

KUF Links



Kingston Unitarian Fellowship

November 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.

November 4, 2018

Remembering Our Ancestors

Keep in mind that this weekend marks the end of Daylight Savings Time, so turn your clocks back on Saturday night!

Join us on this special multigenerational Sunday Service exploring the stories of our ancestors, and wisdom traditions of Samhain, All Souls Day, and the Day of the Dead. Come listen to members of the congregation tell stories about their ancestors, as we deepen our connections to the past, the future, and each other. Feel free to bring a picture or drawing of an ancestor or loved one that has passed away, or a favourite item that is precious to you, to place on the Chalice Table.

(Amy Findley & KUF Community

Storytellers Speaking)

After the Service: Soup Lunch

November 11, 2018

The Path of Remembrance

Communities, faiths, and nations all carry the stories of their pasts, and those stories shape not only their understanding of themselves but also their future. Let's gather together this Remembrance Day in honour of the 100th anniversary of the end of WW1, and let's do it for the benefit of tomorrow. (Rev. Beckett Coppola Speaking)

During & After the Service:

- OWL Grades 1-3
- OWL Grades 4-5
- Repair Cafe

November 18, 2018

The Lessons in Stories

Just like communities of people, we each individually have a collection of stories from our pasts which can evoke responses from us, and these memories have the ability to both hurt and heal. Through faith, community, and intentional practice we can transform the relationship we have with our stories. (Rev. Beckett Coppola Speaking)

After the Service:

- Social Justice Council Meeting
- Lunch Bunch at Mandarin Restaurant

November 25, 2018

Musical Memories

Our affiliated community minister Rev. Wendy Luella Perkins is also a Canadian singer/songwriter. Her work in Kingston and across Canada includes and celebrates the ministry that is music. How does music play a role in our lives through its connections to our histories and our futures? Come join Rev. Wendy Luella for Sunday Service and find out! (Rev. Wendy Luella Perkins Speaking)

During & After the Service:

- OWL Grades 1-3
- Shared Lunch
- OWL Grades 4-5

Table of Contents

Sunday Services at KUF.....	1
From the desk of... The Rev. Rebecca C. Coppola:	2
How to Reach Rev. Beckett:	3
Thematic Experiments: Preparing an Ethical Will.....	3
Craft and Chat	3
Wednesdays -	
November 7 and 21	3
New KUF Young Adults Group (18-35+)	4
CUC Eastern Region Gathering 2018: Creating Theology Together	4
Lunch Bunch Returns in November at Mandarin Restaurant	4
KUF Policy Corner: Affiliated Minister Covenant.....	4
Publications.....	5
Board of Directors 2018-2019 Committees and Board Liaisons....	8

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



Being a people of memory, our theme for this month, means many things; just one of them is remembering our Unitarian, Universalist, and Unitarian Universalist histories.

2018 marks the 450th anniversary of the Edict of Torda, which is seen as the historical beginning of a liberal free faith movement. And this month marks the anniversary of the death of Francis

David (pronounced *Dah-veed*) in prison on 15 November 1579.

The story of David's leadership is a reminder that our memories of courageous actions are contagious —when we tell stories of “past heroes” we don't just honour them, we increase our ability to act like them!

Here is one version of this story from “Heresy Sunday” in *“Lodestone; Magnetize Your Middle School”* by UU Religious Educator Katie Covey, adapted from the book *“400 Years”* by Edward Darling, published by the First Unitarian Society of Minneapolis, MN:

“During the dark and bloody days of war between the Holy Roman Empire and the Sultan for control of Eastern Europe in the 1560's, there developed a true-life drama which is still regarded as a miracle of history. The two chief actors are Francis David - a minister and speaker of enormous power - and King John Sigismund - a spiritually intense man of 28 years old, whose slight body was no match for his moral courage. He was epileptic but drove himself to be adventurous, to join in rough sports like a gentleman and noble.

“They lived in Transylvania, which means “the land across the forest.” Transylvania was in a howling uproar on the subject of religion. Public debates were as popular as tournaments and jousts had formerly been. Like tournaments, death or imprisonment could be the outcome for the loser. King John called a Diet [pronounced *Dee-et*, which is an Assembly] in Torda in January 1568. Francis David was the primary speaker for the Unitarians. The King and the whole court

were present and the debate lasted 10 days, beginning each morning at 5 a.m.

“We must remember that at that time, there were burnings and torture inflicted on the supporters of freedom of religion, as well as the unity of God instead of the trinity of Father, Son and Holy Spirit. It was a deadly serious subject and David defended his cosmic truth with the saying, “Egy Az Isten: God is One!” David's comments won the debate and King John Sigismund sent out a decree which made Transylvania the one nation in the world where the law stood behind religious liberty for all persons.

“On the way home, Francis David was greeted with fans lining the roads who had heard about his victory. As the procession came into view, fans cheered and shouted for their hero. Francis David stepped up on a boulder and gave the crowd the story of the debate - the King is on their side! This news was received with hysterical joy and they carried him off to the church in the square where he could be heard better. Legend has it that the whole city accepted the Unitarian faith then and there.”

For more on the life of Francis David go here: http://www.firstuusandiego.org/Web-sites/firstuusandiego/files/Content/4219545/home_connection_1404.pdf

And for more on the Edict of Torda's 450th Anniversary go here: <https://www.uu-world.org/articles/450-edict-torda-landmark>

And here's the fun part: if you were going to tell a story of one of your heroes, in order to honour them and be inspired to act like them, whose story would you tell?

In Faith & Fellowship,
Rev. Beckett Coppola

(Adapted for KUF from the 2018 Soul Matters materials on the theme of 'MEMORY' 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.

Peace,
Rev. Beckett Coppola

Thematic Experiments: Preparing an Ethical Will

Ethical wills are a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community. This centuries-old Jewish practice has recently been going through a revival.

Ethical wills were originally an oral tradition giving parents an opportunity to pass on their life's learnings, and for over one thousand years they have been preserved in written form. Even though there are many ways to write ethical wills, Rabbi Rami Shapiro uses this outline in his book "The Sacred Art of Lovingkindness" to help people get started:

1. Begin by clarifying to whom your ethical will is addressed. You may choose to write a separate will for different people. Whomever you decide to write to, open the will as you would a letter: "Dear ..." In fact, think of the will as a letter and write it in a conversational style.

2. Open with a brief statement of your core values and beliefs. It may be humility and kindness, or creativity and daring, or care for others, or some combination of these and other values. The purpose here is to let readers know what values you are bequeathing to them. The rest of your ethical will explores these values through personal stories.

3. Now tell your stories. How did you first learn about kindness or compassion? What happened? How did the experience shape you? If you are telling a story as part of an ethical will, it is most likely a story that has great significance for you, so don't rush the telling or ignore the implications of the story for your life. One story may lead to another and then another. While you don't want to overdo it, there is no reason to limit yourself to only one story per value.

4. Once your stories have been written down, you might consider sharing some of your hopes for your loved one's future. The challenge here is to keep the will values-focused and not behavior-focused. In other words, this is not the place to burden your children with your wish that she become a heart surgeon when she is passionate about art history and has no interest at all in medicine. All that accomplishes is stirring up feelings of guilt. If you wish to speak to your hopes for the future, stick to the values that matter to you.

5. Close your ethical will with words of forgiveness. If there are things you wish you had done and didn't do for the person receiving the will, ask for forgiveness. If there were things not said that

should have been said, write them here and apologize for waiting so long to express them. If there were things said or done that you wish you had not said or done, admit to these as well, and ask for forgiveness. The tone of the closing section of your ethical will should be one of deep compassion for both yourself and the person to whom you are writing. No excuses are necessary here. Simply speak the truth with all humility, and offer forgiveness along with your love.

Many choose to write their will; others simply tell people their values, as a group or individually. Either way is fine, and is a genuine expression of the storyteller's truth.

(Excerpted and adapted from "The Sacred Art of Lovingkindness" by Rabbi Rami Shapiro (p105-107) for the monthly theme of 'MEMORY' by Rev. Beckett Coppola.)

Craft and Chat Wednesdays - November 7 and 21

10 am until 2 pm. Meet at Unitarian Place. Come to craft and finish projects and chat. Please let Charlene Horwood know if you are coming,
charlenehorwood5@gmail.com

New KUF Young Adults Group (18-35+)

Are you a young adult (~18-35 years old) at KUF?

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

Please reach out to get connected:
-Rev. Beckett (minister@kuf.ca),
-Terri Phillips through the KUF Directory, and
-you can also connect with the Facebook group:

<https://www.facebook.com/groups/539129843198457/>

Our second meeting will be on Wednesday, 14 November, at Tir Nan Og in downtown Kingston. We hope you will join us, share the group with your friends, and help us to be a growing home for deepening faith, connecting conversations, and engaged action!

CUC Eastern Region Gathering 2018: Creating Theology Together

The 'Creating Theology Together' program (taking place on Saturday, November 17, right here in Kingston at this fall's Eastern Region Gathering) 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 and click on "Events" and then choose "November 2018".

Lunch Bunch Returns in November at Mandarin Restaurant

Recently we had to miss a month of Lunch Bunch for a number of reasons, and in that time off many at KUF were reminded of what they love about these monthly social gatherings.

With that in mind, this KUF tradition will be starting back up again in November, once again at Mandarin Restaurant. Many thanks to Bev Hummitzsch for her ongoing efforts in organizing this activity!

KUF Policy Corner: Affiliated Minister Covenant

In 2016 the Kingston Unitarian Fellowship developed an agreement between our fellowship and Rev. Wendy Luella Perkins, a Unitarian Minister living in Kingston. Wendy is a long-time member of our congregation and fills the role of our Affiliated Community Minister. Wendy was ordained in 1999 and since then has been involved in community engagement and social transformation. Wendy's role in the community and her relationship with our congregation is based on a covenant signed in 2016 by KUF's minister, the board president and Wendy Luella Perkins.

Essentially, the affiliated minister does not minister to our congregation, she lives and works within the Kingston community. Wendy will work closely with our minister; offer us a link to the community; collaborate with our minister on projects or services as appropriate; maintain her membership with KUF in good standing and facilitate or co-facilitate a Sunday Service annually. Wendy submits an article to KUFLinks on a monthly basis, offering our readers insight into the work she is doing in the community and highlighting events that reflect our UU values. For more information about Wendy's special relationship with KUF, please go to our KOG, section 8.10.

Daphne Hand, Past President

Publications

KUFLinks: The monthly newsletter. Please send submissions by the 20th 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 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 Thursday 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/KingstonUnitarianFellowship

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/

• YOU'RE INVITED •

Restorative Justice
**KINGSTON COMMUNITY CHAPLAINCY
ANNUAL CONFERENCE**



November 17, 2018 * 9:30am - 3:00pm

**Queens University (Robert Sutherland Hall, Room 202)
138 Union St. W, Kingston, ON K7L 2P1**

In honour of Restorative Justice Week, KCC is hosting its inaugural Annual Conference. This conference will increase the awareness of restorative justice in our community and bring community partners together to have meaningful discussions and create effective partnerships.

A highlight of the conference is a keynote speech from Lisa Guenther who is a Queen's National Scholar in Political Philosophy and Critical Prison Studies.

There is also an opportunity for organizations to participate by having a booth and sharing information about their organization with conference participants.

The booth setup and display is free.

If your organization is interested in having a booth, please contact us at the e-mail below.



\$40 Adults, \$20 Students (Includes Pastries and Lunch)

(If you are interested in attending but money prevents you, please contact us.)

Venue is Fully Accessible

To purchase a ticket, reserve booth space, or obtain more information
Please contact our Client & Public Liason Coordinator Foluke at:
foluke.akinremi@kcc-ca.ca. or call 613-453-0891

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6:30 pm Rental (ASL Classes) 7:00 pm RE Committee Meeting (Offsite)	2 2:30 pm Recorder Rehearsal	3 9:00 am Beit Sefer	4 Wilton Cheese Delivery 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
5	6	7 10:00 am Craft and Conversation Club 7:00 pm KUF Board Meeting	8 6:30 pm Rental (ASL Classes)	9 2:30 pm Recorder Group	10 9:00 am Beit Sefer	11 10:00 Religious Exploration Classes 10:30 am Service and Children's Program 10:30 am Quakers Service 10:30 am OWL Grades 1-3 1:00 pm Rental 1:00 pm OWL Grades 4-5 1:30 pm Repair Cafe 6:30 pm Sangha 7:00 pm Youth Group
12	13 10:30 am Sunday Service Committee Meeting	14 6:30 KUF Young Adults: Spirituality on TAP	15 2:00 pm Open Circle 6:30 pm Rental (ASL Classes)	16 4:30 pm Rental	17 8:00 am CUC Fall ERG 9:00 am Beit Sefer	18 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 6:30 pm Sangha
19 4:00 pm KCC Board Meeting	20 KUFLinks Submission Deadline	21 10:00 am Craft and Conversation Club 2:00 pm Poetry and Prose Sharing Group	22 6:30 pm Rental (ASL Classes)	23 2:30 pm Recorder Group	24 9:00 am Beit Sefer 9:30 am Rabbi Visit	25 10:00 Religious Exploration Classes 10:30 am Service and Chidrens Program 10:30 am Quakers Service 10:30 am OWL Grades 1-3 12:00 Shared Lunch 1:00 pm OWL Grades 4-5 6:30 pm Sangha 7:00 pm Youth Group
26	27	28	29	30		



Board of Directors 2018-2019 Committees and Board Liaisons

Role	Director	Liaison	e-mail
President	Jan Hartgerink	Committee on Ministry	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	Mara Shaw	Social Justice/Action	mara2loon@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")