

# KUFLinks



April 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.

April 4, 2021

### ***What's Behind the Stone?***

We are a faith tradition that embraces becoming in how we are in the world, a faith that is always rolling away the stone to reveal the hidden. This easter, as we honour that the stone is rolled back again, how do we rest in asking questions as a means of becoming, rather than looking for answers. How might questions serve our journey as we look to see what is waiting for us? (Rev. Beckett Coppola Speaking)

April 11, 2021

### ***Singing Our Way Through***

When the first lock-down happened just over a year ago now, back in March 2020, singer-songwriter and UU community minister Wendy Luella Per-



April's Monthly Theme:

# Becoming

kins pivoted her in-person singing meditation practice, Soulful Singing, to an online one. She has been singing every morning with folks since then and has written lots of new songs too (over 150 of them in that time period!). Today Wendy Luella will look back at the first year of the pandemic through the lens of some of the songs she has written. This will be a highly participatory, song-filled service.

Wendy Luella Perkins is committed to creating spaces where folks can access and liberate their voices. In her Soulful Singing over the last 19 years, she has seen again and again the power of song to support folks to heal, grow and step more fully into their own authentic

power. Her song “We Give Thanks”, #1010 in *Singing the Journey* and her seasonal song “Every Night a Holy Night” are sung and shared in UU congregations around the continent. Wendy Luella is KUF's affiliated community minister. (Rev. Wendy Luella Perkins Speaking)

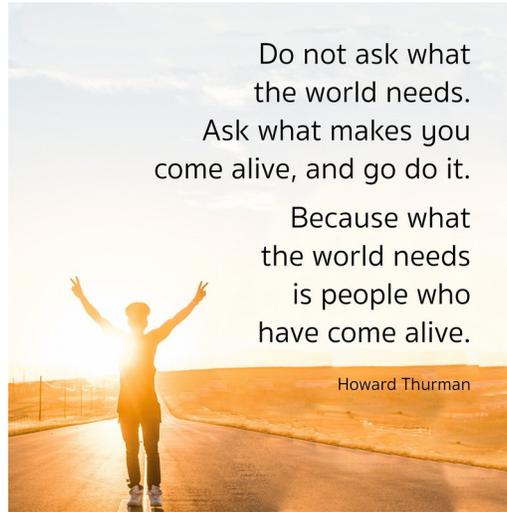
April 18, 2021

### ***Planting Seeds***

The planting of a seed is not the first thing to happen, because so many events went into the very existence of the seed for you to plant. And then what grows is not only because of the care and effort that you put into its unfurling, but all the events that preceded your presence there with that plant.

## 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</i> .....	3
Deepening: A Contemplative Practice Experiment.....	3
Notes from the KUF Board of Directors - March.....	4
KUF Remaining Online Until the Fall.....	4
Join the Second Chance Sale Team.....	4
Second Chance Sale 2021.....	4
KUF Publications.....	5
Board of Directors 2020-2021 Committees and Board Liaisons....	6



Do not ask what  
the world needs.  
Ask what makes you  
come alive, and go do it.  
Because what  
the world needs  
is people who  
have come alive.

Howard Thurman

## Connecting: Exploring This Month's Theme

This earth day let's come together and celebrate the ways that all things are connected.

[NOTE: Chuck Shields will be visiting us from the CUC Board.]  
(Rev. Beckett Coppola Speaking)

April 25, 2021

### ***Becoming You. Becoming Us.***

Like all unfoldings, or unravelings as the case may be, the process of becoming is not always comfortable, safe, or gentle. And, what waits on the other side is deeper connections with self, with others, and with the greater truth for which we are always reaching. If you were able to do the six word memoir exercise in KUFLinks this month please bring it with you as we celebrate each other, and celebrate who we are together.

(Rev. Beckett Coppola Speaking)

Sometimes people talk about their spiritual or faith journey as a process of living into their full or truest self, a means of letting the authentic presence inside you unfold. This idea is even held in our principles when we celebrate each of our unique seeds (inherent worth) and our unique journeys (a free and responsible search).

At the same time, there is something deep within our faith tradition which pushes us also in the opposite direction. Historically, we have struggled not so much to find ourselves, but to untangle ourselves from the religious identities we have inherited from our personal and collective histories.

Our spiritual journeys did not begin with a blank slate; they began from seeds planted by others who had never met us, and, indeed, had never dreamed that we could exist. As a result we have an important awareness that spiritual journeys are not simply about unfolding your true self, but also about untangling from the old self and all that

we inherit from history. We agree with Albert Schweitzer who wrote:

*“The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not.”*

Many spiritual journeys begin with a goodbye, a loss of what was, and this first step is often accompanied by mourning. Sometimes it even includes difficult endings. The practice of “unbecoming” is not easy work, and it is work that continues every day, for every one of us, over and over again. This is an important reminder that we are not just here to help each other hold steady and persevere on our current paths. Sometimes our primary gift is to help each other find and take exit ramps.

Being a people of becoming requires tenderness, patience, and compassion. We are here not just to make room for each other's unique stories; we are here to make room for each other's pain. “Unbecoming who you are not” definitely requires pit stops of kindness along the way. If we are going to continue our journeys of becoming, and unbecoming, we will need each other to succeed!

May this month be a time of pulling into our much needed pit stops—together.

Let the unraveling begin!

In Faith & Fellowship,  
Rev. Beckett Coppola

*(Adapted for KUF from the 2021 Soul Matters materials on the theme ‘BECOMING’ by Rev. Beckett Coppola.)*

# Engaging: An Opportunity to Live the Theme More Deeply

## Five Pictures of Becoming

As we age, our understanding of becoming shifts. It can evolve to be less about where we are headed and more about where we have been. Our concern with our “emerging self” lessens and is replaced with thoughts about our “whole self.” We do not simply picture ourselves as who we are and who we hope to be, but instead as all of who we have been.

This month get in touch with the wholeness of who you are **by finding five pictures of who you have been!**

Here is some guidance: Do not just find any five pictures, instead find five pictures that capture five key stages/chapters of your life. These will hopefully represent five chapters that are key to who you are. Possibilities might include: a picture of you with a sports team as a child; you at graduation or some other major accomplishment; you during a liminal time in life such as a gap year, summer off, etc.; a marriage or commitment ceremony you participated in; you as an adult with a child of your own or who is beloved to you; you during a journey with illness; when you learned guitar or another musical instrument; at the funeral of someone dear to you; walking in your favourite part of the woods; etc.

When you are done collecting your images, spend some time with them. What do you see in the wholeness of the pictures gathered together which you may not have noticed before? How do they tell the story of who you are? Where is, or what is, the through line? Where is

the bend in the road that says something about you? How does each picture still live in you? What message or invitation do they have for the “emerging you”?

**Bonus Task:** Find one more picture, one that represents the “emerging you”—the you that is just now joining the story!

## Deepening: A Contemplative Practice Experiment

Larry Smith is passionate about helping people share their stories of becoming. He created a website—[Six Word Memoirs](#)—with numerous tools and prompts to make the journey of writing and sharing easier. He wrote: “Pair down your life journey to six words.”

It was inspired by the somewhat apocryphal story about Ernest Hemingway (who had been a columnist for the Toronto Star at one point in his career). The story goes that Hemingway took a bet to write a novel in six words. In the tale Hemingway’s response is, “For Sale: Baby shoes, never worn.”

This month take the challenge for yourself. Besides making the telling of your journey easier, this six-word challenge helps people focus on, celebrate, remember, and hold the essence of their story of becoming. Below are some example six-word journeys and a few online resources to help you on your way.

### Examples of Six-Word Memoirs:

Married by Elvis; divorced by Friday  
Down for maintenance, be back soon.  
Threw spaghetti on wall; some stuck.  
Told to marry rich. Married Richard.  
We’re the family you gossip about.  
The psychic said I’d be richer.

Tried surfing on a calm day.  
Wasn’t born a redhead; fixed that.  
Mom was “earthy”; Now I’m “green.”  
Son’s autism broke and rebuilt me.  
Tore up my own suicide letter.  
Sixty. Still afraid of the dark.  
Class clown; Class president; town drunk.  
Forged through fire; sustained by friendships.  
No future, no past. Not lost.  
Life’s GPS keeps saying, recalculating... recalculating.  
The exits were entrances in disguise.

### Online Resources:

- The Story of the Six-Word Project: Why it worked and why it matters <https://www.youtube.com/watch?v=jR1V7lxsOu0>
- Video Meditation with Inspiring Six-Word Journeys <https://www.youtube.com/watch?v=mBnP0DoGjRI>
- Six-Word Story Writing Advice <https://eightladieswriting.com/2016/03/16/elizabeth-six-word-stories/>
- Not Quite What I Was Planning: Six-Word Memoirs by Writers Famous and Obscure, by Rachel Fershleiser & Larry Smith <https://www.amazon.com/Not-Quite-What-Was-Planning/dp/0061374059>

And the day came  
when the risk  
to remain  
tight in a bud  
was more painful  
than the risk  
it took to blossom.

Anais Nin



## Notes from the KUF Board of Directors - March

The Board meets the first Wednesday evening of the month to look at any information or action that is required for the governance of KUF.

In March, the following items may be of interest:

- A huge thank you to Ken Weber for all of his amazing volunteer time and expertise in keeping our books. Absolutely amazing!
- Thank you to the building committee for keeping our building going and for dealing with the leak in the office quickly!
- Thank you to our sabbatical team who will be planning and organizing so that when our sabbatical happens in the first part of 2022 we will be ready. The team is Anne Coward, Ann Copland, Jillann Rothwell, Gordon Darrall, and Cindy Dunning.
- Thank you to our staff of Sadie (music/technical), Brook (childrens' RE), and Sean (administrative assistant) for everything!
- Victoria Vincent will be our delegate to the CUC AGM. She will be coordinating a time for everyone to look at the motions being put forward and reporting back to us after the event in May.

Be well  
Cindy Dunning,  
President

## KUF Remaining On-line Until the Fall

The Board has decided to remain on-line 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.

## Join the Second Chance Sale Team

We now have the experience of two successful sales. Learning from this we have decided we need to create a group at KUF to deal with large donations. Large in volume, not necessarily individual items being large.

In the past year, we have had several very large donations given to KUF's sale. Estates, major downsizing, and other such events significantly help the sale but they require a lot of work. We are assembling a group that can go into a home and sort, package and move large donations. Let us know if you'd like to join this group . See contacts below. Please spread the word that KUF can help if this situation arises among your circle of family and friends.

The Second Chance Sale income is now a line on the KUF budget. To make our next sale a success we need the help of everyone at KUF . You can help in many ways, large and small.

Gordon, Daphne, Victoria

## Second Chance Sale 2021

Yes, the temperature is rising, the snow is melting and by October, life will have returned to some form of normal. It is time to start planning for our 3rd SECOND CHANCE SALE. The sale will be on SATURDAY, OCTOBER 2. Hopefully we will be able to have the sale in our KUF home, but if not, we will go back to Victoria's garage and driveway. We will be contacting people to coordinate different areas of the sale IN THE NEXT FEW WEEKS.

Old stuff...new stuff... Christmas stuff... valuable stuff... unusual stuff ...stuff you no longer use...stuff, you forgot you owned... we need it all. Please start setting aside your donations and ask your family and friend to do the same. We still prefer that you keep your donations until the week before the sale but if you know of estates or people downsizing that need to clear their space, we can now accommodate them. Contact Gordon, darrallg@kos.net if pickup is necessary.

Gordon, Victoria, Daphne



When was  
the day  
you first  
welcomed in  
the person  
you would  
become?

# 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, <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](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:** 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](mailto: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

<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>	Victoria Vincent	Finance
<b>Directors at Large</b>	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")*