

KUFLinks



Kingston Unitarian Fellowship

February 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.

February 6, 2022

Namaste!

As we greet the return of the light and celebrate Imbolc, we bow to acknowledge the light in each other. Through creation stories, songs and reflection, we will honour our own light, the light in others and that shared light that offers us hope in the darkness as we widen our circle.

(Anne Coward Speaking)

February 13, 2022

The Interdependent Web of Love

Join Rev. Linda Goonewardene for her first Sunday with KUF. She will guide

Welcome to the month of Widening the Circle

us in shared storytelling and reflection on the theme for today's gathering. (Rev. Linda Goonewardene Speaking)

February 20, 2022

On Circles and Echo Chambers

Most of us are keenly aware of how social media and life under the algorithms are affecting our opinions on social issues. Our online and real social lives are allowing us to live in increasingly insular echo chambers. The challenges of life in a pandemic reinforce our desire for safe and comforting conversations. At the same time, humans have long been challenged by the wisest of leaders to love our enemies. We have plenty of evidence that we make better decisions when we have carefully con-

sidered a wide variety of options choosing an approach. Kate will speak to us in favour of heterodox thinking and speaking to (if not loving) our enemies to work towards better societal outcomes.

(Kate Johnson Speaking)

February 27, 2022

Can I Find God Here?

A stranger arrives at KUF on a Sunday morning and asks, "Can I Find God Here?" How would you answer this question? Today's talk is a brief look at one person's history, KUF's history, and Unitarian history with God. Hopefully an answer to the stranger's question can be found that invites everyone to stay. Join KUF's Sunday Service this

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week to receive the benefits of gathering together in community and this talk, which will be written and presented by long-time KUF member Gordon Darrall.
(Gordon Darrall Speaking)

Inclusivity is not
'how do we make you
a part of what we are?'
but 'how do we become
more of what you are?'

angel kyodo williams Sensei



Connecting: Exploring This Month's Theme

Is it possible that being on the inside leaves you out of the loop? What if the margins aren't narrow? What if that space of exclusion is also a position of perspective? What if being shut out allows you to understand the insiders better than they understand themselves?

Why do so many seek the safety of that inner circle anyway? Don't we know that the circles not only keep others out but also the air? Haven't we learned that it's on the edge of circles that hate makes its home? So even if you weren't among the ones who put the circle in place, by allowing it to linger, don't you carry the burden of responsibility as well?

What if who we are doesn't end at the barriers of our own skin? What if sin is believing that you can put the puzzle together with only the pieces that belong to you? What if heaven is the moment you realize that none of us can get there alone? What if the only true freedom lies in the willingness to fight against that which imprisons someone else?

And what if these all questions are a matter of life and death? Or is it a matter of dying to live? After all, didn't the Nazarene say we must lose our life in order to find it?

Haven't all the sages said the solitary self must perish for the larger we to live?

If that is true then let's widen the circle until it breaks! For as long as the circle exists pieces and parts of ourselves will always lie on the other side of the line.

So let us push, pull, twist and tear, dig underneath and climb over the top, do whatever it takes to meet each other face to face. And having found each other, let us stare and struggle, fight and forgive, call in and call out, until "me" and "you" dissolves into "us." Is there any other way we become whole?

(From the 2022 Soul Matters materials on the theme Widening the Circle.)

Engaging: An Opportunity to Live the Theme More Deeply

Look for the Helpers

When tragedy or trauma sweeps over our lives, our worlds become small. It becomes hard to extend our hearts and heads beyond the narrow scope of understanding allowed by fear, wounds, and worry. As a way of widening that circle to include hope and connection many have turned to the advice and words of [Fred Rogers'](#) mother: "[Look for the helpers.](#)"

To honour this wisdom you're invited this month to take a week and look for the helpers. Think of it as a meditation or noticing practice, just raise your awareness and paying attention to those who are helping.

All forms of "helping" count! You might notice a firefighter or maybe it's someone who engages a homeless person with respect. A coworker offering a kind word counts just as much as the activist working to bring about change.

Set aside at least ten minutes at the end of each day to write down the helpers you noticed. Better yet, take some time to share the stories of the helpers you noticed with someone.

Most of us will do this exercise by ourselves, but a powerful alternative is to find someone to join you in this search. Hold each other accountable to doing it five to seven days in a row, and then make a virtual coffee or lunch date to go over your list of helpers.

Deepening: A Contemplative Practice Experiment

Let In LovingKindness

One of the Four Immeasurables of Buddhism is Metta, which can be translated as friendliness or [Lovingkindness](#). By engaging compassion for ever-widening circles of people, the practice transforms not only your relationship to others but also your relationship with yourself.

This month you are invited to learn more about it and give it a try, preferable for at least a few days in a row. You can also consider journaling after the meditation, capturing the thoughts,

challenges, insights that were stirred in you. And, of course, pay attention to how it changes the way you go about your day.

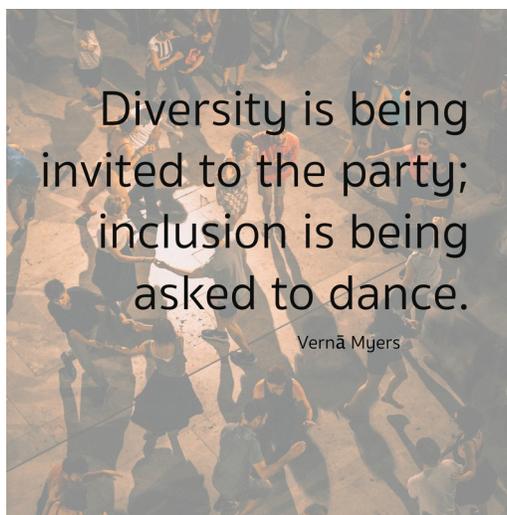
Here's a video that guides you through the process: <https://www.youtube.com/watch?v=UIW0VHupTFI>

If you prefer, here's written guidance instead:

<https://www.contemplativemind.org/practices/tree/loving-kindness>

And here are a few articles on the benefits it offers:

- <https://www.mindful.org/loving-kindness-meditation-makes-better-human/>
- <https://www.mindful.org/loving-kindness-takes-time-sharon-salzburg/>
- <https://www.lifehack.org/361244/6-amazing-benefits-loving-kindness-meditation-backed-science>



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 fu-

ture. 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

At the monthly Board meeting, the board members thanked the finance committee for all of the work not just for putting together the proposed 2022 budget, but for all of the work throughout the year. So much of KUF's regular work goes mostly unknown unless you are directly involved. To help with this, KUF received a grant from the West Trust Fund to help with the development of a new website, which hopefully will be launched in March this year.

The proposed budget was accepted by the Board for presentation at the special business meeting on January 16. This budget includes the refinancing of the mortgage as our current one comes due. The Board also approved holding the surplus monies from 2021 in a designed fund for capital costs for the building.

Beckett will be on sabbatical from February to end May inclusive. The sabbatical team with the Board has been working on making sure that we will continue to function smoothly, including the hiring of Rev. Linda for eight Sunday services and Kate Johnson for professional pastoral care.

The 8th principle was also adopted by the Board and will be included in our guide and included when our principles are referenced. A constitutional review will also be started to look at inaccuracies and if it still conforms to all legislation and policies.

If you have any questions, please contact a member of your Board.

Cindy Dunning,
President of the KUF Board

Sabbatical News – January Update

The latest informational FAQ from the Sabbatical Team is included at the end of this issue of KUFLinks. Not sure what a sabbatical is, why Rev. Beckett is taking one, or what will happen while she's gone? Check out the Sabbatical FAQ and find out!

Share Your Vision for KUF!

Visioning is defined as developing a plan for the future. Visioning is more than wishing and dreaming because it is a plan of action.

From February to May, the KUF Board will be leading the visioning process by looking backwards at our roots, looking at the present for our current existence, and then developing a plan for the dream of the future.

KUF Visioning has 3 parts:

1) Individual visioning – the Board asks each of you to vision for KUF using the workbook ([which can be found by clicking here](#)). Whether you have been here for 3 months or 30 years, you each have something to offer and dream for KUF.

2) Visioning Mini blocks – these are 10 minute blocks that will occur throughout the visioning months, occurring during service. These mini visioning blocks allow all who attend to share in

a short discussion on different parts of the visioning process.

3) Visioning discussions – these are six 1 hour long discussions after service spread over the visioning months.

You are invited to participate in all or part of this visioning! The Board will take the visioning results, develop a plan, and use it to take action to build, grow, and govern KUF.

Visioning Dates:

February – 1st week – Individual workbook distributed

Feb. 6 – Visioning mini – looking back

Feb. 20 – Visioning mini – KUF importance to you
Visioning discussion – looking back

Feb. 27 - Visioning mini – look at the present
Visioning discussion – being present

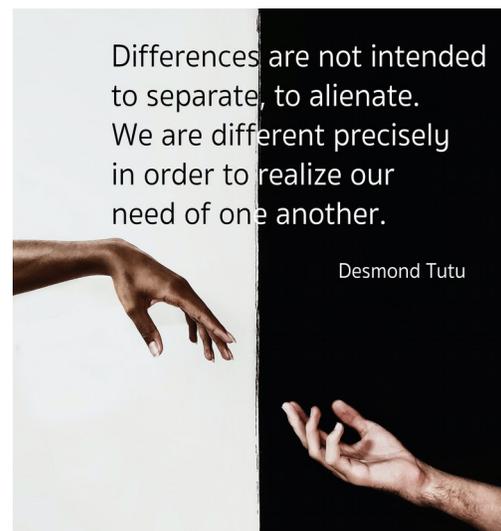
Mar. 13 - Visioning mini – your dream for KUF
Visioning discussion – big dream and actions to get there

Mar. 27 - Visioning mini – dream of Sunday morning in 20 years
– Visioning discussion - dream and action specifics about us

Apr. 10 - Visioning mini – why is KUF important in the community
Visioning discussion – dream and action for us in the community

Apr. 24 - Visioning mini – living our mission

May 8 - Visioning mini – how to explain us to others
Visioning discussion – who are we?



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")*

Sabbatical News

January Edition



KINGSTON
UNITARIAN
FELLOWSHIP

Rev. Beckett is taking a much needed sabbatical break.
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 rest 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.

A sabbatical is also a great time for the congregation to look within themselves through a visioning process. The visioning process will be led by the Board throughout the four months of sabbatical.

How long is the sabbatical going to be?

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

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 Ottawa. 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.

Message from Rev. Beckett

Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.
~Terry Pratchett, A Hat Full of Sky

At a certain point in a ministry it is good, and also healthy, to take a break. For the minister it is an opportunity to take time to rest, restore, and nourish their spirit. For the congregation it is a time to hear new voices, have conversations, and be reminded of who they are and what their values and vision are as a community.

Obviously, I had a dream for this sabbatical two years ago, in January 2020, that is quite different from what will actually be happening. And I am deeply happy with the plan that I have dreamed up for this time despite all that is going on in the world.

My first objective is to spend time with my family, who I have seen far too little over the past two years. My next hope is to spend time fostering stillness and renewal. And, finally, I am also looking forward to my ongoing continuing education work, writing, and more.

On the last Sunday of January 2022 I will pass the professional ministry of KUF into the capable hands of Rev. Linda Goonewardene and Kate Johnson. The Sabbatical Committee, and the entire congregation, will continue to hold the lay ministry of KUF, and the two together are the shared ministries of our congregation. And four short months later, at the end of May 2022, Linda and Kate will pass the ministry of KUF back to me.

I will miss you while I am gone, look forward to my return, and I am grateful that, *"Coming back to where you started is not the same as never leaving."*

Stay safe. Stay healthy. Stay connected.

What will happen to our Sunday services?

We will still have Sunday services every week; 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.

Sunday services will continue to be diverse and stimulating! Rev. Linda will drive to Kingston and meet with us in-person as often as possible, and if winter weather and pandemic restrictions affect her ability to travel from Ottawa, she will join us via Zoom.

Our current schedule is shared below, but may change for many reasons:

Feb. 6 Namaste! – Anne Coward
Feb. 13 Rev. Linda
Feb. 20 On Circles and Echo Chambers – Kate Johnson
Feb. 27 Can I Find God Here? – Gordon Darrall
Mar. 6 Rev. Linda
Mar. 13 Alexander Colpa
Mar. 20 Rev. Linda
Mar. 27 Social Justice – Susan Young
Apr. 3 Rev. Linda
Apr. 10 Child Haven – Andy Rush / Jackie RushMorgan
Apr. 17 Rev. Linda
Apr. 24 Earth Day – Beverly Horton
May 1 Rev. Linda
May 8 Mother's Day – Ruth Wehlau
May 15 Rev. Linda
May 22 Music – Sadie McFadden
May 29 Rev. Linda

What if I want to have a ceremony?

While on sabbatical Rev. Beckett will not be leading any ceremonies. 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 need support?

While she is on sabbatical, Rev. Beckett is not available to us in any way. However, professional pastoral care will still be available; 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.)

Pastoral care is provided upon request by individuals and is at all times a voluntary relationship established between both parties. Professional pastoral care is intended for significant events in a member's life. Circumstances that might warrant a call to Kate are a death of a member or partner, a severe accident/major trauma, or a mental health issue. Kate will determine if a visit would be required. Such a visit would normally not exceed one hour in duration and is not expected to replace ongoing counselling or therapy.

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

Who can I contact?

General contacts for during the sabbatical:

KUF phone 613-544-8777 (leave a message)

KUF office office@kuf.ca

Sabbatical Chair Cindy Dunning dunningc64@gmail.com