: Jane Clay

Vice Pres.:

Treasurer: Janet Englund

Secretary: Stephanie Halter

Staff

The Rev. Dr. Linda Barnes, Minister

Sarah Dan Jones, Music Director

Taphi Janelle, Office Administrator

admin@starrkingfellowship.org

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.