

KUFLinks



Kingston Unitarian Fellowship

June 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!

June 2, 2019

Flower Communion Sunday

You are invited to bring a few of your favourite flowers as we gather in our annual celebration of beauty and community. You will go home with a different flower from the one you brought, and hopefully with a new memory, a new friend in the KUF community, and some new ideas taking root. This year's service will be multigenerational, with all ages gathering together for service followed by a shared meal.

(Rev. Beckett Coppola Speaking)

After the Service:

- Soup Lunch
- Welcoming Congregation & Pride Planning Meeting

June 9, 2019

The Beauty of Radical Inclusion: #YGK

Kingston Unitarian Fellowship is once again planning to participate in the Kingston, ON Community Fair & Pride Parade 2019 next Saturday, 15 June. During this service we will be both lifting up and welcoming diverse voices as we celebrate our aspiration to radical inclusion and love in our world. #KUF #YGKPride #UUFaith

(Rev. Beckett Coppola Speaking)

After the Service:

- Annual Community Picnic & KUF's 65th Anniversary Celebration (see page 6 for details)
- Amnesty International Letter Writing
- Repair Cafe at 2:00pm

June 16, 2019

Preparing a Beautiful Table

Worship and creating ceremonies isn't about conveying information or having enough candles. Lay Chaplains and other worship leaders are preparing a table for beloved people with deep longings, invisible hurts, and a need to be buoyed by the community's hope. Together, we create a space that will hold us all — and Spirit, who often drops in for a visit.

(KUF Lay Chaplains Speaking)

After the Service:

- Social Justice Council Meeting
- Lunch Bunch at Mandarin Restaurant

June 23, 2019

Grateful for Beloved Connections

Inspired by the example of St. Francis, and KUF's 2018-2019 RE curriculum, we will take time today to express gratitude for the animals we love and have loved in our lives. Please bring a photo or other memento of a current or former beloved animal friend to share. We will also be taking time to express our gratitude for one another, and for the many ways that we each contribute to and participate in the interdependent web that is our very own congregation. (Rev. Beckett Coppola Speaking)

June 30, 2019

Carrying Beauty in Our Hearts

Today we close one congregational year and cast our gaze forward toward the next. This is a moment for reflecting on all the gifts and joys that community brings into our lives, and we will even have some special guests sharing their gifts with us. After Sunday Service we will gather for food and conversation before heading out to the summer season.

(Rev. Beckett Coppola Speaking)

After the Service:

- Shared Lunch

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Save the Dates!

- Soup Lunch Sunday for June is on June 2nd
- Our annual end-of-year potluck picnic (not to mention our celebration of KUF's 65th anniversary) will be June 9th
- Saturday, June 15th is Kingston Pride – come join in the fun!
- ...and we'll see you at regular Sunday Services until the end of June (our last regular service before the summer is June 30th)

The end of June means the end of another year of services here at KUF – but August is right around the corner, so plan to join us again for 2019-2020

- our first Sunday back together is August 25 – mark your calendars now!

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



Where do you look for beauty?
What does it mean for us to be a people of beauty?

There is benefit for all of us in an occasional visit to a museum and in sitting still while watching a languorous sunset. And yet, it is simply not sufficient to seek beauty only in the obvious places.

Much guidance has been offered through the ages to seek out beauty by visiting and observing the unlikely places. Indeed, one could argue that this is the job of religions and other communities engaged in collective meaning-making: to remind us and to help us observe beauty in the difficult spaces a human life so frequently occupies.

Some advice, at first glance odd, might include Chilean poet Pablo Neruda poem, “Ode to My Socks,” where something quite ordinary is woven into words, bringing to life the memories and meanings of a life. A simple personal possession, like a pair of hand knitted socks, has the power to be a beautiful reminder of life.

Beautiful things are not just objects to be appreciated and adored. They are not pretty things we purchase and possess. They possess us. They are containers for pieces and parts of ourselves. We don't just observe them; we pour ourselves into them. They don't just sit there; they open themselves up and invite us to spill our longings, memories, hopes and hurts into their care. When we observe them, we observe and re-member ourselves.

The social justice work we are called to as Unitarian Universalists through our mission and our aspirations show the world what we value, and it also tells those we fight for that we value them. This work paints a picture of new ways of living and declares, “Join me out there!” The beauty we see in the potential good of humanity is not just the thing that nurtures our activist efforts; it is the reason we are dedicated to action.

And we can consider what's behind it all when we we read these words from Ralph Waldo Emerson: “The world is not painted or adorned, but is from the beginning beautiful; and God has not made some beautiful things, but Beauty is the creator of the universe.”

The Quaker theologian Rufus Jones writes, “Beauty has no function, no utility... It greases no wheels, it bakes no puddings. It is a gift of sheer grace, a gratuitous largesse. It must imply behind things a Spirit that enjoys beauty for its own sake and that floods the world everywhere with it... Our joy in it shows that we are in some sense kindred to the giver and revealer of it.”

Beauty is not just an elegantly painted portrait. Beauty is also the artistic force of the universe that is constantly painting us. Pulling out the elegance in each of us and the world

around us to create the portrait that is life.

By all means, do get yourself to a museum this month. And be sure to find beauty in the most unlikely of places this month too!

In Faith & Fellowship,
Rev. Beckett Coppola

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

Thematic Experiments: The Beautiful Thing You Carry

The philosopher Blaise Pascal wrote, "In difficult times, carry something beautiful in your heart."

Difficult times find us in many ways, and they require courage, commitment, hope and self-love. All of which can be sustained by beauty.

We find the courage to oppose injustice after falling in love with a beautiful vision for which we are willing to fight. We maintain our commitment only by finding the beauty that nourishes our spirit. We hold on to hope because experiences of beauty remind us that something in the universe is on our side. We withstand dehumanization of ourselves and others when rooted deeply in the beauty of our own dignity and inherent worth.

When we carry beauty, it carries us.

What is the beautiful thing you carry? What beautiful thing do you aspire to hold close in your heart, head,

or pocket? Take some time to think about a source of beauty that sustains you, and then pick an action that will help you carry it with you in a more consistent way this coming summer.

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

Crafts and Conversation in May (and June!)

Sessions in May and June will only be one per month... May 8 and June 12, since I will be away for part of the time.

So let's finish those projects before we head off for the summer. I will bring my cutter and wool scraps for rug hooking, and anything else needed if you let me know.

We are also looking ahead to plans for next Fall, so come and let us know how we can continue as a group!

Charlene Horwood

Welcoming Congregations & Pride Volunteers Needed

Join us during soup lunch and afterwards on Sunday, June 2 to help plan KUF's involvement at this year's Pride festivities. We'll also talk about the next steps for our Welcoming Congregation renewal, including planning an educational piece for our fellowship. Sign up for the role you'd like to play at Pride on the sign up sheets at the back

of the main hall or by emailing Amy at amyfindley123@gmail.com

The Pact for a Green New Deal

The Pact for a Green New Deal launched just 10 days ago, on May 6. The CUC signed on to this, as have over 45,000 people.

Beginning on May 18th, 2019, people from all walks of life will gather in their communities to discuss what we want in a Green New Deal. Over 150 Town Halls have been launched - **join a Town Hall near you** to be involved

At its simplest, a Green New Deal is a plan for massive public investment to meet the demands of the justice and climate crisis, see the full implementation of the United Nation Declaration on the Rights of Indigenous Peoples, the Right to Free Prior and Informed Consent, and the Truth and Reconciliation Commission Recommendations, and create more than a million jobs in the process.

It's a plan to cut our national emissions in half within a decade in a way that works for working class families and creates millions of jobs in the process.

It's ambitious and requires a transformative policy platform stretching across sectors and jurisdictions. That's why all hands are needed on deck to plan.

What you can do:

- Join a Town Hall near you
- No Town Halls near you? Organize one

- Sign the Pact for a Green New Deal
- Interested in being part of the CUC effort? Email socialjustice@cuc.ca.

Greetings From your CUC Board Representative, Chuck Shields

About a month ago I had the opportunity to share a Sunday service with many of you at the Kingston Fellowship. I enjoyed being with you all, especially because it was Rev. Beckett's first full Sunday back in the pulpit. My plan is to come down to KUF a couple of times a year.

During that visit several of you mentioned that you have family in Ottawa. If you find yourself up here visiting over the summer, or any other time for that matter, you would be most welcome to join us at the First Unitarian Congregation (30 Cleary Avenue). We have lay-led services at 10:30 each Sunday of the summer and there is usually a good turn-out.

You may also want to mark your calendar that on October 19 the CUC Eastern Regional Fall Gathering will be hosted by FirstU and the Unitarian Universalist Fellowship of Ottawa at FirstU. The program will be developed in the next few months. We look forward to welcoming many other UUs from throughout the region!

Chuck Shields

Reflections painting in Main Hall: Part 2

by Allan Hammond

In April's KUFLINKS I explained how the painting came to KUF from the Rush family and outlined the main features of the early part of the life of its creator, Wm Allister, including his capture by the Japanese in Hong Kong in 1941.

Many details of Allister's prisoner-of-war experience are provided in his second book *Where Life and Death Hold Hands*, published in 1989 (There is a copy in the local library). The Canadian brigade sent to Hong Kong in 1941 to withstand an anticipated Japanese attack was surely one of the worst-organized ever. The soldiers lived the high life for a couple of months until the Japanese attacked easily over-running them. There followed four years of unimaginable suffering from which fewer than half the prisoners survived. However, Allister, along with about 700 other Canadian prisoners was shipped to Japan in 1943.

Allister's book provides detail of their treatment as slave labour until the end of the war in 1945. The prisoners were assigned to paint the sides of war ships. His background in theatre, art, and writing meant that he sometimes diverted their misery with songs, stories or sketching humorous posters. One less brutal guard provided a severely-weakened Allister with paints, brushes and paper to produce art pieces on demand. The book recounts the mental states and the psychology of survival which enabled most of the prisoners to live through the two years of slave labour.

At war end Allister went to Hollywood and appeared in several films

but moved to Montreal in 1950 to work in an advertising agency while continuing to write scripts for documentaries. In 1962, he moved with his family (wife Mona and two daughters) to Mexico to study and create art. He found his art got a strong positive response and after a year or two moved to Tsawwassen BC to continue it.

In 1983 he and Mona went to Japan for about six months to deal with his feelings of hate and curiosity. He had a warm reception everywhere he went. The shipyard where he had laboured provided him with an escorted tour and helped him try to find a guard who had treated him well nearly 40 years ago. Seeing more of Japan and its art made a strong impression which resulted in a Zen and calligraphic influence. It's easy to see that the art piece in KUF was created before his Japanese visit. He wrote "Through Buddhism I learned how to forgive."

A 1995 TV documentary *The Art of Compassion* - you can find it on Youtube - tells the story of two WW2 prisoners, Raymond Moriyama (Ontario Science Centre architect) and William Allister and how they resolved their hatred of their captors through architecture and art.

Before Allister passed away in 2008, he revealed to his wife that he would like to give his International Collection to Fraser Valley Regional Library. Committed to honour her beloved husband and his art, she fulfilled his wishes through a gift from his estate of the nineteen paintings. They are on permanent display and copies may be purchased.

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/.

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.

Order of Service: The Sunday program announcements for the coming week. Please send announcements to office@kuf.ca by Wednesday noon. Indicate “OofS announcement” in the subject.

Website: www.kuf.ca. To comment on website content, send an e-mail to news@kuf.ca.

Facebook: Be sure to share postings of interest with your friends: www.facebook.com/KingstonUnitarianFellowship
www.facebook.com/KingstonUnitarianFellowshipChildrenRE

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.

KUF Admin Office: The Admin Office here at KUF is currently open twice a week: Wednesday afternoons from 12-4pm and Thursdays from 10am until 2pm. These are the hours when Office Administrator Sean Fenlon will be in the office and available in person or via e-mail. Send administrative comments and queries to office@kuf.ca

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/

June 9th - Let's Celebrate!

2019 marks the 65th year since the founding of the Kingston Unitarian Fellowship. Many people have joined us on this journey over the years and it's time to celebrate!

Come mark this milestone anniversary with us at our annual all-ages end-of-the-year congregational potluck on 9 June after the Sunday Service. We will enjoy great food, good company and we will share an anniversary cake to honour the founders of KUF, current members and all our friends who have joined us over the years.

Please sign up this Sunday to give us an idea of what you intend to bring. Main dishes, salads, snacks, desserts and drinks are all welcome. Join us for the fun!



Calendar: June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	For a complete and up-to-date look at the KUF Calendar,	including our busy rental schedule,	check out our website at www.kuf.ca		1	2 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 pm Soup Lunch 1:00 pm Welcoming Congregation & Pride Planning Meeting 6:30 pm Sangha
3	4 6:00 pm RE Committee Meeting	5 7:00 pm KUF Board Meeting	6	7	8	9 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Amnesty International Letter Writing 2:00 pm Repair Cafe 6:30 pm Sangha
10 6:00 pm Rental	11	12 10:00 am Craft and Conversation Club 5:30 KUF Young Adults: Spirituality on TAP	13	14 2:30 pm Recorder Rehearsal	15	16 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
17	18 4:00 pm KUF Puppet Club	19 5:00 pm KCC Board Meeting	20 1:00 pm Sunday Service Committee Meeting	21	22	23 10:30 am Service and Children's Program 10:30 am Quakers Service 6:30 pm Sangha
24	25	26 5:15 pm Committee on Ministry Meeting	27	28 2:30 pm Recorder Rehearsal	29	30 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Shared Lunch 6:30 pm Sangha



Board of Directors 2019-2020 Committees and Board Liaisons

Role	Director	Liaison
President	Joe Pater	Administration
Vice president		
Past President	Daphne Hand	Lay Chaplaincy
Secretary	Sandra Woodhouse	
Treasurer	Elaine Peterson	Finance
Directors at Large	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")