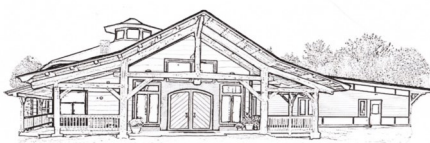


STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
September 2024



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• Breakfast Club, Second Sunday Hike,

• Book Group, Meditation

Yard Sale Volunteers Needed!

Calling all volunteers...

Saturday, September 7 from 6:30 am to 5:00 pm
(drop in ok, rsvp preferred
at stephanie.halter@gmail.com or 603.996.1547)

Set up Crew 6:30 am - 8:30 am

Morning sales crew 8:30 am - 11:30

Mid-day sales crew 11:30 am - 1:30 pm

Wrap it up sales crew 1:30 pm - 3:30 pm

Clean up crew 3:00 pm - 5:00 pm

5917

THE UNITARIAN UNIVERSALIST ASSOCIATION

Extends our appreciation to the

Starr King UU Fellowship

In

Plymouth, New Hampshire

WITH RECOGNITION AS A

2024

25+ Honor Congregation

For Participation in the Annual Program Fund

Rev. Sofia Betancourt, Ph.D.
President
Unitarian Universalist Association

Norrie Gall
Congregational Giving Administrative Director
Unitarian Universalist Association



Starr King UU Fellowship has received
Honor Congregation recognition for Fiscal Year 2024
and has received the certificate shown above from the UUA.

Sunday Services September 2024

September 8 The Cure is Saltwater

Rev. Linda Barnes

Water is required for life and for our spiritual wellbeing. "The cure for anything is saltwater," writes author Karen Blixen. Whether that water comes from sweat, tears, or the ocean, it serves to bring about good change, ease grief, and express joy. Join us on this Sunday for a Water Communion service. We invite you to bring a small amount of water from your summer adventures, large and small, as we combine the waters into an expression of beloved community where good work, tears and joy are all seen and honored.

September 15 Start Here: A Beginner's Guide to Right Relations

Rev. Linda Barnes

We humans have a deep need to belong to one another. Acknowledged or not, it is our mutual consent to be in relationship that allows us to exist as a community. On this Sunday we'll explore how we might value each other as individuals *and* nurture the life affirming truth that we belong to each other.

September 22 The Unwelcome Invitation

Rev. Linda Barnes

Almost always, the invitation to change is unwelcome. What troubles you into becoming? What invites us to bring about the next phase in our lives? On this Sunday we'll explore the universality of unwelcome invitations and how we might at least entertain these troubles long enough to gather courage for what is next.

September 29 Habits of the Heart

Rev. Linda Barnes

Parker Palmer, founder of the Center for Courage and Renewal (and so much more) offers 5 Habits of the Heart critical to sustaining democracy. On this Sunday we'll explore those habits so that we too can have the courage to do the work of caring for our democracy.

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Vespers

Join us for a Vespers service on September 6 at 6:00 PM. Vespers is a short contemplative evening service. It's followed by time together as we share some pizza. I hope you'll join me and Music Director Sarah Dan as we begin again with music and words to lift the spirit and soothe the soul.

Hope to see you there.

Rev. Linda



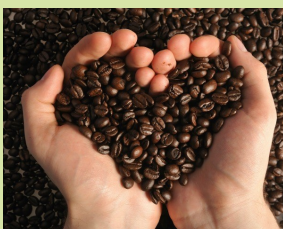
Do You Wish You Could See a Service You Missed?

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 \(starringfellowship.org\)](#) on our website

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

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.

Minister's Newsletter

September 2024

Don't leave your broken heart at the door; bring it to the altar of life. Don't leave your anger behind; it has high standards and the world needs vision. Bring them with you, and your joy and your passion.
~ Angela Herrera

Once again, we begin at Starr King UU Fellowship. Our community is a good thing in a world that needs more good things. Here, we gather to make sense of the world, to take comfort in belonging, to sing and celebrate, to mourn and be comforted. Here we witness what each of us brings to the altar of life. This fall, we say yes again to the invitation to explore the next chapter in our collective story. I invite you to be curious and courageous in the comfort and care of one another's company. This is our Unitarian Universalist covenant, to be committed to our own growth and supportive of one another's journeys. It is a worthy endeavor.

I am beginning my ninth year as your minister. There is no place like this place when we gather, I am looking forward to being together again. A few years ago, we devoted a year to reimagining our mission and vision. These statements have helped us remain focused on *who we are* and *why we are*. This year, I plan on focusing on the idea of covenant. Covenant is *how we are*. In other words, how it is we choose to be in relationship with each other and the wider world. Join me in this, I promise we can have some fun and be better for it.

Our Soul Matters theme for September is *Living Love Through the Practice of Invitation*. There's more than one angle to this theme, it unites both invitation and love. It opens the possibility of living better into our mission. What is it that you feel invited to? What is it that calls to you, draws you in? In what ways do you invite people in? Sometimes this is as simple as sitting beside someone in silence. At other times, it's as complicated as navigating the realities of conflict. What is love's invitation to you?

Please join us in all the ways you are able. Bring not only your needs but your gifts and talents and if you're not sure you have gifts or talents, ask me, I will help point them out! Truth is, no doubt you make a greater difference than you know. See you on Sunday!

In faith and love,
Rev. Linda

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Interested in joining a Soul Matters group?

Soul Matters is a program where participants meet in small groups and are invited to explore and reflect upon a different spiritual theme. Each month we receive a packet rich with readings, video and podcast suggestions and questions to ponder. Groups meet monthly for about two hours either by zoom or in person to share their thoughts and explorations. If you participated in any of the summer services, you got a small taste. Click here for more information on our web page. <https://www.starrkingfellowship.org/adult-spiritual-exploration>

Contact admin@starrkingfellowship.org if you are interested or would like to speak to someone who has participated in the past to get more information.

President's Newsletter

The summer of 2024 while restive and a break from the norm for many of us, was still an active one at the Fellowship. We held Sunday services both in-house and on-line every Sunday. This was thanks to the efforts of Suzan Gannett who organized the services and the volunteers who provided lay leadership. A special thanks to Cindy Spring and Sue Ellen Tuttle for making the on-line services possible.

There have been a few physical plant improvements led by Jennifer Gentry and the Building and Grounds Committee. Some examples are grading of the front parking lot, a light in the rear parking lot with a motion detector. A cabinet was made allowing us to lock up our laptops and cameras within the sanctuary. And, finally, the sound system had some maintenance so that we are fully functional with our audio.

True to our commitment to earth care, SKUUF recently hosted two environmental events. In July, we hosted the NH Music Festival. In appreciation for our help, the NHMF have offered to perform for us next summer! We have had a number of memorials and Celebrations of Life from persons outside our SKUUF community during the summer, too. We are committed to serving the community.

From a "Governance" perspective, your board has already met for its fall retreat. We are pleased to announce that Suzan Gannett has accepted the position of board secretary for 2024/2025 church year. We are still in need of filling our last Trustee position. We only meet once per month, and it is a great way to give back to SKUUF. We are a healthy fellowship and well respected in the UUA. If this interest's you, please contact me about specifics.

There a number of things happening in the near future. Also, our first Vespers service is Friday, September 6th at 6 PM. Our "Yard Sale" efforts are being led by Stephanie Halter and her team as preparations for that will continue right up to the 7th when the yard sale occurs coincident with the town wide Plymouth yard sale. Please contact Stephanie Halter if there are ways you can help the yard sale team. Finally, Margaret Rieser, our Ministerial Intern, will be ordained here on September 14th, at 3:00 PM. We are very happy to be a part of her formation and want to acknowledge and celebrate all that we've accomplished together.

We look forward to seeing everyone over the course of the fall.

Bob Chandler

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Fellowship Office Hours:

Mondays: Closed

Tuesdays: 9:00 am to 3:00 pm

Wednesdays: Closed

Thursdays: 9:00 am to 11:00 am

Fridays: 9:00 am to 3:00 pm

(Days and hours are subject to change, however,
any changes are posted in the weekly View)

Soundbites

Welcome back!

Hope you all had a glorious summer. it was a special time for me, including a week with my sister at the beach in Maine! Of course, there were lots of shifts at the LLBean too!

Another highlight of my summer was attending the AUUMM (Association of UU Music Ministries) in Albuquerque in early August. Over 150 UU musicians from around the Northern Hemisphere attended in worship, song, learning and sharing. We were blessed to Have UUA President Rev. Sofia Bettancourt join us, as well as several members of the UUA staff. We had some fabulous worship services, including a showcase of house bands. There is a new virtual hymnal in the works and we are very excited about the possibilities that brings. I led a workshop on Community Singing and truly enjoyed just being present in worship, rather than having to plan! I am grateful to Starr King for providing a Professional Budget which allows me to refill my tank!

The Starr King Choir (most of us!) had our annual Choir Retreat at the Hazelton Farm in late August. We had an extended check in session, a yummy potluck lunch, some singing and a revisit of our covenant, which we first crafted in 2015. As an important small group community, we will continue to look at what our role is at Starr King and how we can best serve our fellowship through music. Our choir meets every Thursday (with exceptions) at 6pm in the sanctuary. Please join us!

I am so looking forward to our new church year. One of the most positive take aways that I get from attending national conferences is often validation that what we are creating at Starr King is "working"! I hear some difficult stories of struggling programs, I get some inspiration from successful programs and I get much affirmation from the ministry we share in Plymouth.

See yall in church,
Sarah Dan

September:

Choir rehearses every Thursday 6-7pm

Sunday the 8th - Choir and Sarah Dan

Sunday the 15th - Sarah Dan

Sunday the 22nd - Choir and Sarah Dan

Sunday the 29th - Sarah Dan

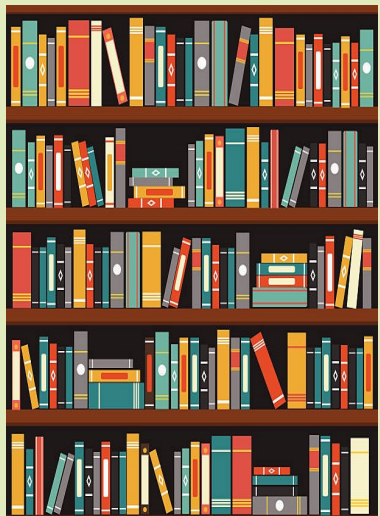


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SKUUF LENDING LIBRARY

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.



From your DRE

Religious Education

Dear Starr King Fellowship,



We find ourselves at the start of another church year and I am thrilled to be joining you all again as the Director of Religious Education. This year I will be serving SKUUF fully remotely, which means you won't see me in person this Fall, but you will still get to see me during worship! I will continue to be there for the Story Time for All Ages at the start of Sunday morning worship, and you can find me during the service online on Zoom. All SKUUF services are streamed live and we have a wonderful community of online churchgoers. If you are ever out of town or sick on a Sunday and still want to be a part of what's going on, we encourage you to join us via Zoom to watch the service and partake in conversation afterward.

Religious Exploration time during worship will begin on Sep. 15th. The RE committee is working hard to find volunteers to help facilitate this time. If you're interested in spending time with some of the younger members of our community, we encourage you to try out being a RE volunteer! All activity plans are provided ahead of time, and new volunteers will always be paired up with a committee member, so you'll be very supported. If you're interested or would like to learn more, please send me an email at dre@starrkingfellowship.org.

On Sep. 22nd from 12:00 pm-2:00 pm, there will be a Fall Gathering hosted by the RE committee at the Boyntons' house. Invite your friends and family and come for an afternoon of food, fun, and Fall festivities. We hope this will be an opportunity for new families to hear about SKUUF and the many offerings we have for youth and children. We encourage you to spread the word!

Our Middle and High School Youth Groups will begin meeting again on Sep. 15th. Going forward, both groups will meet on the 1st and 3rd Sunday of each month from 4:00 pm - 5:30 pm. Another opportunity for youth this year at SKUUF is the Our Whole Lives (OWL) course. This course will offer the complete 7th-9th grade OWL curriculum and is open to youth ages 12-16. Sessions will take place on Fridays from 4:30 pm - 6:00 pm starting on Oct. 4th. We hope to get a few more people registered, so if you know of a youth who might be a good fit, please send me an email!

Wishing you all the best,
Grace Kennedy

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**STARR KING
FALL
GATHERING**

Join the RE Committee Sunday
September 22nd for an afternoon of fun!
We will come together around a camp
fire to set some intentions, eat some
lunch, and enjoy time together. Activities
available include yard games, woodland
exploration, various sports, biking, and
more. ALL ages welcome!

12pm - 2pm
11 Palmer Rd Campton NH 03223
Lunch/snacks provided.
Bring a small piece of wood for the fire,
bicycle, or any games to share!

Climate Action

Two Unexpected meetings held at our Meetinghouse This Summer

Our Climate Action Committee had no plans for summer climate-related events at our Meetinghouse. That changed in June when we learned from Rev. Linda that a group of climate scientists were interested in using our Meetinghouse as part of their NH summer speaking tour. We accepted of course. On the 4th of August 31 people gathered from our Fellowship, the Plymouth UCC, and from the greater Plymouth community. The presenters included scientists from Harvard University, NYU, and Princeton University.

A series of slides were shown, beginning with the elements causing climate warming **as it exists at the present time** that represents settled scientific knowledge, and then distinguishing that from the impacts that are either somewhat uncertain or largely uncertain.

Increases in CO2 and average temperature, heat waves, and gradual sea level rise are all elements of existing climate warming that are considered **settled scientifically**. Less settled, at present, are the impacts of hurricanes, heavy rains, droughts, and wildfires. As to the impacts of ice sheet collapse and permafrost melting on rising temperatures, those are uncertain at present. It is also uncertain that heat waves contributing to climate warming are having an impact presently on ice sheet collapse and permafrost melting.

A key question toward the end of the presentation was what would happen to global temperatures if we stopped emitting CO2? The surprising answer is that temperatures would remain constant after that stoppage of emissions.

The presenters pointed out that even when people agree on the scientific consensus, they can still have differing views on what society *should do* about climate change. For example, should we prioritize adaptation or mitigation, and with mitigation, should we use carrots or sticks?

We are grateful to this informative group of scientists for the clarity they brought to our understanding of what can presently be proven scientifically about the causes of climate warming as it can be determined **settled at the present time**. Information about these scientists and the tours they have been conducting in our country can be found at www.climateupclose.org

The second unexpected meeting at Starr King, this one on August 24, was the Third Annual New Hampshire Climate Summit organized by the NH Network. This Network serves an important role in our State, communicating significant messages and events from the numerous nonprofit environment, energy, and climate groups with a NH presence. About 40 individuals from all over our State gathered for this meeting, successfully conducting a process that identified the projects the groups both wanted to work on together and believed to be achievable. In the months ahead your Climate Action Committee will be revealing the important details coming out of this Summit meeting. It was a thrill to be part of this gathering, and to hear all the compliments made by the participants throughout the day who were clearly in awe of our beautiful and functional Meetinghouse.

Nancy Chaddock for the Climate Action Committee

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Summer Service Gratitude

Without these good people, summer services would not have happened. Thanks to Suzan Gannet for creating presentation materials modeled from the Soul Matters themes. Thanks to facilitators- Bob and Jane Clay, Bob and Mimi Chandler, Marcia and Quentin Blaine, Don Crowell, Joe Kelaghan, Suzan Gannett and Suellen Skinner. Special thanks to the Zoom Duo who faithfully led every single summer Sunday - Cindy Spring and Sue Ellen Tuttle.

September 2024 Outreach Offering Voices Against Violence

Voices Against Violence is a local non-profit dedicated to breaking the cycle of violence by providing comprehensive services to all victims and survivors of domestic violence, sexual assault and stalking. Beyond immediate crisis intervention, they aim to create lasting change through education, advocacy, and community partnerships. Their services include:

- Shelter and housing. This includes safe emergency shelter for those escaping dangerous situations, and then helping them to access long-term, stable housing.
- Supporting children providing specialized support both practical and emotional.
- Addressing food insecurity.
- Including support for animal companions

They are launching new initiatives focused on empowering LGBTQ and differently abled survivors making significant updates to shelters and services.

They rely on the support of the community to support all these programs. Join us to learn more as Tina Mulleavey, Executive Director, shares more about their efforts during worship on September 22.

Suellen



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Fall Bike Ride - Saturday, September 28, 2024

Nate and Janice Mulherin will lead a bicycle ride of the Northern Rail Trail on Saturday, Sep 28th from West Lebanon to the historic [Baltic Woolen Mill](#) in Enfield and back (or farther if there is interest). This ride can be done with any kind of bicycle, including an e-bike, if you don't mind going the slower to compensate for the rest of us. The first 2.6 miles of trail is paved, and the last 7.1 miles is crushed and packed gravel for a total roundtrip distance of 20.4 miles. The grade is very easy, and social riding (side by side) is encouraged when other bikers are not passing us. Information about the trail can be found here: <https://www.fnrt.org/trail-info>.

Bring water and a lunch, and we'll stop at [Enfield's Lakeside Park](#) for a picnic on the shores of Mascoma Lake. This will be a 4-5 hr ride to enjoy the foliage, the fellowship, and the traditional [Enfield harvest time scarecrows](#) at numerous places along the route. A rain date for this event is the following Saturday, Oct 5th.

Please RSVP to Deedie at deediekriebel@gmail.com if you plan to attend, so that we'll know to contact you if the ride is postponed or canceled for some reason. The time and place to meet will be sent to those who are joining the ride, as the date draws closer. We hope that you will join us!



Second Sunday Hike - September 8, 2024

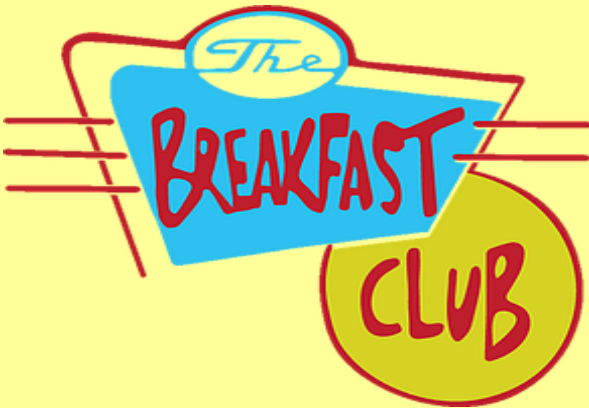
Hike the gentle [Coppermine](#) Trail to the swimming hole at Bridal Veil Falls. The trail is around 2.5 miles in length when starting from the parking area and has an elevation gain of 1100 ft. Plan on at least 3 hours for this hike.

We will depart from the Starr King lower parking lot at 11:30 AM. It's a 40 minute drive to the trailhead. Bring a lunch, plenty of water, and maybe a swimsuit - BRRR! Join us for refreshments after the hike at the Woodstock Station.

If you plan to join us, contact Deedie at deediekriebel@gmail.com for more information and updates.



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Breakfast Club - Friday, September 13, 2024

We will meet for breakfast at 8:30 AM at the PSU Prospect Dining Hall on 8 High Street in Plymouth. It's just \$9 for a full buffet breakfast. You can still use your Breakfast Club cards (valued at \$5 each punch) and add \$4 to pay for the breakfast. Those without punch cards pay \$9.

This month, we will have a tour of the "Of Baskets and Borers: The Past, Present, and Future of Indigenous Basketry in the White Mountains" [exhibit](#) at the Museum of the White Mountains at 10 AM on the PSU campus. Contact Deedie for a printable Breakfast Club Parking Pass. We will be able to leave our cars in Parking Lot 304 at PSU, while we eat breakfast and participate in the activity.

Please contact Deedie at deediekriebel@gmail.com , if you would like to join us.

BOOK GROUP NEWS

Dear Readers,

Book Group meets the second Tuesday of each month via zoom at 3:30.

On September 10 the group, hosted by Cindy Spring, will discuss *Being Mortal*, by Atul Gawande

Please email the office at admin@starkingfellowship.org if you would like to be added to the email list to get the zoom link.

2024-2025 BOOK GROUP CALENDAR					
MINT = NONFICTION & RASPBERRY = FICTION					
 <p>September 10 Cindy Spring</p>	 <p>October 8 Suellen Skinner</p>	 <p>November 12 Mary Hazelton</p>			
 <p>December 10 Carolyn Erickson</p>	 <p>January 8 Gisela Estes</p>	 <p>February 11 Selma Levin</p>			
 <p>March 11 Jann Sparks</p>	 <p>April 8 James McBride</p>	 <p>May 13 Darlene Nadeau</p>			
 <p>June 10 Coke Levin</p>	 <p>July 8 Bill Trought</p>	 <p>August 11</p>			

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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
101 Fairgrounds Road
PO Box 337
Plymouth, New Hampshire 03264

admin@starrkingfellowship.org
(603) 536-8908

www.starrkingfellowship.org

Staff

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

Governing Board

Pres.: Bob Chandler
Vice Pres.: Connie Maatta
Treasurer: Janet Englund
Secretary: Suzan Gannett

Trustees:
Suellen Skinner
Louise Randall

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 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.

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