

# KUFLinks



## Kingston Unitarian Fellowship

November 2021

### Sunday Services at KUF

We come together every Sunday at 10:30am ET. Visitors are welcome to join us in-person at KUF or virtually via this link:

<https://bit.ly/KUFSundays21-22>. Any gathering in-person will occur in accordance with local and provincial requirements, and will be guided through the consideration and conversation of the KUF Board.

For more information and current details about upcoming Sunday services please visit our website and our social media pages. 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 by email at office [at] kuf [dot] ca.

*November 7, 2021*

#### **Remembering History**

Our collective history is held in our stories. Through holding our stories we nourish our relationships with one another and also shed light on the path we are walking together. This Sunday we gather for Remembrance Day, taking time to honour history, stories, and re-



Welcome to the month of  
**Holding History**

flect on how they help us to move forward.

(Rev. Beckett Coppola Speaking)

*November 14, 2021*

#### **Holding Community**

Our histories are held in our bodies both individually and collectively. How does this impact who we are as a community? And how can we grow together while compassionately honouring both individual and collective history?

(Rev. Beckett Coppola Speaking)

*November 21, 2021*

#### **Onward As One**

As we look into the past we find both gifts that serve us in the present and the

future and also things that are no longer of benefit. Or, perhaps, are even holding us back. How does this apply to our faith? To this community? And to each of us in our own growth?

(Rev. Beckett Coppola Speaking)

*November 28, 2021*

#### **KUF Gathering & CUC National Service: Change is Nature**

KUF will hold a gathering time and coffee hour at our regular time, which will be followed later in the day by the CUC national service held virtually at 1pm ET. Led by youth and young adults, this service's theme is "Change is Nature." Come for a delightful and spiritual experience!

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For more information and to register for our national service go to:

<https://cuc.ca/events/national-sunday-service/1638104400/1638111600/>



## Connecting: Exploring This Month's Theme

Welcome to the practice of holding history. We begin this conversation with a reflection from Parker Palmer:

*“Jewish teaching includes frequent reminders of the importance of a broken-open heart, as in this Hasidic tale: A disciple asks the rebbe: “Why does Torah tell us to ‘place these words upon your hearts’? Why does it not tell us to place these holy words in our hearts?” The rebbe answers: “It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in.”*

Our hearts are closed... this might seem a strange place to begin our month exploring the idea of Holding History. And yet, if we are being honest, we can see that defensiveness, protectiveness, and closed doors can rule our relationships far more than we might like to admit.

For instance, very few of us have a past without pain woven through it, and it can be easier to shut out those times than to confront them head on. But is that in the best interest of today? Or tomorrow? We are all well-versed in the game of sweeping old wounds under the rug, and invariably there comes a time when the rug must be lifted.

If we are to do this we need to remind ourselves of the relationship between history and vulnerability—without a heart willing to feel pain and endure grief, the fullness of our histories just can't enter in. Talking about past mistakes requires the ability to vulnerably say ‘I'm sorry.’ Telling your full story requires navigating grief over choices you wish you would have made differently.

It certainly seems the rabbis were right. Like those holy words, history in its fullness just sits there until our hearts break open and allows it in. So let's not just “remember” this month, let's not just talk of telling truthful tales, let's prepare to grieve, to feel, to share, and to release. The world needs our broken-open hearts, and so does our wonderful congregation.

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

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

In his poem “Remembering” William Stafford wrote, “Now I carry those days in a tiny box / wherever I go, I open the lid like this / and let the light glimpse and then glance away.”

What is one memory that brings you joy or grounds your sense of identity? That memory could be one of your most precious pieces of personal history, a treasure to carry with you always.

The invitation is to spend some time exploring it in a deeper way than maybe you have before. So make time to ask yourself: Why have I held on to this memory for so long? Why has it been holding on to me? What is it trying to give me? Who helped me remember it? What piece of my current identity does it hold? What hunger does it represent? What wish is it wanting to rekindle?

As you engage with treasuring this memory perhaps find a picture of it, or create an image/piece of art/poem/etc.

which both signifies it for you and also celebrates it.

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

Cook & Share a Piece of Your History

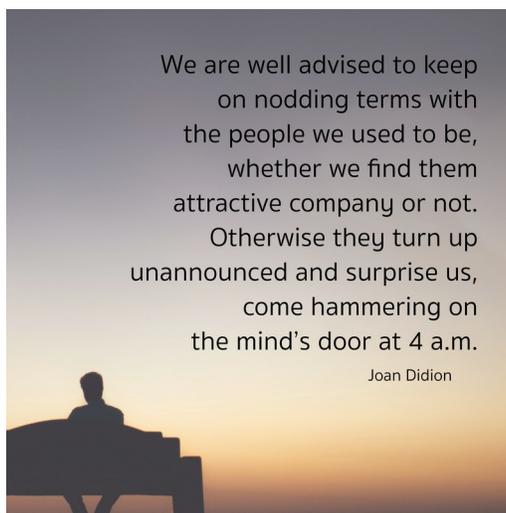
History isn't just held in our minds and memory. Often it's held in the food we eat, and the recipes shared with us. So this month reconnect with your history through the food you love and the food that loves you. You could:

- Find an old family recipe and prepare it. As you do, remember the stories connected with it, and perhaps find a way to share those stories online, in social media, or in conversation with others.

-In a covid safe way, perhaps even virtually, plan a meal with a small circle of friends and have each of them prepare a favourite dish from a family recipe or from a tradition they hold. During dinner take turns sharing your stories.

-Talk to a friend, family member, or elder in your community and ask them about family recipes or cultural foods they have loved. Then connect with them by making the recipe they give you or sharing a dish from your heritage.

And perhaps most important of all: whichever option you choose consider making it again someday when we can safely have potluck dinners again!



## **KUF Gathering Together – Updates!**

In mid-October the provincial government lifted the capacity limits for places of worship when proof of vaccination is shown. The Board has decided to lift in-person limitations with the requirement of proof of vaccination. We will keep a secure record of proof of vaccination so you will only have to show it once. Tracking will still occur, but in the form of attendance. Masks are still mandatory at all times within the building.

For those still wishing for more distancing, a section of the main hall will have single chairs spread out.

Children are still asked to go straight to their floor for attendance and check in.

The Board is working hard to balance our safety and our desires to fully be back together, while keeping our online platform.

## **Notes from the KUF Board of Directors – October 2021**

The Board is truly amazed at how marvelous the KUF community is. Over and over again, we hear about our members stepping up, filling in, helping out, and even how wonderful it is that you show up on Sunday mornings. This gathering of such amazing people, helps the Board fulfil our mandate of overseeing things.

Here are the monthly Board meeting things (or tidbits) that you might be interested in:

- \* An application to the West Trust Grant for support of our UU principles was submitted, requesting help in covering the cost of flyers and posters to explain about Unitarianism and help with updating our website
- \* Rev. Beckett and Cindy will be holding information and discussion sessions in November to look at the CUC motion for the 8th principle (see below). We have two delegates attending the Nov. 27th vote.
- \* We have extended Sadie's contract for May and June 2022
- \* Increasing the amounts paid to guest speakers to bring us inline with the CUC suggested rates
- \* Canvass dates and goal set - aiming for a balanced budget

The 8th Principle states: “We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote: Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions.”

We will be asking if KUF should adopt this principle ourselves and how we

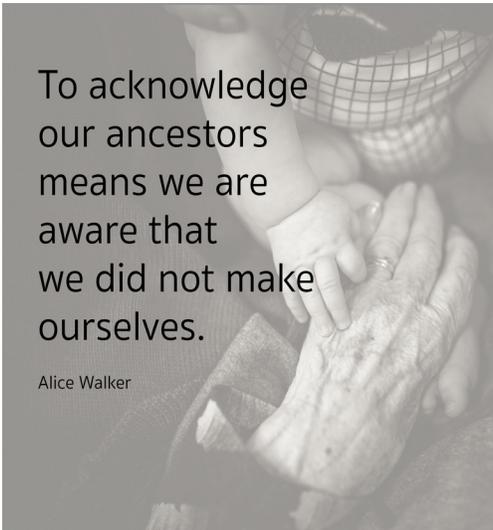
want our delegates to vote. If you can't attend the information / discussion sessions, please reach out to a Board member to let them know your comments.

Cindy Dunning,  
President of the KUF Board

## 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, October 2<sup>nd</sup>, 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.



To acknowledge  
our ancestors  
means we are  
aware that  
we did not make  
ourselves.

Alice Walker

## 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](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:** 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](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 2021-2022 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>Secretary</b>	Sandra Woodhouse	Sunday Services
<b>Treasurer</b>	Victoria Vincent	Finance
<b>Directors at Large</b>	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")*