

KUFLinks



Kingston Unitarian Fellowship

September 2021

Sunday Services at KUF

Visitors are welcome at our weekly 10:30am Sunday service via this link: <https://bit.ly/KUFSundays21-22>

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.

September 5, 2021

Basic Human Kindness?

Historian and author Rutger Bregman talks about how humans are the cruelest species in the animal kingdom, but also the friendliest. How can we seek to see the basic human kindness in all? How can we see the good in everyone? And why does this matter to us as UUs? (Rev. Beckett Coppola Speaking)

September 12, 2021

Water Ingathering – Together Again!

Our annual celebration of ingathering through a water ceremony celebrates the beginning of the year of gathering and living our mission. This special Water Ingathering Sunday we celebrate shifting to multiplatform service—with service available to access both in-person and virtually through video confer-

Welcome to the month of Embracing Possibility!



encing. The reservoir that feeds us is community, and we express that in this ritual by rejoining the flowing water of life we each live. Join Rev. Beckett and the Sunday Service Team as we formally enter a new year together—including those who join online AND those who join in-person! (Rev. Beckett Coppola Speaking)

September 19, 2021

What's Your Name? Dispelling the Myths About Homelessness

Who was Margaret? Denise Davy, author of “Her Name Was Margaret - Life and Death on the Streets,” will take you into the world of Margaret, and of homelessness, in order to begin the journey of separating fact from fiction.

(Guest Speaker: Denise Davy, Author and Activist)

Denise Davy is a nationally recognized award-winning journalist who was twice named journalist of the year by the Ontario newspaper Association and is the recipient of a National Newspaper Award and four national journalism fellowships. Denise's book explores the tragic life of a homeless woman and exposes the flawed plan that led to the homelessness epidemic we see today. Her book was included in the Toronto Star's “must read” books for 2021.)

September 26, 2021

Imagination and Beginning Again

Imagination is a magical gift, one which plays an integral role in re-

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silence, change, and embracing possibility in life. With the lens of ‘fresh start’ or ‘beginning again’ we can remain curious, and perhaps even playful, as we experiment with ways of gathering, the gifts of technology, and the power of community.

(Rev. Beckett Coppola Speaking)

So many things
are possible
just as long
as you
don't know
they're
impossible.

Norton Juster,
The Phantom Tollbooth



Connecting: Exploring This Month's Theme

Of all our themes this year, Embracing Possibility is perhaps the most central to our faith. It has distinguished Unitarian Universalism from the start. Historically, when others saw depravity and sin at the core of human identity, we saw potential. When many were preaching that the world was fallen, we fell in love with the possibility of heaven on earth. Theologically you could say we were the people who believed that the Spirit of Life hadn't given up on us, and as a result we shouldn't give up. Psychologically it's led to us being a people who say “why not?”

Why not give people another chance? Why not fight what seems a losing battle? Why not risk a little failure?

But this is just our faith. What about us personally? How open have you been recently to the “Why not?” How's your faith in possibility doing? As we honour our faith view of what's possible, we need to allow space for the reality that trusting in hopes and dreams isn't easy for some of us.

We tell ourselves so many small stories about who we and others are. So many tiny tales of what the world could be. Part of it has to do with real life defeats. But often a bigger part of it is about imagined fear and protecting ourselves. There's comfort in convincing yourself that the effort is hopeless; that way you don't have to try and risk failure, hurt or disappointment, yet again.

All of which is to say that Embracing Possibility has more to do with being a

people of vulnerability and courage. The work isn't just about believing in possibility. It's about being willing to endure wounds along the way—it can hurt to be hopeful.

So maybe the question this month isn't: Are you ready to lean into possibility?

Maybe it is: Who's beside you on this journey? Who have you gathered to patch and pick you up when the path gets bumpy? And whose faith can you lean on when yours grows dim?

After all, no one makes it down the road of possibility alone.

And perhaps that's the real secret: remembering that “Why not?” is something we all have to say together. It's not a solo act. For it to sink in - and better yet take flight – it needs to be at least a duet. Of course a quartet is even better. And just imagine what we might pull off if we can gather a choir, all singing the tune of “Why not?!” at the top of our lungs!

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

Engaging: An Opportunity to Live the Theme More Deeply

Unitarian Universalism is a faith with a mission to make the world as good as it can be for all beings, and that is one of the reasons we are dedicated to anti-racism, anti-oppression, and multicultural awareness work.

One place where you can take the idea of embracing possibility a little further

is by taking a look at the website for the David Suzuki Foundation.

This page for example is called “Canada’s Climate Ambition” and there are some wonderful ideas to explore as you create an opportunity to engage with possibility:

<https://davidsuzuki.org/project/canadas-climate-ambition/>

Deepening: A Contemplative Practice Experiment

What’s Making Surviving the Pandemic Possible?

The pandemic is changing us. It is also changing the way we relate to the things around us. Put simply, many ordinary objects we’ve taken for granted have suddenly become precious. They have become essential for helping us get through it.

Artist/ethnographer Paula Zuccotti created a fascinating experiment to honour this. Via social media, she invited people to photograph 15 items that they have relied on during the pandemic. Explore that project and check out some of the responses here:

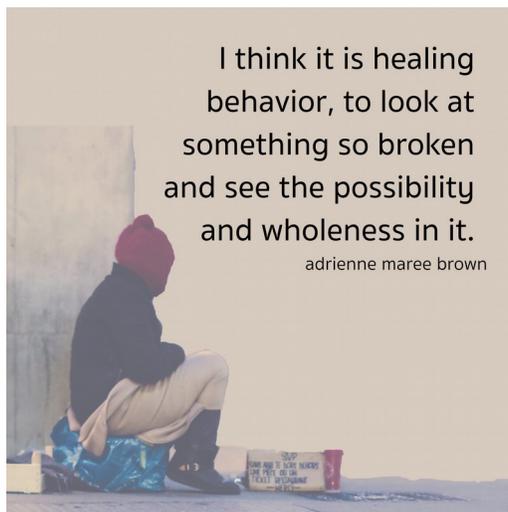
<https://lockdownessentials.org/About-the-project>

and

<https://www.itsnicethat.com/news/paula-zuccotti-future-archaeology-of-a-globallockdown-photography-280421>

And so...your assignment should you choose to accept it: Find and take a picture of at least a handful of the ordinary objects you are relying on during the pandemic. Bring the pictures to your group and share the story of your rela-

tionship with one of those objects, and the key insight you gained from doing the exercise.



I think it is healing behavior, to look at something so broken and see the possibility and wholeness in it.

adrienne maree brown

KUF Gathering Together – Fall 2021

Our regular Sunday Services are returning in a multi-platform in-person and online format this fall!

For those joining us online, please note that KUF has NEW ZOOM INFO for this congregational year -- <https://bit.ly/KUFSundays21-22>

For those looking to join us in person, please note the following:

- **Following Ontario and local guidelines and practices, all those attending in-person MUST be fully vaccinated. As part of the screening process, you will be asked to confirm that you are fully vaccinated and don't have any COVID symptoms.**
- **Building will open at 10:20 am for 10:30 start.**
- **COVID-screening and contact tracing** will occur
- **Masks** will be mandatory
- Hand sanitizer will be available

- Traffic flow will be in one direction only - up before service and down after service
- Two people at a time in the elevator
- Chairs will be positioned on Xs on the floor - please **do not move chairs**
- **Once seated, please remain seated**
- No singing
- **Immediately after service, please exit.** Socialize outside.
- No use of the kitchen
- Doors will remain open for additional air flow
- **Children** will go directly to the RE floor and not upstairs (due to numbers allowed).
- **Parents** of children are invited to attend in the Ratcliffe room to minimize disruption and maximize safety.
- Note that bathrooms upstairs are publicly used **bathrooms.**

Notes from the KUF Board of Directors – Summer 2021

The Board met in August to hold a Board meeting and a retreat to discuss our vision and ideas for KUF this year. The pandemic continues to play a huge part of our planning while we cautiously move forward.

The plan for opening was developed and shared with the understanding that this plan could change each week. We strongly recommend that you read your minilinks every Thursday to know the plan for the following Sunday.

Our rental team of Beth Pater, Valerie Colgan, and Bob Ewart worked hard over the summer to make sure the building occupants were safe and followed protocols. The front leased part of the building is at full occupancy, and the rental teams have started allowing past renters to use our space. The build-

ing team lead by Allan Hammond has made sure the physical building is in working order for our return.

Jillann Rothwell will be co-chairing the Membership Committee with Charlene Harwood. Daphne Hand will be our new Finance Committee chair. David Wendt will be our new Nominating Committee chair. We will be looking for volunteers to help with showing the building for rentals and developing a Denomination committee. RE is also greatly in need of volunteers - help on Sunday as well as reading stories and prepping crafts.

The Board would like to thank the Sunday Services team that put together our 2 services, as well as Vanessa McCourt for sending out minilinks over the summer.

The Board would also like to thank the Sabbatical Team in their successful search for a sabbatical minister. Linda Goonewardene will be providing eight services during Beckett's sabbatical from February to end of May 2022. Welcome Linda! The Sabbatical Team will be sending out communications and introducing Linda over the fall to make sure the congregations know what is happening during our sabbatical time.

The Board is exploring an idea of KUF GATHERS which provides three strategies to help us fulfil our mission and looks forward to sharing ideas:

- Joining Together
- Caring Community
- Welcoming Environment

“Just when the caterpillar thought the world was over, it become a butterfly...” - proverb

Cindy Dunning
Board President

• Reminder that the Board meets the first Wednesday of each month during the congregational year.



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/KingstonUnitarian Fellowship](http://www.facebook.com/KingstonUnitarianFellowship)
[www.facebook.com/KingstonUnitarian FellowshipChildrenRE](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: There are currently no in-person gatherings scheduled at Unitarian Place, and the Admin Office here at KUF currently remains 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 still available via e-mail during this time of suspended in-person services and meetings. 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 2021-2022 Committees and Board Liaisons

Role	Director	Liaison
President	Cindy Dunning	Shared Ministry/Lifespan Learning – Youth & OWL
Vice President	David Wendt	Buidling Facilities
Secretary	Sandra Woodhouse	Sunday Services
Treasurer	Victoria Vincent	Finance
Directors at Large	Audrey Foster	Membership
	Susan Howlett	Interfaith
	Kim Irvine-Albano	Lay Chaplains
	Kathryn Morrissey	Lifespan Learning – Children
	Mara Shaw	Social Justice

(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")