

STARR KING VIEW

Starr King UU Fellowship
-A Welcoming Congregation-
October 2024



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Dear Beloved Starr King UU Fellowship:

I am so grateful for all you did to make my ordination a beautiful event.

And by all you did, I mean from the first Sunday, you welcomed me into your congregation as a ministerial intern and everything that followed. Your encouragement and feedback, just sticking with me during those two years. Your kindness and acceptance made a place for me to grow to the point of being ready for ordination.

And by all you did, I also mean all the things that made the day itself so beautiful. Your hospitality to so many; the way you welcomed ministers, friends, family and folks from UUFES into your sanctuary was a great gift. Many people have expressed to me how moved they were and how it brought them a deeper understanding of Unitarian Universalism. I hope you feel proud about what you made happen because it was SOMETHING!

The ceremony was beautiful, with meaning way beyond what I imagined it would hold. It will and already has served as a reminder of what my ministry is about, at its core. May it serve as a reminder to you, of all the beautiful things that your congregation is about at its core. And may we continue to help each other do the hard work of living into what we hold most dearly.

With love,

Rev. Margaret



Sunday Services October 2024

October 6 Coming Out and Inviting In Rev. Linda Barnes

Coming out requires finding safe places where we might be authentic. We at Starr King UU Fellowship have done the work to renew our Welcoming Congregation status. In doing so, we continue our efforts to provide a place where we can come out and be our true selves *and* be welcomed as our true selves. Join us for this Sunday service where we'll explore a deeper meaning of coming out and the power of inviting in.

October 13 Finding Silence Rev. Linda Barnes

Our theme for this month is deep listening. To listen, we must tone down all the distractions. This practice is a spiritual one observed by nearly every faith tradition. Finding silence invites us to make room for a deeper understanding. Together we'll explore the different ways we might do just that, even if only for this one hour.

October 20 Learning to Listen Deeply Suzan Gannett

Listening deeply is a way of showing love and respect for one another. Join us for an interactive service exploring what listening deeply looks like and trying it out.

October 27 In Loving Memory: A Day of Remembrance Rev. Linda Barnes

We all belong to a larger family of people and beloved pets who have passed from our lives. To remember them together is an honest expression of our humanity. This is our annual service of remembrance, please bring a photo or memento to place on our altar of remembrance to those to whom we've had to say goodbye.

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Vespers

Join us for a Vespers service on October 4 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



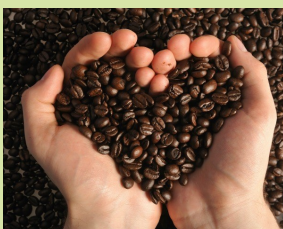
Do You Wish You Could See a Service You Missed?

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 \(starrkingfellowship.org\)](#) 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

October 2024

The difference between hearing and listening is attention.
~ Ruth Messinger

Our Soul Matters theme for October is Living Love Through the Practice of Deep Listening. Attention, as suggested by Ruth Messinger, is the key difference between hearing and listening. We live in times of tremendous distraction not to mention the self-talk that rattles on and on in our own heads. (Okay, maybe just my head.) No wonder we struggle to really listen. Beyond listening to one another, this practice includes listening to silence, to a child, to nature, and to our own hearts. Regardless of what we are listening to or for, it takes practice to listen well. And so, this month, I aim to practice listening with a bit more intention and attention. Dear ones, let me know if you have concerns, ideas, or questions. I want to listen. I want to hear your stories. I hope you'll join us on Sunday mornings to explore this topic of deep listening.

Speaking of intention and attention, thank you. Thank you for all the ways you care for this Fellowship and each other. Let me highlight the Smooth Sunday teams. Your care for this Fellowship on Sunday morning makes this place feel warm and welcoming. It feels like home to me as I witness the way we take turns providing hospitality to one another. I also want to lift up your committee chairs. Now, I know the idea of attending a meeting called *The Committee Chairs* does not sound like a great time but really, it is! It is the one meeting where I can see all that we are and do. The 'chairs' put together a committee fair last month highlighting what their committees do and how you can get involved. If everyone engaged in one thing, beyond attending on Sunday mornings, we could serve one another with greater intention and attention. We are, you know, one of the best kept secrets of community in our community.

One committee that is in current need of some support is the Membership committee. This committee is one that seeks to welcome visitors, help me put together membership classes, and sees that we have literature available to visitors that help them know who we are and what we have to offer. We could use three people to help bring this about. Let me know if this is something you'd like to participate in. You need not know how to do this to volunteer.

Know that there is always a place for you here, bring your whole self - bright and shiny or a bit rundown - all of you is welcome. You are needed as we work together to nurture more love in the world and cultivate more love for the world because you are very much a part of this world.

In faith and love,

Rev. Linda

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We have two groups now poised to offer Soul Matters Sharing circles. Soul Matters is an in-depth, small group conversation about our monthly themes. There is room in both groups for a few more members. The first group meets from 10:00 until noon on the third Monday of each month. The second group meets on Sunday afternoons (exact time and date to be determined shortly). If you'd like to know more or would like to sign up, please contact Sharon at admin@starrkingfellowship.org. To learn more about Soul Matters check out <https://www.soulmatterssharingcircle.com/>.

President's Newsletter

Time does not stand still nor does the Fellowship. September got off to a strong start at SKUUF with Vespers and our annual Water Communion Service. It was very heartening to see the tremendous turnout for the ordination of our own Margaret Rieser. SKUUF hosted the ordination in cooperation with the UU Congregation of the Eastern Slopes from Tamworth, NH. We had a full house of attendees and clergy as we did what only congregations can do, recognize her call to ministry and bestow upon her the title of Reverend.

There are many who have done much, and do much, to keep our Fellowship a vital place. Let me recognize just a few. Smooth Sundays are off and running providing hospitality on Sunday mornings. Thanks to our Smooth Sunday leaders and their teams. SKUUF participated in the Plymouth annual yard sale this year led by Stephanie Halter. Thanks so much to Stephanie and her team who helped contribute over \$3,000 to our treasury. The yard sale is a lot of work, but it also brings the community to our doorstep and benefits both Plymouth and the Fellowship.

Thanks to Connie Maatta, and her committee chairs, there was a successful committee fair after our September 22nd service. There are so many good ways to be involved. Please consider helping whether with the membership committee, religious education, building and grounds, technology or other areas in need of volunteers. See Connie Maatta for any further information.

The Religious Education team is well organized under the leadership of our director of religious education, Grace Kennedy. There was a recent gathering for our families at the Boynton's house with activities and "fire". Please consider if you can be a "helper" for our RE team so that we can offer more opportunities for families to bring their children. We have seen more interest from visitors because we do have a RE program.

And finally, a special thanks to Deedie Kriebel for all the varied activities she helps make available for us to do together. She helps us experience all that northern NH has to offer outside of the SKUUF.

All this and we've only just begun!

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

This is my favorite time of the year.

We are one month into the church year, and it has been so meaningful thus far. Much good music was made in recognition of Ingathering and water communion, in conjunction with Rev. Linda's thoughtful sermons, and in celebration of our former intern, Rev. Margaret. I am grateful for our choir and the heartfelt time and dedication they offer in the worship life of our Fellowship.

October is the month of my birth. The air is crisp and the leaves are turning signaling a change in the seasons. This month, we will be featuring music that offers us the opportunity to listen to one another amidst those changes. The choir will be singing anthems by Mark A. Miller, Holly Near and Ysaye Barnwell this month - all geared on listening to one another, and our ancestors, as we move to break down the walls of fear and hatred and open up the spaces where love and healing can happen.

Years ago, a dear colleague in music circles encouraged me to "think before I speak". We were part of a group of religious professionals who were gathered to alter the ways we approach worship and our gatherings by centering voices of color and disability. It required me to take many long breaths before spouting my opinion about the ways I thought things were going and should go. It is a difficult spiritual practice, one that I continue to work on - sometimes with success.

So, during this month which features the High Holy days in the Jewish faith, National Coming Out Day, and Indigenous People's day, may we all take that lesson to heart. Listen to the voices of the young children, the old women and those whose voices are faint at best. And, may the music we share bring us to that spot of deep understanding.

See y'all in church,
Sarah Dan

SCHEDULE:

October 6th - choir and Sarah Dan
October 13th - Will Gunn
October 20th - choir and Sarah Dan
October 27th - choir and Sarah Dan

Choir meets every Thursday in the sanctuary 6-7pm, except NO CHOIR October 10th.



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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 Fellowship,

We have had an active start to the church year in Religious Education. This past month we have focused on the theme of 'Invitation', engaging in a range of creative and movement-based activities to explore what Invitation means to each of us, and how we can put that into practice in our RE spaces. Over the course of several Sunday mornings, the children created a covenant together to guide them when they gather downstairs. The children also learned about the history of the flaming chalice, another widespread UU tradition. The RE committee hosted a Fall Gathering for families and friends to celebrate the changing of the season and the start of RE. We are always looking for more RE teachers! You don't need any prior teaching experience, all activity plans are provided ahead of time, and you will be paired with an experienced member of the RE committee. To sign up for a Sunday or to learn more, speak to Mimi Chandler or send me an email (dre@starringfellowship.org).

Our Middle and High School Youth Groups have started meeting again on the first and third Sunday of each month. These groups are always open to new attendees, if you know of anyone who might be interested, please extend the invitation! This month we will begin the Our Whole Lives course for youth ages 12-15. If you or someone you know is interested in learning more about the OWL program at SKUUF, please send me an email (dre@starringfellowship.org). Though a large focus of the RE program is aimed toward our children and youth, my role as DRE involves creating offerings for the whole congregation. Keep your eyes out for future workshops, movie nights, and other offerings organized by the Welcoming Congregation Committee. We also have Adult Our Whole Lives opportunities in the works, as well as ongoing SoulMatters sharing groups and Date with Death resources. If you're interested in learning about any of the Religious Education offerings at SKUUF, please don't hesitate to reach out. As always, if you ever find yourself away or for some reason unable to attend a Sunday service in person, we encourage you to join us online via the Zoom link on our website. That's where you can find me during worship, and after the service, there is always a thoughtful coffee-hour conversation with the SKUUF online community.

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Climate Action

WHAT TO EXPECT THIS YEAR FROM YOUR CLIMATE ACTION COMMITTEE:

***One or Two projects we can all engage in together
With a Focus on New Hampshire***

You can help the Committee determine what these projects should be. Talk to us or send an email to Nancy Chaddock or Suellen Skinner.

Possibilities:

Climate Justice – Supporting a community in our state being harmed by government action or inaction, such as a public landfill or by a business adding harmful pollution to the air or chemicals to the land or water.

Legislative action – Working with religious and other non-profit groups in our State engaged in the process of advancing a particular bill related to climate-related matters, such as one of those bills discussed as actionable that came out of discussions sponsored by the New Hampshire Network at its 3rd Annual Climate Summit, held at our Meetinghouse on August 24th. These included a bottle bill and passing what might be required to prepare the State for carbon pricing at the national level.

Working on an item closer to home perhaps – Sharing what we know and want to learn more about, such as community power, heat pumps, solar power, net metering, electric cars, what homeowners in NH may expect from the New England Heat Pump Accelerator and the Inflation Reduction Act.

Nancy Chaddock for Climate Action

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***TO RAKE LEAVES &
BRUSH CLEAN UP
BEHIND SOLAR ARRAY***

***Saturday – November 2ND,
between 9:00 and 11:30 am***

(Rain Date – November 9TH (9am-11:30am)

Bring – rakes, lopper's, saws & gloves!

See you there!

B&G Committee:

Jennifer Gentry, Ray DeRaymond,

Jim Hostetler & Richard Odman

October 2024 Outreach Offering

The October outreach fund will be used to support the work of the New Hampshire Community Bail Fund. This fund frees people who are stuck in jail before being tried for any crime. In many cases, they are accused of misdemeanors like trespassing, shoplifting, and drug possession.

Despite being innocent until proven guilty, they are unable to get out of jail because they can't afford bail—sometimes as little as \$50. Most of the people we work with are held at Valley Street Jail in Manchester. Many need treatment for mental illness or substance use disorders, which they are often unable to receive in jail.

Since its creation in the summer of 2018, the NH Community Bail Fund has freed more than 800 people from the Valley Street Jail in Manchester and other New Hampshire jails. While the majority of the bails they pay are eventually returned to the fund once their clients' cases are resolved, it often takes 12-16 months or more to get the funds back. So they depend on supporters to help continue this work in the face of ever-increasing bail requests and slow bail returns. Just during July, 48 bails were paid. In August 65 were paid, setting a new monthly record.

The Fund:

- Provides bail for people being held in New Hampshire jails, with a focus on the Valley Street Jail in Manchester
- Collaborates with other community organizations and agencies to connect clients with services they need
- Works for an end to cash bail and the transformation of the criminal legal system
- Is a small team of unpaid volunteers
- Is a project of Unitarian Universalist Action New Hampshire
- Is part of the National Bail Fund Network.

On October 20, Mr. Paul Intracaso, from the New Hampshire Bail Fund will join us during worship to tell us more about this important work. Please join us.



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From SKUUF's Community Outreach recipient for September ...



October is Domestic Violence Awareness Month

**Please Join
Voices Against Violence
on Tuesday, October 15, 2024
on Plymouth Town Common**

All day: The Clothesline Project

The Clothesline Project is a visual display that bears witness to the violence against victims of domestic and sexual violence and stalking. During the public display, a clothesline is hung with the shirts. Each shirt is designed to represent a particular women's experience, by the survivor herself or by someone who cares about her.

7:00 pm: Candlelight Vigil

In remembrance of all those who have lost their lives to domestic violence.

www.voicesagainstviolence.net

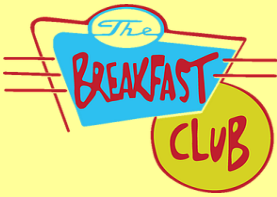
Second Sunday Hike - October 13, 2024



Join us as we hike the Stinson Mountain Trail. The trail itself is 1.8 miles each way and the summit is at an elevation of 2900'. Stunning foliage views can be seen of Stinson Lake and the valley below it. Perched at the southern edge of the White Mountain National Forest, Stinson Mountain is a relatively short climb to open summit ledges with views of the Baker River Valley, Stinson Lake, and the high peaks of the White Mountains. Evidence of the old fire tower is visible at the open ledges. We will go out for refreshments after the hike. We depart from the lower parking lot of 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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Friday, October 11, 2024



Join us for a fall treat! We will travel to Sugar Hill for breakfast at [Polly's Pancake Parlor](#) - yum! Then we will travel to Franconia Notch to Cannon Mountain for a ride on the [Aerial Tramway](#) (free to seniors with NH ID) to the top to view the incredible fall foliage and to climb the viewing tower and hike around the top of the mountain (very gentle). We might even have time to visit the renowned [New England Ski Museum](#) at the base. We will meet at the lower parking lot at Starr King at 8:00 AM to carpool. Contact Deedie at deediekriebel@gmail.com, if you want to join in on the fun!



Fall Bike Ride - Saturday, October 5, 2024

Nate and Janice Mulherin will lead a bicycle ride of the Northern Rail Trail on Saturday, October 5 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. This hike was postponed from our original date of September 28.



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!

BOOK GROUP NEWS

"Few true friends have I known
and two were giraffes . . ."

Woodrow Wilson Nickel, age 105, feels his life ebbing away. But when he learns giraffes are going extinct, he finds himself recalling an unforgettable experience he cannot take to his grave.

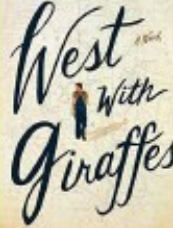
It's 1938. The Great Depression lingers. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic. What follows is a twelve-day

road trip in a custom truck to deliver Southern California's first giraffes to the San Diego Zoo. Behind the wheel is the young Dust Bowl rowdy Woodrow. Inspired by true events, the tale weaves real-life figures with fictional ones, including the world's first female zoo director, a crusty old man with a past, a young female photographer with a secret, and assorted reprobates as spotty as the giraffes.

Part adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late."

LYNDA RUTLEDGE

Author of *THE MOUNTAIN MAN* and *THE GIRAFFES*



SKUUF ZOOM

Book Group

Tuesday, October 8

3:30 p.m. Eastern

2:30 p.m. Central

1:30 p.m. Mountain

Discussion led by

Suellen Skinner

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

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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.

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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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