

# KUFLinks



## Kingston Unitarian Fellowship

March 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!

*March 3, 2019*

#### ***Sharing Our Faith: Let Justice Roll Down Like Waters***

Sharing Our Faith Sunday is a special service recognizing that Kingston Unitarian Fellowship is not alone in its faith journey. We will celebrate our connection with other UU congregations and the Interdependent web as we reflect on the role of water in history, with special guest speaker, Dr. John Corbett. We will celebrate Shared Ministry in this service curated by seminarian Ben Robins, son of Jean and Peter Robins. A special offering will be taken to support UU congregations.

(Dr. John Corbett Speaking)

#### After the Service:

- Soup Lunch

*March 10, 2019*

#### ***Light a Candle for Human Rights***

After Sunday Service once a month there is a table at the back of the room where KUF members are invited to sign letters on behalf of victims of grave human rights abuses around the world. Who are these victims of human rights abuses and how do we get their names and stories? What do the letters say and who are they being sent to? Do our letters make a difference? What does our activism have to do with our Unitarian principles? As we are focusing on our spiritual journeys this month, we will take this Sunday to learn more about the work of Amnesty International, and how and why we support it. There will be a candle lighting ceremony for prisoners of conscience, a brief talk about AI by Barbara Dick and three "testimonials" by KUF members who will enlighten us about the role of AI on their journey as Unitarians.

(Barbara Dick Speaking)

#### After the Service:

- Repair Cafe at 2:00pm

*March 17, 2019*

#### ***International Women's Day***

KUF will observe International Women's Day this year with music and poetry, reflection and story, celebrating the gifts included in the 2019 Service package offered by the Canadian UU Women's Association. Women from across Canada, including our own Rev. Kathy Sage, have collaborated to produce a lovely and thoughtful service that will be shared by congregations across the country.

(Rev. Beckett Coppola Speaking)

#### After the Service:

- Social Justice Council Meeting
- Lunch Bunch at Mandarin Restaurant

*March 24, 2019*

#### ***The Journey 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.

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

We Unitarian Universalists have a passion for telling the stories of our journeys. And hearing each other's stories!

In other communities newcomers need to declare a commitment to one way, or confess the ways they have failed in life. Instead of this path we invite each other to talk about how our way isn't like most others.

It's a curious thing when you think about it: we welcome people to our fold not by asking them to commit to thinking exactly as the group does, but by having them declare how their journey is not like anybody else in the group. It's about space rather than similarity. We bind ourselves to each other not by sharing the same journey but by offering each other the room to discover the unique journey that fits us. It's about making room for people to write their own stories.

Or maybe sometimes it's about making room for people to *re-write* their stories.

It's become popular in our society to talk about spiritual journeys as a process of living into your full or true self. That's a helpful frame. And yet there's something deep within Unitarianism and Universalism that resists it. Historically, we've been the people that struggled not so much to find ourselves but to untangle ourselves from the religious identities we were given. So we have this important awareness that spiritual journeys are not simply about finding your true self, but also about untangling from your old self.

Albert Schweitzer spoke to this when he wrote:

*"The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not."*

So what does all this mean for us this month? Well, first, it's an important reminder that we're not just here to help each other hold steady and persevere on our current paths; often our primary gift is to help each other find the exit ramps.

It also means remembering that being a people of journey involves tenderness. We are here not just to make room for each other's unique stories; we are also here to make room for each other's pain. Again, "unbecoming who you are not" involves bravely walking away, isolation and mourning. And so, if we are going to complete our journeys of unbecoming and becoming anew, we're definitely going to need pit-stops of kindness and tenderness along the way.

In Faith & Fellowship,  
Rev. Beckett Coppola

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

(Cindy Harvey & Members of the KUF OWL Program Speaking)

March 31, 2019

### ***The Power of Community: Journey-ing Together***

Being a member of a community means supporting each other through sickness and in health. When we come together in both challenging times and easy ones we create an opportunity to grow deeper into community. How do we draw upon that power of community in moments of hardship? How can we keep a little light shining on all our paths as we walk together? Join Rev. Beckett as she draws insight from her recent medical journey.

(Rev. Beckett Coppola Speaking)

#### During & After the Service:

- OWL Grades 1-3
- CUC Board Member Meet & Greet with Charles Shields
- Shared Lunch
- Queen's Work Study Experiential Learning Session
- OWL Grades 4-5

## Thematic Experiments: Your Journey in Six Words

Larry Smith is passionate about helping people share their life journeys. He created a website filled with tools and prompts to make creating and sharing easier. One prompt turned out to be everyone's favorite: Pair down your life journey to six words.

It was inspired by Ernest Hemingway taking up a bar bet to write a novel in 6 words. Hemingway's response: "For Sale: Baby shoes, never worn."

This six-word story became a memoir challenge that can help to focus on, celebrate, and hold the essence of a story. It can be humorous, serious, or revelatory. Margaret Atwood's is "Longed for him. Got him. Shit." Deepak Chopra wrote "Danced in fields of infinite possibilities."

This month try the challenge for yourself through the theme of Journey!

### Examples of Six-Word Journeys:

Married by Elvis; divorced by Friday  
Down for maintenance, be back soon.  
Threw spaghetti on wall; some stuck.  
Told to marry rich. Married Richard.  
We're the family you gossip about.  
The psychic said I'd be richer.  
Eight thousand orgasms; one baby.  
Tried surfing on a calm day.  
Sixty. Single. Rich. Call me collect.  
Wasn't born a redhead; fixed that.  
Mom was "earthy"; Now I'm "green."  
Son's autism broke and rebuilt me.  
Tore up my own suicide letter.  
Sixty. Still afraid of the dark.

Class clown; Class president; town drunk.

Forged through fire; sustained by friendships.

No future, no past. Not lost.

Life's GPS keeps saying, recalculating... recalculating.

Obama did, now so can I

The exits were entrances in disguise.

Play. Play. Play. Play. Play. Play.

### Online Resources:

The Story of the Six-Word Project:  
Why it worked and why it matters  
<https://www.youtube.com/watch?v=jR1V7lxsOu0>

The Six Word Memoirs Website  
<https://www.sixwordmemoirs.com>

Book: *Not Quite What I Was Planning: Six-Word Memoirs by Writers Famous and Obscure*  
Rachel Fershleiser & Larry Smith  
<https://www.amazon.com/Not-Quite-What-Was-Planning/dp/0061374059>

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

## Crafts and Conversation in March

Craft and chat days for March:

Wednesday, March 13 and 27, 10am to 2pm at Unitarian Place.

Finish a project for spring or start a new one. Join us for the morning or stay for all. We are a busy group.

## Path to Membership/Welcoming New Members

Just a note to all visitors who would be interested in becoming a member or friend to KUF:

When Rev. Beckett returns we will be hosting a Path to Membership gathering followed by a Welcoming service. If you would like to attend this gathering please email [charlenehorwood5@gmail.com](mailto:charlenehorwood5@gmail.com).

## Social Justice Council Survey: We Want Your Suggestions & Ideas

Now that the Social Justice Council (SJC) is finalizing its membership, Terms of Reference and Operating Policy, we want to hear from you as a KUF member. What are our next steps on the social justice path as a congregation?

To do this, we have created three questions that we invite you to fill out in one of three ways. (Please only fill out one survey):

- Complete an online survey by following this link: <https://goo.gl/forms/grP4FGNiaT0ptu1J3> by March 10.
- Complete a paper survey at the February 24, March 3, or March 10 service.
- At the end of the February 24 or March 3 service, write your responses on the chart at the back of the room (An SJC member will be there to help you).

On Sunday, March 17, the SJC invites you to join us right after the service for 30 minutes to learn the results of the survey and help KUF move forward. We will also post a summary of the results in MiniLinks.

Based on the Social Justice Empowerment Handbook from the UUA, the SJC has adapted guidelines on determining next steps. They will be available at the March 17 meeting.

The next step of the SJC is to gather the results of the survey, then apply a process of discernment to focus the congregation based on our current capacity and interests. Your response to the survey as a congregation will guide us in our next steps, within our current capacity.

## Welcome All! KUF as a Welcoming Congregation

KUF is dedicated to creating a safe space and safe community for everyone to feel welcomed. The designation as a Welcoming Congregation is specific to the inclusion and recognition of those of us who are LGBTQ+.

The designation “Welcoming Congregation” was created by the Unitarian Universalist Association in the US and heartily adopted by the Canadian Unitarian Council. As they write,

“The Welcoming Congregation program is a volunteer program for Unitarian Universalist congregations that want to take active steps to become more welcoming and inclusive of individuals with marginalized sexual orientation and gender identities.”

KUF received its initial Welcoming Congregation designation in 2004 after a series of workshops, services and discussions that built a broader understanding of what was needed to create an inclusive congregation. A policy statement describing that process is in section 5.23 Of the KOG. The congregation celebrated, marched in the Pride Parade, held additional services regarding LGBT issues over the years, and hung its certification plaque with pride. The Our Whole Lives program taught kids of all ages about gender and sexual identity and fluidity and continues to do so.

Fifteen years have gone by and there is more work to do. The issues of 2004 remain pertinent, and new issues have arisen. It is time for KUF to renew its Welcoming Congregation status under new guidelines and, more importantly, for all of us to embrace learning so that KUF is a place where everyone feels welcome, in this case with a focus on the warm and informed inclusion of LGBTQ+ members, visitors and friends.

KUF will be working toward renewing its Welcoming Status in 2019, which means that each of us must commit to learning, listening, reflecting and affirming not only our general intent to be welcoming, but assessing how we need to be and interact to create that welcoming space. Please stay tuned for the steps we can all take together to reaffirm this important aspect of Unitarian fellowship.

Submitted by  
Mara Shaw

## 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](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 Thursday 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/)



Fall Prevention Ambassadors are trained volunteers who share accurate, reliable, and up-to-date information on fall prevention with older adults in KFL&A.

Fall Prevention Ambassadors are available to:

- deliver a 60-minute presentation on fall prevention to community groups, and
- participate in community events and expos with a fall prevention awareness display.

For more information, please call the Living Well Phone Line at 613-549-1232 or 1-800-267-7875, ext. 1180.

[www.kflaph.ca](http://www.kflaph.ca)

2017-05-08

## Fall Prevention Starts with You!

65+

Adults aged 65+ have the highest rate of emergency department visits and hospitalization for falls.



It's estimated that one in three older adults aged 65+ is likely to fall at least once per year.

85%

For the 65+ age group, falls account for 85 percent of all injuries resulting in hospitalization and 40 percent of nursing home admissions.

Fall Prevention Ambassadors are available to help spread the message that most falls are predictable and preventable!



KFL&A  
Public Health

### Falls Prevention Workshop

Recently, I was contacted by a Public Health Nurse from the Kingston Frontenac Lennox and Addington (KFL&A) Public Health office. She was advertising the possibility for a one hour Falls Prevention workshop that could be offered at KUF if enough people show interest. The workshop is aimed at seniors in the 65 plus age range, or caregivers who work with seniors. The brochure above outlines the information about the workshop. The workshop could be offered in the morning (10 or 10:30) or in the afternoon – at 1:30 or 2:00.

If this is something you would like to attend, then please print your name and phone number on the relevant form on the table at the back of the sanctuary. If we have enough interest (10 or more), then I will ask the KFL&A Public Health unit to schedule in a workshop. Then I would contact you to let you know when it is taking place.

Sincerely,  
Jan Hartgerink,  
President of KUF

# Calendar: March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> 2:30 pm Recorder Group 5:30 pm RE Parent Potluck & Brainstorming Meeting	<b>2</b> 9:00 am IHM - Beit Sefer 9:30 am IHM - Rabbi Visit 12:00 pm Rental 2:00 pm Rental	<b>3</b> Wilton Cheese Orders Due 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 pm Soup Lunch 6:30 pm Sangha
<b>4</b> 6:30 pm Rental	<b>5</b> 10:30 am Sunday Service Committee Meeting 6:00 pm RE Committee Meeting	<b>6</b> 6:00 pm Rental 7:00 pm KUF Board Meeting	<b>7</b>	<b>8</b>	<b>9</b> 9:00 am Rental	<b>10</b> Wilton Cheese Delivery 10:30 am Service and Children's Program 10:30 am Quakers Service 2:00 pm Repair Cafe 6:30 pm Sangha
<b>11</b> 8:00 am Rental 6:30 pm Rental	<b>12</b> 4:00 pm KUF Puppet Club	<b>13</b> 10:00 am Craft and Conversation Club 5:30 KUF Young Adults: Spirituality on TAP 6:00 pm Rental	<b>14</b>	<b>15</b> 8:00 am Rental 2:30 pm Recorder Group	<b>16</b>	<b>17</b> 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
<b>18</b> 4:00 pm KCC Board Meeting 6:30 pm Rental	<b>19</b>	<b>20</b> KUFLinks Submission Deadline 2:00 pm Poetry and Prose Sharing Group 6:00 pm Rental	<b>21</b> 2:00 pm Open Circle 5:00 pm OWL Grades 7-9	<b>22</b>	<b>23</b> 9:00 am Beit Sefer 11:00 am Rental	<b>24</b> 10:30 am Service and Children's Program 10:30 am Quakers Service 1:00 pm Rental 6:30 pm Sangha
<b>25</b> 5:00 pm KCC Board Meeting 6:30 pm Rental	<b>26</b> 4:00 pm KUF Puppet Club	<b>27</b> 10:00 am Craft and Conversation Club 5:15 pm Committee on Ministry Meeting 6:00 pm Rental	<b>28</b> 5:00 pm OWL Grades 7-9	<b>29</b> 2:30 pm Recorder Group	<b>30</b> 9:00 am IHM - Beit Sefer 9:30 am IHM - Rabbi Visit	<b>31</b> 10:30 am Service and Children's Program 10:30 am Quakers Service 10:30 am OWL Grades 1-3 11:30 am CUC Board Member Meet & Greet with Charles Shields 12:00 pm Shared Lunch 12:30 pm Queen's Work Study Experiential Learning Session 1:00 pm OWL Grades 4-5 6:30 pm Sangha



## Board of Directors 2018-2019 Committees and Board Liaisons

<b>Role</b>	<b>Director</b>	<b>Liaison</b>
<b>President</b>	Jan Hartgerink	Committee on Ministry
<b>Vice president</b>	Joe Pater	Administration
<b>Past President</b>	Daphne Hand	Lay Chaplaincy
<b>Secretary</b>	Astrid Trefzger	Sunday Services
<b>Treasurer</b>	Elaine Peterson	Finance
<b>Directors at Large</b>	Mara Shaw	Social Justice
	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")*