

KUFLinks



October 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.

October 3, 2021

Entangling Our Roots

Communities, like all social networks, grow and shrink with time, and are changed by the impact of each shift to the system. How do we as Unitarian Universalists embrace this? And what can we learn from the natural world to increase our capacity for this, and therefore our resilience as a congregation?

(Rev. Beckett Coppola Speaking)

October 10, 2021

The Cultivators

This might sound like the name of a band, but it's actually an agricultural tool! How do you take on the work of breaking up the soil and uprooting weeds in order to feed the roots of your community, feed its relationships? This

Welcome to the month of
Cultivating Relationship!



is the role of a cultivator, and what might this metaphor be calling forth from Unitarian Universalists?
(Rev. Beckett Coppola Speaking)

October 17, 2021

Time for Urgent Action on Climate Justice

Let's take time together to talk about the need for urgent action and global cooperation in dealing with climate change, the pandemic, and about why this feels hard to do at this time. When we engage with the topic we can also begin to explore just how we might achieve the mutual cooperation needed to create a better future for all.

(Guest Speaker: Bruce Knotts, Director, UUA Office at the United Nations)

Bruce Knotts was a Peace Corps Volunteer in Ethiopia (1972-75), worked for Raytheon in Saudi Arabia (1976-80) and on a World Bank contract in Somalia (1982-4), before he joined the Department of State as a U.S. diplomat in 1984. Bruce had diplomatic assignments in Greece, Zambia, India, Pakistan, Kenya, Sudan, Cote d'Ivoire and The Gambia, where he served as Deputy Chief of Mission. While in Cote d'Ivoire, Bruce served as the U.S. Government's Regional Refugee Coordinator for West Africa. Bruce worked closely with several United Nations Special Representatives and ob-

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served UN peacekeeping operations in Sierra Leone from 2000-2003. Bruce retired from the Foreign Service in 2007 and began directing the Unitarian Universalist Association Office at the United Nations (UU@UN) in 2008. Bruce founded faith-based advocacy for sexual orientation/gender identity human rights at the United Nations and continues to advocate for the rights of women, indigenous peoples and for sustainable development in moral terms of faith and values. Bruce is co-moderator of Religions for Peace, USA, a trustee of the Parliament of the World's Religions and a Commissioner for the Buddhist Tzu Chi Foundation. In 2006, Bruce and Isaac Humphrie were wed in Vancouver, British Columbia, Canada. Isaac works internationally as a lead producer for IMG Focus Productions at New York Fashion Week, an event environmentalist, a photographer, and a social media consultant.)

October 24, 2021

Welcoming Disability

How can we be more welcoming to those who are disabled and differently abled in our congregation? What do

those words even mean? Join Frances as we learn about the privilege in ability, the ordinary microaggressions we all make by accident, and explore how we can more deeply love one another and accommodate each other's differences along this beautiful path toward beloved community.

(Frances Koziar Speaking)

October 31, 2021

All Hallows Eve Remembrances

Community must grieve when members die, and over the past year and a half we have said goodbye to a few beloved members of the KUF community. And while we have gathered digitally to remember them, the pandemic made it impossible for us to gather in-person. This All Hallows Eve, the day when pagan tradition holds the veil between the world of the living and the dead to be at its thinnest, we will remember them together.

(Rev. Beckett Coppola Speaking)

A friend is one
who knows my song
and sings it to me
when I forget.



Connecting: Exploring This Month's Theme

Pandemic time is teaching us so many things about relationships.

For some it has unraveled assumptions about work, calling into question the value of “going to the office.” And it has also exposing how systems pass heavy burdens of economic suffering to those trapped in poverty and lower income brackets. And these times have revealed there is no possible replacement for in-person connection, and reminded us how precious human touch really is. And for some of us our friendships were even realigned when we were forced to prioritize those that are essential over those that are instrumental.

Virtual work also revealed how much “costuming” is required of us, not just making it clear how casual wear is much more comfortable than suits and other office wear, but also helping us notice how insidiously our “required costumes” rank us and separate us from each other. And there was space suddenly, in some of our lives, for the sacredness of unhurried habits, like sit-down dinners, dog walks, and making our own bread.

The promise and precariousness of the common good has been placed at centre stage, reminding us that when we all make small sacrifices for the larger interdependent web even a pandemic might end.

We've unlearned and learned all this because the pandemic brought so much to a necessary stop; it put on its brakes and gave us space for pause. We've had time to look around, to notice.

Maybe the most important learning during this time has been about cultivating relationships, and it then becomes a central lesson we can carry forward when we are able to move on from all this: go slow, take a look around, and notice.

We have a precious opportunity to carefully considered our relationship to speed, to consider a slower pace, to find a quieter way of moving and a more careful way of dancing with one another. It's a secret rarely mentioned and often overlooked: relationships are hard to build and nourish when we are running.

May this month help us hold on to relationships which are worth working towards. And may we all be blessed by the sacredness of moving at a snail's pace.

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

Engaging: An Opportunity to Live the Theme More Deeply

At Least Ten Reasons Why You Love Them

Relationships require comment, at least every once in a while. The precious people in our lives know we love, appreciate, and adore them. And it doesn't hurt for us to tell them exactly why that is so. There is something about saying it aloud that breathes life into our connections; there's something about giving voice to the reasons for our love that makes that love real.

This is what the poet, Matthew Olzmann, explores in his poem, [Mountain Dew Commercial Disguised as a Love Poem](#), he lists all the reasons why he loves his partner, or as he puts it, "the reasons why our marriage might work." And the genius of

the poem is the level of detail it contains. One after another, he lists the particular and goes to great pains to be precise.

Have you ever written your own "Mountain Dew" poem?

Pick someone precious in your life and make an exceedingly specific list of the reasons why you treasure them. Don't stress about the poetic structure or try to make it perfect. Just sit down and make a list. When you are done, give it to your loved one. Or, better yet, read it out loud to them!

Deepening: A Contemplative Practice Experiment

There's lots of advice out there about how to cultivate relationships, but what about the challenge of deciding which relationships to nourish?

We live in a society that narrows our view, that distracts us from the relationships that matter most, and certainly from the relationships that could feed us the most. When societal voices encourage connection with our checkbooks, retirement accounts, social standing, and our Netflix cue, it's hard to hear an inner voice calling us to reconnect with wonder, stillness, play, protest, memory or prayer.

This month lean into the work of noticing, of stepping back to widen your view, of listening to the longings for deeper connection.

Here's an exercise for support your work:

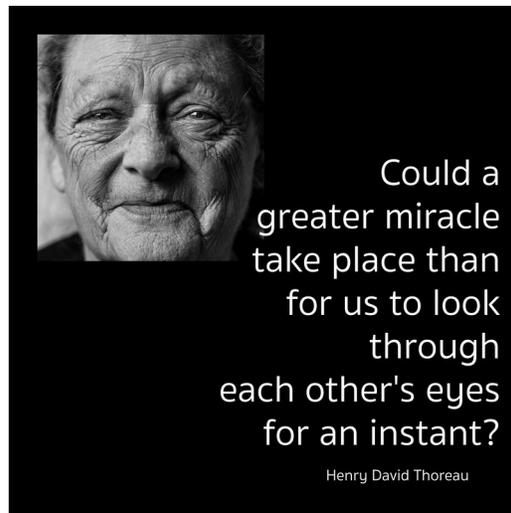
- Set aside 15-30 minutes of reflection/meditation to read this poem/prayer

multiple times by Phyllis Cole-Dai: <https://www.dailygood.org/story/2540/a-pandemic-poemprayer-phyllis-cole-dai/>

- On the first reading, pay attention to the 4 or 5 lines that "pop" for you, that pull at your heart, or that emotionally light up.

- Go slowly and notice the way the poem invites you to consider some types of relationship we might overlook. For instance, our relationship with our voice, our sense of safety, our faith, our temper, our expectations or what tempts us.

- Then reflect on those 4 or 5 lines and identify the one that stands out the most—The aim is to uncover the relationship that wants and most needs your attention right now, the relationship that wants you to feed it so it can feed you.



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 – September 2021

The Board meets the first Wednesday evening of every month with the goal to look at the governance of our fellowship. This includes finances, actions and reports from the committees and groups, visioning and looking at the actions for fulfilling our mission, minister's report, and other overall business.

Some items from our September meeting include:

- Volunteer leaders to attend the Widening the Circle of Concern training put on by the CUC that will lead to KUF holding discussions around racism in the spring

- Canvass plan for 2022 set in motion, including asking the Finance Committee to bring a budget for 2022 to the October Board meeting

- Plans for the Community Fair taking place on Oct. 17th, with rain date the next week.

- Looking into a new website as well as a flyer for the community to find out about us

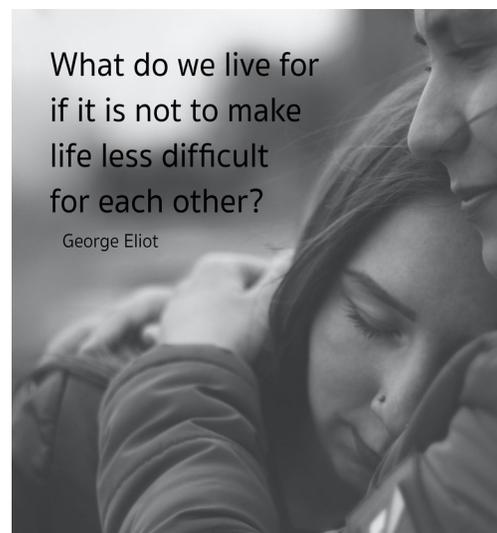
If you ever have any concerns, questions, or comments about anything related to KUF, please reach out to any of your Board members. Your current members are Dave Wendt, Victoria Vincent, Sandra Woodhouse, Audrey Foster, Susan Howlett, Mara Shaw, Kim Irvine-Albano, and Kathryn Morrissey.

Second Chance Sale: Great Volunteers, Great Results!

Thanks to all the volunteers who gave their time and energy to make the Second Chance Sale a resounding success. Between the pre-sales online and the sales in person on Saturday, we were able to raise over \$16,000. Everyone chipped in with so many tasks:

making donations, picking up donations, selling online, researching covid protocols, setting up, signage, organizing the goods, pricing, publicity, selling, security, being porters, talliers, and cashiers, hospitality, cleanup, and delivery of unsold goods. Give yourselves a big pat on the back!

We are also proud to let you know of the organizations that benefited from our unsold goods. Our volunteers delivered clothing to four different places: winter clothing went to In From the Cold Emergency Shelter and the Kingston Community Health Center while other clothing went to St. Vincent de Paul and the YGK Thrift Store, which supports Almost Home Kingston. Footwear was taken to Bioped Footcare & Orthotics. The Kingston Humane Society was the recipient for our pet supplies, towels, bedding and pillows. LCVI students received the backpacks for a project where they fill them with necessities for the needy. The rest of the items went to the Mission Thrift Store.



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: 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")