

KUFLinks



Kingston Unitarian Fellowship

January 2019

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!

January 6, 2019 *A Community That Cares*

As our monthly theme is Possibility, let's try looking at possible new ways of taking care of ourselves and others at KUF. With input from members and friends, we are making plans to be there and offer care for one another. Come with your ideas, wants and needs to share. After the service, those interested in learning more and perhaps participating as a Caring Connector will gather in the Ratcliffe room for conversation and a soup lunch.

(Maureen Farr-Eagan Speaking)

After the Service:

- Soup Lunch

January 13, 2019

Lost and Found

Unitarians draw wisdom and inspiration from many sources, but I never expected the Newfoundland and Labrador 2018 Traveller's Guide would be one of them. The Guide asks the question, "Is it possible to feel at the same time lost and found?", and throughout, it suggests that if you have lost something, including yourself, then something else might be found. Unitarians, as travelers through life, should not only see what is lost but what we have found.

(Gordon Darrall Speaking)

After the Service:

- Social Justice Council Meeting
- Repair Cafe at 2:00pm

January 20, 2019

The POSSIBILITY of Our Whole Lives

Explore and experience the possibilities of a world where every body from 4 year olds to 90 year olds experience the program of OWL - Our Whole Lives - an honest and comprehensive sexuality education program. Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and

self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives.

(Cindy Harvey & the KUF OWL Program Speaking)

After the Service:

- Annual Budget Meeting
- Lunch Bunch at Mandarin Restaurant

January 27, 2019

Choosing Joy

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?

(Anne Coward Speaking)

During & After the Service:

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

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

Of all the topics we will explore this year, possibility could be considered the most central to our faith. It has distinguished Unitarian Universalists from the start. Historically, when others saw depravity and sin

at the core of human identity, we chose to see human potential. When many were saying that the world was fallen, and we should look instead to the hope of an afterlife, we found ourselves falling in love with the possibility of heaven right here on earth. Theologically, you might say that we were the people that believed that Spirit hadn't given up on any of us, and as a result we shouldn't give up on each other or on this world.

Psychologically, it's led to us being a people of 'why not?' Why not give people another chance? Why not fight what seems a losing battle? Why not risk a little failure?

But what about us personally? How open have you been recently to 'why not?' How's your faith in possibility doing? As we honor our faith movement's trust in what's possible, we need to allow space for the reality that trusting possibility isn't easy. Here's how one Soul Matters member puts the challenge:

"When I think of possibility, I think of all the people and opportunities we close the door on. Such as: 'I will never see eye to eye with my sister.' 'I couldn't possibly leave this job to start my own business' 'I will never have close friends like I had where I used to live.' 'I will never really make a difference, so why bother?' 'UU's will always be a small faith.'"

We tell ourselves so many small things about who we and who others are. There's

comfort in convincing yourself that the work is hopeless; that way you don't have to try and risk failure, hurt, or disappointment yet again.

All of which is to say, maybe being a people of possibility has more to do with being a people of vulnerability and courage than we've thought? Perhaps the work isn't just about *believing* in possibility, but about being willing to endure a few wounds along the way. It can hurt to be hopeful.

Who's beside you in the adventure of possibility in your life? Who are you bringing along? And who have you selected to pick you up when the path gets bumpy? After all, no one makes it down the road of possibility alone.

And perhaps that's the real secret: remembering that 'why not?' is something we all have to say together.

In Faith & Fellowship,
Rev. Beckett Coppola

(Adapted for KUF from the 2019 Soul Matters materials on the theme of 'POSSIBILITY' by Rev. Beckett Coppola.)

Thematic Experiments: The Possibilities in a Word: An Alternative New Year's Practice

*In his early days, Abba Euprepius went to see an old man and said to him, "Abba, give me a word so that I may be saved."
—from the "Apophtegmata Patrum, The Sayings of the Fathers"*

Catholics talk of a time in the third and fourth centuries when people would go to the desert and seek out monk-like hermits for guidance and wisdom. This tradition is

referred to as “seeking a word.” These wise ones, called the desert mothers and fathers, would offer people a word or a phrase to ponder for weeks, years, and in some cases even a lifetime.

The idea behind this practice was that a simple word—when reflected upon with discipline—has the power to create possibilities in us and in the world. These words weren’t instructions as much as invitations to open oneself in new ways. As one writer puts it, they are about deepening and unfolding, rather than fixing and improving.

So this New Year’s lets lean into that work of unfolding, rather than fixing. Forget about making a list of resolutions to improve yourself. Instead try out this ancient practice of picking a word that will help keep you open to new possibilities throughout the year.

There are tons of words to choose from. Online you can find many examples of potent words that people have selected: embrace, listen, home, wholeheartedness, patience, presence, blossom, soar, overcome, treasure, nourish, expect, release, finish, delight, follow, lead. It’s not hard to imagine how holding any one of these in front of you on a daily basis can open possibilities and expand the way you walk in the world.

But how do you find yours? Well, it’s more of a matter of it finding you. For many, it will be easy. It may simply come up immediately. If not, take some time to make a list and then read it over until one pops out to you in neon lights. It often helps to ask yourself questions like: What do I need? What do I want? What do I need to focus on? What is in the way?

You will also want to find a way to hold on to your word. Some people put their word on their computer’s screen saver or cell-phone’s home screen. Others have drawn their word on rock or made jewelry with the word on it. Creative folks and families have done vision boards or paintings that hang on a wall in their house all year. Some small groups have written their word on a piece of paper and then given it to the group facilitator who kept them in envelopes for a few months and then returns them to the group members as reminders. Whatever your method of choice, this holding on part is key to making the exercise work.

Enjoy the possibilities that this alternative new year’s practice unfolds for you!

(Adapted for KUF from the 2019 Soul Matters materials on the theme of ‘POSSIBILITY’ by Rev. Beckett Coppola.)

Book Club for Unitarians

Would you like to be part of a cross-country book club for Unitarians?

We are facilitating groups of 6-8 to find each other and agree on a first book and a time frame to meet using zoom technology (provided by the CUC).

More details can be found here: <http://vancouverunitarians.ca/canadian-unitarian-book-group/>

Or email Mary Maler in Montreal who initiated this idea mmaler@videotron.ca or Mary Bennett in Vancouver maryinvancouver@gmail.com

The January top choice and the times will be voted on till Dec. 28 and announced by Jan. 3.

Crafts and Conversation in January

Craft and chat days for January

Wednesday, January 9, 2019... 10 am to 2 pm

Wednesday, January 23, 2019 ... 10 am to 2 pm

Let’s start some new projects for the New Year. Bring your supplies and a smile.

See you then!

Social Justice Council Report: November

Social Justice Council members are meeting monthly with about 10 members currently. We are finalizing our Terms of Reference, using the Five Approaches of the UUA’s **Social Justice Empowerment Handbook** as a guide. (There is now a printed copy in the Ed Ratcliffe Room for any who wish to review them or online at <https://www.uua.org/justice>).

Welcoming Congregation: Kelli Siegwart is leading KUF forward in the annual process of active steps to become more welcoming and inclusive of individuals with marginalized sexual orientation and gender identities. More info online: <https://cuc.ca/social-justice/welcoming-congregations/>

We will engage the congregation in a larger conversation, likely with small group meetings and an on-line survey, about the most effective ways to sustain present social justice initiatives and how to build new ones as the congregation's interest and capacity allows.

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

For more info contact Chair Susan Young

Committee on Shared Ministry Survey Results

The Committee on Shared Ministry (COSM) composed of Reverend Beckett, Gordon Darrall, Bob Hotrum, Kim Irvine-Albano and Sandra Woodhouse wish to thank all those members and friends who participated in our survey or a small group. We had responses from 60 members or friends of KUF.

It is relatively easy to give you the results for the top 5 priorities, however, it should be recognized that almost every category was identified by one or more people as a priority. This speaks to the diversity within our congregation, so these priorities must not be ignored.

The top five priorities for our minister were: 1 – Preaching 2 – Pastoral Care (we combined Hospital and Home visits with Personal counseling) 3 – Spiritual Guidance 4 –

Community Building 5-Worship/ Adult Religious Education (tied)

The top five priorities for KUF were: 1-Community Building 2/3- Children's Religious Education; Social Action (tied) 4/5 – Adult Religious Education; Membership growth (tied)

Sharing the plethora and diversity of comments is more of a challenge. The COSM will be doing the Sunday Service on February 24th. At that service we plan to share (in some way, yet to be decided) the themes that permeated throughout your comments. The full results of the survey and small groups, as well as all of the comments, have been shared with the Board President.

The purpose of this work by the COSM has been to read the pulse of the congregation into the second year of having Beckett as our minister. The categories we used were the same as those used in the survey conducted by the Ministerial Search Committee 3 years ago. Hopefully the direction taken by the professional and lay ministries of our congregation in the next 3 years will reflect your priorities and comments.

News from the Building Committee

After seven years in this building let's fix up the Main Hall

and kitchen area. This message came from a number of people during canvassing in the recent Pledge Campaign. What people want is to make the room more warm, welcoming and more conducive to meditation and contemplation. Better lighting, reduced sound noise during many-person discussions and soup lunches were mentioned along with fixings to reduce the visual impact of the ceiling girders. New floor coverings would help reduce sound travel to the RE space below and the sound level in the Main Hall. Perhaps overall colour changes in the room might be considered.

The Fellowship is fortunate to have several members with interior design training. So the Committee met with one of these persons, Janet Armstrong, to discuss possible improvements and the way forward. Following the meeting, the committee drew up a plan with a general outline of what might be done and how. The Committee will submit this plan to the board seeking approval. Stay Tuned.

Meanwhile, anyone who has thoughts about the above could email them to me.

This item submitted by Allan Hammond, Building Committee Chair.

Building Rental Policy

Our building rental is an important part of the operation of KUF. The front leased offices provide an income that helps offset the building budget. The other rooms in the building are used for KUF functions and meetings, but are also available to the public to be rented for parties and other events. They foster good community relations as well as bringing in money. The rates are kept at a reasonable level and have lately been increased slightly. Some of the rooms are rented longer term for services held by other religious groups such as Kingston's Reform Jewish Congregation- Iyar HaM-

elech and their Beit Sefer youth classes on Saturdays. The Thousand Island Quakers meet in the basement Friendship Room on Sundays. Having a place to gather is essential for so many aspects of creating community and this is a wonderful resource we are able to share.

The exact details of the rental policy are spelled out in the KUF Organizational Guide (KOG). The **Building Facilities Committee** is tasked with the responsibilities and has a **Lease and Rentals Team** to administer the details. There is also a section of the KOG called the “**Occasional Rental of the Kingston Unitarian Fellowship Building**” which covers the rules. Essentially rentals can be from a portion of a day, like for a birthday party to up to a year such as the office rentals. The rental rate is determined by the Board and a security deposited is required that is returned when renters leave things cleaned up when done. This was recently reduced to only \$30 for short term rentals. All the usual Ontario law requirements must be met along with no smoking or drinking is allowed.

If you take a look at the weekly calendar for KUF you will see a lot of activities do occur in the building throughout the week. This makes wonderful use of our building, but does come with an internal price of membership support. It actually takes a lot of effort to make sure the building is physically open when it needs to be, that rents and fees are collected, deposits returned, that it gets on the calendar and a multitude of other details. These are all things that just need to happen to make it simple and seamless for everyone involved. There is a core

of volunteers that make this happen and there is always room for more help. Would you like to help out KUF with this? Just let someone on the board or building committee know of your interest.

Submitted by
Dave Wendt

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/

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 6:00 pm Rental	3 8:00 am Rental 2:00 pm KUF Finance Committee Meeting 4:00 pm KUF Executive Committee Meeting	4 8:00 am Rental 2:30 pm Recorder Group	5	6 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 pm Soup Lunch 6:30 pm Sangha
7	8 10:30 am Sunday Service Committee Meeting	9 10:00 am Craft and Conversation Club 5:30 KUF Young Adults: Spirituality on TAP 6:00 pm Rental 7:00 pm KUF Board Meeting	10 5:15 pm Lay Chaplains Committee Meeting	11	12 9:00 am Beit Sefer 9:30 am IHM Rabbi Visit	13 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Social Justice Council Meeting 2:00 pm Repair Cafe 6:30 pm Sangha
14	15 6:00 pm KUF Orientation and Path to Membership	16 2:00 pm Poetry and Prose Sharing Group 6:00 pm Rental	17 2:00 pm Open Circle 5:00 pm Committee on Ministry Meeting	18 2:30 pm Recorder Group	19 9:00 am IHM Rabbi Visit 1:00 pm Rental	20 10:30 am Service and Children's Program 10:30 am Quakers Service 11:30 am KUF Annual Budget Meeting 12:00 pm Lunch Bunch 2:00 pm Rental 6:30 pm Sangha
21 4:00 pm KCC Board Meeting	22	23 10:00 am Craft and Conversation Club 5:15 pm Committee on Ministry Meeting 6:00 pm Rental	24	25	26 9:00 am Beit Sefer 12:30 pm Rental	27 10:30 am Service and Children's Program 10:30 am Quakers Service 10:30 am OWL Grades 1-3 12:00 pm Shared Lunch 1:00 pm OWL Grades 4-5 6:30 pm Sangha
28 5:00 pm KCC Board Meeting	29	30 6:00 pm Rental	31			



Board of Directors 2018-2019 Committees and Board Liaisons

Role	Director	Liaison
President	Jan Hartgerink	Committee on Ministry
Vice president	Joe Pater	Administration
Past President	Daphne Hand	Lay Chaplaincy
Secretary	Astrid Trefzger	Sunday Services
Treasurer	Elaine Peterson	Finance
Directors at Large	Mara Shaw	Social Justice/Action
	Helen Cutts	Communications
	Janet Armstrong	Membership & Hospitality
	David Wendt	Building
	Vanessa McCourt	RE Committee

(For e-mail addresses and 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")