

# KUFLinks



Kingston Unitarian Fellowship

October 2020

## Sunday Services at KUF

Visitors are welcome at our weekly 10:30am Sunday service via this link: <http://bit.ly/KUFSundays>

If you would like more information about KUF, Unitarian Universalism, or if you have any issues accessing our Sunday gatherings please reach out to us at office [at] kuf [dot] ca.

*October 4, 2020*

### **When Nature Speaks**

If we are to live into our commitment to respect the interdependent web of existence and celebrate the sacred circle of life calling us to live in harmony with the rhythms of nature, as we are commit to in our principles and sources, we must listen when nature speaks.

(Rev. Beckett Coppola Speaking)

*October 11, 2020*

### **Giving Thanks for One Another**

Have we lost faith in listening? What do we have to do in order to learn how to listen more deeply to one another and to ourselves? What might we have

## October's Monthly Theme: Deep Listening



to let go of in order to reach a point of truly giving thanks for one another?  
(Rev. Beckett Coppola Speaking)

*October 18, 2020*

### **Hidden Good**

In this message written by Rev. Dr. Sandra Fees she explores where we look in, what we look for, and how we might create a practice of intentionally looking for the hidden good.

(Sadie McFadden Reading)

*October 25, 2020*

### **Listening to the Stillness Within**

In moments of crisis and unrest it can feel impossible to acknowledge the wisdom of the interdependent web, and within each of us there is a capacity for

wholehearted living that inspires us to transform ourselves and the world around us. How can the richness of spiritual practice serve us, and give us what we need to in turn be what the world needs?

(Rev. Beckett Coppola Speaking)

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## Connecting: Exploring This Month's Theme

This is your chance to listen carefully. Your whole life might depend on what you hear.

~Joyce Sutphen

Deep listening helps us find our way in life. The compassionate presence of therapists allows us to navigate our way through processing and learning. We turn to contemplation to hear the wisdom of Spirit. We pay attention to experts so we might evolve our skills.

Just think about why you listen to those close to you. Is it really just to gather information? To hear the other clearly? Or is it because you've discovered in those rare moments of deep listening that a space suddenly opens up? A space that feels sacred. A space that, once you've experienced it, you never want to leave.

Listening's value isn't just instrumental —It doesn't just help us collect and expose information. It's not only a tool.

It's a place.

Those voices calling us home are our home. We don't have conversations; we are our conversations. Listening literally determines the world we live in —Who and what we pay attention to is who and what we become.

One wonders if this is why the poet says, "Listen carefully. Your whole life might depend on what you hear."

May this month, and our time together, help us take one more step toward listening our way into being.

In Faith & Fellowship,  
Rev. Beckett Coppola

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

## Engaging: An Opportunity to Live the Theme More Deeply

Deep Listening is a skill that requires vulnerability, intention, and the ability to notice when you aren't succeeding in order to engage with self-care, learn your own lessons, and return to the practice of compassionate presence.

Winnipeg based teacher and author Heather Plett writes:

"There are a surprising number of things that get in the way of good listening. Sometimes there are too many distractions, sometimes I'm tired, sometimes they've

hurt my feelings and I'm resentful, and sometimes I just want them to be more like me so I don't have to work so hard to figure them out.

Listening takes a lot of practice. Even though we develop our ability to hear while still in utero (unless we're hearing impaired), genuine empathic listening is a skill that takes much longer to develop. And even when we've worked hard to develop it, we often mess it up.

Not only does listening take a lot of practice, it takes a lot of vigilance and intentionality to stay in it."

For more from this post of Heather's go here:

<https://heatherplett.com/2017/02/learn-into-listen/>

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

## Deepening: A Contemplative Practice Experiment

In a post called "Deep Listening As Awareness Practice" from Spirit Rock Insight Meditation Center Grace Fisher writes,

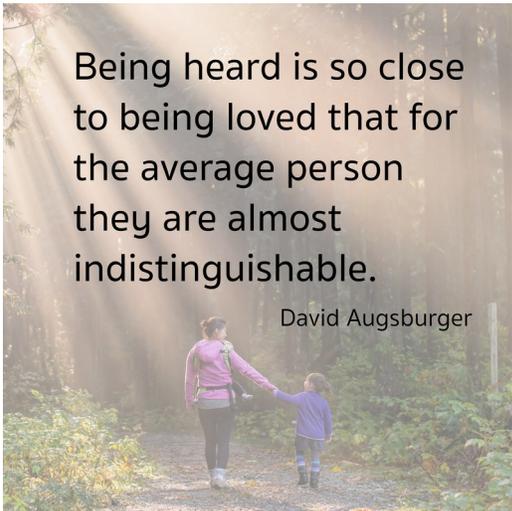
"Listening has become an almost radical act — a stand against the barrage of superficial noise and fixed views. Deep listening is a commitment to slow down, to be curious with a desire to understand and connect. It's an antidote to the fears and rage that plague our culture. And like most radical acts, it begins with us on the individual level....

This radical act of listening deeply invites us to know ourselves more fully and be more attuned and steady in the presence we offer others.

But perhaps most radically of all, this open spacious awareness allows us to truly embrace the stance of love.”

In this excerpt I feel a call to my faith as a Unitarian Universalist to remember my spiritual practice as a place to nourish my commitment to love the world. For more on the power of meditation practice to unravel and to teach go to: <https://www.spiritrock.org/the-teachings/article-archive/listening>

*(Curated and written for KUF from and inspired by the 2020-2021 Soul Matters materials on the theme ‘Deep Listening’ by Rev. Beckett Coppola.)*



Being heard is so close to being loved that for the average person they are almost indistinguishable.

David Augsburger

## KUF to Remain ONLINE

After looking at the survey results (about 60% said they would not attend in-person) and in consultation with Rev. Beckett and others, the Board has made the decision to remain together online until the end of December.

This has been an uncertain time and the Board felt that we should and need to look after all our members. We believe that the Sunday service committee can continue to provide amazing gatherings online for us. We do hope that we can

add more social gatherings and perhaps small group ministry this fall.

Please reach out to [caring@kuf.ca](mailto:caring@kuf.ca) or Rev. Beckett or myself if you are in need of anything. Our community is here to support everyone.

By being separate we are showing our respect and caring of each other.

Stay safe  
Cindy Dunning, President

## Notes from the KUF Board of Directors

Your KUF Board met for the first time this fall on September 9th. I truly appreciate this Board who attend from home well prepared and willing to take on all the required work to support KUF.

The following are some of the items that you might be interested in:

- A thank you to the Covid Task force that met over the summer to keep up with all the provincial and federal mandates and determine our safety requirements for Unitarian Place and our members
- A thank to the summer gatherings team of volunteers. What an amazing first for KUF.

- A thank you to the summer auction coordinators and everyone that participated. With fundraising limited due to the pandemic, this was truly amazing and raised over \$300.

- A thank you to the COSM for working on the survey this summer.

- Welcome to 3 Queen’s work study students. Queen’s pays for a large portion of the required funding and these three students provide valuable support to KUF. Welcome back to Brooke, Sadie, and Aiswarya.

- The building wifi system is being updated for better connectivity strength.

- Thanks to Helen Cutts for putting together a volunteer list of where members do and can volunteer. Keep an eye out for your copy when you receive this fall’s update to the Directory. If you wish to volunteer for anything, please contact the person provided on the list.

- Canvass for 2021 is happening in October and November. If you don’t receive a canvass package or information by mid October, please contact Cindy Dunning.

- Regular maintenance of Unitarian Place, including upkeep of the three mechanical units on the roof, fixing roof leaks, checkup on the fire alarm system, renewing the elevator license, and cleanup of the parking lot, occurred over the summer. Although we are not meeting there currently, regular maintenance helps reduce the emergency repairs. Thank you to the many who showed up for the parking lot clean up reducing our costs for this task to \$0! Thank you to all of the building committee.

The Board also spent time considering many factors, including the survey results, discussions with/about our minister and Sunday services committee, to determine our best course for meeting this fall. We have decided to remain online and safe until at least the end of December. As conditions with the pandemic change, we will continue to look at our options. We feel the safety of our members and our community is the main consideration.

As always, if you have questions or comments, please reach out to me.

Be well  
Cindy Dunning,  
President

## KUF Canvass 2021 is Here!

The KUF 2021 Canvass Campaign launches Sunday, October 4th, 2020.

We are having an open canvass this year to accommodate the current adventure while still allowing for people's preferences. [You can click here to access](#) a canvass letter, pledge form, and additional information to help you understand KUF's financial needs and the canvass target.

You have the option to simply fill out the pledge form and email/mail it back. You will then be done! Or, you can ask to be personally canvassed by phone. Either way, know that your support is needed and appreciated. This is your canvass; your opportunity to support KUF financially.

KUF Board of Directors

Ok, you've been listening.  
Is it now time to speak?

## 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](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/).

**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).

**Facebook:** Be sure to share postings of interest with your friends:  
[www.facebook.com/KingstonUnitarianFellowship](https://www.facebook.com/KingstonUnitarianFellowship)  
[www.facebook.com/KingstonUnitarianFellowshipChildrenRE](https://www.facebook.com/KingstonUnitarianFellowshipChildrenRE)

**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.

**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](mailto:office@kuf.ca)

**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/)



## Board of Directors 2020-2021 Committees and Board Liaisons

<b>Role</b>	<b>Director</b>	<b>Liaison</b>
<b>President</b>	Cindy Dunning	Shared Ministry/Lifespan Learning – Youth & OWL
<b>Vice President</b>	David Wendt	Buidling Facilities
<b>Past President</b>	Joe Pater	Sunday Services
<b>Secretary</b>	Sandra Woodhouse	Communications
<b>Treasurer</b>	Elaine Peterson	Finance
<b>Directors at Large</b>	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")*