

KUFLinks



Kingston Unitarian Fellowship

December 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.

December 2, 2018

Pluralism in the Public Square

In early November Rev. Beckett spent 7 gloriously overwhelming days at the 2018 Parliament of the Worlds Religions. The bulk of the programming, over 1000 programs, were offered on the 5 core days of the event. A few highlights and reflections on core take-aways will be explored, including the power of pluralism in global community.

(Rev. Beckett Coppola Speaking)

During & After the Service:

- Soup Lunch
- Queen's Work Study Experiential Learning Session

December 9, 2018

Community Comforts

The holiday season brings joys, celebrations, and revelry at times. And some years it's harder than others. How can community bring comfort? How can we feel both the uplift and the difficulties of this particular holiday season? Bring a photo of someone who isn't here to celebrate with us this year, a memento of years past, or your memories. Physical objects can be placed on the chalice table before or during service, and let's all bring our love and compassion for this wonderful community and all its members.

(Rev. Beckett Coppola Speaking)

During & After the Service:

- OWL Grades 1-3
- OWL Grades 4-5
- Amnesty International Letter Writing
- Repair Cafe at 2:00pm

December 16, 2018

The Rebirth of the Sun: A Solstice Story of Hope

Please join us on Sunday December 16th for our annual intergenerational holiday celebration. We will be exploring the winter solstice through conversation, song, and a pop-up pageant! To-

gether, we will learn about the science behind the rebirth of the sun, and how it is a symbol of hope for people around the globe.

(Rev. Beckett Coppola, Selina Chiarelli, Elena Baker, and Many More Speaking)

After the Service:

- Social Justice Council Meeting
- Lunch Bunch at Mandarin Restaurant

December 23, 2018

Rekindling Spirit

This moment in the yearly cycle is ideal for reflection. We continue through the season of many holidays, the solstice has passed, and we are now in the midst of Yule. As the nights begin to shorten ever so slowly and the season of winter settles in around us, how can we look to this season for inspiration in our faith and our lives together in community?

(Rev. Beckett Coppola Speaking)

December 24, 2018

Christmas Eve: Special Holiday Service at 5 pm

Join us as we come together in community to share in the joys of singing and learning together at our annual holiday service. Holiday songs, special music, and the shimmer of candlelight after

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

dark will companion us into the start of this year's holiday.

(Rev. Beckett Coppola Speaking)

December 30, 2018

Our Paradoxical Lives

In the words of Soren Kierkegaard: "life can only be understood backwards, but must be lived forward." As we pause at the threshold between the end of one year and the beginning of the next, we will explore together the curious truths found in unexpected places which keeps the mystery and wonder alive in our lives.

Nicole McKay is a Unitarian Universalist seminarian studying at the University of Toronto. Nicole and her family are excited to join KUF for Sunday Service this week!

(Nicole McKay Speaking)

During & After the Service:

- Shared Lunch

Unitarian Universalists frequently love puzzles, questions, questioning, and we just love trying to find our way to understanding the universe around us. Our 1st source is about this very idea: the direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.

And the mystery this is all pointing to isn't just something for us to figure out or solve, it's also something to be felt and experienced.

Being a people of mystery isn't just about engaging life as a marvelous puzzle. It's also about allowing ourselves to be spoken to by life's wonder. One of the most elegant articulations of this comes from the poet Mary Oliver, a much-loved poet among Unitarian Universalists. In her poem, *Wild Geese*, she writes,

"Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting—over and over announcing your place in the family of things."

Oliver's call to listen for life's announcements implies a letting go. Mystery is funny this way. You can't make it speak. Indeed the more you pursue the answers to life's mysteries; the more distant they become. If we want mystery to speak, it seems we have to be willing to be caught off guard. UU humanist minister and poet, David Breeden, captures this beautifully when he writes,

"I dug and dug
Deeper into the earth
Looking for blue heaven
Choking always
On piles of dust rising
Then once
At midnight
I slipped
And fell into the sky"

Slipping, and then falling into the sky. Is there a better way to describe our dance with mystery? Maybe this is what the great mystics have been trying to tell us from the start—that sitting at the heart of mystery is not the unknown, but unity.

We fall into mystery and it falls into us. Its voice is one that whispers, "I am you and you are me." Mystery doesn't put up barriers; it dissolves them. Haven't all of us faced the wonder and mystery of a sunset, the stars, a baby's first cry, or love's first kiss and realized there truly are forces sourcing us which create and uphold life?

So friends, this month, let's let ourselves fall in and open up. So many opportunities to slip into the sky and let it slip into us. Let's put down all the puzzling and the figuring out. Just long enough to notice that life isn't simply trying to stump us. It's also trying to connect with us.

In Faith & Fellowship,

Rev. Beckett Coppola

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

Communications at KUF

As some of you may know, the November issue of KUFLinks marked the handing off of editorial duties from Dave Armstrong to our Office Administrator Sean Fenlon. Many thanks are owed to Dave for all his hard work to keep KUFLinks rolling out every month – and of course for all his continued work updating and maintaining our website.

What does this mean for KUF members and friends? Hopefully not too much – you can continue submitting KUFLinks content to news@kuf.ca by the 20th of the month, you can continue e-mailing Sean at office@kuf.ca with any problems opening or accessing your newsletters, and you can continue staying connected with KUF by reading KUFLinks!

Thematic Experiments: Return to an Ordinary Moment of Deep Meaning

We've all experienced it: the mystery of an ordinary moment that suddenly unfolds and offers deep meaning. The everyday becomes luminous. This exercise invites you to remember some of those luminous moments and revisit the gift they gave. To do this, simply make some time to watch and meditate on the following video:

The Moment:

https://www.youtube.com/watch?v=jNVPaINZD_I

As you watch, allow yourself to be reminded of the moments you've experienced when life suddenly and mysteriously woke up and reminded you of the marvel and preciousness of being alive. Think about how that stirred you— moved you from a feeling of “same old, same old” to a feeling of dancing with the sacred.

Think of all the images from your own life that you'd include if you were making your own video. Then stay alert during the following hours and days to see if this meditation changes the way you perceive or dance with your “ordinary” days.

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

Crafting and Chatting in December

The Craft and chat group will meet only once in December. This is a change from the December 5 date to December 12, from 10 to 2 at Unitarian Place.

The mitten making workshop will happen if there is enough interest. Mittens made from recycled sweaters ...

Please email charlenehorwood5@gmail.com if you would like to join us, as she needs to know how many kits to bring. Kits will cost \$10.

Christmas Dinner at KUF

Please join us on Monday, December 25th for our annual potluck Christmas dinner. Gathering will be at 5pm with dinner to follow shortly after. We need to know our numbers, so please look for the sign-up sheet on the back table after Sunday service. Or you can e-mail John Johnson at johngolfer@live.com with how many will attend, your telephone number and what dish, main course or dessert, you are bringing to share. Turkey and dressing will be provided. A suggested donation of \$4.00 per person eating turkey would be appreciated.

Whether you are alone for the holiday, have family or visitors coming; whether you have attended many times before, or have never attended; or if you simply don't want to cook the whole meal by yourself, all are most welcome to come and join in on this festive event.

For those who are able, volunteers are needed for the various tasks that need to be done to make this gala as special as it always is. Please consider placing your name beside one of the task on the signup sheet

including set-up, dish-washing, providing a vegetarian main dish or bringing beverages.

There is room for all those who wish to attend, so please join us for this special Holiday Pot Luck

Social Justice Council Report: October

Social Justice Council members met on Oct 21, 2018 with 12 members in attendance. Mara Shaw is the new liaison with the Board of Directors.

The Council reviewed the UUA's **Social Justice Empowerment Handbook**, which focuses on building relationships and increasing participation with the congregation (thanks to Amy Findley for her keen insight and summary; anyone interested, there are fabulous resources at the UUA website on Justice & Inclusion: <https://www.uua.org/justice>)

We will move forward with eight sessions of the **Truth, Healing and Reconciliation**; four in January-April and four next fall. Facilitators Rev Beckett and Susan Young have taken the training with the CUC. More info here: <https://cuc.ca/social-justice/truth-healing-reconciliation/>

Kelli Siegwart is leading us to move forward with re-committing to our status as a Radical Welcoming Congregation. More info available here: <https://cuc.ca/social-justice/welcoming-congregations/>

Reviewing next steps to engage the congregation in a larger vision for how we want to move forward with social justice. We will keep you informed as we devote ourselves to next steps,

likely a survey and maybe some smaller meetings.

At the next meeting, we will be reviewing and finalizing Terms of Reference.

We will be meeting the third Sunday of the month from 12-1:30 in the Ed Ratcliffe Room.

For more info contact Chair Susan Young

Amnesty International Letter Writing: October and November

by Barbara Dick and Marlene Phillips

On Sunday, October 21, KUF supporters of Amnesty International participated in the first AI letter-writing action of this year by signing and sending 28 letters to police and military leaders in Papua Province, Indonesia and the ambassador in Ottawa on behalf of a political activist. On September 15, he was shot in both legs and a foot while being arrested. Since then, although he's been in severe pain and unable to stand, police have rejected his lawyer's requests for medical care. The UN Standard Minimum Rules for the Treatment of Prisoners provide that prisoners needing treatment not available in the prison hospital or clinic must be treated by an appropriate civil institution. We requested that he be provided medical care, protection from torture and ill-treat-

ment, and regular access to his family and lawyers.

We also signed 2 petitions to the Canadian government on behalf of Huseyin Celil, a Canadian citizen of Uighur descent, who is serving a life sentence in China after a "grossly unfair trial and on the basis of a 'confession' extracted after being tortured." The Chinese authorities routinely accuse Uighur activists of "terrorism" without providing credible evidence for such charges. His wife and 4 sons live in Burlington. Huseyin is being treated poorly in prison. He has been in solitary confinement for most of the time since 2006, is not getting enough food, and requires medical attention for stomach problems. We asked that our government request his release and advocate for more humane treatment as long as he is in detention.

On November 11, KUF supporters of AI signed 28 letters to government officials in Mexico and the ambassador in Ottawa on behalf of an Indigenous man who was shot to death on October 24 after receiving several death threats for his work defending the territory of his community. He is the latest death in a series of killings, including several members of his family and Indigenous authorities, and the community fears that other attacks could take place. We asked the Governor to conduct an investigation into his death and bring those responsible to justice, and to undertake a risk assessment and provide protection to his family and community.

In another case, we sent 28 letters to immigration officials in the US and the ambassador in Ottawa on behalf of a Brazilian woman and her 7-year-old son who have been forcibly separated since March when they claimed asylum at the US border in El Paso. She has been in detention since then and the eight month separation has been

traumatic for both mother and son. She is claiming asylum after receiving death threats from drug traffickers for complaining about their daily drug dealing in front of her home. We requested that the woman be granted parole, enabling mother and son to be reunited. Parole should be granted for humanitarian reasons where the person does not pose a threat to public safety and presents no flight risk.

The next Amnesty International letter-writing table will be held on December 9.

Shared Ministry – An Invitation, An Opportunity!

Shared Ministry – you may have heard that phrase mentioned at KUF. Would you like to be a part of that sharing?

The Sunday Services Committee invites you to consider offering *your* services *at* Services. We would welcome anyone who has an artistic flair and would like to help decorate the Chalice Table on Sunday morning. Perhaps you enjoy reading aloud and could present a reading or offer the story during the Time For All Ages. Maybe your gifts involve research and you would love to find those readings or stories. Or perhaps you have been thinking for some time that you could see yourself as a Service Weaver or offer your ideas and creativity on the Sunday Services Committee.

If you have talents or skills that you would enjoy sharing with our community, please contact Anne Coward (hatton_coward@yahoo.ca) for more information. Shared Ministry enriches us all!

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/

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 9:00 am Beit Sefer 11:30 am Rental 12:00 pm Rental	2 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 pm Soup Lunch 12:30 pm Queen's Work Study Experiential Learning Session 6:30 pm Sangha
3	4 10:30 am Sunday Service Committee Meeting	5 6:00 pm Rental 7:00 pm KUF Board Meeting	6 6:30 pm Rental (ASL Classes) 7:00 pm Communications Committee Meeting	7 2:30 pm Recorder Group	8 9:00 am Beit Sefer 10:00 am Rental	9 10:30 am Service and Children's Program 10:30 am Quakers Service 10:30 am OWL Grades 1-3 12:00 pm Amnesty International Letter Writing 1:00 pm OWL Grades 4-5 2:00 pm Repair Cafe 6:30 pm Sangha 7:00 pm Youth Group
10	11	12 10:00 am Craft and Conversation Club 5:30 KUF Young Adults: Spirituality on TAP 6:00 pm Rental	13 6:30 pm Rental (ASL Classes)	14	15 9:00 am Beit Sefer 1:00 pm Rental	16 10:30 am Service (Intergenerational) 10:30 am Quakers Service 12:00 pm KUF Social Justice Council 12:00 pm Lunch Bunch 6:30 pm Sangha
17 4:00 pm KCC Board Meeting	18	19 2:00 pm Poetry and Prose Sharing Group 6:00 pm Rental	20 2:00 pm Open Circle 6:30 pm Rental (ASL Classes) KUFLinks Submission Deadline	21 2:30 pm Recorder Group	22	23 10:30 am Service 10:30 am Quakers Service 6:30 pm Sangha
24 5:00 pm Christmas Eve Service	25 5:00 pm Christmas Dinner at KUF	26 6:00 pm Rental	27	28	29	30 10:30 am Service 10:30 am Quakers Service



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")