

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-

March 2026



In this issue:

- * [Sunday Services](#)
- * [Minister's Newsletter](#)
- * [President's Letter](#)
- * [Welcoming Congregation](#)
- * [Soundbites](#)
- * [Community Outreach](#)
- * [DRE News](#)
- * [Climate Action](#)
- * [SKUUF Protest Group, NHActionNH, UUSC](#)
- * [Activities](#)
- * [Book Group](#)
- * [More about Starr King UU Fellowship](#)

Are you new to UU?
New to Starr King?
Just want to learn more?

“GETTING TO KNOW UU”

CLASSES ON SUNDAYS FROM 11:00-12:30

MARCH 1, MARCH 22 & APRIL 12

Join us to learn more about Unitarian
Universalism and this Fellowship
Everyone is welcome - existing &
prospective members, friends, visitors and
“just curious”

Sign up today!

See Janet Englund,
Deedie Kriebel or
Rosemary D'Arcy for
more information



Worship Services

March 1 Attention and the Right of Ownership

Rev. Linda Barnes

The electronic world demands our attention, all the time - pings on our cell phones, Instagram messages, texts, emails, scams, television, appointment reminders, and more. Who owns the rights to our attention? We do, of course. Join us on this Sunday when we explore the discipline of paying attention to our attention so that we might live our own lives more fully.

March 8 Oh, the Music!

Sarah Dan Jones

Did you know that singing relieves stress and tension? Did you know that singing improves social bonding and promotes a sense of inclusion? Did you know that singing strengthens the immune system? Join our Music Director Sarah Dan Jones and our choir for a Sunday of music to accrue all these benefits!

March 15 Consider the Onion

Rev. Lyn Marshall

Have you ever had an onion sprout on the counter? Do you notice when the chickadees' song changes in the late winter? We may or may not have yet felt the warm promise of spring, but signs abound that it is on its way. If we pay close enough attention, the seeds of hope are always present in the dark, cold times.

March 22 May I Have Your Attention, Please?

Rev. Linda Barnes

We all need help from time to time, but needing help and getting the help we need, are not always well aligned. Join us as we explore how, with love and respect, we might ask for and receive help. And sometimes, when we care for one another, we find that we are cared for too.

March 29 Lost and Found: Attention to a Purpose

Rev. Linda Barnes

Purpose is a spiritual pursuit. How might we attend our life's journeys with a more spacious understanding of our own purpose? On this Sunday we'll look not so much at how to find ourselves, but rather, how it might be better to try to lose ourselves so that our higher purpose might be revealed.

[Back to Home Page](#)

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

March 2026

Tell me to what you pay attention, and I will tell you who you are.
~ Jose Ortega y Gasset

Our theme for the month of March is *Paying Attention*. There's so much to explore in this topic, including exploring how we pay attention to one another, the natural world, the state of affairs, to injustice, to beauty, to what hurts, and what we want. If we took an assessment of where our thoughts went throughout the day, much would be revealed about who we are. Think about it, isn't this true? What we pay attention to, who we pay attention to, reveals what holds meaning for us. It tells us both what we love and what we struggle with, often these might be the same things or people. Who do you pay attention to? What gets the bulk of your headspace?

What we pay attention to over time changes. Anytime we're in pain, whoa, that changes what we put our attention to, right? If you hit your thumb with a hammer, you're not likely to be thinking about the fact the carpet could use a once over with a vacuum. Similarly, if painful emotions keep coming up, they are of particular importance to us. Those are the things that need our attention. These could be relationships, unsaid things, the promise we wished we'd kept but haven't, the card we meant to write, the possibility of redemption, of healing, of saying the thing we wish we had the courage to say. All these have at one time or another, been worthy of my attention. I offer this as a reminder to pay attention to ourselves, gently, with patience, and forgiveness.

That being said, sometimes we simply need to clear the table, as it were, to have some control of our attention. Meditation offers a healthy means of freeing up mental space so that we might think more clearly. Sometimes music offers a respite from our ever-chattering minds. Walking does this for me, gets me out of my head. When I'm able to do that, I can think more clearly, feel emotionally healthier, and am more creative. I know there are many ways to do this, what's important is that we care for ourselves by carving out a little bit of time to practice. In doing this, we are adjusting those things that we pay attention to. It's hard being a human, isn't it? The good news is, we can change our focus. We can be more deliberate about what we choose to pay attention to, perhaps our partner, or our children, or how it is we change the world we live in for the better.

This month, I hope for you that the promise of spring makes itself known, that attention grabs you by the lapels and reminds you that you matter, that the world is beautiful even as it is tragic, and you are a worthy witness to beauty and recipient of happiness.

In faith and love,
Rev. Linda

[Back to Home Page](#)

Vespers



Vespers will be held on Friday, Msrch 6 at 6 pm. Please join us for this gentle contemplative service and, if you're able, a potluck meal afterwards.

A Letter from the President

We are nearing the end goal of our annual pledge drive, so I'd like to share with you why I pledge. My husband, Jon, and I have pledged together every year since 1993 and the reason is simple; we value what Starr King UU Fellowship gives back to us and the community.

We began when I was looking for a pluralistic approach to spirituality for our family soon after moving to Plymouth. We found Starr King UU Fellowship through our friends, Gigi and Paul Estes. We were delighted to find Reverend Arthur Vaeni, whose brilliant and tender sermons were a tonic for the challenges and complexities of life. We found a place to worship and a friendly nurturing place for our daughter. She was eight years old when we joined and continued to participate through high school. We stayed, watching many other children grow up amongst us.

Over the years we participated in many different ways. The beauty of the Fellowship is that it has something to offer everyone at whatever level of participation you choose. We were involved in most of what Starr King UU Fellowship did over the years. It has been a major part of our lives.

Only in recent years have I been involved in leadership, serving as a trustee then President-elect and now President. It has been an honor to work closely with The Reverend Linda Barnes and I continue to learn from the experience. Giving back with my time and effort is something that I can do to help keep our Fellowship growing. Giving money is the easy part. It gives back 100-fold.

In Fellowship,
Connie Maatta, she/her
Octobersolidago@roadrunner.com

[Back to Home Page](#)

Welcoming Congregation Committee 2026 Video Series

Thank you to all who attended the first of three sessions on ***Responding to the Anti Trans Movement: A Course for Unitarian Universalists***.

The second presentation, ***What You Need to Know About The Anti-Trans Movement*** will be on **Sunday, March 29 at 11:00 a.m.** after Sunday service. We hope you will join us for this important presentation.

We will be offering this session via Zoom on Wednesday, April 1 from 6:30 to 7:30. Link and details to follow.

The third session, which is still to be scheduled, will be ***How to Ensure Your Congregation is Truly Trans Welcoming***.

This 3-part video program is produced and distributed by the Transforming Hearts Collective, a Massachusetts-based UU ministry dedicated to supporting the work of faith communities in creating spaces for LGBTQ+ people to access resilience, healing, and spirituality.

We hope you can join us in learning how we can continue to move forward as a congregation that is truly welcoming to all.



WELCOME



Soundbites

Paying Attention.

I must admit, this is harder for me these days. It is easy to get distracted and sometimes it is difficult to focus on staying in the moment. I find that keeping daily lists helps me, as well as gives me a sense of accomplishment, even if the tasks are small. My church notebook certainly helps as well - if I remember to look at my notes!!

One of the big tasks for this month is a Music Sunday on March 8th. The choir will be singing, but we need your help! I will be asking members of the Fellowship to tell me their favorite hymns and the reason why that particular hymn was chosen. You can let me know ahead of time so I can prepare. My email is on simple church so send me a note if you want one of your favorites sung in church that Sunday.

I also want to lift up some opportunities to sing in community at Starr King. Our own Will Gunn will be hosting three different Singing Circles at the Fellowship. Saturday 3/7 10-1130am; Sunday 3/15 12-130pm and Saturday 3/28 10-1130am. You can attend one or all three with no commitment for performance. It sounds like a wonderful opportunity to be together in song.

In the times of Bleak mid winter, the choir has been rehearsing on Thursdays at 330pm. Starting on Thursday March 12th, the choir time will move to 5pm-6pm. Join us if you would like to continue to sing in community and worship.

See yall in church
Sarah Dan



SCHEDULE

March 1 - Will Gunn, musician
March 8 - Music Sunday with choir (Time Change!)
March 15 - Sarah Dan and choir
March 22 - Sarah Dan
March 29 - Musician TBA

Thursdays Choir

March 5 - 330-430pm
March 12 - 5-6pm
March 19 - No Choir
March 26 - 5-6pm

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, \$20.00 per pound.

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



Outreach Offering for March PAREI

On Sunday, March 22nd the offering will be collected in support of PAREI. Denise Hutchins, executive director, will speak about what PAREI is and how we can help. As always, you can donate on the Starr King website for this monthly outreach.

PAREI is a non-profit 501(c)(3) organization serving Plymouth and Central New Hampshire to build a resilient community providing access to sustainable, local energy and local food leading to economic stability and healthy living.

PAREI has been in operation for 22 years and through its “neighbor helping neighbor” approach has established itself as a local leader in solar photovoltaic installations and energy technical assistance, working closely with more than 100 residential households and local businesses every year.

PAREI is home to a year-round online food hub and farmer’s market called Local Foods Plymouth and NH Solar Shares, a ‘Solar for All’ program, which provides energy bill credits to low-income families in partnership with the New Hampshire Electric Co-op. This year, PAREI is working to expand the Plymouth Solar Shares site. Thank you for your past and continued support.

Learn more at plymouthenergy.org and localfoodsplymouth.org.



[Back to Home Page](#)

What’s on the Starr King Website

During every Sunday Service announcement we hear the statement “for more information go to our website.”

Here are a few things you can find there:

- * For a list of board members, committees and chairs, and recent board minutes, go to <https://www.starrkingfellowship.org/committees>.
- * To learn about interest groups such as breakfast club, Sunday hikes and book group, go to <https://www.starrkingfellowship.org/interest-groups>.
- * To learn about Adult Spirituality offerings such as Soul Matters, go to <https://www.starrkingfellowship.org/adult-spiritual-exploration>.
- * For a two minute summary of what we believe, go to <https://www.starrkingfellowship.org/about>.
- * **There’s so much more. Please surf around!**

Office Admin Schedule September through June

Tuesday and Wednesday: 12:30PM - 5:30PM

Thursday 9:00AM -1:00 PM

As always, you can email admin@starrkingfellowship.org or leave a voicemail and Jennifer will get back to you when she is in the office.

From your DRE - Religious Exploration

February was a busy month in Religious Exploration! To kick things off, the RE Committee hosted a very festive Un-Birthday Party during coffee hour. There was lots of cake and conversation about how to continue to offer RE at the Fellowship. Thank you so much to everyone who stepped up and volunteered to join our growing group of RE teachers. We are thrilled to share that enough folks came forward and we have been able to fill most of volunteer slots. Without your help we



Last week, there was a Winter Fun Day also hosted by the RE Committee. Friends and families came together for a day of sledding, soup, and good company. Thank you to everyone who has participated and supported RE through these recent events.

The Youth Group is getting closer to the departure date for their trip to Costa Rica. This trip has been in the making for several years now, so excitement is building as April quickly approaches.

The group will spend several days in the mountain town of San Luis de Monteverde. They will explore the unique cloud forest ecosystem through hiking trails, tour local coffee and sugar farms, and visit several community centers and local libraries. This sort of full cultural immersion is an incredibly valuable experience that will stay with these youth for the rest of their lives. It is a chance for them to prove to themselves that they are capable of venturing outside their comfort zones and that they have the skills to navigate the wider world outside of New Hampshire. It's an opportunity to grow as individuals and as a group, creating memories that will last long after they return home. They will experience a environment, culture, and way of living that is wildly different to that of the United States, helping open their eyes and minds to new perspectives and possibilities.

Thank you so much to everyone who has supported the Youth Group thus far in their fundraising efforts. After the trip, you can expect to see a presentation on what they learn and experienced in a worship service in May. Also, keep your eyes peeled for another Youth Group sponsored event coming soon at the Fellowship!

COOL BEANS COFFEE HOUSE AND OPEN MIC NIGHT



MARCH 28

6:30 - 8:30PM

STARR KING UU

PLEASE COME AND SUPPORT OUR YOUTH GROUP!!!

Climate Action Committee

Snowfall and Climate Change

Here in New Hampshire this winter the snowpack levels were reportedly 98% of normal on February 12 and 86% of normal on February 22, according to onthesnow.com. The same source reported on the base depth of snow on those two dates at the following popular ski locations, as follows:

Bretton Woods	25-50 inches
Cannon	34-68 inches
Gunstock	18-48 inches
Waterville Valley	24-36 inches

Good skiing all month if you could bear the cold temperatures during the first half of February. The situation was a bit different in Colorado as reported below by Don Crowell whose been on the scene there during much of February.

From Don:

Mary and I decided to take Amtrak from Denver to Grand Junction rather than fly this time, we were looking forward to the trip through the mountains in winter. What we saw alarmed us, virtually no snow, even in the ski resort town of Winter Park. Experts attribute this all too common trend to a changing climate, which could have devastating effects on so many aspects of the Rocky Mountains.

All the ramifications of the reduced snowpack are too numerous for this short article, but some immediate impacts include loss of revenue for the ski areas due to poor conditions and reduced hours for ski area workers, who are not all that well paid to begin with. Experts predict the Colorado ski season could be several weeks shorter by 2050. I think you can understand the economic impact this would have on the ski industry.

Then of course reduced snowpack will result in reduced flow in Colorado's major rivers, which impact so many downstream aquifers and reservoirs that contribute to the quality of life in states as far away as California and Texas. One of Colorado's nicknames is the mother of rivers for good reason as major rivers such as the Colorado, Rio Grande and the Arkansas have their headwaters here. Of course another grave impact is the increased potential for more, and more severe, wildfires. There is a growing feeling of dread in the state on what might be in store this year.

What has taken place in Colorado this winter reminds us that climate change is an issue we must continue to care about. Long term here in New Hampshire, Colorado and elsewhere we expect significant losses in snowpack, drinkable water, trees and property by wildfire, and increased stresses for both agriculture and our precious natural ecosystem.

The long-term trends looking back over the last 60 years are not encouraging. We highly recommend the reading of a new publication examining these trends, *The White Mountains Almanac*, Vol.1 issued in the Fall, 2025, 112 pages. This almanac contains month by month observations over decades in the White Mountains, with lots of illustrations, charts, and comprehensive explanations needed to understand the science of it all. It is also an attractive publication with color and images included, produced in collaboration by the Mount Washington Observatory, the Appalachian Mountain Club and the Hubbard Brook Research Foundation.

Nancy Chaddock and Don Crowell for the Climate Action Committee

Heads up from SKUUF protesters



A small group of folks from Starr King are gathering on the North Ashland bridge regularly to protest our administration's horrible/illegal actions. We are gathering with a number of other folks from NH Bridge Brigade for Democracy. These folks are working with other protest groups to ensure folks on our highways are becoming aware of the challenges New Hampshire are facing. We are open to more and more protesters across the state and the nation.

We hope that people are aware of the preparations for No Kings 3.0., This will take place on March 28 and we are hoping that this national protest will bring out enormous numbers of protesters. There will be gatherings all over our state and nation. Plymouth NH will have a protest on the 28th and we will be there. Let's keep looking for ways we can make our fear and anger public and turn things around. Feel free to speak to me if you have questions, ideas or concerns about all the ways we can stand up and speak out.



Unitarian Universalist Action New Hampshire

Zoom Event: How Communities Can Respond to DHS/ICE

Please join us for a Zoom event with Christine Wellington. Christine is retired from New Hampshire Legal Assistance where she served as the Directing Attorney of the Fair Housing Project. She also worked as the Managing Attorney of the Victims of Violence Immigration Law Project at Catholic Charities of New Hampshire and as the Legal Services Coordinator at Casa Myrna Vazquez in Boston, Massachusetts. She currently collaborates on advocacy issues with the *New Hampshire Immigrant Rights Network* and other nonprofit organizations.

Christine will speak about what towns/communities can do at this time to deal with the Department of Homeland Security and its current actions. She will provide a brief overview of the 287 (g) program and applicable NH Laws. She will also speak about community opposition campaigns and advocacy connections. Christine will provide information resources and respond to your questions.

Date: March 12, 2026

Time: 6:30 PM to 7:30 PM

Location: Online

Click here [RSVP](#) to register

[Back to Home Page](#)

Unitarian Universalist Service Committee (UUSC):

The UUSC launches the Resistance Network.

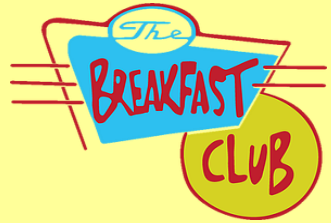
We are living in a time of escalating injustice, but also powerful resistance. Those in power seek to divide us, weaken our movements, and strip away fundamental rights—but we know that justice is only possible when we build solidarity together. Our faith in human dignity, our belief in collective liberation, and our commitment to justice call us to act.

Yesterday, the UUSC launched the Resistance Network—a mobilization hub designed to take immediate action when civil liberties, democracy, and human rights are at risk. The threats we face are vast, but history shows us that resistance works when we act together. The Resistance Network is an opportunity to live our values as Unitarian Universalists and take collective action.



Activities

Breakfast Club Friday, March 13



We will meet for breakfast at 8:30 AM at the PSU Prospect Dining Hall on 8 High Street in Plymouth. You can use your Breakfast Club cards or pay for the breakfast for under \$10. Parking is in Lot #204 across the street from the dining hall. After breakfast, Gigi Estes will give us a tour of the PSU campus! This will include the HUB, where the Fitness Room is dedicated to Paul and Gigi Estes. Contact Deedie at deediekriebel@gmail.com for more information and a parking pass. We are allowed to stay in the lot for the tour.

[Back to Home Page](#)

Second Sunday Hike - March 8, 2026

Join us for a real treat this month! Dave McGraw has arranged for us to have a tubing adventure in Thornton Gore. Gunnar Baldwin has invited us to his property, where he has constructed his own winter tubing track. Come participate or be a spectator. This is open to all ages - just bring a helmet with you if you plan to tube. Read his amazing story and check out this [NH Chronicle](#) segment. We will leave at 11:00 AM after the service from the lower parking lot at Starr King. If you plan to join us, contact Deedie at deediekriebel@gmail.com for more information and updates.



Starr King On-Line Book Group

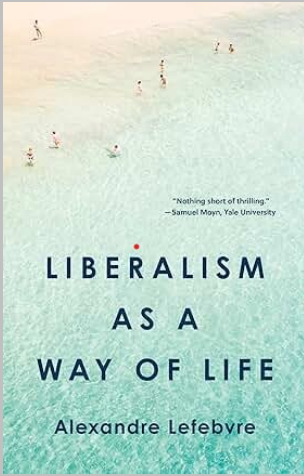
Tuesday, March 10, 3:30 to 5:00

The discussion will be led
by Nancy Chaddock

A complete list of book selections for the
2025-2026 year can be found at
[www.starrkingfellowship.org/interest-
groups](http://www.starrkingfellowship.org/interest-groups).

If you would like to be on the Book Group's
email zoom list, send a request to

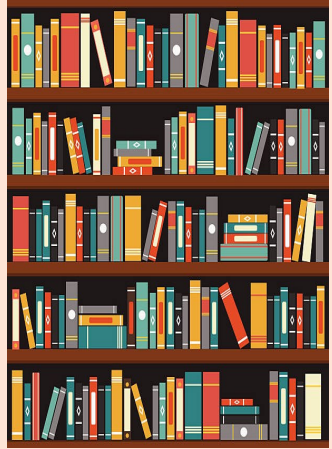
admin@starrkingfellowship.org



SKUUF LENDING LIBRARY

Next time you're in the downstairs lobby, take a look at our lending library. It has recently been refreshed and has many new titles. Some of the new selections focus on LGBTQ+ topics as part of the Welcoming Congregation renewal. Other subjects deal with grief and loss. Both children's and adult books are included.

To check out a book, write your name on the library card in the front of the book and place the card in the card file box. Please return the book in a reasonable amount of time, one month suggested.



[Back to Home Page](#)



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

Guest Wi-Fi

Need connectivity? The login and password for our guest Wi-Fi account is posted in the sanctuary on the back sound cabinet, in the upstairs and downstairs foyer, and in the small downstairs meeting room. Thanks to Phil Haskell for setting it up and to Jennifer Sprague for creating and printing signage.

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(603) 536-8908
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Staff

The Rev. Dr. Linda Barnes, Minister
Sarah Dan Jones, Music Director
Grace Kennedy, Director of Religious Education
Jennifer Sprague, Office Administrator

Governing Board

President: Connie Maatta
President Elect: Suellen Skinner
Treasurer: Jennifer Gentry
Secretary: Suzan Gannett

Trustees:
Mimi Chandler
Louise Randal
Jim Hostetler

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.

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 Getting to Know UU class 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 Member Engagement 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 and contributes to the Fellowship but 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.