

KUFLinks



Kingston Unitarian Fellowship

November 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.

November 1, 2020

The Long Journey Home

At our Water Ingathering service on 13 September you heard about the story of creating a kintsugi bowl. As we enter this month's theme of healing we will take that metaphor further by acknowledging that repair is not a magical process but one that takes a little elbow grease. How does your creativity serve your healing process? How does your faith inspire you to grow? And to repair the world around you? If you missed the service in September and would like to view the video of the message it is available for a little while longer at KUF's Facebook page, in the videos section, and you do not need an account to find or view it.

(Rev. Beckett Coppola Speaking)



Welcome to the month of

Healing

November 8, 2020

In Remembrance

The journey of healing can find a path in storytelling, in remembering so that we can move forward together. This Sunday we gather for Remembrance Day, taking time to honour our stories and, as always, to pay attention to these tales for the benefit of tomorrow.

(Rev. Beckett Coppola Speaking)

November 15, 2020

CUC National Fall Gathering Sunday Service & KUF Coffee Hour

KUF will gather at our usual link at 10:30am for a community chalice lighting and coffee hour: <http://bit.ly/KUF-Sundays>

We will then join the National Service, "Sustaining Our Light," at 1pm ET at the CUC YouTube Channel: <https://www.youtube.com/channel/UCJ251M-WQwrxSnry11bdBS-g/videos> This music filled service will be hosted by five ministers from across the country, and our focus will be "Sustaining Our Light" and how we need each other to create community.

November 22, 2020

Love It & Leave It (No, that's not a typo...)

Some things can be healed. They can be repaired, restored, recovered, renewed... And sometimes that isn't possible. How do we look honestly at what

Table of Contents

Sunday Services at KUF.....	1
Connecting: Exploring This Month's Theme.....	2
<i>Engaging: An Opportunity to Live the Theme More Deeply – Apt Words.....</i>	3
Deepening: A Contemplative Practice Experiment – Lectio Divina.....	3
KUF to Remain ONLINE.....	4
Notes from the KUF Board of Directors - October.....	4
Calling Out for Vocal Volunteers!...4	
Save the Dates: CUC National (Online) Fall Gathering, November 13-15.....	5
KUF Publications.....	5
Board of Directors 2020-2021 Committees and Board Liaisons....	6

can be healed and what it may be time to let go of? How can we hold this in ourselves, our communities, and the cultures we inhabit with love even as we grieve change?

(Rev. Beckett Coppola Speaking)

November 29, 2020

Healing Our Natural World

KUF's hardworking Social Justice Council will lead the next in a series of Sundays moving us further into our congregational social justice focus.

How are you doing with your three tasks? What's next for us? And how is this a calling of our faith?

(KUF Social Justice Council Speaking)



We are not mistakes;
We make mistakes.
Once we can tell
ourselves this,
healing begins.

Connecting: Exploring This Month's Theme

Jewish teaching includes frequent reminders of the importance of a broken-open heart, as in this Hasidic tale: A disciple asks the rebbe: "Why does Torah tell us to 'place these words upon your hearts'? Why does it not tell us to place these holy words in our hearts?" The rebbe answers: "It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in.

~Parker J. Palmer

Worry, loss, death, exhaustion, anxiety, Covid claustrophobia, political instability, the resurgence of fascism in a few locations globally, racial harm... frankly, it's overwhelming. And it is very tempting to find ways to numb or escape our suffering. We have a desire to stitch up a protective covering over things as soon as possible, so our exposed and tender nerves can rest. And a piece of this is also the desire to put the pain behind us as soon as possible.

But what if our path needs us to travel toward it? What if proximity to pain, not distance from it, is the real route to healing?

In the quote from Parker Palmer this is the theme of the parable he shares. And it is also what our faith is tries to teach us.

Palmer also says: "When the heart is supple, it can be "broken open" into a greater capacity to hold our own and the world's pain: it happens every day. When we hold our suffering in a way that opens us to greater compassion, heartbreak becomes a source of healing, deepening our empathy for others who suffer and extending our ability to reach out to them."

This doesn't just reframe pain; it also helps us reimagine our relationship with vulnerability. Maybe vulnerability isn't the cause of our pain but the first and needed step toward healing our pain. Maybe vulnerability isn't so much the problem as the ticket that allows us to get on healing's train.

This is what all the great spiritual traditions teach. Forget eliminating your pain; lean into it. Don't run from it as fast as you can; befriend it. Hold it in your frightened hands until you realize it's more malleable than you thought. Until you realize that your strong and courageous hands can shape it, can take its sharp edges and mold them into pathways that connect you with other people's pain, can transform it from a weapon that has wounded you into a bridge that connects you to others.

It is at this point we realize pain can be more than a cage cutting us off from the world; it can be a tool that makes room, that carves open an entirely new space, for life. A space where we are

more deeply connected to each other than we imagined possible.

The hurt doesn't necessarily go away, yet we may find ourselves more aware of our inherent wholeness despite it. And maybe that is the most important healing of all.

In Faith & Fellowship,
Rev. Beckett Coppola

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

Engaging: An Opportunity to Live the Theme More Deeply – Apt Words

In 1671 John Milton wrote, "...apt words have power to swage / the tumours of a troubled mind / and are as balm to festered wounds."

What words have healed you? What poem, book or music lyric helped you hold on or gave you hope? What words opened you to the new you, the healed you? As a way of testifying to the truth of Milton's quote, spend some time this month revisiting the words you have held close in order to hold yourself together.

Or maybe it's not about *revisiting* for you—perhaps your work is to *find* your current healing words, the words you need *right now* to deal with the wounds and worry of today.

Whichever it is, remember that healing words aren't always easy or immediately comforting. Sometimes the words we need to hear the most are the ones that are hard to hear or the ones which

shake us by our shoulders until we are awake.

Share the healing poem, quote, book or music lyric with other KUF members, and any person with whom you are close. Odds are you are not the only one who needs those words, and you may help someone find healing words by sharing yours!

Perhaps you could even include the words in a handwritten letter. That's right—go old school with this one. Don't just type it and send as bits and bytes via the computer. Instead, sit down and let your chosen words leak lovingly from your pen onto paper. Allow the process to slow you down and force you to take the time not just to pass on inspiring words, but also why those words are healing for you right now, and why you thought it might offer healing to the recipient of your letter.

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

Deepening: A Contemplative Practice Experiment – Lectio Divina

Like last month, we were invited to engage our monthly theme by engaging the spiritual practice Lectio Divina, translated literally as "divine reading." To learn more about this practice you can go to:

The Abbey of the Arts website:
<https://abbeyofthearts.com/blog/2017/02/19/the-sacred-art-of-reading-the-world-lectiodivina-as-a-life-practice-a-love-note-from-your-online-abbess/>

And you can also check out the website for all the spiritual practices used in the podcast "Harry Potter and the Sacred Text (HPST)" including Lectio Divina: <https://www.harrypottersacredtext.com/spiritual-practice-resources/>

The basic idea is to deeply listen to a text by reading it multiple times, through a different reflective lens each time. You can also think of it as bringing different discernment questions to the text, with each question inviting you to listen to the text in a new way.

One example is:

- 1: What FEELINGS arise?
- 2: What MEMORIES does it stir?
- 3: What MESSAGE does it have for you personally? ("words of comfort or challenge")

Alternatively you could try the practice we did together in October inspired by HPST:

- 1: A literal reading of the text, as in what's actually happening;
- 2: The allegorical meaning of the text, as in is there anything here that is metaphorical, figurative, emblematic, or are there hidden meanings you didn't hear the first time? Are you reminded of any stories, parables, myths, or lessons?
- 3: Allow for an introspective exploration inspired by the third reading, recalling a story from your life that you are reminded of by reading this text;

4: And, finally, a reflective reading that shifts into action: What is the text asking of you? What comes up from the text for you that guides you into action?

The following are three healing reflections you can choose from:

“Even This Is Enough,” by Rev. Vanessa Southern:

<https://www.uua.org/worship/words/prayer/even-enough>

“Love After Love,” by Derek Walcott:

<https://www.poemhunter.com/poem/love-after-love/>

“A Blessing For One Who Is Exhausted,” by John O’Donohue:

<http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted/>

Find the one that calls to you the most, then read it following one of the Lectio Divina models presented. For the first reading use frame one, for the second reading frame two, and so forth.

Remember, any insights or messages come from within and have simply been brought forward by the text, not created by it. You are finding the message of your truth that leads you towards a life of integrity, meaning, and connection

Enjoy your practice!

(Curated and adapted for KUF inspired by the 2020-2021 Soul Matters materials on the theme ‘Healing’ by Rev. Beckett Coppola.)

KUF to Remain ON-LINE

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 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 - October

The Board meets the first Wednesday of each month, and as such writing this column always seems a little out of date, however, there is some great pieces of information we want to pass on.

We would like to thank the ongoing efforts of our Committee on Shared Ministry (COSM) for taking a lead role in the well-being of our members. They have coordinated picnics, gatherings, walks, and plan to continue to have ways for us to meet.

A huge thank you to Elaine Peterson, who has stepped down as our treasurer. Elaine has been in this role for a number of years and has brought a lot of dedication and wisdom to the role. Victoria Vincent has agreed to step into this position. This leaves a vacancy of Director at Large for the nominating committee to fulfil. The Board may fill

all vacancies during the year without holding an election as they occur.

Canvass is underway and will conclude early November. We would like to thank all those who contribute financially to KUF, which allows us to maintain our staff and building, plus support our mission. We also thank all those who contribute the time and energy into all the different facets of KUF. Together we can be an amazingly positive force in our community.

The Board held their New Member and Board social online this month. We met in a Zoom gathering and had breakout groups to allow us to chat. This was a great change from just being on Zoom for meetings!

The Christmas Even plate collection will be designated to the Minister’s discretionary fund. The finance committee will be applying for CEWS (Canadian Emergency Wage Subsidy) since our rental income has definitely decreased from last year (since the building is closed!). We will keep you posted if this is received.

Please remember that you if you any comments or questions, please reach out to Cindy Dunning or any of your Board members. We are here for you.

Stay safe

Calling Out for Vocal Volunteers!

The Vocal Volunteers, the KUF choir, are going virtual!

Sadie McFadden, our Queens work/study Music Coordinator, is planning to put together a virtual choir. Each person would record their own voice, singing their own part, send it to Sadie

and with the magic of technology, our choir will rise from the Covid and social distancing ashes.

Voices of all kinds are needed. If you have ever sung in a choir or would like to sing with us, please contact Sadie McFadden.

Save the Dates: CUC National (Online) Fall Gathering, November 13-15

The CUC is thrilled to announce all the details of the upcoming National Fall Gathering being held November 13-15.

Join in on Regional Gatherings on Friday, November 13.

On Saturday, November 14 there is a full slate of engaging workshops on everything from Pastoral Care and Resilient Leadership, to conversations with Indigenous Elders and Educating for Anti-Racism. There will also be a conversation with the Board and some social time at the Coffeehouse.

And on Sunday we will gather together for a National service.

Please find all the details, including the registration information on the CUC website at:

<https://cuc.ca/events/national-fall-gathering-2020/1605294000/1605466800/>



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 cal-

endar. 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	Victoria Vincent	Finance
Directors at Large	Mara Shaw	Social Justice
	Vanessa McCourt	Lifespan Learning – Children
	Audrey Foster	Membership
	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")