

KUFLinks



January 2022

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.

January 2, 2022

An Intentional Year

Description: We are surrounded by a culture which encourages us to set goals for the new year. This year, let us explore the difference which comes from shifting to living with intention. It requires a change in our mindset from the need to strive and perform to one where we can show up exactly as we are. At those times when we don't live into our intentions, we can lovingly call ourselves back in and recommit ourselves to the work of growth. Let us explore how a shift in language can open up new possibilities for us as we begin



Welcome to

Living with Intention!

our year together in beloved religious community.

(Guest Speaker, Nicole McKay, UU Seminarian -- Nicole is a Unitarian Universalist seminarian studying at the University of Toronto. She lives and serves in Canadian Forces Base Borden and is preparing for military chaplaincy. Nicole is drawn to the contemplative and mystical traditions of finding wisdom in the quiet whether that is out in nature, on her yoga mat, and in the silence of her own heart.)

January 9, 2022

WWMBSD?

What Would My Best Self Do? If we are living with intention then we are allowing our best selves to shine. Take

some time to reflect on this idea any time you are in a stressful conversation or situation this week, and join us Sunday morning as we explore the idea of living with intention in this first month of the new year.

(Rev. Beckett Coppola Speaking)

January 16, 2022

Living Love

One of the ways we aspire to live our faith is in how we create intentional relationships grounded in promises of how we will be together. And this extends beyond the congregation to ourselves, to others, and to the larger world in which we live. Join us Sunday as we explore living love, and recom-

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mitting to that intention over and over every day.

(Rev. Beckett Coppola Speaking)

January 23, 2022

The Sacred Pause

Description: The busyness of congregational life often seems to be a whirlwind of working, responding, answering, solving, building, caring, tending, and enjoying. It can be hard to strike a balance between being and doing. The sacred pause comes at times when we all take a moment to stop, breathe, and remember our intentions, our promises, and our vows to each other. Join Rev. Samaya for an exploration into the meaning and practice of embracing the sacred pause as Rev. Beckett prepares for her sabbatical.

(Guest Speaker: The Rev. Samaya Oakley – Rev. Samaya serves as the Minister for the South Fraser Unitarian Congregation. She holds at the heart of her ministry the importance of relationships and compassion. She also is a facilitator for all levels of the Our Whole Lives program, and a trainer for the Elementary and Youth trainings. She became a part of the Canadian Unitarian

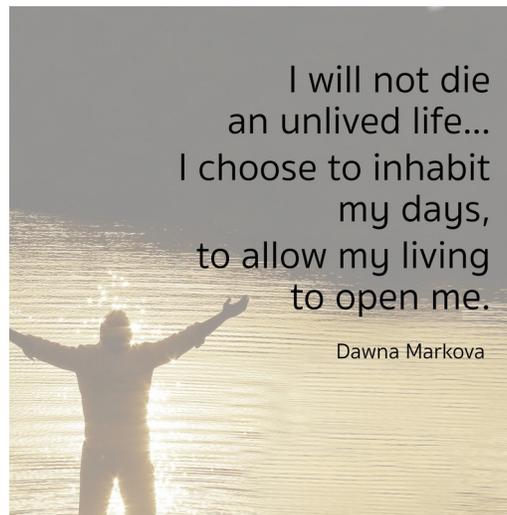
Council's Truth, Healing and Reconciliation Reflection Guides – five age-appropriate reflection guides for use in Canadian UU congregations.)

January 30, 2022

Passing the Torch

When Rev. Beckett begins her sabbatical on 1 February there will be a brief interlude in the ministry of KUF, and we have the great fortune to have a sabbatical minister joining our dedicated volunteer leadership in holding this time of sacred pause for us and for Beckett. Our sabbatical minister Rev. Linda Goonewardene will join us as the torch is passed for this brief time. Before we know it the torch will be returned to Beckett, so how do we set ourselves up to intentionally use this time as best we can?

(Rev. Beckett Coppola Speaking)



I will not die
an unlived life...
I choose to inhabit
my days,
to allow my living
to open me.

Dawna Markova

Connecting: Exploring This Month's Theme

“Here’s what I discovered: intention is different from setting goals or resolutions in that it ‘pulls us in to’ who we truly are. Goals and resolutions ‘push us out’ into future possibilities. To set intentions, we must listen to our inner voice which tells us who we truly are.”
~Katie Covey, Soul Matters Director of RE Resources

With the arrival of January comes talk of resolutions and calls to become ‘better.’ It’s hard to resist—after all, who among us couldn’t benefit from a bit of self-improvement? Sometimes we even go along with it and declare things along the lines of, “This is the year I’m finally going to be a better me!”

But are we sure this is what we really want? When you read that quote above about being “pulled in” rather than “pushed out,” what happens in your heart? Is being pushed really what you want and need? Are you really excited about the New Year’s work of striving to create a brand new you? Or do you suddenly notice an internal whisper that says, “I long to be drawn in more deeply to the authentic self I already am”? In other words, maybe our real New Year’s intention is not about pushing forward into socially acceptable means of self-improvement, but about pausing, stepping back and asking, “What hunger lives in my heart?”

There is a big difference between becoming better and being ourselves; Selfimprovement is not the same as self-alignment. Wanting to get from point A to point B is something quite different from longing to find your inner anchor. So, here’s the bottom

line: goals and intentions may indeed be more distinct than we had thought, and being clear about that may be more important than we realized.

So this month, our most meaningful work is to make room. All around us this month, there's going to be talk of creating goals and imagining who we might become. But living with intention seems to be more about creating a quiet space that allows us to connect with who we already are, a space that protects us from the pressure to accomplish and instead makes room to ask honest questions.

If we are able to carve out that quieter space, then maybe we will discover that this isn't the year of "finally becoming a better me."

Maybe we'll realize it's enough to "be me." And then we can begin to celebrate our authentic voices and gifts and wholeness.

(Adapted for KUF from the 2022 Soul Matters materials on the theme 'Living with Intention' by Rev. Beckett Coppola.)

Engaging: An Opportunity to Live the Theme More Deeply

Start Your Day With Intention

"At the beginning of the day, the mind is most open to receive new impressions. One of the most important things we can do is to take full responsibility for the power of the morning." ~Marianne Williamson

"Your day is pretty much determined by how you spend your first hour." ~Anonymous

This exercise invites you to explore the power of intentional mornings. Too often our days take hold of us rather than us taking hold of them. So, for at least one week, pick one of the practices listed on this page

(<https://files.constantcontact.com/5a44916d201/7830ffc8-f144-4a04-8d37-c3f97113725e.pdf>) to begin your day with a greater sense of intentionality and purpose.

Deepening: A Contemplative Practice Experiment

Filling In The Blanks With Intention

It's not easy to stay true to your deepest intentions. But often it's even harder to figure out what they are. This exercise assumes that our deepest self already knows our core intentions and our work is to decipher what it wants us to hear. To help, you are invited to access and download this document (<https://files.constantcontact.com/5a44916d201/cf0dc02d-0fb4-4fa4-8bf8-0be4ee3ffb64.pdf>) of uncompleted sentences. Fill them in, then step back and see if you notice any patterns or surprises. When filling in the blanks trust your instincts, and don't spend a lot of time pondering what to write. Instead just note the first thing that comes to mind.

After you complete the sentences use these questions to help you reflect on the answers you discovered:

- What would you change after giving the completed sentences a second look?
- What surprises you?
- Would your closest friend or partner agree with how you filled in the blanks? (Maybe even ask them!)
- What 2 or 3 sentences seem to merit your greatest attention right now?

• What single intention are you ready to make based on listening deeply to what the list of completed sentences is trying to tell you?



KUF Gathering Together Update – Continuing Online Only

Due to our increase in COVID-19 numbers in the Kingston area, we will continue 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 – December 2021

As you are reading this report, the calendar year has changed and the Board wishes you and yours a happy, healthy new year.

At the December board meeting, we spent time discussing covid and protocols again, determining that with numbers on the rise and for the safety of

members and friends, we would return to online services. We are grateful for all the expertise of the tech crew as well as all the participants who join us.

A few other items might be of interest to you:

- the caring canvass was created and launched
- an RE committee has been formed and special thanks to Daphne, Jackie, and Richard for their dedication to the children's programming
- the special business meeting date was set for January and the agenda will be shared 10 days prior, including the proposed budget for 2022 and the social justice council charity selections
- motion to change the quorum requirement for congregational meetings to 25% from just 21 members, which will be brought to the congregation at the January business meeting
- visioning with the congregation will be led by the Board during the sabbatical

Can you name all of your Board members? The Board is your governing body who meet each month and look after not just finances but all of the components of KUF, consisting of the president, vice-president, treasurer, and secretary as the executive and 5 directors, plus Rev. Beckett. In the first year of a new presidency, the previous president becomes the past president to help with transition. Your current Board is Cindy Dunning, Dave Wendt, Victoria Vincent, Sandra Woodhouse, Audrey Foster, Susan Howlett, Kim Irvine-Albano, Kathryn Morrissey, and Mara Shaw.

Cindy Dunning,
President of the KUF Board

Sabbatical News – December Update

Sabbatical FAQ

Rev. Beckett is taking a much needed sabbatical break in February! Below are answers to questions you might have.

What is a sabbatical?

A sabbatical is a professional break from ministering to a congregation, which gives a minister time to take a break and recharge, to study and learn new things. Our minister is allowed one month of sabbatical for every one year served, so Rev. Beckett will get four months for her four years of service with us.

How long is the sabbatical going to be?

Rev. Beckett's sabbatical will last from Feb 1st to May 31st 2022 (four months).

What will happen to our Sunday services?

We will still have Sunday services every week, but half of them will be led by congregation members and guest speakers (all organized by the Sabbatical Team in cooperation with the Sunday Services Committee), and half will be led by an incoming part-time minister who will join us just for the sabbatical and leave again when it's over.

Who will our new part-time minister be?

Rev. Linda Goonewardene will serve as our part-time minister during Rev. Beckett's sabbatical, and will lead 8 Sunday services over those four months. Rev. Linda is an Affiliated Community Minister (like our Rev. Wendy Luella) at First Unitarian in Ott-

awa. She is a registered psychotherapist working as a family/parent counsellor at the Rideauwood Addiction & Family Services in Ottawa, and became an ordained minister in 2007.

Will the sabbatical affect the multi-platform format of our services?

No! We will still be having services both online and in person. As often as possible (weather permitting), Rev. Linda Goonewardene will drive down from Ottawa to do her services in person, but she will still join us from Zoom if that is ever not possible.

Who can I contact if I need support? Can I still email Beckett?

While she is on sabbatical, Rev. Beckett is not available to us in any way. However, pastoral care will continue to be offered: Kate Johnson will act as our Pastoral Care Provider. Kate is a former prison chaplain, Queen's University Chaplain, and currently the clerk for the Quakers. (Pastoral care is confidential support provided to members and friends of KUF in the case of significant life events including the death of a family member or a mental health issue, but is not intended to replace therapy.)

The caring committee (caring@kuf.ca) and COSM are also always available if you want support or a connection from KUF members.

What if I want to have a ceremony? Can Rev. Beckett still lead it?

Unfortunately, no. However, the lay chaplains are always available to help with any personal ceremonies, including weddings, funerals, divorce rituals, child namings, etc. The current lay chaplains are Mara Shaw and Wendy Morrison.

Who can I contact if I have other questions about the sabbatical?

The Sabbatical Team is comprised of Cindy Dunning, Gordon Darrall, Anne Coward, Ann Copland, and Jillann Rothwell. If you have any comments or questions, please reach out to any of these people using their contact information found in the directory. You may also contact them through the KUF office at office@kuf.ca

Caring Canvass Results – Way to Go, KUF!

In December, the Board asked us to be part of a Caring Canvass in which we did kind acts for each other. Our goal was a 100 acts. You reported 140 acts! Amazing, and we know that is probably only part of the real numbers.

As we enter 2022, remember to continue caring for yourself and each other!

Happy New Year from the Board.



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 dur-

ing 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")