

KUFLinks



Kingston Unitarian Fellowship

January 2021

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.

January 3, 2021

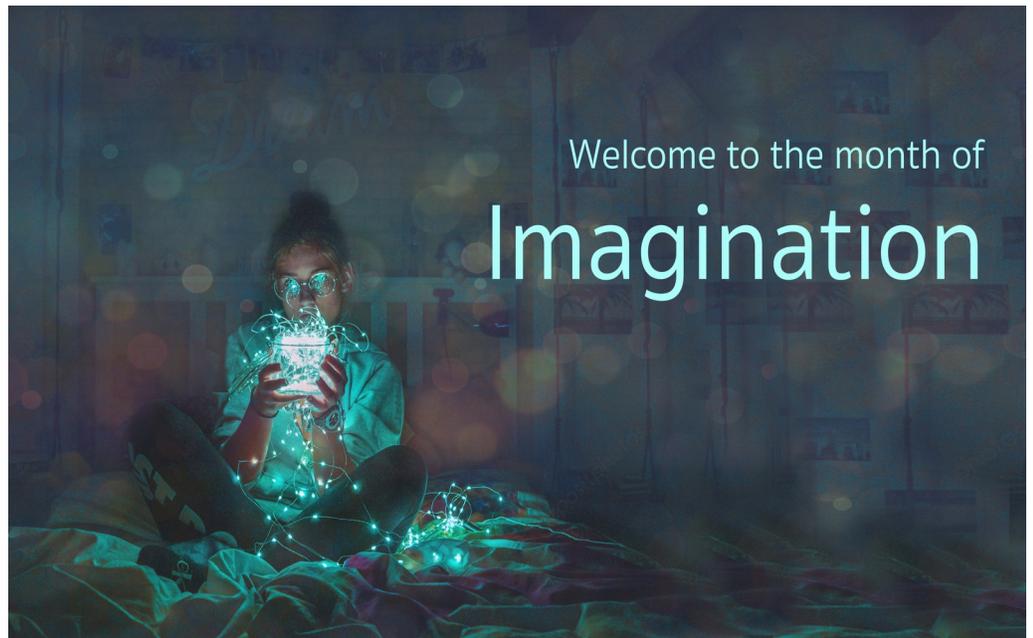
Imagining Your New Year: Part 1

The first step in imagining a new year for ourselves is intentionally reflecting on the past year, and 2020 was a challenging year in many ways. We will engage with the work presented in the YearCompass through reflection, contemplation, and conversation as we both celebrate and mourn the year that has now passed. Bring some paper, a writing implement, and your imagination to our time together this week! (Rev. Beckett Coppola Speaking)

January 10, 2021

Imagining Your New Year: Part 2

This week we take the second step in imagining a new year for ourselves by using our reflections on the past year



from last week to springboard ourselves into some intentionally visioning for 2021. Bring some paper, a writing implement, and your imagination to our time together this week! (Rev. Beckett Coppola Speaking)

January 17, 2021

Thin Places by Rev. Dr. John T. Morehouse

The idea of 'thin places' exists in many traditions, and is a teaching we can engage with in our exploration of the theme of imagination this month. Come hear excerpts from a sermon written by Rev. Dr. John T. Morehouse (used with permission) and originally delivered to the congregation he serves in January of 2017. This message will be read by

KUF Music Program Coordinator Sadie McFadden.
(Sadie McFadden Reading)

January 24, 2021

The Potential in Creativity

Artists and philosophers have often had an incredible impact on society, and we can individually harness the transformative power of art, creativity, and play in healing and manifesting a new world for us all.
(Rev. Beckett Coppola Speaking)

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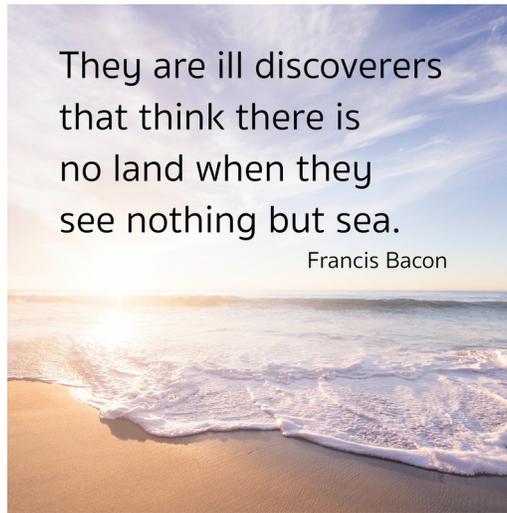
January 31, 2021

Imagining Hope

Neuroscientists, using MRI scans, have discovered that imagining walking uses exactly the same areas of the brain, with the same intensity, as actual walking. So, the simple act of imagining can prepare the brain, prepare each one of us, for what is to come.

All change, even “positive” change, brings some anxiety. And yet, all possibility requires change. As we move into Imbolc and the return of the light, as our circumstances and our world keep transforming, can we welcome change and use the power of our minds to imagine hope?

(Anne Coward Speaking)



They are ill discoverers
that think there is
no land when they
see nothing but sea.

Francis Bacon

Connecting: Exploring This Month's Theme

What Does It Mean To Be A People of Imagination?

Imagination's great gift is improvement, at least that is what we're usually taught. So, maybe some of our most important work is to re-imagine imagination.

A deep magic lies in the way it can reshape our reality. We are urged to imagine the world we dream of—a world with more justice, more peace, and more love. From here a mysterious magnetism arises and pulls our imperfect present into an improved future.

Imagination moves us forward.

It makes us better.

As John Muir said, “The power of imagination makes us infinite.”

Imagination isn't just a force that drives us forward toward a more perfect future, it also pulls the sacred into our impoverished present.

Imagination is what transforms trees from potential firewood into wise friends.

Imagination is what moves us from dominating the natural world to seeing ourselves as part of it—it gives the world a soul. And not just the natural world, but the ordinary world too.

Through the lens of imagination, we perceive the common as precious, even miraculous. The laughter of our children becomes the sound of angels. Sunshine on our face becomes a greater treasure than gold. Our “everyday” lives are understood as amazing adventures and inexplicably lucky gifts.

This month let your imagination soar and let its light illuminate your life this winter!

In Faith & Fellowship,
Rev. Beckett Coppola

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

Engaging: An Opportunity to Live the Theme More Deeply

The Imagined Story That Has Shaped Your Real One:

All of us have a book or two that shaped who we are and how we live our lives. Some piece of fiction that rooted itself in our imaginations and from there wormed its way into our real-life living and loving. So... what books was it for you?

Take some time this month to figure out the books that impacted you. For

some it will be a book from childhood. For others, it will be a book we read as an adult during a difficult time in our lives. Whichever it is, search your imagination to find it.

And while you are at it, why not read it again and see what is released into your imagination this time?

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

Deepening: A Contemplative Practice Experiment

Imagine the Colours & Location of Your Happiness:

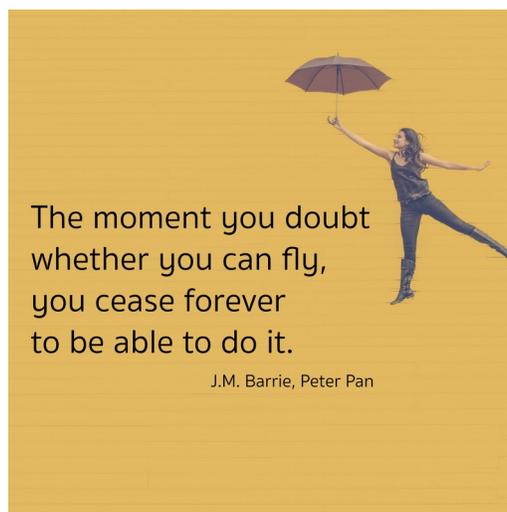
The creative folks at Soul Pancake offer us this exercise inspired by the work of art therapists: <https://www.facebook.com/soulpancake/videos/10155393464706117/?v=10155393464706117>

You start by colour coding all the things in your lives that brings you comfort and happiness. And then, with those colours in mind, pull out whatever size paper you have available, trace out a figure of yourself, and locate the sources of happiness on your body. The important part is not the size of your creation, but the location on which you place your meaning-filled colours.

Just as the art therapist encourages in the video, be sure to pay attention to which colour you start with, which colour anchors you, and when you are finished consider sharing your reflections with other KUFers—maybe even create

a practice pod and do the exercise with a friend!

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



Notes from the KUF Board of Directors - December/January

Welcome to the new year! Although we are starting the year as we spent most of 2020 with our pandemic adventure, I have hope that we will be together this year. Until then, I and the Board truly appreciate your support and understanding as our first priority is to keep us safe.

The following are a few highlights from the December Board meeting:

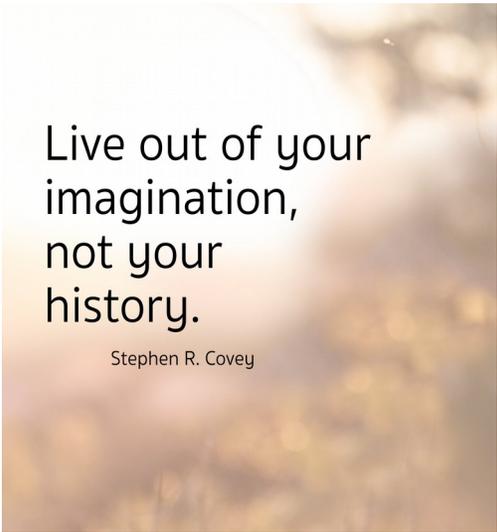
- A huge thank you to the Sunday Services volunteers, including the RE volunteers. These very special people have put in hours to keep us together and connected on Sundays.
- Thank you again to the COSM for continuing that connection throughout the week. If you have not joined us for a social

event, I strongly recommend you do. The conversation is wonderful.

- Thank you to everyone for making our Canvass a success this year. We have pledged about \$132000 of our \$139000 goal. I am so grateful for all of you and your dedication to keeping our mission alive.
- Our Annual Congregational Certificate of Membership for 2021 has been submitted to the CUC from the Finance committee with our member list at 96. This is how the CUC calculates our share of payment to them for each member.
- We have started looking at how to advertise more to keep our community connection alive.

One of my New Year's Resolutions is to remember to laugh, cry, sit, walk, meander about, talk, or be silent as I need. There is no time in history like we are living, but we know that this too shall pass. I hope that you will reach out to our amazing KUF community for anything you need be that conversation, quiet listening, or care.

We will see each other again!
Stay safe and be well
Cindy Dunning,
President



Live out of your
imagination,
not your
history.

Stephen R. Covey

please go to the “News” tab at <http://www.kuf.ca> and click on the “Calendar” page.

If you use Google Calendar, you can also view 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.

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, <http://www.kuf.ca>, by clicking on the “News” tab, and then the “Newsletter” page.

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: We constantly update the KUF calendar. For the most up-to-date snapshot of what’s coming up at KUF,

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.

For more information please go to the "Weddings" tab at <http://www.kuf.ca> or go to <https://www.kingstonweddingofficiant.com>



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")