

KUFLinks



March 2022

Sunday Services at KUF

We gather together in person every Sunday at 10:30am ET. Visitors are also 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.

March 6, 2022

For the Birds: What Feminist Spirituality Means to Me

How can swimming in the ocean, cakes, and birds all contribute to a renewal of feminist spirituality? With the help of some poetry and books by Sherry Ruth Anderson, Patricia Hopkins and Riane Eisler, we'll pull it together.

(Rev. Linda Goonewardene Speaking)



Welcome to the month of Renewing Faith

March 13, 2022

Barbara Thornton, Hildegard von Bingen, and Sounds from the Distant Past

Alexander Colpa will focus on the work of scholar and musician Barbara Thornton (1950 -1998), Alexander's primary mentor in Medieval music. Indeed for Thornton the music of Hildegard von Bingen was central to her teaching, and he will let us hear how she brought this music to life for modern audiences.

(Alexander Colpa Speaking)

March 20, 2022

Balancing the Vernal Equinox with Thoreau

The life of Henry David Thoreau, plus the songs of Simon and Garfunkel reminds us of awakening to the suffering and beauty of the world and our lives. (Rev. Linda Goonewardene Speaking)

March 27, 2022

Mindfulness and Social Justice

As Unitarians, we aspire to move beyond a focus solely on individual well-being and move toward a more collective action and systemic response to the personal, social, political and ecological challenges we all face. Mindfulness can sometimes seem to be about a personal focus only. But when we place it

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within a social justice context, these practices can offer us valuable ways to integrate both individual and collective change.

(Susan Young Speaking)

Faith is a willingness to take the next step, to see the unknown as an adventure, to launch a journey.

Sharon Salzberg



Connecting: Exploring This Month's Theme

How do we renew our faith when so much is falling apart? In these fragile days,

we, who assess life through “the fire of reason,”

find so little reason to trust

that everything’s going to be ok.

The climate is collapsing.

Racism so often morphs more than it is removed.

Politics divide more than they unite.

Don’t tell us it’s slowly getting better.

Don’t ask us to deny this feeling of despair that feels so real.

On so many days, we have lost our hope for a better day.

But we do long for it!

Don’t we?

Despite the setbacks and slowness, there remains something inside that continues to say,

“It can be better!”

“More is possible!”

“I need to believe that goodness is real.”

It’s a longing that lingers no matter what.

Maybe that’s what the preacher meant when he spoke of faith

as a hunger for home.

Maybe faith is more about remembering

our longing for what we love and who we want to be,

more than it is an act of restoring our trust

that everything will work out well.

Maybe the peacenik was right:

We must remain faithful to the fight not because change is guaranteed

but to ensure that we are not changed.

(From the March 2022 Soul Matters materials on the theme Renewing Our Faith.)

Engaging: An Opportunity to Live the Theme More Deeply

Your Faith in Six Words

Sometimes talking about faith can wind us in circles. Ultimately, our faith is too complex, visceral and personal to be easily shared. But some have cut through the complexity by attempting to sum up their faith using only six words. It’s a practice that clarifies and amplifies what matters most to us. It helps remind us of and hold on to our deepest commitments.

So this month, try it for yourself. Create your own six-word faith statement. Here are some inspiring examples to help you on your way:

<https://www.facebook.com/revjakebmorrill/posts/10203771525878015>

<https://www.facebook.com/tandi.rogers/posts/10152204974568645>

Deepening: A Contemplative Practice Experiment

Tell Them!

More often than not, we can’t renew our faith on our own. It takes others. Their commitment to justice renews our faith that a better world is possible. Their compassion and kindness (even when they have struggles of their own), renews our faith in humanity. Their bravery reignites our faith in ourselves.

So who is that “other” for you? Whose faithfulness renews your own? And most importantly, have you told them?!

That's exactly what this exercise is all about: telling them!

Why is that so important? Well, simply put, telling them they sustain your faithfulness helps them sustain theirs. It keeps them going. It's a gift to them. A gift that honors the gift they gave you.

So get busy. Do it in a letter. Or maybe over coffee. Or maybe even in some clever or playful way. Tell them their faith and faithfulness has sustained your own.

Notes from the KUF Board of Directors – February 2022

I huge welcome and thank you to Rev. Linda and Kate Johnson for joining us during this sabbatical time. If you did not see the sabbatical pamphlet from the sabbatical team about all the details for February to May, please contact office@kuf.ca

As well, the Board would like to thank Charlene and Sarah for supporting and continuing our Craft and Chat group and the Seniors group. We would also like to thank the music committee who continue to create, develop, find, and share such amazing diverse music.

The constitution review group has been formed to look at our governing document to make sure it still fits us and follows the government regulations for non-profit organizations. Thank you to Joe and France who will be joining Cindy in this work.

Our Canadian Police Information Centre check policy has been updated to include becoming a policy agency (can do CPICs fully online now) and to ask all CPICs to include the vulnerable sector check. Did you know that KUF pays for any CPICs we require of our volunteers?

Our loose change charities, Seed Change and Sexual Assault Centre Kingston each received a donation for just over \$300 from us, as well the mitten tree drive for Martha's Table was a donation of \$270. Amazing and thank you to everyone who gave financially.

Our Visioning process will start in February and the Board is hoping that all members will be able to join in the conversations spread over the next few

months. A final report of information and actions will be created, with the Board looking forward to using this to start planning and visioning for the following year and into the future.

Cindy Dunning,
President of the KUF Board

KUF Finance FAQs

The following is a series of Finance FAQs that originally ran in MiniLinks over the month of February, talking about the details of our financial statements, so that we can all better understand our financial position. Even though we usually cover our expenses and occasionally have a surplus, our spending is based on the bare minimum for function. We have trimmed committees and other areas to make our finances work. Many of our regular expenses are covered by members (ex. OWL trainers pay for their own training, RE scrounges for supplies to keep costs down, etc.) and many of our projects simply aren't done because we do not have the money (ex. Renovation of the building, decorating, youth group support, etc). We have no reserve for emergencies (ex. the roof.)

The Mortgage:

KUF has a mortgage, secured by the building, for \$298,496.95 as of 31 December 2021. Every month we make a payment to the bank composed of interest owed to the bank for the purpose of using their money, and a portion of the principle that we borrowed when we took out the mortgage in order to buy the building.

Annually, we pay out approximately \$39,263. In 2021, that was 16% of our income. At present, we are on track to pay off our mortgage in approximately 10 years.

I love the recklessness of faith.
First you leap,
then you grow wings.

William Sloane Coffin



KUF Gathering Together Update – Multi-Platform Services Return!

KUF will return to multi-platform services beginning March 6. As the province is changing requirements and are expected to release new regulations on March 1st, the exact details for being in-person will be posted after the March 2nd Board meeting.

Asset value and financial statements:

When you look at the KUF financial statements, you will see on the Balance Sheet numbers stating the value of our assets. Our largest asset is our building. Combined with that initial purchase are the solar panels, the sign, and the land for a total of \$1,483,193. This is not what the asset is worth. This is what we paid for it.

In our recent talks about acquiring another building, we heard various numbers tossed around by members and real estate agents. Some were quite inflated but the building is worth what someone will pay for it. We don't know what that number is at this point. What we do know is that we have invested \$1,483,193 of KUF money in our building.

Solar panels:

In 2013, KUF installed solar panels on our roof at the price of \$56,989. We also secured a bank loan to pay for a portion of the panels. In August 2021, someone paid off the remaining balance of the loan, approximately \$24,000. This was truly a spectacular gift.

Now, without a loan to pay, KUF is able to use the income generated by the solar panels for other expenses. In 2021, the income from the panels was \$5,755.

Leasers:

The businesses who use the front third of our building are called leasers. (Those who rent space for a one time event are called renters.) These businesses give us a payment each month which we use to pay off our mortgage and the related expenses. In 2021, the income from the leasers and the renters was \$61,545. The expenses related to the renting of the building were taxes

(9,882), utilities & insurance (10,877), custodial (6,837), snow removal (3,291) and maintenance (6,299), totaling \$37,186. The payments are also intended to cover our mortgage payments. They do not which means that we must pay the balance out of our regular income. In 2021, that amount was \$14,904.

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

You are invited to participate in all or part of this visioning! If you cannot attend, please share your thoughts and ideas with Cindy Dunning. The Board will take the visioning results, develop a plan, and use it to take action to build, grow, and govern KUF.

Visioning Dates:

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")*