

# KUFLinks



Kingston Unitarian Fellowship

May 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.

May 2, 2021

### ***KUF Storytellers: A Journey***

Three members of KUF will tell their stories about a journey: Dave & Janet Armstrong walked the Camino de Santiago in the fall of 2019, and Gordon Darrall went on an unexpected journey. They all came home, and will tell us the tales of what happened, how it impacted them, and the insights that arose from their adventures.

(Janet Armstrong, David Armstrong, and Gordon Darrall Speaking)

May 9, 2021

### ***A Universe of Stories***

We are each blessed at points in our lives by those who are caregivers to us —parents, grandparents, other family members, teachers, leaders, guides, friends, spiritual teachers, fictional

Welcome to  
the month of  
Story



characters, pets, and so many more.

How have stories of care impacted your life? How have the stories of when you were the giver of caring impacted your life? And how does this impact who you are in this faith community? (Rev. Beckett Coppola Speaking)

May 16, 2021

### ***KUF Gathering & CUC National Service: Sustaining Our Light***

KUF will gather at our usual link at 10:30am for a community chalice lighting and coffee hour:

<http://bit.ly/KUFSundays>

We will then join the CUC National Service "Sustaining Our Light" from the national conference at 1pm ET:

Now more than ever we need to be grounded in connection, in hope, and in love. As the cycles of the seasons teach us the gifts of the dark as well as the light, we still need energy -- a spark -- to fuel living into our aspirations and values no matter the season, the struggle, or the celebration. This Sunday service will celebrate how our UU faith and our connections are crucial to sustaining and amplifying that spark.

All are welcome to join this Sunday Worship Service, and there will be an incredible lineup of speakers and musicians leading us.

## 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 - April.....	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

This service will be live-streamed to the CUC YouTube channel

[<https://www.youtube.com/channel/UCJ25lMWQwrxSnry11bdBS-g>]. You can also join the service live at <http://bit.ly/NationalWorshipMay16> and it will be closed captioned.

May 23, 2021

### ***Transforming the Story***

Stories are a part of the human condition, and they are impacting us regardless of how much awareness we have that they are there. And stories can be transformed through the power of perspective. How might this play out in our lives? And in our faith movement? (Rev. Beckett Coppola Speaking)

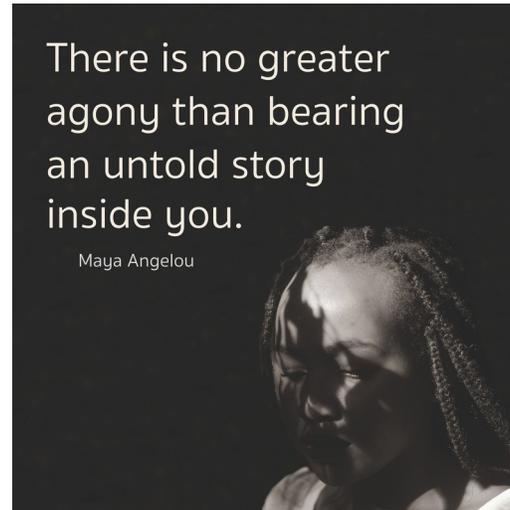
May 30, 2021

### ***The Path to Prison Ministry***

When Gordon Darrall became a Lay Chaplain 10 years ago he decided to include officiating weddings inside our local prisons as a part of his ministry. He had never been inside a prison before, and at first it felt like a risky proposition. In the end, his journey has changed his perception both as a Unitarian and as a citizen. The inmates,

their families, and the correctional staff he met inside have changed him, and become a part of the fabric of his understanding. Gordon will endeavour to share some of the insights he gained through stories gleaned from this 10-year ministry.

(Gordon Darrall Speaking)



## Connecting: Exploring This Month's Theme

Stories don't just embellish our lives; they make and even direct our lives. Who among us hasn't felt controlled by a story? Or stuck in a story? Hopeless about the way our story will end up? Simply put, our stories can write us as much as we write them.

For instance, the author Rachel Naomi Remen talks about how her family clings to the childhood story of her being "the clumsy one of the family." Ask all her friends and colleagues and they will describe her as graceful. They've never once seen her trip over her own feet or drop something. And yet, somehow, when she visits her family, she spills coffee on at least one outfit, stubs more than one toe and trips on more steps than she can count. By trying so hard to escape her family's narrative

about clumsy little Naomi, she inevitably takes the story on as truth. Talk about the power of story!

Or think about our current struggles with economic justice or racial justice. The unconscionable income gap is often described as "natural" or "the result of complex global dynamics over which we have little control." Similarly, the story of race is too often told with an "entrenched" story arc or celebrated as "having come so far." The aim of all these cultural narratives is the same: to undermine action. Or, worse, to undermine our belief that action can change things!

So let's tell a new story—this is the message of our faith after all. We have a choice. Our stories are not predetermined.

Remember the old theological debate for which our UU forebears gave their lives? All around them people were saying everything is predestined. And not just the big story of humanity, but our individual stories too. In this frame some of us were slotted for heaven and others for hell. And the list was written in ink. And there was nothing any of us could do about it.

Our spiritual ancestors rejected this frame. Freedom has a much bigger role than we're giving it credit for. Perhaps the God of our understanding is not so much the author of the story as she is the magical muse that needles and nags us to put our own stamp on the narratives before us. Shakespeare said, "All the world's a stage." Our spiritual ancestors might have offered a friendly amendment: "All the world is an improv show. Our job is to hop on the stage and make up the script as we go!"

Fate and freedom: this month is much more about the tension between these

two than one might have thought at first glance, leaving us with questions.

Are you an actor conforming to the scripts handed to you? Or have you found your own way of becoming the director or screenwriter of your life? How are you struggling right now to regain control of your storyline? How are you and your friends working to regain control of the storyline of our community? Country?

Or maybe your spiritual work in this moment is instead about finding a wholly new storyline. Maybe retirement, divorce, illness or the empty-nest has closed the book on one story and is inviting you to leap into a whole new narrative. Does that leave you excited about what's to come? Scared? A bit of both?

Whatever it is, wherever you are at, don't give the storyline away. This is the message of our faith. And hopefully it is the gift of this month's focus.

In Faith & Fellowship,  
Rev. Beckett Coppola

*(Adapted for KUF from the 2021 Soul Matters materials on the theme 'STORY' by Rev. Beckett Coppola.)*

## **Engaging: An Opportunity to Live the Theme More Deeply**

*Thematic Thoughts: Zoom Your (or Their) Story*

We can hold onto each other by holding onto stories, and often those stories slip away.

Parents and grandparents long to remember their children and grandchildren when they were young.

Children and grandchildren wish they captured more stories of their elders before they were gone.

Why wait?

During Covid, Zoom & other video chat platforms have become a way for us to connect across distance, and it also offers us a way to capture each other's stories. All we need to do is hop on, hit record, and let the storytelling begin!

For this exercise, think of someone whose story you want to hold closely. Invite them to join you on Zoom. Be sure to come with open honest questions. For example: What has been the best day of your life? When did you first fall in love? What was war like? Who is your best friend and why? What was your proudest moment? What was life like when you were my age? And it's likely you already have a burning question to ask this loved one—so ask it!

Or maybe it is the story of your relationship you want to capture. In this case, think of the conversation less as an interview and more a collaboration. Come with a sparky question you both can answer, such as: Are there things about me that you've always wanted to know but have never asked? What is your first memory of me? And, again, it's likely you already have a burning question to ask this loved one—so ask it!

Years from now you may even tell the story of how you spent time capturing these stories that have come to mean so much!

## **Deepening: A Contemplative Practice Experiment**

What is your one sentence?

Author and motivational expert, Daniel Pink advocates distilling the essence of your life's story down to one single sentence. It's a focusing device that connects people to clearer purpose. Here's how Pink describes the exercise:

<https://www.youtube.com/watch?v=gw2xSdp4bOc&feature=youtu.be>

And here is a short film with some examples for you:

<https://youtu.be/xjBmnfI4Tn4>

After you come up with your sentence, figure out a way to keep it front and centre. Carry it in your purse or wallet. Hang it by your desk. Leave it in your sock drawer or glove compartment in order to stumble upon it when you need it most.

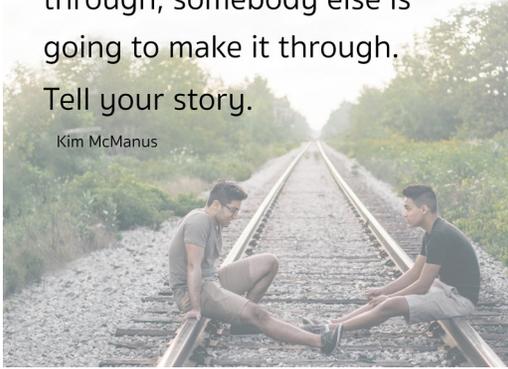
Most of all, use this exercise to ask yourself: Do I know the purpose of my life's story? Or have I allowed my life to become a muddle of mixed and undeveloped storylines? Do I know the central theme of my life or do the plotlines of others dictate my days?

And, ultimately, how did the creation of your sentence help you see or embrace something new about your story?

Your heartache is someone else's hope. If you make it through, somebody else is going to make it through.

Tell your story.

Kim McManus



## Notes from the KUF Board of Directors - April

Our Board meetings usually include, at some point, a comment about how amazing this congregation is. I completely agree. This congregation has remained supportive to each other, through financial donations and volunteering, and mainly through caring.

The Board meets, online currently, on the first Wednesday of the month. The executive meets the last Wednesday of the month. The executive consists of the president, vice-president, past-president, secretary, and treasurer, along with Rev. Beckett. The executive deals with any updates, concerns, or actions, and sets the agenda for the Board meetings. Each Board member is a liaison to a specific committee, allowing for direct communication to the Board.

At our April Board meeting, the following items might be of interest:

- Thank you to John Johnson for being our contact person for the leased spaces of our building. John will be stepping down from this role and we thank him for his dedication.

- Thank you to Julie Hobson and Susan Yee for being amazing tech weavers for our online services. They are both stepping down from this role, but we have 5 new tech weavers coming up.

- We will remain online until after the Labour Day weekend in September. This is an extension as we had previously agreed until the end of August.

- Treasurer's reports are available with the minutes of the whole Board meeting on our website in the member section.

- The Board has approved the extension of Sadie McFadden's contract for May and June as she is an integral part of our Sunday services. A grant has been submitted to the Sharing Our Faith CUC committee for this extension. The grants will be announced at the CUC AGM in mid May

- Our roof is getting old and has a leak or two occasionally, so the finance committee and the building committee will be looking at costs and how we fund a replace when necessary

- Our KUF AGM date will be on May 30 and will be held online

I would like to end with one of my favourite quotes:

Wherever you are, be there.

- Jim Elliot

Be well

Cindy Dunning,  
President

## 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

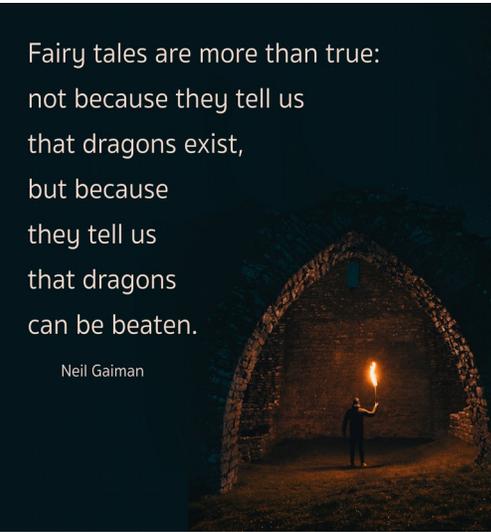
## Second Chance Sale 2021

Yes, the temperature is rising, 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, dar-rallg@kos.net if pickup is necessary.

Gordon, Victoria, Daphne



[www.facebook.com/KingstonUnitarianFellowship](http://www.facebook.com/KingstonUnitarianFellowship)

[www.facebook.com/KingstonUnitarianFellowshipChildrenRE](http://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.

## 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:

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 <http://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")*