

KUFLinks



September 2020

Sunday Services at KUF

We come together each week as a multi-generational community for Sunday Services and much more, and at the moment this will continue to happen online.

Due to the rapidly changing landscape of the month at the moment, Sunday Services will be detailed in the weekly MiniLinks email. Please watch for all necessary details to get connected there, and email the office if you are having any trouble receiving the weekly email!

Over the summer you have been coming together every

Welcome to the
month of
Renewal



week and creating the kind of community I am proud to serve. It is a delight to be returning to you as of Sunday 30 August, and I look forward to seeing where this year takes us, current events notwithstanding. As always, please reach out to careing@kuf.ca or to me directly if you are in need of support and/or resourcing.

Please take care, stay healthy, stay strong, and may we find our way back together when the time is right!

See you Sunday morning,
Rev. Beckett Coppola

Table of Contents

Sunday Services.....	1
at KUF.....	1
Connecting: Exploring This Month's Theme.....	2
<i>Engaging: An Opportunity to Live the Theme More Deeply.....</i>	3
Deepening: A Contemplative Practice Experiment: Lay Down Among the Wild Things... And Renew Your Senses.....	3
Message from the President.....	4
Our Second Chance Sale (Or At Least a Reduced Version of It...)..	4
Calling All Cooks: KUF is Still Looking for Recipes!.....	5
KUF Publications.....	5
Board of Directors 2020-2021 Committees and Board Liaisons....	6

August 30, 2020

Time to Renew?

There are a few things in our modern lives that are purported to make life easier, and automatic renewals are one of them. However, there may be a great benefit to setting some things for a manual renewal, so that we can play a more active role in their continuation. Join Rev. Beckett at 10:30am ET for the first Sunday Service of the new congregational year, as we begin to explore our monthly theme of Renewal. (Rev. Beckett Coppola Speaking)

September 6, 2020

The Second Attempt

Imagine living a life where your work does not need to be perfect—where we could instead focus on living authentically and wholeheartedly without worrying that we will be defined by our failures. Imagine a place where your first try that failed, and your second which succeeded, were both celebrated. Join Rev. Beckett on Labour Day Sunday to go deeper into an idea inspired by the words of Samuel Beckett. (Rev. Beckett Coppola Speaking)

September 13, 2020

Water Communion and Ingathering Sunday

Our annual ingathering and water ceremony celebrates our formal re-entry into another year of gathering, working, and welcoming work in community. This special online Water Communion and Ingathering Sunday we celebrate the reservoir that feeds us during this extended time of physical distance, so that we need not also be socially disconnected from community. Join Rev. Beckett and the Sunday Services Team as we formally enter a new year together. (Rev. Beckett Coppola Speaking)

September 20, 2020

Return Again

The Rev. Joan Javier-Duval originally delivered today's message a year ago, and through the Soul Matters network has shared the text with us. Rev. Javier-Duval writes, "No matter where we are on our journey, we start where we are on this day and in this moment." Join us this Sunday as Rev. Javier-Duval's message is read as one of our explorations of the theme of Renewal. (Reader: Sadie McFadden)

September 27, 2020

Taking Climate Action: Online, Locally, and At Home

Join KUF's Social Justice Council and Rev. Beckett as we journey through a time renewing our mission to engage in social justice work, and committing to our democratically selected social justice focus of our natural environment. (Rev. Beckett Coppola & KUF's Social Justice Council Speaking)

Connecting: Exploring This Month's Theme

What might it mean to be a people of renewal?

September is a season of homecoming for us UUs—and renewal is central to this. At the opening of each new congregational year we renew our commitments to each other, to our faith community, and we renew our energy for another year of journeying together.

It's also a time of renewing our renewal questions. Yes, that sounds odd, but it's essential to understanding the importance of this month, and the importance of our faith. You see, one of the less noticed roles of religion is its sneaky way of changing our lives by asking us to change the questions we ask. This is especially true when we talk about renewal.

In our culture and secular lives, the questions we ask about renewal often end up focusing mainly on health (Are you drinking enough water? Are you getting enough sleep?) and work/life balance (Are you making enough time for family, play and rest?). These are fine questions, but they don't take us very deep. Or push us very far. They don't enable the kind of transformation that our free faith wants for us.

And so along comes liberal religion and it says, "Hey, look over here. There's a box with an entirely different set of renewal questions that nobody's opened yet." Questions like:

- Are you sure it's your body that's tired, or could it be your soul?

- What if "time away" isn't about restoring ourselves in order to re-

turn to our work, but instead about making space to decide if it's time to reconfigure ourselves and re-imagine what our true "work" is?

- Is it time to renew your responsibility to those who will come after you?

- Is it time to renew your commitment to carry on the work of those who came before?

- What if you saw your daily living and loving as an opportunity (or maybe even a calling) to renew others' faith in humanity?

- Could it be that continual self-improvement is not the path to renewal but instead compassionate acceptance of who you already are, warts and all?

- What if renewing our common future isn't just about moving forward, but instead requires a return to an honest telling of the past?

And that's just the questions that are sitting on top of the pile!

This month let's dig in to this wonderful conversation together—let's refresh the renewal questions we ask. Let's remind ourselves we change our lives by changing the questions we ask.

In Faith & Fellowship,
Rev. Beckett Coppola

(Curated and written for KUF from and inspired by the 2020-2021 Soul Matters materials on the theme of 'Renewal' by Rev. Beckett Coppola.)

Engaging: An Opportunity to Live the Theme More Deeply

Speaking on our faith's commitment to covenant and the work of renewing our covenants with each other, Rev. Gretchen Haley writes:

“What our faith asks of us, what our faith imagines for us, is that somehow, right at that moment when our hearts break, we will find our way to see through that heartbreak. We will stay put – not close off, not run away, not hurt back – but keep on being in relationship, doing what we can to repair the world and each other.”

With these words in your mind and heart, make some time this month to identify a relationship of heartbreak in your life. Maybe it involves a friend or family member, maybe even someone who is no longer living, maybe a neighbour, maybe even an institution, like your congregation or our government. Whoever or whichever it is, make time this month to return to that broken relationship and work on repair if it is safe to do so. Simply ask yourself “Where have I withdrawn, been betrayed, or played a role in the breaking of things?” Your heart will know the answer—listen to what it says. Then open your heart one more time and lean into that relationship once again, doing what you can to renew it.

(Adapted for KUF from the 2020-2021 Soul Matters materials on the theme of 'Renewal' by Rev. Beckett Coppola.)

Deepening: A Contemplative Practice Experiment: Lay Down Among the Wild Things... And Renew Your Senses

In his well-known and beloved poem, *The Peace of Wild Things* (<https://onbeing.org/poetry/the-peace-of-wild-things/>), Wendell Berry speaks of lying down in the midst of nature and letting it renew him. You can read it as instructions for how to tap into nature's restorative power. And for our exercise this month let's take it a step further and engage the exercise with all five of our senses.

Simply lie down in a natural setting of your choosing and then, with attention and mindfulness, slowly ask yourself these five questions:

- What do I see?
- What do I hear?
- What do I smell?
- What do I feel against my clothes and skin?
- What can I taste? (Perhaps a bit tricky, but let yourself get creative!)

In each case, follow up each of the five questions with an additional one: “And what is that trying to say to me?” In other words, after you identify what is catching your eye, as “how is this trying to speak to me?” After noticing what you smell ask, “What message might this have for my soul?” Remember this is not so much about trying to create a long list and figure out how many things you can notice. Instead it's about trying to sort through the many things you see, smell, hear, touch and taste in order to find the one thing that really sticks out to your senses. And

then discerning why it was that particular thing that grabbed you and what it's deeper restorative message might be.

(Adapted for KUF from the 2020-2021 Soul Matters materials on the theme of 'Renewal' by Rev. Beckett Coppola.)

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Maria Robinson

BEGIN.

Message from the President

I hope that everyone is excited as I am to be returning to our KUF new year. Although, this isn't the same kind of start as previous years, nor exactly what I expected when agreeing to become president, it is still an amazing time to be together in this fellowship.

I have realized during this time of 'stay home, stay safe' adventure, I truly appreciate human contact more. I have had great conversations with friends, family, and others, usually through online means, and have noticed that those conversations have been deeper and more meaningful. Conversations that always start with how we are coping with the pandemic, to how we are recognizing the need for less consumerism, to being more aware of the spaces we call home, to greater world justice. One of those places we call home is KUF. As we continue to meet online, I have realized that our 'building' or 'home' is wherever we gather.

Thank you to the members of the COSM and those volunteers who connected with members through our member survey. At the time of writing this, the results are yet unknown, but are expected to be the basis for making decisions about our services and needs this fall. We are a fellowship of caring people who live by amazing Unitarian principles, which is clearly demonstrated through so many willing to help each other.

I would like to thank the Covid Task Force members for meeting over the summer and making recommendations on how to safely proceed. Thank you to Dave Wendt, Joe Pater, Elaine Peterson, Sandra Woodhouse, Anne Coward, Anne Chiarelli, Ann Copland, and Victoria Vincent.

Plus, a huge thank you to all the members who helped bring us the summer services. As KUF met over the summer each Sunday to share and be together, so many people were there to help from the service weavers, the technical support, and the zoom team. What an amazing example of our fellowship listening to what was requested and stepping up to make it happen.

Our Board meeting this month is on September 9th, which is a week later than normal to allow the finance committee to meet. They will be looking at our circumstances through this pandemic adventure this year before meeting to work on a budget for next calendar year (our fiscal year is January to December, while our ministry year is September to August). Canvass will be similar to last year with information being sent electronically, or mailed if required, and in-person meetings as requested, in October. More information will definitely be shared in the next while.

As president, I believe that my role is to help support KUF through its governance and in fulfilling our mission. Please feel free to reach out to me to make suggestions for activities, ideas for programs, feedback of KUF related matters, volunteer, or ask for assistance. I strongly believe that as we all 'strive to make our world a better place through our actions' we will definitely live in a better world.

Be well
Cindy Dunning

Our Second Chance Sale (Or At Least a Reduced Version of It...)

The Second Chance Sale will be Saturday, October 3 from 9-3, at 5 Riverside Drive (Victoria's garage & driveway). Set up will be the week preceding the sale. This year's sale will be outdoors and will have many safety precautions. We've consulted the public health department and received the go-ahead from the Covid Task Force at KUF. If you are interested in helping with the sale, please contact Victoria or Gordon (check your Directory for contact info, or e-mail the office: office@kuf.ca)

This year's sale will be smaller than last year's. We don't have as much room in Victoria's garage and driveway as we had in the building. To that end, we must narrow the categories of items we are accepting.

WE WILL NOT be taking:

- Adult clothing
- Children's clothing
- Children's equipment (car seats, strollers, high chairs, cribs, etc)
- Children's toys

- Computer equipment (unless it is very new and valuable, please call Victoria first)

- Most sports equipment (no skis, no exercise machines, no bikes; small equipment is okay.)

- No tires
- No building materials
- No yellowed Tupperware
- Games and puzzles with missing parts

We will happily take:

- Most books (but, please, no encyclopedias, out-of-date academic books, no cookbooks)

- Household items
- Linens
- Fabric and craft supplies
- Jewelry
- Tools
- Electronic miscellanea (i.e.

DVDs, CDs, and equipment to play them, etc.)

- Wall art, knik-knaks, and seasonal decorations

- Games and puzzles that are complete

- Small furniture (Upholstered furniture must be in excellent condition.)

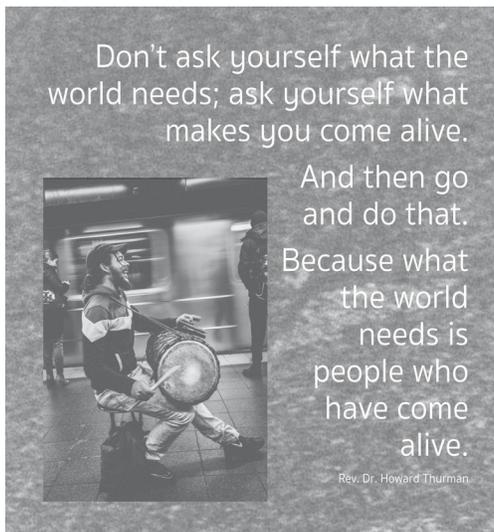
Everything must be in very good condition to make the most of our limited space. If you have anything that is in exceptional shape and valuable, please contact Victoria now (check your Directory, or e-mail the office, office@kuf.ca). We have sold quite a few larger items on Kijiji already, and your item may fall into this category. Donations can be dropped off starting Friday, September 25- Monday, September 28 at 5 Riverside Drive. Please call ahead to schedule a drop-off time.

Calling All Cooks: KUF is Still Looking for Recipes!

A bunch of us decided to do a cookbook while we're in social isolation. If everyone could send three or four of their favourite family recipes we could get this done pretty quickly. We're looking for recipes in the following categories:

- Soups
- Salads
- Breakfast foods
- Breads
- Appetizers
- Main courses
- Side dishes
- Desserts
- Beverages

Please send your recipes to Robert Ewart via the office e-mail, office@kuf.ca. Thanks in advance to everyone for your contributions!



KUF 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.

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: Like the rest of Unitarian Place, the Admin Office here at KUF is currently closed for in person meetings and appointments to help limit the risk of spreading COVID-19 in Kingston and the KUF community.

However, Office Administrator Sean Fenlon is working remotely and available by e-mail. Administrative comments and queries, as well as any questions about what's going on in the KUF community and how to stay connected in these trying times, can be sent 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/



Board of Directors 2020-2021 Committees and Board Liaisons

Role	Director	Liaison
President	Cindy Dunning	Shared Ministry/Lifespan Learning – Youth & OWL
Vice President	David Wendt	Buidling Facilities
Past President	Joe Pater	Sunday Services
Secretary	Sandra Woodhouse	Communications
Treasurer	Elaine Peterson	Finance
Directors at Large	Mara Shaw	Social Justice
	Vanessa McCourt	Lifespan Learning – Children
	Audrey Foster	Membership
	Victoria Vincent	Interfaith
	Susan Howlett	Lay Chaplains

(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")