

KUFLinks



Kingston Unitarian Fellowship

June 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.

June 6, 2021

Flower Communion Sunday

Bring a few of your favourite flowers to your seat as we gather virtually in our annual celebration of beauty and community. We will also bridge a new young adult, celebrate and bless a new name, make new memories in community, and perhaps you will even find a new friend after service in the KUF coffee hour. We are building bridges to one another, and it is always great blessing to come together. (Rev. Beckett Coppola Speaking)

June 13, 2021

Grateful for Play

In community the practice of gratitude can change a perspective, and sometimes even our life. Just like it can individually. In community the practice of

Welcome to the month of Play!



play can do the same. Let's come together this Sunday to practice gratitude, explore the idea of play, and notice what it inspires us to do next. Let's dream together! (Rev. Beckett Coppola Speaking)

June 20, 2021

Mirth and Dignity

How do you steer in a world that is constantly shifting under your feet? Come hear the story of the 80,000 person UU humour group, its accidental beginning, and what it teaches us about navigating in a world of constant change.

(Guest Speaker: Liz James of UU Hysterical Society, and Mirth and Dignity

Liz James comes from a family with a proud tradition of expressing love through practical jokes. In 2015, as a part of a practical joke gone right, she founded the UU Hysterical Society, which has grown to 80,000 members and is now part of a not for profit called Mirth and Dignity. She lives in Saskatoon, where she does freelance writing, preaching, and online content creation. She also co-hosts the UU comedy podcast The Cracked Cup with Rev Anne Barker.)

June 27, 2021

#SUUmertime

When we think of summer we often think of time away from school or work or normal responsibilities, and with that

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comes time for play. As we head into summer how might you set intentions around play for yourself? And how might that 'play into' who you are as a person of faith?

(Rev. Beckett Coppola Speaking)

And forget not
that the earth
delights
to feel
your bare feet
and the winds
long to play
with your hair.

Kahlil Gibran



Connecting: Exploring This Month's Theme

What does it mean to be a people of play?

We all are playing.

Playing it up,
playing it down,
trying to play fair.

Playing for keeps,
playing favourites,
playing it safe...
sometimes too safe!

One plays hardball;
others play house;
some play it by ear...
or at least are trying to play it by ear.

That one is tired of playing second fiddle;
and the other is playing right into their hands.

Please
please
please...
can't we throw out the playbook and start again?

Sometimes we're just played out;
it's not always bad to play possum.

And what about playing with fire?

I certainly hope so!

Don't you want to feel the burn within you,
so you can let your gifts loose?

Welcome to the month of play.
May we all take it seriously!

In Faith & Fellowship,
Rev. Beckett Coppola

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

Engaging: An Opportunity to Live the Theme More Deeply

Thematic Thoughts: Just Do It. Don't Just Talk About It.

Why talk about play when we can do it? That's right, this exercise invites you to carve out some time to play. We can get lost in thinking about the benefits of play for individuals, which results in us losing sight of play's core gift: it connects us!

It's an entirely different way of being together, one that helps us deepen relationships and understand each other in a way that few other things can.

So, set aside an hour, invite someone to join you, and play a game. And to make it easier, the Soul Matters team has pulled together a bunch of simple and fun games for you to choose from:

<https://docs.google.com/document/d/1MhV8dVJpxyrHsHbFmifLIQY-wdDhuCnl4or3fusOE3J8/edit?usp=sharing>

Deepening: A Contemplative Practice Experiment

Go On a Playdate!

This is another way to actually play rather than just talk about it all month: Ask your partner or a friend to go on a "play date."

What makes up that play date is up to you, and planning is half the fun! By deciding together what to do, you

might discover something entirely new about how your partner or friend defines play and fun.

While you need to figure it out for yourself, here are some ideas to spark your imagination: Get lost on purpose, a mini road trip, give paddle boarding a try, hit the golf driving range, fly a kite, play cornhole

[<https://www.homemaidsimple.com/twistscornhole-entertain/>], mini golf or better yet frisbee golf. Or maybe make it a double or triple play date and invite other groups to play The Newlywed or Best Friend Game [<https://icebreakerideas.com/newlywed-game-questions/>].

how important connection and conversations are!

We would also like to thank Joe Pater and Vanessa for their service on the Board as they step off. Our volunteers rather on the Board, committees, groups, or activity organizers / participants are so important for the health of the congregation.

The following items may be of interest from the May Board meeting:

- The Board is complete the minister's review for this year
- A congregational survey will occur around shared ministry
- We are working on how our hybrid services might happen when we are allowed to return to online
- The Executive committee (president, vice-president, treasurer, secretary, past-president) will meet when necessary in the summer to determine decisions around meeting in-person in September
- The Board will meet toward the end of August for a longer Board meeting to plan and discuss the coming year

Preparation for the AGM has also been occurring, however, as you read this, it will have already occurred. Thank you to everyone for attending and your involvement.

Hoping we will see you soon
Cindy Dunning,
Board President

CUC website on the Dismantling Racism Study Group page: <https://cuc.ca/dismantling-racism-study-group/>.

Let us arrive as
children to this huge
playground
– the universe.

Roger Bourland



I tell you;
we are here
on Earth
to fart around
and don't
let anybody
tell you different.

Kurt Vonnegut



Notes from the KUF Board of Directors - May

Wow! A full year has passed, with this current Board, completely in the pandemic and doing almost everything online. The Board would like to thank all the members and friends of KUF! You are all amazing. We have all learned

CUC Dismantling Racism Study Group Report

The CUC's Dismantling Racism Study Group has completed their report on the work they have been engaged in since 2019. The report is available on the

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: The KUF Admin Office is closed for the summer, and will not be holding its regular office hours from the end of June until the end of August.

During this time, the KUF Office e-mails (office@kuf.ca and news@kuf.ca) will continue to be monitored. If you have questions, comments, or concerns about anything around KUF, please contact either of these addresses, or general information address info@kuf.ca, and your e-mail will be directed where it needs to go!

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")