

KUFLinks



March 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.

March 7, 2021

What Is Our Charge?

As Unitarian Universalists what are we committing to? And why? Through elements of our theology, and some stories from our history, we may begin to see glimmers of what we may each be charged to carry forward for the next generation of Unitarian Universalists. (Rev. Beckett Coppola Speaking)

March 14, 2021

The Evolution of Commitment

In 2020, Emily Cummins-Woods, a retired KUF Lay Chaplain, engaged in a "conscious uncoupling" process with her spouse, Alice. It was done in a very intentional way, accompanied by ceremony and ritual, with the aim of remaining a strong parenting team for

Welcome to the month of
Commitment!



their family. Join the KUF Lay Chaplain team as we reflect on the March theme of Commitment and support Emily as she tells us her story of Commitment, Un-Commitment and Re-Commitment. (Emily Cummins-Woods Speaking)

March 21, 2021

The Lived Experience

One year ago today we committed to shifting online until we could be together again safely, and none of us could have predicted the we would still be meeting virtually a year later. As we pass another equinox being socially connected while physically distanced let's take a moment to look at the role

of the transient and the permanent in community. (Rev. Beckett Coppola Speaking)

March 28, 2021

People, Power, Planet

Lives disrupted and lost, institutions and infrastructure upended, inequalities exacerbated... Before, during, and after the pandemic, we are confronted with an even greater existential threat: the climate crisis. We must come together as a world community, seeking peace, justice, and liberation for people and for planet. This United Nations Sunday service invites us to be all in for climate justice.

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(Guest Speaker: Allison Hess, UU-UNO International Engagement Associate

Allison Hess serves as International Engagement Associate at the Unitarian Universalist Association where she works to connect American and Canadian UUs with opportunities to engage with our global faith, the work of the United Nations, and worldwide justice programs. She also chairs the UU United Nations Office's annual Intergenerational Spring Seminar. Allison grew up in Thousand Oaks, CA, and is a third generation UU.)

I am only one.
But I am still one...
I will not refuse
to do the
something
that I can do.

Rev. Edward Everett Hale

Connecting: Exploring This Month's Theme

There can be an uplifting quality to this month's theme: commitment to healthy habits not only lengthens our lives but enriches them; faithfully following through on our relationship commitments allows us to fully realize ourselves as the interdependent creatures we are, as well as increases just about every metric of happiness, meaning and success; and keeping the promises we make to ourselves ultimately gives us the strength, groundedness and self-confidence needed to follow through on all the promises we make to those around us.

While the path of commitment can be long and filled with challenges, there's often a beautiful view waiting for us at the other end of the journey. In this situation staying on course is the goal. What's needed most in our backpacks are the qualities of endurance, focus, determination and grit. And of course no commitment journey would be complete without a handful of cheering voices offering us motivational words and strategic tips. The voices that say, "You can do it!"

However, sometimes the journey is more like trudging along a difficult path rather than an exciting adventure. Not every path of commitment is clear, and not all have a reward waiting at the end. Frankly, some lead us to dead ends. Others are too difficult or prove impossible. And sometimes there's a proverbial fork in the road, and while we want to travel both we must choose only one.

In such journeys, our backpacks need to be filled with more than just endur-

ance, focus and grit. Self-forgiveness, acceptance, and the ability to let go or admit "I was wrong" need to be tucked in there too. In such journeys, people need us to be more than coaches and cheerleaders. They need something more like pit stop crews—a trusted circle of people willing to offer repair and rest.

We need to remember that for every person wanting to hear "push through the pain," there are two others needing someone to say, "It's ok to tell me about your pain." Sometimes the best advice is "break it down to one step at a time"; Other times the wisest words we can offer are "It's ok to stop trying." Less pushing grit and more encouragement to forgive themselves. Less shouting "You can do it!" from the sidelines, and more whispering "I'm here to listen."

As we explore the theme this month watch to see which type of commitment journey you are experiencing, and be sure to pull out of your backpack the tools you need for that day. And remember that KUF is one of those tools—just waiting to say "You can do it!" or "I'm here to listen."

In Faith & Fellowship,
Rev. Beckett Coppola

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

Engaging: An Opportunity to Live the Theme More Deeply

Deepening Your Commitment to Allyship

Many people in our community are stepping further into the work of being a better ally and accomplice in social justice work. And it is a complex commitment to make.

What are a few of the lessons or challenges that not only offer you new insight but also point to clear changes you can make this month? Ultimately this is what commitment to allyship means: moving from awareness to action, from hope to impact.

Here are a few links to get you started:

Ways to Be an Ally, from Two Lifetimes of Learning
<https://thetyee.ca/Analysis/2020/06/09/Ways-To-Be-An-Ally/>

How to become an ally: Educators, community leaders explain ways to stand up to anti-Black racism
<https://www.cbc.ca/news/canada/british-columbia/allyship-anti-black-sentimentracism-1.5613218>

2021: A year dedicated to climate and social justice
<https://www.nosm.ca/2021/01/12/2021-a-year-dedicated-to-climate-and-social-justice/>

How 3 Canadians are fighting anti-Black racism in education
<https://www.cbc.ca/news/education-combat-anti-black-racism-1.5910374>

Deepening: A Contemplative Practice Experiment

Creating a Helpful Habit

Habits are arguably our most pervasive and powerful commitments. Once in place, they happen so effortlessly and

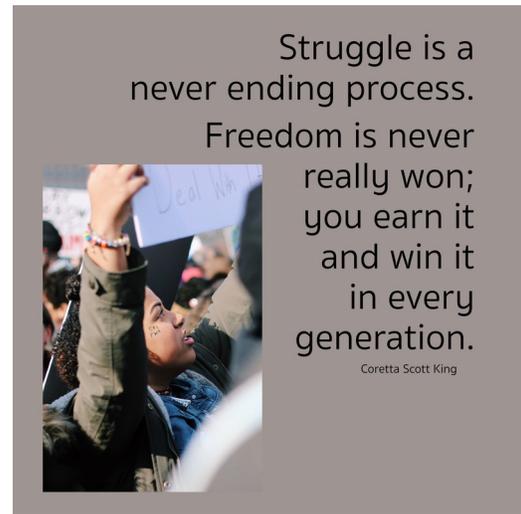
automatically that we don't even consider them a chosen commitment. But it's clear that our bodies, behaviours and emotions are without a doubt committed to them. And if you are wondering how much of our lives are dominated by these "cruise control commitments," well, researchers tell us that at least 40% of our behaviors are dictated by habits. Some studies even suggest that by age 35, that percentage is as much as 95%! With so much of our lives shaped by these automatic behaviors, it seems it would do us all good to try a bit harder to shape them. So spend this month adding a new helpful habit to your life or removing an unhelpful one.

All it takes is a bit of intentionality, and as researchers tell us, a focus on small steps. Here's some inspiration and guidance to help you one your way...

Try it for 30 days, TED Talk:
https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=watchNow

30 Day Challenge Ideas – 75 Ideas To Create Your Own Challenge:
<https://thegoalchaser.com/30-day-challenge-ideas/>

23 Micro-Habits for Changing Your Life in 30 Days or Less:
<https://medium.com/the-ascent/23-micro-habits-for-changing-your-life-in-30-days-or-less-2dbdc46bb180>



Notes from the KUF Board of Directors - February

Our February Board meeting on the 3rd covered many topics including the following:

- Thank you to Selina and Beckett for organizing the Odyssey project
- Thank you from Cindy to the Board and the Finance committee for such a great budget presented at the special budget meeting
- Thank you to Helen Cutts for the Good Idea File.
- A sabbatical team is being formed with so far representatives from the Board, the Sunday Services committee, and the Finance Committee.
- A Right Relations Team has been formed and met a couple of times. More information will be coming.
- Our staff members, consisting of Brook, Sadie, and Sean continue to work from home and have done amazing work in supporting us.

I hope that you are finding ways to stay safely connected in this pandemic adventure, and we all look forward to celebrating together when we are allowed.

“It might be storming now, but rain doesn’t last forever.” - Kids Help Phone

Be well
Cindy Dunning,
President

Online Until the Fall

The Board has decided to remain online until at least the end of August, allowing our members to hopefully be mostly vaccinated before returning. Our priority is the safety of our members and our well being as a community.

We would like to acknowledge all of you for being so supportive and involved to keep KUF not only functioning but thriving as a community. Please contact Cindy Dunning if you have any concerns or questions.

Never doubt that a small group of committed, thoughtful people can change the world. Indeed, it is the only thing that ever has.

Margaret Mead



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, 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.

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>

How to “Green” Your Portfolio

If you have had the good fortune to build a pension and/or have investments, this is for you.

Adam Scott from Shift Action for Pension Wealth and Planet Health (<http://www.shiftaction.ca>) will present ways to invest in solutions to the climate crisis and divest your portfolio from fossil fuels.

This is a powerful, individual action that you can take!

Tuesday March 16, 4-5:30 p.m.

All Welcome // By Donation

Presented by the KUF Social Justice Council who recognize the value of all people, not just those with pensions. All are welcome!



To attend this virtual event,
go to <http://bit.ly/3vfmHnK>





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")