

KUFLinks



Kingston Unitarian Fellowship

December 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.

December 6, 2020

The Eye of the Storm

Our theme this month is stillness, and today we begin to explore the idea of what it means to be a people of stillness. There are gifts of healing and respite in stillness, but there is also the gift of finding clarity, purpose, and meaning. How can we use the small pauses, moments for mindfulness, to both restore our strength and prepare us for the next step in our journeys? (Rev. Beckett Coppola Speaking)

December 13, 2020

Even So

December 2020 is shaping up to be less about “Ho, Ho, Ho!” and more about “No! No! No!” “Stay home and stay safe!” is becoming tedious for us all



December's monthly theme:

Stillness

and seriously depressing for some. As we acknowledge our own personal challenges and sorrows in the midst of a global pandemic, can we still reclaim the peace and hope that the holidays offer us?

(Sunday Services Team Speaking)

December 20, 2020

The Candle in the Window

The potential for stillness in this moment of the yearly cycle is ideal for introspection. As we continue through the season of many holidays, with the solstice happening on Monday 21 December this year. Tomorrow the nights begin to shorten and the days begin to lengthen, and as the season of winter

settles in around us we can we look to this moment for inspiration.

(Rev. Beckett Coppola Speaking)

December 24, 2020 (5pm)

Christmas Eve

Join us as we come together in community to share in the joys of singing and learning together at our Christmas Eve gathering. Holiday songs, special music, and more will companion us into the start of this year's holiday. Have a candle beside you to light, and we will create a web of illumination and connection together.

(Rev. Beckett Coppola Speaking)

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December 27, 2020

The Sound of Silence

The world has been forced by this pandemic to slow down, to live with more stillness than in years past. Have you been able to welcome this stillness for yourself? Together, let us take time to listen to the wisdom found in the silence and the slowing down this time has offered us before the wheel turns once more ringing in the new year. (Guest Speaker: Nicole McKay, UU Seminarian -- Nicole is a Unitarian Universalist seminarian studying at the University of Toronto. She lives and serves in Canadian Forces Base Borden and is preparing for military chaplaincy. Nicole is drawn to the contemplative and mystical traditions of finding wisdom in the quiet whether that is out in nature, on her yoga mat, and in the silence of her own heart.)

By not giving ourselves the minutes - or hours - free of devices and distractions, we risk losing our ability to know who we are and what's important to us.

Alan Lightman

Connecting: Exploring This Month's Theme

What Does It Mean To Be A People of Stillness?

Don't tell me to be calm when there are so many reasons to be angry... I didn't say to be calm, said the wind, I said to breathe. We're going to need a lot of air to make this hurricane together. ~Rev. Lynn Unger, from her poem "Breathe"

Often when stillness weaves its way into our discussions, it's framed as a retreat strategy. A balm from the frantic and frequently wounding world. But as wise teachers like Rev. Unger remind us, that's not the whole story.

Stillness is less like a locked room that keeps all the enemies out and more like an oxygen mask that brings us back to life, that fills us with power. Stillness doesn't simply slow our breath and even our energy—it fills us with it. As Unger suggests, we don't really want to be told to be calm these days.

There is indeed so much to be angry about. So much that needs defended, resisted, and reconciled. Which means that there's a lot at stake in how we talk and think about stillness.

A stillness that invites us simply to escape the world is dangerous, and smells a lot like spiritual bypassing. A stillness that merely anesthetizes our nerves may comfort us, but it also widens the wounds of the world. To listen deeply to suffering is to challenge the view of stillness as the resting place at the bottom of the hill we've climbed, and instead imagine it is the basecamp that launches us into the long trek up the mountain.

And alongside this vision of stillness as a time for gathering strength also rests the quality of stillness that clarifies perception.

One of the most powerful and heart-breaking examples of this comes from the movie Schindler's List. In what is possibly its most famous scene, Oscar Schindler is sitting still upon his horse at the top of a hill looking down at atrocities being committed by the Nazi soldiers. Up until that moment, Schindler couldn't see past his rationalizations. But in that still moment, which was filmed in black and white, we watch through his eyes and see one small burst of red emerging from the sea of grey. It's a single small girl in a bright red coat. In that moment his perception is transformed and the stillness allows him to notice that which calls him back to his humanity.

Here we see that stillness gives us the space to perceive that which is truly precious, and in doing so can call us back to our humanity. When we pause and find a sacred point of balance all that is precious in life becomes illumined. The blur that usually

dominates our attention fades to grey and we are able to notice what truly deserves our focus, our care, our commitment, and our love.

And when we are surrounded by and connected to those precious things, a type of magic happens. We can meet ourselves anew, and we may suddenly feel at home in ourselves and the world. This sense of home can calm us or it may challenge us, but either way life comes alive again in moments of quiet.

Maybe the true aim of this month is home. Maybe stillness is not an end, but a means to an end. Perhaps stillness is not the destination but the path guiding us home to ourselves.

In Faith & Fellowship,
Rev. Beckett Coppola

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

Engaging: An Opportunity to Live the Theme More Deeply

In the powerful short film “Just Breathe,” watch and hear from elementary school students learning to use mindfulness to navigate complex feelings. “Just Breathe” was created by Mindful Schools graduate and filmmaker, Julie Bayer Salzman.

The film is unscripted, and what you hear the children say “is based purely on their own neuro-scientific understanding of difficult emotions, and how they cope through breathing and meditation. They, in turn, are teaching us all...”

For more on the project, and to view the film go to:

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

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

Deepening: A Contemplative Practice Experiment

Take a Picture of Your Calming Place

We all have one, even if we don't realize it or think of it this way—our calm place. A place or space that moves us into stillness as we move into it. A favourite bench overlooking a favourite view; the unique trail in the woods by our home; a body of water that has our heart; a corner of your house; your study where you get to be alone; or even your quiet time in the first 15 minutes of your day.

For some it's about emotional rather than physical space, created by listening to a piece of beloved music, like Beethoven's 'Moonlight Sonata,' Bach's 'Prelude No.1,' or Bill Evans' 'Peace Piece.'

Whichever it is for you, deepen the relationship with your “calming place” by capturing it with a picture.

This may sound simple, but it's more complex and challenging than it first appears. For instance, what time of day will you take the picture of your favourite spot by the lake? Sunrise? Sundown? Late afternoon? Or what about the picture of your study? Do you take a picture of yourself sitting at your desk? Or on the chair in the corner? Will you look in the camera or capture

yourself looking out the small window that routinely pulls and calms your gaze?

And here's a little bit of inspiration to help you along:

<https://www.theschooloflife.com/thebookoflife/on-calming-places/>

Post your picture on social media, or somewhere that you will see it regularly over the month. And remember, in the end it's not the picture itself that is the exercise. It is the process of capturing a moment of stillness and peace your treasured space graces you with, and then creating a reminder of it for the days ahead.

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

KUF Advent Connections Calendar

DECEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		Review and save the KUF Advent Connections Calendar.	Like or visit the KUF Facebook Page, add a comment to the latest post and share a post.	Save the KUF Directory, look at all the familiar names & smile!	Light a chalice or candle before dinner.	Go outside alone. Take five breaths and send love to our community.
6	7	8	9	10	11	12
Attend KUF's Sunday Service at 10:30 am: http://bit.ly/KUFSundays	Call one of our elder adults to check-in.	Sing <i>Spirit of Life</i> before a meal. (Check YouTube for music to sing along with!)	Look up "Mary Oliver poems" on the Internet.	Light the first candle in a Menorah or put a lit candle in your window.	Send a thank you note to a board member or other committee member.	Send Rev. Beckett a picture of yourself with a lit candle for the Xmas Eve Service!
13	14	15	16	17	18	19
Attend KUF's Sunday Service at 10:30 am: http://bit.ly/KUFSundays	Donate to a local food pantry.	Post your favorite cookie recipe to Facebook.	What do you want to learn in the new year?	Invite a friend or neighbour to KUF's Christmas Eve service.	Send a Holiday greeting to a staff member.	Take a picture of yourself wearing a holiday sweater, and post on social media. Be sure to tag KUF in your post!
20	21	22	23	24	25	26
Attend KUF's Sunday Service at 10:30 am: http://bit.ly/KUFSundays	Light a candle to observe the solstice.	Deliver cookies, a card, or a gift to someone from the fellowship who you don't know well... yet!	Based on your reflection on the 16th, choose your winter project for the next few months.	Attend Christmas Eve Service at 5 pm: http://bit.ly/KUFSundays	Text or phone five people in the congregation to say Happy Holidays!	Stay in your pajamas and watch a holiday movie.
27	28	29	30	31		
Attend KUF's Sunday Service at 10:30 am: http://bit.ly/KUFSundays	Journal for 10 minutes about the wisest advice you've ever heard.	Visit the KUF website and find one new activity or committee to try in 2021.	Thank <i>yourself</i> for five kind things you did in 2020; tell someone about them.	Post a New Year's Greeting on social media and tag KUF in your post!		

Have some holiday fun with this advent inspired connections & inspirations calendar from Rev. Beckett!

Notes from the KUF Board of Directors - November

Welcome to Kim Irvive-Albano as our new Director at Large. The Board unanimously accepted a motion to have Kim fill the vacant position created by Victoria Vincent moving to the position of Treasurer after Elaine Peterson stepped down. With all these changes, our signing officers for our bank accounts will also be updated.

The Board would like to thank Norma Graham for her years of dedication to raising funds for KUF through the sale of cheese. We truly appreciate all of her consistent efforts to help. We would also like to thank everyone who worked with Norma in the past.

The Canvass this year was a great success coming very close to our goal of \$139000 despite the uncertain times of the pandemic. The total amount will be announced at the Budget meeting in January, after all the pledges are received. Thank you to everyone for continuing to believe in our KUF mission and presence within the Kingston community through financial and time commitments.

Rev. Beckett has requested, as part of her covenant contract with KUF, to start her permanent resident application. This is a long process involving a lawyer, paperwork about life history, and FBI reporting. Watch for the announcement in about a year's time!

The Board has been working on the Right Relations Covenant and creating a Right Relations team document to go with the Disruptive Persons document. These will be made available through minilinks.

The building upkeep continues with items such as snow plowing arrangements, doors and timers adjusted for the time change, fire system check, extinguishers to be upgraded, batteries and bulbs in exit signs changed. Thank you to the building team that is making sure we will be safe upon our return.

The full Board minutes are posted on members section of the website. If you need the password, please contact the office.

Be well

KUF Guide Update: Right Relations Covenant

The Right Relations Covenant has recently been updated in the KUF Guide, the primary KUF policy handbook. The full text can be found below. Also updated recently were the Disruptive Behaviour Policy (which can be read by [clicking here](#)) and the terms of reference for the new Right Relations team ([click here](#) to read). If you have any questions, or require a copy of these or any documents from the KUF Guide, please e-mail the KUF Office, office@kuf.ca

“KUF strives to be an inclusive community, affirming our differences in beliefs, opinions and life experiences. As a congregation KUF welcomes diversity in its various forms and values expression of diverse beliefs. We also affirm the belief that our congregation must maintain a secure atmosphere where such openness can exist. As part of KUF's Right Relations Promise, we strive to:

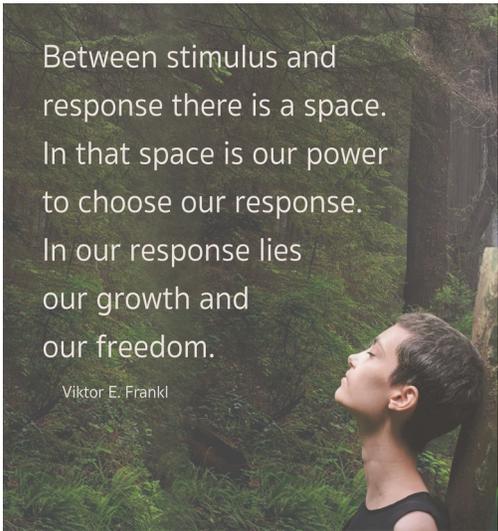
- be open and curious about other people's theological under-

standings and avoid making judgments about them

- listen, really listen to other people, their experiences, their understandings and their stories
- take responsibility to respond, rather than react to others, and engage in conversations with respect and encourage questions
- celebrate and accept diversity of all things
- deal with conflicts, be they large or small, when they arise, promptly and directly
- give priority to the collective good of the congregation over any one individual's wishes or views

We assert these promises as fundamental rights and responsibilities of all persons attending the Kingston Unitarian Fellowship. We will use it as a guide of how we wish to be in relations together. The Right Relations Team is available to assist with any conflict that hasn't been resolved after congregants used their best problem-solving skills. There may also be times that behavior is not in keeping with this promise and is experienced as disruptive. The Disruptive Behaviour policy will guide the response when this type of behavior is experienced.

The Right Relations Team will be utilized on a as needed basis and will take an educational role around conflict resolution and facilitate discussion for all persons involved as deemed required. If any party to a conflict is unwilling to cooperate or in any way undermines the process of resolution, the Right Relations Team cannot be involved, and the matter will be forwarded to the Board to pursue under the Disruptive Behaviour Policy.”



Between stimulus and
response there is a space.
In that space is our power
to choose our response.
In our response lies
our growth and
our freedom.

Viktor E. Frankl

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	Interfaith
	Kim Irvine-Albano	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")