

# KUFLinks



## Kingston Unitarian Fellowship

December 2021

### Sunday Services at KUF

We come together every Sunday at 10:30am ET. Visitors are welcome to join us virtually via this link: <https://bit.ly/KUFSundays21-22>.

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.

*December 5, 2021*

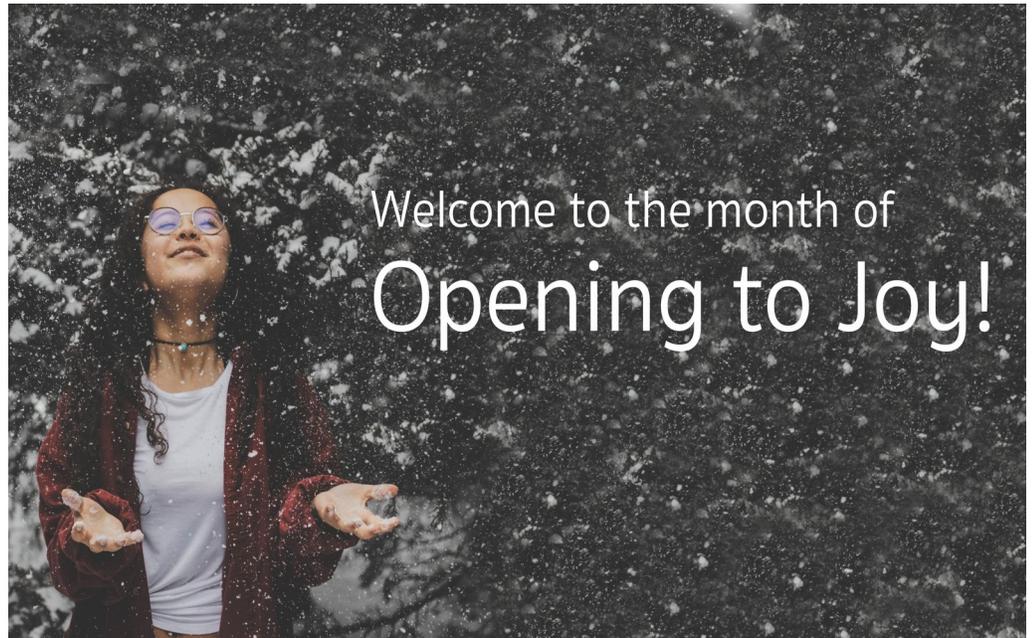
#### **Welcoming Joy**

What are the moments in your life where you have experienced joy? Who is the most joyful person you know? What impact does joy have on you? Is there a way to use joy in contemplative practice as a people of faith? Join our virtual Sunday service this week to start a conversation about opening to joy. (Rev. Beckett Coppola Speaking)

*December 12, 2021*

#### **Heavy Joy**

In moments when life feels heavy where do you turn to find the smallest



Welcome to the month of  
**Opening to Joy!**

sparks of joy? The things that remind you of hope, connection, and impermanence? As we enter the holiday season let us take a moment to turn toward one another, to be ready to remind each other of all the ways that even heavy joy can be lifted if we do it together. (Rev. Beckett Coppola Speaking)

*December 19, 2021*

#### **Mindfulness Matters**

What we put our attention on is impacted by our attention; that which we feed is what grows; where the attention flows, the energy goes... All of these are important teachings from different traditions, thinkers, and practices. How can we head into the holidays, and the

coming new year, mindful of where we will put our attention, energy, and love. (Rev. Beckett Coppola Speaking)

*December 24, 2021*

#### **Christmas Eve (5pm Service)**

Join us as we come together to share in the joys of singing and making meaning together at our annual Christmas Eve gathering. Holiday songs, special music, and more will companion us into the start of this year's holiday. Have a candle beside you to light, and we will create a web of illumination and connection to carry forward with us. (Rev. Beckett Coppola Speaking)

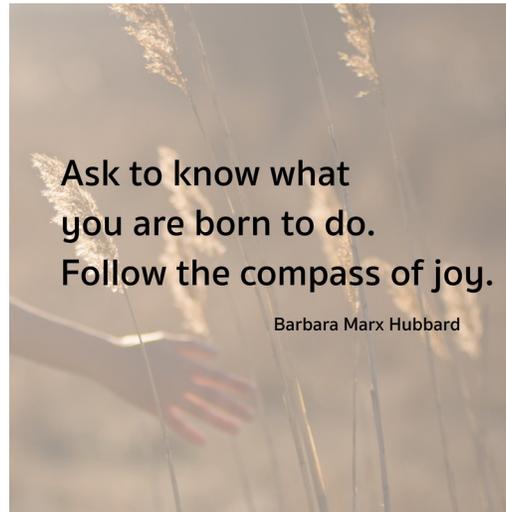
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December 26, 2021

### **Special Sunday Service featuring Peter Mayer**

This service is the music and reflections of Peter Mayer, a member of the White Bear UU Church of Minnesota and a living legend in UU circles. He is the creator of the hymn, “Blue Boat Home” and much more. He has been singing and songwriting full-time for over 20 years. He writes songs about interconnectedness, the human journey, life on earth, and the mysterious and wondrous fact of our existence. The Universalist Unitarian Church of Halifax and Peter Mayer have generously made their June 2021 service available to all Canadian Unitarian congregations, and we are grateful for their generosity!



## Connecting: Exploring This Month's Theme

Designer and author, Ingrid Fetell Lee, encourages everyone she can to intentionally look for joy every day. She adds life to this simple practice by calling it “Joyspotting.” In her article on the topic, she explains the impact it’s had on her:

*“Whereas before I might not have looked twice at the orange traffic cones on the street, now I savored their pops of color against the gray sidewalk. Whereas before I might have ignored the man sitting next to me on the subway, now I noticed his polka dotted socks and smiled. The world seemed to be teeming with tiny, joyful surprises. All I had to do is look for them.”*

To read the entire piece go to: <https://aestheticsofjoy.com/2019/06/27/joyspotting-101/>

This way of engaging our days is echoed in Mary Oliver’s arresting poem, “Mindful,” where she writes,

*“Every day, I see or hear something that more or less kills me with delight, that leaves me like a needle*

*in the haystack of light.  
It was what I was born for –  
to look, to listen,  
to lose myself inside this soft world –  
to instruct myself over and over in joy  
and acclamation.”*

So, let’s all try to do a bit of joyspotting of our own this month!

Here are your instructions:

Capture at least one image of joy every day for a week, either as a photograph or notes in a notebook or both. Either way it should be a strong enough reminder that it will pull you back to the joy you experienced when you view or read it later.

Whatever mechanism you use, your goal is to “capture” a handful or two of things that, as Oliver says, “kills you with delight.”

When the week is over, take some time to reflect on what you’ve captured. Is there a common thread? What do the images or words say about your experience of delight? Is colour key? Surprise? Silliness? Beauty? People? Nature?

And after reflecting, consider taking it further by doing something creative with your images and insights. For instance, turn your pictures into a slideshow with music behind it. Or maybe do a final entry in your notebook/“joy journal” that sums up your insights. Or maybe write a thank letter or love letter to your images/experiences of joy. Some may want to create a collage. Others may want to print out a picture or two and frame them for a wall in your home.

Whatever you do, watch what happens when you open to joy!

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

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

Author Annie Dillard tells this story about her childhood:

*“When I was six or seven years old, growing up in Pittsburgh, I used to take a precious penny of my own and hide it for someone else to find. It was a curious compulsion; sadly, I’ve never been seized by it since. For some reason I always “hid” the penny along the same stretch of sidewalk up the street. I would cradle it at the roots of a sycamore, say, or in a hole left by a chipped-off piece of sidewalk. Then I would take a piece of chalk, and, starting at either end of the block, draw huge arrows leading up to the penny from both directions. After I learned to write I labeled the arrows: SURPRISE AHEAD or MONEY THIS WAY. I was greatly excited, during all this arrow-drawing, at the thought of the first lucky passer-by who would receive in this way, regardless of merit, a free gift from the universe. But I never lurked about. I would go straight home and not give the matter another thought, until, some months later, I would be gripped again by the impulse to hide another penny.”*

Reflecting back on this as an adult, she says:

*“The world is fairly studded and strewn with pennies cast broadside from a generous hand. But — and this is the point — who gets excited by a mere penny?... It is dire poverty indeed when a man is so malnourished and fa-*

*tigued that he won’t stoop to pick up a penny. But if you cultivate a healthy poverty and simplicity, so that finding a penny will literally make your day, then, since the world is in fact planted in pennies, you have with your poverty bought a lifetime of days. It is that simple.”*

So... let’s plant some pennies.

What those “pennies” might be is up to you: maybe it will be placing flowers for someone to find; or putting secret notes in places for your partner or children to find; or better yet, putting some sticky notes in public places, such as a bookstore or a library. Speaking of books, what about leaving a few of your favourite books in a public place or a free library for someone to find with a message inside it that tells them why you love the book and expresses your hope that they will pass it on. For some “planting a penny” might mean secretly placing a painting of yours on a friend’s wall without telling them, leaving it there to find out how long it takes for them to notice. For others, it might be sketching a chalk arrow on the sidewalk drawing others eyes to a lovely tree that is easy to overlook. Those of you who live in 2nd or 3rd floor apartments might want to blow bubbles out your window to wake up those walking home from work. If you have the means, you could double your tip at the next few places you eat. And don’t forget, you can also plant pennies with your words by randomly giving out compliments to strangers you encounter during your day.

Unlike exercises that invite you to notice how you are the recipient of joy, this exercise is all about us remembering that we are also givers and enablers of joy. Happy planting!

## Deepening: A Contemplative Practice Experiment

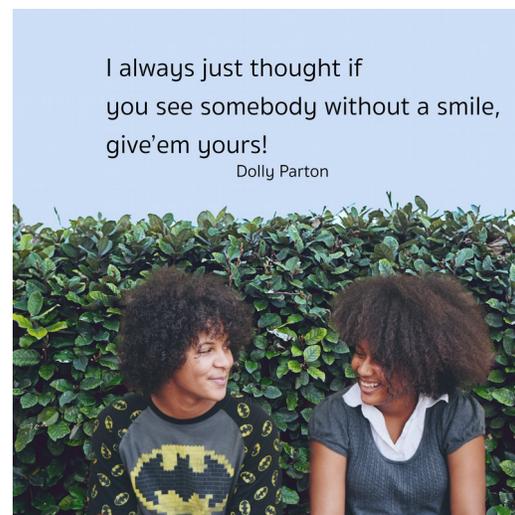
Identify Your “Heavy Joy”

CW: miscarriage/loss of a child

Consider watching this video and allow it to help you get in touch with the “heavy joy” you’ve encountered. Perhaps you’ve been carrying it for the last year and a half, perhaps it visits in December each year, or perhaps it arrives on some other vehicle.

*My Joy is Heavy!* by The Bengsons  
<https://youtu.be/kMTBaFm5ibc?t=118>

Consider creating something in response to your reflections on this idea. The Bengsons captured their heavy joy in song and video, and your gifts and skills will be different. Perhaps write a poem, make a painting, do a collage, or play with this idea in some other expressive way.



## KUF Gathering Together Update – Returning to Online Only

Due to our increase in COVID-19 numbers in the Kingston area, we will be meeting online only (no in-person) for Sunday services in the near future. As our numbers return from the Red designation by the health unit, the Board will reconsider in-person services.

## Notes from the KUF Board of Directors – November 2021

The Board meetings occur after the deadline for KUFLinks, so are always published in the next month. The minutes to the full meetings are also found on our website, members only section, after they have been approved at the next Board meeting. For example, the November Board minutes are approved at the December meeting and then put on the website.

In November, the following things may be of interest to you:

- The Repair Cafe will wait until the spring to look at reopening
- The sabbatical team will be communicating to the congregation through a pamphlet and in minilinks before the start of the sabbatical in February 2022
- The UN Sunday collected \$1179.

Thank you to all supporters

- The Alcohol, Drug, and Impairment policy was updated (previously known as the Alcohol Policy)

If you ever have any questions or comments about the happens at the Board meetings, please reach out to any of the Board executive or directors at large.

Cindy Dunning,  
President of the KUF Board

## Have You Heard of Our Caring Canvass?

You may already have heard about our amazing financial canvass, but have you heard about our Caring Canvass? Do you regularly do or receive caring from other KUF members and friends? Let's canvass these and see if we can meet our goal of 100 caring acts in December.

Caring acts could be a phone call, food delivery, a beautiful smile that makes you feel great, a listening ear, a space to be heard, or other kind acts.

Send Cindy Dunning your caring counts before Sunday each week, either by email [dunningc64@gmail.com](mailto:dunningc64@gmail.com) or phone/text at 613-770-3764, and watch the sliding scale get to our goal.

"In a world where you can be anything, be kind." - Carolyn Flack

Joy is the transformation of our suffering, not the escape of all we have to face.

Mark Nepo

## 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")*