

# STARR KING VIEW

Starr King UU Fellowship  
-A Welcoming Congregation-  
November 2024



## In this issue:

- Sunday Services
- Minister's Letter
- President's Letter
- Soundbites
- Director of Religious Education
- Climate Action Committee
- Outreach Offering
- Breakfast Club, Sunday Hike
- Book Group, Meditation



*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

**COOL BEANS: COFFEE HOUSE  
& OPEN MIC NIGHT**

**FOR MORE INFORMATION...**



## Sunday Services November 2024

### November 3 Entropy and Repair

Rev. Linda Barnes

Entropy is, put simply, the tendency of the universe towards disorder. It's a washing machine that refuses to spin, a sock with a hole in it, a broken heart, or a group process that no longer works. All things fall apart, sometimes. How is it we approach repair of the broken? With hope? With knowledge? With faith? Join us as we explore the possibility of repair and restoration, and sometimes simply choosing to let go.

### November 10 After the Storm, the Golden Rule

Rev. Linda Barnes

All major religions have at their core, the Golden Rule. Basically, it's that you treat others as you would have others treat you. Considering this is the first Sunday after our national election, we may need to be more forthright in our efforts to apply the Golden Rule to all our relations and to practice reciprocal kindness. On this Sunday we'll take a deeper look at how we might do just that.

### November 17 All is Broken

Rev. Linda Barnes

The world might seem to you to be broken; it is in need of so much attention. Like a fixer upper that makes you wonder, can it be restored? There is so much to be done. Let us not forget though, as singer/writer Leonard Cohen reminds us, "there is a crack in everything, that's how the light gets in." Join us as we witness together both the brokenness and the light as we go into the Thanksgiving season.

### November 24 Soundscapes

Sarah Dan Jones

Among us are the music makers! Join us for a service led by our gifted music director, Sarah Dan Jones featuring the gift of music from members of our community.

[Back to Home Page](#)

## Vespers

Join us for a Vespers service on November 1 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



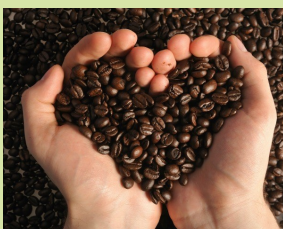
## Do You Wish You Could See a Service You Missed?

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](mailto:claysusanj@gmail.com), to make arrangements for pick-up or delivery.

## Minister's Newsletter November 2024

Our Soul Matters theme for the month of November is Living Love Through the Practice of Repair. Typically, I use the Soul Matters themes to frame the topics of our Sunday services and my newsletter offering. So, here I sit at my desk, just few days out from our national election, wondering what I might offer? Not so much, actually. We are in a time of tension and waiting. We know not yet what will need repair. We are anxious. And yet, in this moment, in this quiet space, I'm okay. I hope you are too. I've been intrigued by words of post-activist, Bayo Okomolafe, "Times are urgent, so let us slow down." This is what I might do right now. Wait, think, be quiet in the din of the election and the loud inner voice of anxiety, so that I might simply slow down. Breathe.

And then, take another breath and consider these words from author Rasheed Ogunlaru, "Compassion is even more powerful than courage. Sure, with courage you can conquer a world – but only with compassion can you heal and build it." This I can take into what's next. Compassion is what we might focus on, compassion right now rather than anxiety. I aim to make a spiritual practice of that. Compassion does not mean we agree. Compassion does not mean we aren't angry or scared. It simply means we wish to ease the suffering of others.

It is a very human and dangerous thing we do when we demonize or *other* a group of people. Be they conservatives or liberals, immigrants or the educated, urban or rural. *Othering* allows our imperfect human hearts to put those with whom we disagree outside our circle of care. It allows us care less and in doing that, we become careless. So, my invitation to myself and to you if you find it helpful, is to be mindful of that. Let us aim, always to return to our better selves.

To repair those rips and tears in the fabric of our democracy let us remember to slow down, practice compassion, and breathe. We are all in this together.

In love and faith,  
Rev. Linda

[Back to Home Page](#)

### Do you know the function of your *Committee on Ministry*?

In short, this committee's function is to attend to the wellbeing of our community. It is a small committee whose members are selected by the minister. The members' responsibilities include:

- Serving as thought partners to the minister
- Providing feedback from the congregation to the minister
- Performing regular formal evaluations of the minister
- Assessment of the congregation's mission, and how the programs of the congregation align (or do not align) with the mission - or more generally attending to congregational vitality
- Serving as the internal think tank for the congregation
- Facilitating conflict engagement and resolution between members of the congregation, between the minister and congregational members, or between other congregational staff and congregation members

Members of this committee include Ray DeRaymond, Jess Marunowski, and Bob Gannett.

Now you know.

## President's Newsletter

The warm fall season has generally departed, and colder weather is upon us. Thanks to our building and grounds team led by Jennifer Gentry we have our SKUUF yard clean-up day scheduled for November 2nd. It is already well organized, and we will undoubtedly have ourselves ready for what winter brings us. Special thanks to Richard Odman for some painting touch up and stabilization of the "Little Free Library". The little free library is a neighborhood resource maintained by Mimi Chandler.

In case you have not noticed, there is a very encouraging increase in new families attending with children. This comes about because of our religious education (RE) program led by RE Director Grace Kennedy and supported by Bob Clay, Jess Dutile, Steph Halter, Diana Pamplin and the entire RE committee. It assuredly speaks to our commitment to the young members of our community and is one of the ways we live out our SKUUF mission.

Volunteers are needed to be a part of the RE team both on Sunday mornings with the younger children and with the youth group Sunday afternoons. The Tech team needs more volunteers to help service into the remote community. We are happy to train and coach this light technology need valued by our on-line community. Simply check in with Mary Crowell/Bob Chandler for tech or Mimi Chandler for RE.

We are thankful to all our volunteers and to so many different committees and task forces that help further our SKUUF outreach.

In gratitude,

Bob Chandler

[Back to Home Page](#)



Soul Matters is an in-depth, small group conversation about our monthly themes. If you'd like to know more or would like to sign up, please contact Sharon at [admin@starrkingfellowship.org](mailto:admin@starrkingfellowship.org). To learn more about Soul Matters check out <https://www.soulmatterssharingcircle.com/>.

### 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 to November!

If you are like me, you might be feeling some anxiety about the upcoming election season. I can think of no other way to counter that emotion than by lifting up the power of music.

The first weekend of the month features a coffee house/open mic hosted by the Youth group. What a great opportunity for us to gather and celebrate the music makers among us.

On Sunday November 24th, we will feature our Fellowship musicians in a day dedicated to Soundscapes - folks bringing their gifts to highlight the importance that music brings to the community. There is no specific "theme" other than that which people wish to share. If you have a song that you want to share, please contact me at [sdjones88@hotmail.com](mailto:sdjones88@hotmail.com).

One of my favorite musicians is Bonnie Raitt, and I am so excited to join my Yellowstone Hen Sisters in Roanoke, VA to see her live in concert in mid November. My signature song is John Prine's "Angel from Montgomery," which is one of Bonnie's anthems as well. What a treasure!

Keep singing, friends, through this season of change.

See yall in church,  
Sarah Dan



## SCHEDULE:

Sunday, November 4 - Sarah Dan, musician

Sunday, November 10 - Sarah Dan and the choir

Sunday, November 17 - Will Gunn, musician

Sunday, November 24 - Sarah Dan and friends - MUSIC SUNDAY

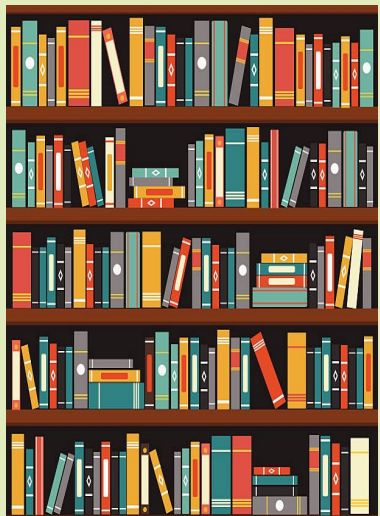
Choir meets every Thursday in the sanctuary at 6pm. NO CHOIR on November 14<sup>th</sup> and the 28<sup>th</sup> (Thanksgiving).

[Back to Home Page](#)

## 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

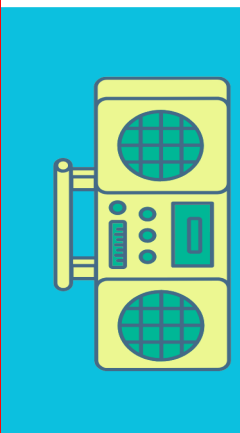
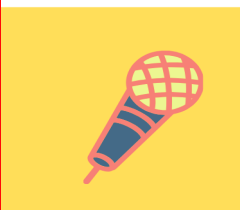
### Religious Education

This past month on Sunday mornings, the children, alongside the RE teachers, have been exploring the theme of Deep Listening. They practiced sitting in silence, each week trying to add a little more time, as well as other mindfulness activities to help them practice tuning in to the sounds around them. Engaging in deep listening activities helps us to hear our inner voice better. It also helps us to be better listeners to one another, and therefore reach deeper levels of mutual understanding. This upcoming month, as a group we will explore the theme of Repair. We are always looking for new RE volunteers! If you're interested in signing up for a Sunday or would like to learn more, please send me an email at [dre@starringfellowship.org](mailto:dre@starringfellowship.org).



Our Middle and High school youth groups have been meeting regularly and are organizing an Open Mic/Coffee House event for the beginning of November. The groups are discussing the details of an upcoming trip to Costa Rica and are excited to continue planning more Fellowship-wide events. We are very excited to share that the Our Whole Lives course we are offering has begun and they will continue to meet regularly until April. This course provides youth with essential, life-saving information about sexuality and relationships - subjects that in many states, including New Hampshire, are not safe for teachers to teach in classrooms due to the threat of prosecution. Offering this course at SKUUF will have a huge impact on the lives of the youth participating, and have a ripple effect in their circles of peers. In the future, we hope to be able to offer more OWL programs, to an even wider range of ages. If becoming an OWL teacher is something you've ever considered - please send me an email and we can talk about possibilities!

[Back to Home Page](#)



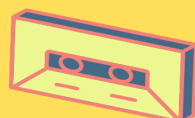
**COOL BEANS:  
COFFEE  
HOUSE  
& OPEN  
MIC  
NIGHT**



**NOV  
3  
4-6PM**

**HOSTED BY THE  
YOUTH GROUP**

Entrance by donation  
Coffee, tea, chai and snacks available



For more information contact  
[stephanie.halter@gmail.com](mailto:stephanie.halter@gmail.com)

## Climate Action

### **An important Item for Our Climate Action Focus This Year: New Hampshire Climate Action Plan**

In August, 2023 the Federal Environmental Protection Agency awarded a Climate Pollution Reduction grant to the NH Dept. of Environmental Services (DES) as part of the Inflation Reduction Act. The Act outlines 3 objectives

- Reduce climate pollution while supporting the creation of good jobs and lowering energy costs for families.
- Accelerate work to reduce environmental impacts to low-income, overburdened communities.
- Deliver cleaner air by reducing harmful air pollution in places where people live, work, play and go to school.

The initial development of what this Plan would contain for our State was completed by the NH DES in March, 2024, based on stakeholder engagement which was facilitated by the University of New Hampshire. The next step to be taken is the development of a NH Comprehensive Climate Action Plan by August, 2025.

The public is invited to participate in kickoff events:

- online on December 10, 2024, 5:30 pm – 7 pm and
- in-person at the NH DES auditorium, 29 Hazen Drive in Concord, December 11, 2024, 8:30 – 11:30 am

A summary of the March, 2024 NH Plan includes an emphasis on sectors creating our State's greatest greenhouse gas emissions (transportation, residential buildings), energy systems, water systems, and waste reduction.

Other climate-related developments will present opportunities to us in the months ahead. In August, 2024 the U.S. Environmental Protection Agency announced a grant program that will help many New Hampshire families defray the high upfront costs of buying a home heat pump system. We can help get the word out as details become known about this grant and other incentives become available for the move away from fossil fuels.

***Nancy Chaddock for Climate Action***

## **November 2024 Outreach Offering**

This month's Community outreach, on November 17<sup>th</sup>, will be for the Plymouth Area Community Closet. An organization that Starr King has continued to support throughout the years. It has been around since 1951. It has done many things through the decades but now the main work is through their financial aid office where they administer fuel assistance through the Keep the Heat On program. The Food Pantry is also open two mornings a week serving families from Plymouth and 14 surrounding towns. Their longest standing project is the Holiday Food Baskets which is done every December.

Bob Gannett, a Board member of PACC and a member of Starr King, will be speaking on November 17<sup>th</sup> about the work of the organization. Please join us.



## Second Sunday Hike - November 10, 2024

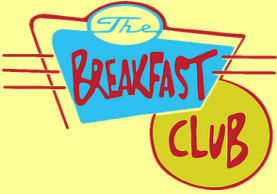
Join us as forest technician Amey Bailey guides us through the Hubbard Brook Experimental Forest, owned and operated by the US Forest Service in Woodstock/Ellsworth.

Learn how nearby small watersheds have served as an outdoor laboratory continuously measuring water and nutrient transport through forested ecosystems since 1955, and how things have changed over time. The hike is 2-3 miles with some hills and steep inclines through the south facing experimental watersheds. An exciting, moderate hike for outdoors students of all ages. We will leave from the lower parking lot at Starr King at 11:30 AM after the service. Contact Deedie at [deedikriebel@gmail.com](mailto:deedikriebel@gmail.com) if you would like to join us and for updates.



[Back to Home Page](#)

## Friday, November 8, 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 "In the Path of Totality" exhibit at the Museum of the White Mountains on the PSU campus at 10 AM. Contact Deedie for a printable Breakfast Club Parking Pass. We will be able to leave our cars in Parking Lot 204 at PSU, while we eat breakfast and participate in the activity. Please contact Deedie at [deedikriebel@gmail.com](mailto:deedikriebel@gmail.com), if you would like to join us.



**Thanks to Bill Haust for displaying  
his beautiful artwork in our foyer.**

Bill lives on Winterhill in Ashland with several four-legged friends. After an idyllic childhood on a 3rd generation farm in the Finger Lakes of New York State, Bill worked as a high school art teacher in several schools in New York and New Hampshire before joining the Art Department faculty at Plymouth State University. After 30 years at PSU, Bill retired to care for his home and animals and return to his art studio. Bill enjoys working with drawing in a variety of media and is currently exploring traditional figurative drawing. Bill is honored to share his work the the Starr King community. He has generously offered to contribute 20% of any sales to our Fellowship.



# BOOK GROUP NEWS—November

Zoom into our book group November 12 at 3:30 for a discussion of *The Oregon Trail* by Rinker Buck led by Gigi Estes and Mary Hazelton.

## SKUUF ZOOM Book Group

Tuesday, November 12

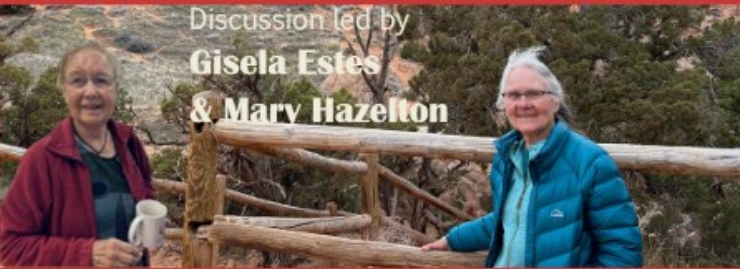
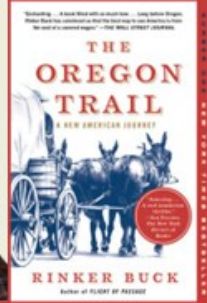
3:30 p.m. Eastern

2:30 p.m. Central

1:30 p.m. Mountain

In 2011 the Buck brothers traveled from St. Joseph, Mo., to Pendleton, Oregon, driving their team the entire distance, eschewing even the convenience and security of a chase vehicle for much of the journey.

The Bucks reached their goal after nearly 3.5 months on the trail.



Discussion led by  
**Gisela Estes  
& Mary Hazelton**

If you'd like to be on in the email zoom list, send a request to [admin@starringfellowship.org](mailto:admin@starringfellowship.org). A complete list of all the book selections for the year can be found at <https://www.starringfellowship.org/interest-groups>.

[Back to Home Page](#)

## Meditation Group, Mondays at 6 p.m.

The meditation group that had been meeting every Monday from 6 to 7 pm in the upstairs foyer, **is now meeting Mondays at 6 at Archways**. This is a small informal group that shares an abiding interest in meditation. 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.

**See you at our new location!**

**Starr King Unitarian Universalist Fellowship**  
101 Fairgrounds Road  
PO Box 337  
Plymouth, New Hampshire 03264

admin@starrkingfellowship.org  
(603) 536-8908

[www.starrkingfellowship.org](http://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.

[Back to Home Page](#)