

# KUFLinks



October 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](mailto:minister@kuf.ca).

October 7, 2018

### *The Oasis of Community*

This Thanksgiving weekend let's talk about how, in the words of Rev. Elea Kemler, "our principles call us to walk each other home." In an era of loneliness, separation, and division the oasis of community is the place where we will build mechanisms to save us from what lies outside our walls. Through the hard times and the easy a people of sanctuary stand by each other and by the sides of strangers—in our case because our principles guide us to our destination.

After the Service: Soup Lunch

October 14, 2018

### *Belonging and Radical Welcome*

What does it mean to create belonging and aspire to radical welcome? And how is this related to our call to engage with justice work? Let's explore an aspect of this topic as we continue to unravel our monthly theme of sanctuary.

After the Service:

- OWL Parent Orientation (Grades 1-3)
- Path to Membership and Orientation

October 21, 2018

### **When Crisis Calls: Advancing Just Migration for All**

Join us for KUF's Annual United Nation (UN) Sunday, celebrating the work of the United Nations and our Unitarian Universalist (UU) United Nations Office. The theme of the UU UNO's work this year is the many aspects of just migration, including the increasing need for the global community to address climate forced migration and climate refugees. How can we as UU's and as a people of sanctuary respond to this increasing global human need?

After the Service: Lunch Bunch, Peony Restaurant

October 28, 2018

### ***Our Many Masks***

As we come upon Halloween, All Souls, and other annual fall holidays we also have a wonderful opportunity to investigate the many masks and disguises we wear. Sometimes they are useful, and sometimes they are even fun. And sometimes they become a trap that prevents us from finding our way home. Come join us for a Sunday Service followed by lively conversation and our monthly shared lunch.

After the Service: Shared Lunch

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



The word 'sanctuary' can bring one a

## Table of Contents

Sunday Services at KUF.....	1
From the desk of... The Rev. Rebecca C. Coppola:.....	1
How to Reach Rev. Beckett:.....	2
Thematic Experiments: Share Your Umbrella.....	2
What are your priorities for the ministry of KUF?.....	3
KUF Fundraising Concert.....	3
Have a Say - Now's Your Chance.....	3
Our Whole Lives at the Kingston Unitarian Fellowship.....	4
Calling all Young Adults at Kingston Unitarian Fellowship!.....	4
Thanksgiving Monday, October 8, 2018.....	4
Parliament of the World's Religions Canadian Registration.....	4
Blue Ribbon tradition at KUF.....	5
Craft and Chat Wednesdays October 10 and 24.....	5
"Creating Theology Together".....	5
KUF Policy Corner.....	5
Privacy.....	5
Publications.....	6
Board of Directors 2017-2018	
Committees and Board Liaisons.....	8

sense of peace and safety, and it can also bring up conflicted thoughts and memories for some. Like one definition's close cousin 'refuge,' it speaks to the universal longing for a space to retreat from the dangers and depletions of the world. For some of us it can bring up family ties or friendships that protect, restore and heal us. Various sanctuary movements providing refuge for immigrants and refugees is another powerful example of how this word can be used. As the well-loved Irish proverb puts it, "It is in the shelter of each other that the people live."

The hunger for protection and the call to protect each other will be central to some of our conversations this month.

But as we dig deeper, we are reminded that the sanctuaries in our lives do more than simply protect us. They also send us. They don't just help us heal from our journeys; they also strengthen us for the new journeys ahead. In their fullest, they are not escape houses as much as fueling stations. They don't just whisper "Come and rest," but also "Be filled and go!" The image of a toddler leaving and returning their parent's leg comes to mind. Our "home base" is sometimes not a tether, but the very thing that allows us to venture out.

Where have you found shelter? Where do you find it now? And, having been empowered by the shelters you have found, how might you share that same gift with others?

Along the way, we also discover that our sanctuaries need sheltering and protection themselves. It's a paradox: our sanctuaries can't protect and repair us unless we also protect and repair them. The green sanctuary movement is a great example of this—the solace of nature and the life-giving force of the interdependent web needs us as much as we need it.

The same is true for the sanctuaries in our personal lives—friendship, silence, stillness.

They are all things that wither if we don't tend to and make space for them.

So, in the end, maybe the most important question this month is "How are we caring for

our sanctuaries so they can take care of us?" In Faith & Fellowship, Rev. Beckett Coppola

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

## 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](mailto:minister@kuf.ca).  
Peace,  
Rev. Beckett Coppola

## Thematic Experiments: Share Your Umbrella

There's a beautiful UU children's story called "The Umbrella Sanctuary." Its message is for kids and adults alike. In it, the umbrella represents the many ways others offer us sanctuary from the storms of life as well as the many ways we can pass on that shelter to others. The story also gently reminds us that we overlook opportunities to offer shelter and sanctuary every day. If our attention is sharp, we will notice that all around us people are getting wet in the metaphorical rain.

So, this month, you are invited to use the story to wake your attention and seek opportunities to lend someone your umbrella. This exercise also asks you to go one step further and use a literal umbrella as your daily reminder. Yes, it may feel a little silly at first, but after reading the story, you'll feel differently. Find an umbrella and

hang it by the door of your home so you are reminded every day as you head to work. Or take an umbrella with you and let it hang out near your desk as your daily reminder. You might even just let it lay in the back seat of your car for the month. Whatever you choose, use it as a reminder and meditative token of all times someone has noticed you in need, and how your gratitude for that calls you to keep an eye out for those often subtle (and not-so-subtle) signs that someone else needs the gift of human shelter.

The full story can be found here: <https://www.uua.org/worship/words/story/umbrella-sanctuary>

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

## 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](mailto:darrallg@kos.net)

## KUF Fundraising Concert

Thursday, October 11th Unitarian Place 206 Concession St Kingston, ON 7:00-9:00pm Cost \$25/person. Tickets At Eventbrite and at the door. Doors Open at 6:30pm.

What You Can Expect From Crystal Journey:

The show will take place in two 40 to 50 minute sets. David's usual set up includes 6 Quartz Crystal Bowls, 8-10 Paiste Planet Gongs & 2 Persian Santoor's. Nothing is amplified, pre-recorded or rehearsed. Each set and performance is sonically pure and unique. You can purchase CDs and other merchandise at the shows

Tickets available at: <https://www.eventbrite.ca/e/crystal-journey-at-unitarian-place-kingston-tickets-48891406513>



## Have a Say - Now's Your Chance

The fall pledge campaign always includes a theme. The theme is intended to stimulate thinking around KUF's purpose which is, as Our Mission Statement says in part “the development of spiritual and personal growth.” The theme also provides a topic for a discussion that may be part of the conversation between members during the campaign.

The Campaign 2019 Committee, Bob Hotrum, Ann Copland, Janet Armstrong and Allan Hammond, now puts forward three possible themes for the Campaign. They are:

- Embracing Life and Community
- Working With Our Hands and Our Hearts
- Creating Love and Balance

We invite the members of the congregation to vote for the theme that seems best for this fall. This coming Sunday and the two following, there will be a ballot sheet at the back and another on each of the side walls. Please indicate your selection with a check mark and put your initial beside it. Please vote only once. The theme with the most choices will be selected for the campaign.

# Our Whole Lives at the Kingston Unitarian Fellowship

Press Release  
October 1 2018

In response to Ontario government's decision to repeal the 2015 Health and Sex Education curriculum the Kingston Unitarian Fellowship (KUF) is now offering the comprehensive sex education program, Our Whole Lives (OWL). KUF and the Canadian Unitarian Council (CUC) have been long time advocates for fact-based sexuality education and inclusion. The CUC believes that the repeal of the 2015 Health and Sex Education curriculum will leave children at risk and adversely impact schools' ability to create cultures of safety and consent. KUF hopes to help fill the gap by offering this unique lifespan sexuality educational program.

OWL is a secular program created 20 years ago by the Unitarian Universalist Association and the United Church of Christ in the US. The curriculum 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 bodies, birth, relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality.

KUF will be offering OWL for grades 1-3 and 4-5 at 206 Concession St. throughout the school year. The program will take place one Sunday a month on the following dates: Oct 28, Nov 11, Dec 9, Jan

27, Feb 24, Mar 31, Apr 28, and May 26. A mandatory orientation for both participants and their parents/caregivers will take place in early October. Older grades will be offered in 2019. You can learn more about OWL here:

<https://www.uua.org/re/owl>.

Interested participants are asked to email KUF's Religious Exploration Coordinator, Amy Findley at [re@kuf.ca](mailto:re@kuf.ca).

KUF is a liberal religious congregation, founded over six decades ago on principles of tolerance and respect for all people, wisdom traditions, and the environment. We are a welcoming and affirming community committed to making our world a better place through our actions. Please refer to the KUF webpage [www.kuf.ca](http://www.kuf.ca) or feel free to reach out to our minister, Rev. Rebecca C. Coppola <[minister@kuf.ca](mailto:minister@kuf.ca)>, for more information.

## Calling all Young Adults at Kingston Unitarian Fellowship!

Are you a young adult (generally 18-35 years old) at KUF? If yes — a group is beginning to form just for you!

We are hoping to create a fun, thoughtful and welcoming community of spiritually progressive young people, and will be gathering once per month, on 2nd Wednesdays, from 6:30-8:30pm for connection, conversation, and community building.

Please reach out to Rev. Beckett at [minister@kuf.ca](mailto:minister@kuf.ca) to get connected, and watch for a FB event coming soon!

## Thanksgiving Monday, October 8, 2018

Thanksgiving dinner at Unitarian Place , Main hall at 5pm on October 8, 2018.

\$2 toward the cost of turkeys can be donated the day of the dinner.

There will be 2 smaller turkeys , cooked by volunteers , with potluck contributions from those attending.

The sign up sheet for Potluck dishes will be posted on Sunday or you can email..... [charlenehorwood5@gmail.com](mailto:charlenehorwood5@gmail.com) .... with what you would like to bring.

## Parliament of the World's Religions Canadian Registration

The Parliament of World's Religions is taking place in Toronto, ON from November 1 – 8, 2018 at The Metro Toronto Convention Centre (MTCC) located at 222 Bremner Blvd, Toronto, ON M5V 3L9, Canada.

This year's theme is The Promise of Inclusion, the Power of Love: Pursuing Global Understanding, Reconciliation, and Change. The 7th Parliament of the World's Religions will feature more than 500 programs and events and is a BIG DEAL for Toronto. An estimated 10,000 participants are expected from interfaith communities from around the world. The CUC will present three workshops, selected from more than 1,500 submissions:

1. Truth, Healing and Reconciliation: Rev. Samaya Oakley and Stephen Paquette
2. Our Whole Lives: Asha Philar and TBD
3. Welcoming Congregations: Art Brewer and Vyda Ng

The PoWR has many areas of interest for many people: • Earn your certificate in Indigenous Cultural Awareness and

participate in the Indigenous Peoples' Program.

## Blue Ribbon tradition at KUF

Have you ever looked at our row of plaques inside the Main Hall entrance? They are from the Unitarian Universalist United Nations Office (UU UNO) and celebrate our congregations' ongoing Blue Ribbon status with them. We earn this status by holding an annual service, having an Envoy Team and sending a contribution to the UU UNO, which we have been doing since 2009.

Also on this wall there is also a plaque recognizing Elaine Harvey's long-term involvement in the UU UNO, subject of an article itself in another newsletter. In the meantime, check it out on Facebook.com/ UU.UNO and the web at UUA.org/international-justice/un. The CUC website will also direct you to this page. This year we will be working to continue the Blue Ribbon tradition at KUF! United Nations Day is October 24th and on Sunday, October 21st we are once again holding a UU UNO service. There will be a special collection for the UU UNO and your participation is needed. You will learn a lot about the Intergenerational Spring Conference that was held in New York City, April 5-7, 2018, When Crisis Calls: Advancing Just Migration for All, and the discussion there on climate refugees.

Canada Revenue Agency (CRA) rules for charities outside Canada mean that your tax deductible donation is given, through the CUC, to an initiative of the UU UNO called "Every Child is Our Child". It supports the Manye Krobo Queen Mothers' Association in Ghana and specific Millennium Development Goals of: universal primary education, gender equality and combatting

HIV/AIDS.

What can you do? Bring your cash or chequebook and make out a cheque to the CUC with UU UNO in the subject line. Retirees and Students qualify with a \$30 donation and regular membership is \$60. Of course, you can give more! If we have a 5% or (15 member) participation rate, we win the Blue Ribbon award again this year! This means we need you to fill the special donation envelopes at KUF on October 21. (If you can't make it, but want to contribute, let us know before the end of this calendar year.)

Astrid Trefzger

## Craft and Chat Wednesdays October 10 and 24.

10 am until 2 pm. Come whenever you can between those hours . Bring a lunch. Come to craft and finish projects and chat. Coffee and tea provided.

## "Creating Theology Together"

**CUC Eastern Region Gathering in Kingston on Saturday, November 17**

The 'Creating Theology Together' program provides an opportunity to explore questions that humans have always asked. In our UU congregations it has, at times, been challenging to discuss theological questions, because our love of individualism has made it seem as if conflict would be the inevitable result. Yet, if our congregations

are to help us explore questions of meaning we must learn to listen to others and to share our own ideas. If our congregations are to understand who they are, and how they matter, they must be able to be the place where this work is not only possible, but celebrated. The program will draw on the work of Dr. Michael Hogue, of Meadville Lombard Theological School and will introduce participants to the practice of creating theology together. For more details and to register, check out the link on the CUC website <https://cuc.ca/events/eastern-region-fall-gathering-2018/1542445200/1542469500/> Or go directly to the website at [cuc.ca](http://cuc.ca) and click on "Events" and then choose "November 2018".

## KUF Policy Corner

### Privacy

KUF's policy on privacy is described in section 5.23 of the Kingston Unitarian Fellowship Organization Guide (KOG), which you can find on our website in the News drop down menu under KUF Related Documents. The site is password protected. If you have forgotten the password (available only to KUF members), you can request it from Sean ([office@kuf.ca](mailto:office@kuf.ca)).

Our Privacy policy deals with the measures KUF and its Board take to ensure that personal and financial information held by the fellowship are not inappropriately shared. The rules governing the use of and access to such information are clearly stated in the policy.

As currently written, the policy does not directly address the confidentiality of materials generated by KUF in the course of its activities. It is a long-standing tradition at KUF that Board, Committee, and congregational meeting minutes are available to KUF members either in hard copy or on the website. The annual budget is similarly available. What we lack is a clear statement about when it is appropriate (or inappropriate) to share the contents of

discussions (verbal or electronic) among KUF members, for example, as exchanges of opinions leading to a committee decision. The Executive and Board will be working on developing such a policy and welcome your input. Meanwhile, a useful guiding principle might be that you should ask the relevant person's permission before you share (verbally or, for example, by forwarding an email) their attributable statements with a third party.

Joe Pater  
Vice President

## 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](mailto:news@kuf.ca). Past issues of KUFLinks can be found on the KUF website at

[www.kuf.ca/news/newsletters/](http://www.kuf.ca/news/newsletters/).

Don't forget to send us your submissions 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](mailto:news@kuf.ca).

**Website:** [www.kuf.ca](http://www.kuf.ca). To comment on website content, send an e-mail to [news@kuf.ca](mailto:news@kuf.ca).

**Calendar:** [www.kuf.ca/news/calendar/](http://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](mailto: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/KingstonUnitarianFellowship](http://www.facebook.com/KingstonUnitarianFellowship)

[www.facebook.com/KingstonUnitarianFellowshipChildrenRE](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](http://www.kingstonweddingofficiant.com)  
[www.kuf.ca/ceremonies/](http://www.kuf.ca/ceremonies/)

**October 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b> 10:30 am Sunday Service Committee	<b>3</b> 10:00 am Kingston Interfaith Community 7:00 pm KUF Board Meeting	<b>4</b> 6:30 pm COM Small Group Conversation (All KUF Members & Friends Invited)	<b>5</b>	<b>6</b>	<b>7</b> 10:00 am Religious Exploration 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 pm Soup Lunch 6:30 pm Sangha
<b>8</b>	<b>9</b> 4:30 pm OWL Parent Orientation (Grades 4-5)	<b>10</b> 10:00 am Craft and Conversation Club 2:00 Offsite: COM Small Group Conversation (All KUF members invited) 6:30 KUF Young Adults: Spirituality on TAP	<b>11</b> 4:00 pm Setup for Evening Concert 7:00 pm Crystal Journey Concert	<b>12</b> 2:30 pm Recorder Group	<b>13</b> 9:00 am Beit Sefer 9:30 am Rabbi Visit	<b>14</b> 10:00 Religious Exploration Classes 10:30 am Service and Children's Program 10:30 am Quakers Service 1:00 pm KUF Auction Event 1:30 pm Repair Cafe 6:30 pm Sangha 7:00 pm Youth Group
<b>15</b> 4:00 pm KCC Board Meeting	<b>16</b>	<b>17</b> 2:00 pm Poetry and Prose Sharing Group	<b>18</b> 2:00 pm Open Circle 6:30 pm Rental (Tentative)	<b>19</b>	<b>20</b> 9:00 am Beit Sefer 1:00 pm Rental (Tentative)	<b>21</b> 10:00 Religious Exploration Classes 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm KUF Social Justice Council 12:00 pm Lunch Bunch, Peony Restaurant 1:00 pm Rental (tent.) 6:30 pm Sangha
<b>22</b> 4:00 pm KCC Board Meeting	<b>23</b> 5:00 pm Yom Kippur	<b>24</b> 10:00 am Craft and Conversation Club 2:00 pm Committee on Ministry Meeting	<b>25</b> 6:30 pm Rental (Tentative)	<b>26</b> 2:30 pm Recorder Group	<b>27</b> 9:00 am Beit Sefer 6:00 pm Rental (tent.)	<b>28</b> 10:00 Religious Exploration Classes 10:30 am Service and Childrens Program 10:30 am Quakers Service 12:00 Shared Lunch 1:00 pm Rental 6:30 pm Sangha 7:00 pm Youth Group
<b>29</b>	<b>30</b>	<b>31</b>				



## Board of Directors 2017-2018 Committees and Board Liaisons

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

(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")*