

KUFLinks



Kingston Unitarian Fellowship

February 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!

February 3, 2019
Trusting the Future

Kate Johnson will speak to us about the need children and young people have to trust in their own abilities. This trust is a gift that parents and community can bless them with by allowing failure, scaffolding adulthood and being mindful of a greater purpose. This talk will come from Kate's observations of the needs Queen's students express when they visit the Office of Faith and Spiritual Life at Queen's.

(Kate Johnson Speaking)

After the Service:

- 2019 Congregational Budget Meeting
- Wilton Cheese Delivery
- Soup Lunch

February 10, 2019
Transformative Welcome

For fifteen years, Kingston Unitarian Fellowship has been proud to be a Welcoming Congregation. 2019 is the the 30th anniversary of the UUA's Welcoming Congregation program and there are some changes to the official process of deepening our welcome to LGBTQ2SQI+ people. Join us as we explore how widening our circle of welcome can be transformative for those who enter here as well as for those extending welcome. Can we trust our foundations, faith and each other as we allow our offer of a welcoming safe space to change the face of KUF? (Susan Young & Kelli Siegwart Speaking)

After the Service:

- Lay Chaplains Information Session
- Repair Cafe at 2:00pm

February 17, 2019
Poverty in Our Community

In the fall, KUF identified its #2 priority as a congregation to be "Social Action", but how can we take action when we don't know what help is needed in Kingston? How can we achieve our #1 priority of "Community Building" if

we don't understand the ways in which members of our congregation are inadvertently excluded? Join us as we discuss and learn more about the struggles faced by those living in poverty in Kingston.

(Frances Koziar Speaking)

After the Service:

- Social Justice Council Meeting
- Lunch Bunch at Mandarin Restaurant

February 24, 2019
Trusting Shared Ministry

KUF is a shared ministry. Our minister is part of this, our congregation is all of this. What difference does this make to you? Members of the Committee on Shared Ministry will reflect on the results of the Small Group and survey feedback and how it relates to shared ministry.

(Members of the KUF Committee on Shared Ministry 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:

In spiritual practice circles “trust talk” can revolve around one’s faith that life looks after us. For instance, our Christian friends sing hymns about God “watching over us” and

keeping “an eye on the sparrow.” Our Jewish friends lift up the Exodus story to encourage faith that God will help us make our way even when things look bleak. Likewise, prayer practice for our Muslim friends is all about reminding oneself that you are in Allah’s safe hands. We Unitarian Universalists translate similar sentiments using the language of trusting “a Love that will not let us go.”

The call to trust Life’s support comes to us as a gift—after all, it’s far too easy to convince ourselves that life is our foe. A faith community can serve to restore our faith that life is ultimately our friend. We need the reassurance; we need to know that when we fall we can count on being picked up.

But what about being pushed? Don’t we need to count on that too? A Love that won’t let us go is essential, but isn’t it just as important to have faith in a Love that won’t let us get too comfortable? A Love that afflicts us can be as important as a Love that comforts us.

We need a Love that promises to not let systemic privileges remain hidden, and unsettles those who have it. A Love that tells those of us who are marginalized and tired, “I won’t let your pain be ignored.”

And just when that call to trust seems the one we all need to listen to, another voice adds itself to the mix. This one telling us to trust that it’s not all up to us. That sometimes it’s ok to rest. That doesn’t disturb but instead assures us that we can let go. That tells us to trust that when we need to we can put the work down because

others are ready to pick it up, knowing that we will be there to pick it up when rest calls to them.

So, friends, where does that leave us?

Trust life to pick us up?
Trust life to push and poke us?
Trust that it’s ok to put the work down for a while?

It is all of them, of course. And more.

This month let’s remember that each of us experiences the Love that will not let us go in relationship with the life we are living. And we can be trusted to offer one another the precious space necessary for that to look a little differently—one member of this community to another.

In Faith & Fellowship,
Rev. Beckett Coppola

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

Thematic Experiments: Tip-toe Toward Trusting Yourself

Facing personal fears takes a whole lot of self-trust. Getting over self-doubt can seem an impossible hurdle. That’s why the advice sometimes is to simply “Jump!” “Take a leap of faith,” or “Go all in!”

But what if the secret path to overcoming our fears and believing in ourselves is not one big leap, but instead a bunch of baby steps?

This exercise is all about those baby steps. Here’s your thematic experiment this month in a nutshell:

Identify one of your core fears and then find one small way of facing it.

Or to put it another way:
Find one manageable way to build your ‘I believe in myself’ muscle!

Your options are endless.

Fear that you’ll never get in shape? Forget getting back into the gym, just commit yourself to taking an hour long walk every Monday this month.

Is social anxiety your nemesis? Forget forcing yourself to go to those office parties and invite a co-worker or two to join you for lunch.

Terrified of public speaking? Don’t start by volunteering to give a talk, but instead sign up to teach an RE class.

Doubting your courage to pursue that entrepreneurial dream you’ve had for so long? Don’t quit your job and leap in, instead simply commit to drawing up a business plan for it this month.

Been afraid to stick up for your worth at work and ask for a raise? Don’t boldly walk into your boss’ office just yet. Instead just sit down and write the raise you want on a napkin and carry it around in your pocket all month.

Bottom line: No need to jump into self-trust head first. Just tip-toe toward it instead!

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

Crafts and Conversation in February

Craft and chat days for February:

Wednesday, February 13, 2019...
10 am to 2 pm

Wednesday, February 27, 2019 ...
10 am to 2 pm

Bring your supplies and a smile.

See you then!

Committee on Shared Ministry Survey Results

The Committee on Shared Ministry (COSM) composed of Reverend Beckett, Gordon Dar-rall, 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.

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 HaMelech 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/

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 2:30 pm Recorder Group	2 9:00 am Beit Sefer	3 Wilton Chees Delivery 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 pm Soup Lunch 6:30 pm Sangha
4	5 10:30 am Sunday Service Committee Meeting	6 6:00 pm Rental 7:00 pm KUF Board Meeting	7	8	9 9:00 am Beit Sefer 1:30 pm Choir Rehearsal	10 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Lay Chaplains Information Session 2:00 pm Repair Cafe 6:30 pm Sangha
11	12	13 10:00 am Craft and Conversation Club 5:30 KUF Young Adults: Spirituality on TAP 6:00 pm Rental	14	15 2:30 pm Recorder Group	16	17 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Social Justice Council Meeting 12:00 pm Lunch Bunch 6:30 pm Sangha
18 4:00 pm KCC Board Meeting	19	20 KUFLinks Submission Deadline 2:00 pm Poetry and Prose Sharing Group 6:00 pm Rental	21 2:00 pm Open Circle	22 5:00 pm OWL Grades 7-9 Orientation	23 9:00 am Beit Sefer 12:00 pm Mary's Merry Minstrels Fundraiser	24 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 12:00 pm Shared Lunch 1:00 pm OWL Grades 4-5 6:30 pm Sangha
25 5:00 pm KCC Board Meeting	26	27 10:00 am Craft and Conversation Club 5:15 pm Committee on Ministry Meeting 6:00 pm Rental	28			



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")