

KUFLinks



Kingston Unitarian Fellowship

September 2018

Sunday Services at KUF

We come together each week at 10:30am as a multi-generational community for Sunday Service and Religious Exploration programming. We look forward to seeing you, speaking with you, and including you in our time for gathering! If you have any questions please reach out to Rev. Beckett Coppola at minister@kuf.ca.

September 9, 2018

The Experience Following the Vision

We all have dreams and visions and hopes, for ourselves and for others. And then there's what actually happens. Come join us for Sunday Service to explore acknowledging the limitations of what we think is going to happen, and how we can use that as a tool moving forward.

September 16, 2018

Water Ingathering

Our annual ingathering and water ceremony celebrates a return to the source in gratitude for life and for community. Every drop of water is on an amazing journey, just as we are! On this special Sunday we celebrate a community that gives us life, a beloved community where we water each other and together we grow. Please bring a

small amount of water from your home or elsewhere representing your summer break; the waters will be combined and together becomes the living waters of our living tradition.

After the Service: Lunch Bunch, Peony Restaurant

September 23, 2018

Choosing When to Lean In

The idea of leaning into things when they are hard is intrinsic to any visioning exercise, i.e. if we don't fail occasionally then perhaps we aren't really trying hard enough. And there are moments to sit back and allow time, perspective, healing, and more to occur. Join us today for an exploration of the different choices we always have before us, and how all of them are held in our theology.

PLEASE NOTE: Today's service will include a Blessing of the Backpacks for all those starting a new academic year, a new year of work, a new job, or a new creative endeavor. Please bring your backpack/briefcase/portfolio/etc. to Sunday Service so that we can bless one another and cheer each other on as we build visions for our lives and our life together in community.

After the Service: Path to Membership and KUF Orientation

September 30, 2018

Raising Our Awareness of Deaf Culture

Leah Riddell will join us on Sun Sept. 30 for our service Leah is a co-founder of S5WAVES, a non-profit community organization dedicated to raising awareness of Deaf Culture. She teaches American Sign Language, is a mentor and social promoter who cares deeply about the success of accessibility because she sees the deep impact on the lives and well-being of the community. Leah is the Outreach Director of the Ontario Cultural Society for the Deaf, bringing awareness, education and training to the community on Deaf Culture. www.ocsdeaf.org. Please stay after service to chat further with Leah.

After the Service: Shared Lunch

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From the desk of... The Rev. Rebecca C. Coppola:



There's one quote we could all benefit from this month. The author is

unknown, but they've given us a great gift:

“What will mess you up most in life is the picture in your head of how it is supposed to be.”

This might not be the place you usually start when it comes to the topic of vision. Most often, conversations about vision tell you to hold on tightly to a picture of how it is supposed to be, not to be suspicious of the picture.

We're encouraged to “stay true to your vision.” We're told, “Without vision, the people perish.” We're warned that without a clear vision we're vulnerable to whatever wind may blow.

To be clear: all of this is true: a clear vision anchors us; it gives us direction and hope; it is, indeed, a precious thing to which we should hold fast.

But holding fast is also dangerous because no vision is perfect or complete. They are all flawed and limited. Every vision distorts even as it clarifies, and life changes can happen on the dime.

If you stay true to the vision of what might be behind a closed door, you'll just end up spending your life banging your head against the wall. Some doors stay closed, and when we turn away we'll find that another door has opened.

As Unitarian Universalists, we also know that one vision isn't enough to hold the scope of human imagination. As clear as our perspectives may be, we all

know that one perspective is only of the partial truth, the partial vision. To see the entire view, we need everyone's point of view.

It is clear that being a people of vision is hard work! Knowing when to stay true to your vision and when to let go is truly a tricky task within our free faith. Figuring out when to keep your vision front and center and when to de-center it and make room for others trips up the best of us.

Besides being risky, holding tightly to one single vision is also just no fun! We don't just have an obligation to see things from others' points of view; we have access to the gift of seeing things from others' points of view! Learning about the visions of others isn't just a way of making up for your incomplete perspective. It's also an invitation to see the world through fresh eyes. And while having to let go of visions and dreams that we are attached to can be painful, it's also exhilarating to evolve and grow.

And maybe that's the most important vision of all this month - not of a stern-faced people sticking to their single vision through thick and thin, but that of a playful people exchanging visions and helping each other encounter new and larger worlds. A people who don't just ask each other “Are you staying true to your vision?” but who also say with a smile, “What new vision is calling to you?”

So, Kingston Unitarian Fellowship, what new vision is calling to you?

In Faith & Fellowship,
Rev. Beckett Coppola

(Adapted for KUF from the 2018 Soul Matters materials on the theme of 'VISION' by Rev. Beckett Coppola.)

KUF Amnesty International Report

June 3, 2018

By Barbara Dick

On June 3, members of KUF participated in 3 letter-writing actions on behalf of victims of human rights violations.

First, we wrote to officials in Nigeria about women and children refugees who fled the Boko Haram and are living in a camp for Internally Displaced Persons. With no explanation, state officials cut off their food supply in April, and they are facing severe malnutrition.

Secondly, we wrote to officials in Saudi Arabia on behalf of 3 women human rights defenders who have been detained incommunicado and in an unknown location since mid-May. The women are all leading campaigners in calling for women's right to drive and the end of discrimination against women and the abolishment of the male guardianship system in SA.

Finally, on a Canadian case, we wrote to PM Trudeau, the Ministers of Justice and Foreign Affairs, and our MPs calling for a public inquiry into the extradition of Dr. Hassan Diab to France in 2014. He was returned to Canada in January this year, after waiting over 3 years in solitary confinement for a trial. He was never charged or tried, due to lack of evidence. In light of recent revelations that Dept of Justice officials in Ottawa helped France to extradite him and then withheld key evidence that would have exonerated him from the extradition court and Hassan's defence, Amnesty International is calling for an inquiry and a change in the Canadian extradition laws.

This was the last letter-writing session for this year. The next table will be held in the fall. Thanks to all the

supporters who put pen to paper to help people who are not in a position to help themselves.

How to Reach Rev. Beckett:

Friends,
I am available for appointments in person or by phone on Tuesdays, Thursdays, and one other day per week. If days don't work for you I will adjust my schedule as needed to meet with you, and please be sure to reach out anytime you have a pastoral care need. To reach me please email minister@kuf.ca.

Peace,
Rev. Beckett Coppola

Thematic Experiments: Your Vision Mentor

Our visions of the possible and the good are most often given to us, or at least greatly shaped by others. They come as gifts that are cultivated, inspired and midwived by those we consider visionaries or mentors. So, who are your vision mentors? What poet, preacher, spiritual teacher, artist, activist or musician helps you hold on to your vision of the possible and the good?

Use this month to honor them and refresh their vision in your mind's eye. Re-read the book they wrote. Pin up your favorite quote or picture of theirs. Memorize their poem so you can more easily keep it close. Whatever your method, find a way to keep them front and center this month, paying attention to new ways they are calling to you or propping up your hope and commitment.

(Excerpted and adapted for KUF from the 2018 Soul Matters materials on the theme of 'VISION' by Rev. Beckett Coppola.)

Celebration of Life for Alice Hanna

The remarkable and beloved mother of Gail Dick and husband Dennis (Bloomfield, ON), of Rod Hanna and wife Maureen Ballad (Kingston, ON) and of the late Gary (Cheryl), passed away gently and peacefully with her family by her side at Prince Edward Memorial Hospital on August 9, 2018 at the age of 95.

A celebration of Alice's very full life was held Saturday, September 1, 2018 at 2 pm at Unitarian Place,
206 Concession St., Kingston, ON.

Memorial donations in lieu of flowers would be kindly appreciated by the family to:

Lymphoma Canada or
USC-Canada (Unitarian Service Committee) or
Gord Downie Chanie Wenjack Fund

New Address for the Canadian Unitarian Council

Effective September 15, 2018 the new address for the Canadian Unitarian Council is:

Canadian Unitarian Council
@ Centre for Social Innovation
#302 192 Spadina Avenue | Toronto ON | M5T 2C2

The phone numbers will remain the same.

OWL Returns

KUF is pleased to announce the return of the Our Whole Lives (OWL) sexuality health education program. Program details will be announced soon, but will include

programs for children/youth in elementary and middle school. These programs will fill the gap of important content that is missing from the newly reinstated public school curriculum. If you are interested in registering your child(ren) or helping support this important work, please contact Amy Findley at re@kuf.ca.

For additional details see press release on page 5

Continuing the KUF Social Justice Conversation

All congregation members are invited to participate in the next steps of the evolving conversation about forming a social justice community at KUF on Sunday Sept 16 from 12:30-2.

Potluck from 12-12:30.

For any more information, please contact Susan:
susanhyoung65@gmail.com or 613-650-7906.

What are your priorities for the ministry of KUF?

The Committee on Ministry is planning 4 small group discussions to get your feedback. These will be similar to the 'cottage meetings' the Ministerial Search Committee held 2 years ago. Since then, we have had Reverend Beckett with us for a year and we have many new members. We want to give members and friends an opportunity to share their vision of KUF. The outcome of these meetings will help the minister and the congregation plan for the future. This is the schedule for the meetings.

- Sunday, September 30; 12:30-2:00pm in the Ed Ratcliffe Room; facilitated by Gordon Darrall
- Thursday, October 4; 6:30-8:00pm in the Ed Ratcliffe Room ; facilitated by Kim Irvine –Albano
- Wednesday, October 10; 2:00-3:30pm at the home of Sandra Woodhouse
- Thursday October 18, 7:00-9:00pm at the home of Bob Hotrum

There will be sign-up sheets at the back of the sanctuary, so that we know how many to expect at each gathering. If you have questions please contact Gordon at 613-353-9989 or darrallg@kos.net

Video from KUF's Installation of Rev. Beckett is available!

On Earth Day 2018 we installed our new minister, Rev. Beckett Coppola, in a beautiful service held at the Fort Henry Discovery Centre. We filled the room, and celebrated with special guests from multiple levels of government and multiple other faith traditions. The service was attended by UU ministers and seminarians from Central and Eastern Canada, as well as from across the US, and we shared wonderful food and drink after the service.

If you were unable to be with us, or if you wanted a chance to hear some of the wonderful talks again, the video is now uploaded!

The following link is available thanks to our videographer, Erty Seidohl, and the coordination of

Installation Committee Chair Keith Gawronski:
[installation video](#)

Many thanks to all who contributed so much to make this a day to remember!

KUF Front Door

The Building Committee has upgraded the security of the glass doors at the front of our building on Concession Street with the agreement of the tenants in the building. The doors are now going to be locked at all times, and can be opened with a code entered in the code box outside the door.

The doors I am talking about are the glass doors at the front of the building, our accessible entrance, and not the usual KUF entrance on the west side.

There are a few KUF members/friends who use the ramp and would need the code to get in on Sunday morning. If you need to use the front door to access the space please let me (allan@hamnds.net) know and I will provide the code.



KUF Vocal Volunteers NEED YOU:

Sopranos, Altos, Tenors, Bass'- Anyone who can hold a note can learn!! We have the best seats in the house, lots of fun and laughter,

And we all enjoy our work. Talk to Phyllis our Choir Director – no audition necessary. Music provided.

Unitarians Offer Comprehensive Sex Education Program

The Canadian Unitarian Council (CUC) announces the availability of the sex education program, Our Whole Lives (OWL), to Ontario schools and parents.

Toronto, Ontario, Canada – August 29, 2018 – The Canadian Unitarian Council (CUC) advocates for fact-based sexuality education, which is provided in many Unitarian congregations through its progressive Our Whole Lives (OWL) program.

The CUC believes that the Ontario government’s decision to repeal the comprehensive 2015 Health and Sex Education curriculum and reinstate the curriculum from 1998 will leave children at risk and adversely impact schools’ ability to create cultures of inclusion, safety and consent. Neither does it prepare students of all genders and sexual orientations to develop healthy, consensual relationships

To fill the gap of the important information and content that is missing from the 1998 curriculum, the Canadian Unitarian Council supports and promotes Our Whole Lives (OWL). OWL is an extensive lifespan sexuality education program created almost 20 years ago by the Unitarian Universalist Association and the United Church of Christ in the US. The curricula includes age ranges from kindergarten to adulthood, and has been updated regularly to stay current. The 2018 OWL program provides

honest, accurate, and developmentally appropriate information about a range of topics including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality.

OWL supports and encourages family conversations about sexual values and healthy decision making. The curriculum is based on the principles of self-worth, sexual health, responsibility, justice, and inclusivity, and helps people of all ages make informed and responsible decisions about their sexual health and behaviour. The program dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives.

“Through our experience offering Our Whole Lives, we understand the profound effect that inclusive, respectful, fact-based sex education can have on young people,” says Vyda Ng, Executive Director of the CUC. She adds “Our Whole Lives empowers children, teens and others across age lifespans to understand not only their bodies but also their relationships and the importance of consent and respect in building healthy relationships.”

The Canadian Unitarian Council is deeply concerned that the loss of comprehensive sexuality education in Ontario schools will leave children and youth vulnerable at a time when they most need accurate information and empowerment to make good decisions. Asha Philar, OWL Coordinator for the CUC states, “The Our Whole Lives

program gives youth the tools to make healthy and age-appropriate choices and helps LGBTQ youth find self-acceptance and support. Without access to accurate information and learning opportunities, Ontario students are put at risk and we fear that LGBTQ youth will face even more barriers to acceptance.” OWL programs are available through many Unitarian congregations from September to May. To find out more about the OWL program and where workshops for ages kindergarten to adult are available, contact owl@cuc.ca.

More information about the CUC’s Our Whole Lives Sexuality Education program can be found on the CUC website. <https://cuc.ca/congregations-leaders/religious-exploration/our-whole-lives-owl/> or email owl@cuc.ca.

Additional information and calls to action:

Members of the CUC and its congregations are invited to sign the following petition calling on Premier Ford to keep Ontario’s 2015 sex-ed curriculum:

<https://you.leadnow.ca/petitions/doug-ford-keep-ontario-s-sex-ed-curriculum>

Please phone Education Minister Lisa Thompson to reinstate the 2015 Ontario Health and Sex Education curriculum [here](#).

Spirit of Adventure for RE in 2018

This year we’ll be using the Spirit of Adventure curriculum, designed to teach UU identity to active kids. There are lots of fun activities and the curriculum is divided into the following themes: sports, medicine, food, winter holidays, science, building, exploring, and the web of life.

This curriculum includes sessions that recommend a visitor from the congregation who has a specialty to share. The purpose of these visits is to expose the children to a

variety of role models. The types of visitors we'd like to have this year are listed below:

- Sports - player, fan, or coach of a sport
- Medicine - EMT, doctor, nurse, firefighter
- Food - chef, caterer, restaurant owner, orchardist, gardener, farmer
- Winter Holidays - person who will share a holiday tradition from a different country or faith
- Science - scientist
- Building - architect, engineer, carpenter, sculptor, woodworker, potter
- Exploring - mountaineer, scuba diver, map maker, world traveler
- Web of Life - veterinarian, biologist, farmer, equestrian, pet owner, ASPCA worker, forest ranger

Do one of these describe you? Would you like to share your passions with the KUF kids?

We're hoping to have teachers/assistant teachers sign up for a theme and teach the associated 3-5 lessons. These lessons will typically be back to back, so 3-5 Sundays in a row. Would you be interested in leading or assisting one of these themes this year? Which theme sounds most interesting to you?

If you're interested in teaching, we'll have a training session early this fall so that you feel comfortable with the routines, policies, and curriculum. Stay tuned for details. If you'd like to be a special guest, let Amy know which theme works best for your skills and passions and we'll be in touch about the best date to visit. Please email Amy, RE Coordinator, at re@kuf.ca for further details or to express interest.

KUF is pleased to announce the return of the Our Whole Lives (OWL) sexuality health education program. Program details will be announced soon, but will include programs for children/youth in elementary and middle school. These programs will fill the gap of important content that is missing from the newly reinstated public school curriculum. If you are interested in registering your child(ren) or helping support this important work, please contact Amy Findley at re@kuf.ca.

KUF Policy Corner

Right Relations and Disruptive Behaviour Policy - amended June 2017

This policy, # 5.25, found on pages 68 and 69 of the KUF Organizational Guide (KOG), focuses on how KUF operates as a welcoming community. In a series of statements, the policy holds us, as part of the KUF community, to a welcoming and caring standard.

These statements ask us to agree....

...to be open and curious about the theological understandings of others,

...to listen with care to their experiences and thoughts,
...to respond respectfully and conversationally, celebrating the diversity of all.

Should conflict occur, we strive to deal with it promptly, directly and respectfully, giving priority to the collective good of the congregation over any individual's views. We see these ideas as fundamental rights and responsibilities of all attending KUF.

While every faith community hopes that its function is free from

disruptive behaviours, occasionally such an issue may arise and have to be dealt with. To support KUF in how best to respond in such situations, this policy goes on to describe how we as a community can best guide that response. The responses have been carefully constructed so that problems that may arise are not ignored, but rather dealt with in a responsible manner that is in keeping with the values of community that KUF espouses.

The above is grounded in the policy's closing statement....."Concern for the safety and well-being of the congregation as a whole must be given priority over the privileges and inclusion of the individual."

Jan Hartgerink - Board President



Poetry & Prose Sharing Group

The group meets on the third Wednesday of the month in the Ed Radcliffe Room

Publications

KUFLinks: The monthly newsletter. Please send submissions by the middle of the month. It is usually published on or about the last Sunday of the month. Send submissions to news@kuf.ca.

Past issues of KUFLinks can be found on the KUF website at www.kuf.ca/news/newsletters/.

Don't forget to send us your sub-missions for our column "Members and Friends". We invite you to share news of events or milestones, such as major anniversaries, births, etc. Please keep submissions short, say, no more than two sentences. We also welcome any photos you think others would enjoy.

MiniLinks: A weekly reminder of upcoming events sent out by e-mail every Friday, as a supplement to the monthly KUFLinks. Send submissions to news@kuf.ca.

Website: www.kuf.ca. To comment on website content, send an e-mail to news@kuf.ca.

Calendar: www.kuf.ca/news/calendar/
We constantly update the calendar. If you use Google Calendar, you can also view the KUF events on your own calendar. Check the instructions on the “Calendar” page on the KUF website.

Order of Service: The Sunday program announcements for the coming week. Please send announcements to office@kuf.ca by Wednesday noon. Indicate “OofS announce” in the subject.

Facebook: Be sure to share postings of interest with your friends:

[www.facebook.com/KingstonUnitarian Fellowship](http://www.facebook.com/KingstonUnitarianFellowship)

[www.facebook.com/KingstonUnitarian FellowshipChildrenRE](http://www.facebook.com/KingstonUnitarianFellowshipChildrenRE)

Lay Chaplains: Please refer our lay chaplains to your family and friends for weddings, memorials, and child namings.

www.kingstonweddingofficiant.com
www.kuf.ca/ceremonies/

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 2:00 pm Alice Hannah Memorial Service	2 10:30 am Service and Childrens program 10:30 am Quakers Service 6:30 pm Sangha 6:00 pm Rental
3 12:00 pm Rental (tent.)	4	5 10:00 am Sewing and Crafts Group 7:00 pm KUF Board Meeting	6 4:00 pm KUF Executive	7	8 2:00 pm Rental (Tent.)	9 10:30 am Service and Children's Program 10:30 am Quakers Service 1:30 pm Repair Cafe 5:00 Rosh Hashanah 6:30 pm Sangha
10 9:00 am Rosh Hashanah	11 7:00 pm Rental (Tent.)	12 10:00 am Sewing and Crafts Group 7:00 pm KUF Board Meeting	13	14 2:30 pm Recorder Group	15 9:00 am Beit Sefer	16 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm KUF Social Justice Conversation 12:00 pm Lunch Bunch, Peony Restaurant 1:00 pm Rental (tent.) 6:30 pm Sangha 7:00 pm Youth Group
17 4:00 pm KCC Meeting	18 5:00 pm Yom Kippur	19 9:00 am Yom Kippur 10:00 am Sewing and Crafts Group 2:00 pm Poetry and Prose Sharing Group 4:00 pm Yom Kippur	20 2:00 pm Open Circle	21	22 9:00 am Beit Sefer 10:30 am Rental (tent.)	23 10:30 am Service and Childrens Program 10:30 am Quakers Service 12:00 pm KUF Path to Membership & Orientation (Brown Bag Lunch) 1:00 pm Rental (tent.) 6:30 pm Sangha
24 5:00 pm KCC Board Meeting	25	26 10:00 am Sewing and Crafts Group	27	28 2:00 pm Recorder Group	29 9:00 am Beit Sefer	30 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Shared Lunch 6:30 pm Sangha 7:00 pm Youth Group



Board of Directors 2017-2018 Committees and Board Liaisons

Role	Director	Liaison	e-mail
President	Jan Hartgerink		jhartgerink64@gmail.com
Vice president	Joe Pater	Administration	joelpater4@gmail.com
Past President	Daphne Hand	Lay Chaplaincy	daphneh@kos.net
Secretary	Astrid Trefzger	Sunday Services	bsursimim@gmail.com
Treasurer	Elaine Peterson	Finance	beehappyhoney@hotmail.ca
Directors at Large	Laura Miller	Social Justice/Action	miller.laura.2@gmail.com
	Helen Cutts	Communications	kingstoncutts@gmail.com
	Janet Armstrong	Membership & Hospitality	Janet.armstrong@magma.ca
	David Wendt	Building	dwendt4236@gmail.com
	Vanessa McCourt	RE Committee	mccourt@queensu.ca

(For phone numbers see KUF Directory.)

Working with a committee is a great way to get to know each other better – working with other Unitarians helps us to practice our principles in a safe space and learn from each other.

(See "Serving with Grace" Eric Walker Wikstrom" Chapter one "The Spirituality of Service")