



Sermons January 2010

January 1 12:30 pm Annual Inter-faith Service at KUF

7 faith groups sharing on FRIENDSHIP. Features the Vocal Volunteers and the offering this year will go to the Grandmother's Connection, helping those who care for AIDS orphans in Lesotho.

January 3 No morning service or RE at KUF NOON – 4:00pm

Arne & Helen Henrikson Outdoor Day at the Little Cat conservation area No admission at the gate – just tell the person at the booth that you are with KUF in the General Purpose Room (east hall) of the Outdoor Centre. Bring a potluck item, plates, cutlery, and a MUG for each person (we try to leave little trash behind) We'll have folks ready to help you carry baskets in and assist everyone as needed. Enjoy this day "in nature" and "in warm KUF community"

January 10 BISG Sermon "Compassion with Realism" Rev. Kathy Sage

When noted world religion author Karen Armstrong won the TED Prize of \$100,000 she responded by creating the Charter for Compassion. I appreciate the strength of the document and her call to religious groups to accountability and a new way of living our interdependence. A great follow-up to December's Peace Theme. We'll explore compassion using specific issues this month.

<http://www.tedprize.org/karen-armstrong/>

Lunch Bunch – Panda Garden Buffet – Kingston Centre

January 17 "Compassion Lessons at the Prison Farms" Rev. Kathy Sage and others to be confirmed.

Proponents of the benefits of prison farms point to the profound transformation that occurs through the animal/human/earth interaction. What's at stake, what would it mean if "super prisons" replace the farms? If you can, view the video, "The Wild Horse Redemption".

January 24 "Happiness" Rev. Kathy Sage

What does it take to create a state of "happiness" in you? Call it by what

ever name: contentment, satisfaction, bliss --- do you know the "secret of happiness"? I don't remember who asked me to address this theme, but it's a great theme to explore in the new year. If you have a quote, a personal motto, or a "key" to happiness that you've discovered – please share it with me. I expect that our views on this topic are quite varied!

Soup Lunch Fundraiser and KUF Budget meeting

January 31 "Evil and Compassion" Rev. Kathy Sage

In naming "Compassion as a Big Issue, I think that our exploration will be shallow if we do not look at a shadow companion of compassion – evil. One of my "summer books" explored this theme: "Evil in Modern Thought: an alternative history of philosophy". The author suggests that moral clarity can arise when we analyze events through the assumptions in which they occur.

Shared Lunch & January Birthdays

BISG-Sunday discussion meets upstairs

Amnesty International Letter Writing

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Sage Musings

I love a new year. The old calendar is tattered and by New Year's Day all information will be entered in a fresh new calendar ready for the new year. In some ways I think the hopes and dreams of the New Millennium are in tatters. The new millennium was a time of expansive dreams. The economy was without limit. KUF like so many places started the millennium with a 24 hour vigil for peace. Everything was possible.

Like many Unitarians, whether "times are good or bad", I just dig in and focus on the highest priority motivated by my ethical values. Optimistic? I am, but determination is what makes the difference. Head in the clouds? Not a common trait in our fellowship. I've watched students who are highly disciplined in their studies (and still make time for KUF). I've watched people find jobs and accomplish things they never thought possible. I've watched people who don't find a lot of meaning in their "work" or their retirement discover new perspectives at KUF. When I think of our purpose at KUF I think of the "big issues" sure, but day in and day out our purpose is focused on the small but important role we can play in the lives of individuals who find our fellowship.

David Dunton was a very quiet member of KUF. He probably never lit a candle of joy or sorrow nor shared at community response even though he was here almost every Sunday. When he died suddenly in early December I realized I had no knowledge of any relatives. Should we have a memorial service? David was also a part of the LaSalle Community Band; they established connections with brothers in England and South Africa and we began to plan a Celebration of Life. We learned that Open Circle was David's community at KUF. I tell each Newcomers' class that if you don't make 7 friends at KUF in 7 months, you probably won't stay. By "friends", I mean people with whom you look forward to talking to at coffee hour; whose words, smiles, or hugs you appreciate; people you have come to know by "conquering" beautiful music as a Vocal Volunteer, or have come to appreciate in a small group setting like Open Circle book group. Lin Good shared eloquently that David shone in the discussions and caring of that KUF small group.

But there's another story I want you to remember about David. The story that surprised me was how moved brothers Neil and Dan were by the warmth they found at KUF and in Kingston. As Neil said, he had only seen David 4 times in 4 decades. No matter how far away you live from your brother, you want to know that if he doesn't have family nearby, he has good friends. They were a bit mystified by how much KUF meant to David. They had no prior knowledge of Unitarians. All they

knew was our example of how we care for one another and that David appreciated what he found at KUF each Sunday and through Open Circle. They just shook their heads in amazement and said, well, when you get right down to it, the most important thing is the openness and caring of the community. They wondered if KUF could use any of the furnishings of David's condo. Wouldn't you know, the compact blue sofa perfectly matches the blue carpet upstairs and was just what the building committee was looking for to create a cozy corner for small groups to have a comfortable place to talk. Some bookcases will be useful and give needed storage for RE groups upstairs. David's brothers asked that money from goods sold be added to the KUF New Building Fund. No one asked them, no one even told them there was a New Building Fund, but whether it is in our "temporary expansion" upstairs or in a future KUF home, they want David to be a part of it, because KUF meant a lot to their brother.

December focused our attention on Peace. I know that some people are keen on environmental issues, stopping the closure of the prison farms, and any number of important issues. As I've explored the complexities of Peace and listened to your thoughts and concerns I wonder if there is potential to see the interconnected nature of many of our "big issues". January's BISG focus is Compassion (and the shadow—evil) and will encourage us to continue to find ways to join our efforts and lend our support where we find common cause. I don't know what the end of this coming decade will bring and what lessons we will discover. What I take from the decade we are leaving is that the simplest act of befriending someone who finds their way to KUF can make a difference. We began the decade with a Peace Vigil and we ended the decade still desiring that conflicts can be resolved through dialogue and respect for all. The theme for our January 1st Interfaith service is FRIENDSHIP. The compassion project invites us to deepen our friendships as an important part of our humanity. Each friendship helps build a peaceful world, particularly across differences, including religious differences.

I trust that you found some moments of wonder and rest in the winter holiday season. As you pencil in your January activities I look forward to seeing you at KUF. Perhaps you'll find your way to the upstairs as we create a friendship corner with comfortable seating in our first living room and space for our expanding RE. Just as we are excited about our "growing up", we know that it is not accessible for everyone – and we're still focused on remembering to put out tables and chairs for coffee hour and creating as many ways as we can to be welcoming to all.

Kathy

Fishing For ...?

Allan Hammond

Last August I went deep-sea fishing at Stanley Bridge, PEI. The boat took 15 of us out into the Gulf of St. Lawrence, where each of us was handed a rod and reel and instructions on how to fish. We were told we might catch mackerel or cod, and one experienced fisher hinted that we might even land a halibut. Soon most of us were catching small mackerel, about a pound each. I love fresh mackerel from the barbecue, but for some reason not everyone agrees with my taste, perhaps because of the fish's low status: the lobster fishers use them for bait!

After half an hour, one person caught a cod, and after he shared the secrets of his success, four more cod were caught. This brought our boat to the 5-cod maximum that was permitted on each trip. The captain said ours was the first trip of the season to catch the limit. (Alas, no halibut were caught.)

When we returned to port three or four hours later, we each were given a bag of mackerel fillets and a smaller bag of cod. The filleting had been done on the way back to port by the captain's helper. If some people ended up with more mackerel than they wanted, others got the extra fish.

Perhaps we could compare attending a KUF service with a deep sea fishing expedition. Each of us attends hoping to land something. We might be fishing for warmth and acceptance, or inspiration, or the stimulation of an important idea, or a better understanding of our fellow-fishers or ourselves. Some of us find what we're looking for in the centering music, others in the joys and concerns, or in the singing of the Vocal Volunteers, or in Kathy's sermon, or in the congregational response. Like the fish in the sea, the different parts of a KUF service can serve many different needs and interests, increasing the likelihood that everyone goes home with a catch.

Charitable Giving and Tax Advantages

Mark your calendars! On Feb 4th from 7-9 pm at KUF, members Betty-Anne Howard, a financial planner, and Mary Ann Higgs, an attorney, will offer a seminar to explain how one can support charitable causes and enjoy some tax advantages at the same time. They will discuss charitable annuities, donations of life insurance, charitable remainder trusts and provisions in wills. Your financial and estate planning should reflect your values and benefit the people and the causes you support. With good planning, tax savings can maximize the benefits you're able to pass on to others. Perhaps you'll be able to see how KUF might fit into your planning. Feel free to bring a friend.

Transportation can be arranged for those who do not like to drive at night.

Evaluation of Our Shared Ministry

Every second year the Committee on Ministry conducts an evaluation of our shared ministry that addresses, as much as possible, the effectiveness of the entire congregation, as well as Kathy's own work. Our fourth evaluation will be starting in January. The questionnaires will be available by January 17th and for several weeks thereafter. After the service on February 21st there will be a chance for oral evaluations.

Your comments help us follow our progress and changes over the years. Please fill out the questionnaire and help us keep on top of KUF's achievements and learn about areas where improvement is needed.

Notice of Meeting

Please mark your calendars and plan to attend the KUF 2010 budget meeting after service on January 24th. The finance committee works hard to balance the requests of our committees, the fixed expenses of our congregation and the money that has been pledged. This meeting allows

everyone to vote on the priorities for our congregation. As a UU minister once said, "You can tell a lot about someone's priorities by looking at their cheque book!"

There will be a soup lunch before this meeting.

RE Updates

January Schedule:

3rd Little Cat Potluck – 12:00 noon
 10th Curriculum & Mystery Friends Sign-up
 17th Curriculum
 24th All Ages – Movie Morning & Mystery Friends Kick Off
 31st Curriculum

Mystery Friends 2010 – The Alternative Alphabet for Little and Big People:

Back by popular demand, this year's Mystery Friends theme is the Alternative alphabet for Little and big People. Each pair of mystery friends will be matched to a letter in the alphabet. Pairs are encouraged to research and share as many words that begin with their letter: people, ideas and places that inspire us, make us think, and open us to a richer and fuller life. Signup begins January 10th, with the kickoff on the 24th. In April, as Mystery Friends wraps up, pairs will be invited to use a few of their favorite words to make a poster of their letter. All posters will be compiled into an Alphabet poster, which will be displayed on the walls of the

Sleepless Goat Workers' Cooperative during the month of May.

Movie Morning – January 24th – All Ages Activity:

RE is transformed into two cinemas. Children and Youth admission is free. Movies TBD.

Spirit Play Resource:

This valuable story-play resource is now available in the nursery. Many stories have been compiled, but there are still a few left to do. Please consult the information board upstairs, or talk to Dave Kay for more information. If you would like to TEACH Spirit play in the nursery, speak asap to David Kay about training on January 30th

Winter Solstice Service – December 20th:

This year's holiday RE intergenerational service focused on the Winter Solstice. The children and youth put together a magical service of acted narration and song, welcoming the re-birth of the sun. Special thanks to Shawn Cox and Cate Henderson, as well as Ariel Hunt-Brondwin, for leading such a wonderful Winter Solstice service.

KUF Amnesty International Letter-writing: This is the only time of the year when Amnesty supporters are permitted to send messages directly to prisoners, their families and/or organizations at risk of human rights abuse. KUF members sent 15 cards, but we still have 11 more cases to finish. There will be an opportunity to do them after church on January 31. For more information, see Barbara Dick or Paula Marentette.

Our Annual Helen and Arne Henrickson Outdoor Day

Our celebration of winter will again be held at the Little Catarqui Outdoor Centre just north on the Division Street exit to the 401 on Sunday, January 3rd, 2010 from noon to 4:00pm.

Weather permitting, cross-country skiing, hiking and skating will be available, so bring the appropriate equipment. If you prefer to stay warm inside, bring your favourite board games or cards for the afternoon.

We will be enjoying a potluck lunch, so please bring food to share, your own plates, cups and utensils. Hot water for cocoa and tea will be provided.

This year we would especially like to encourage not only families with children, but others in our KUF community who do not often have the opportunity to enjoy the beautiful winter weather in this gorgeous setting. If you have any suggestions how to make the event more accessible to those who have difficulty with mobility in winter, or if you have other concerns that may keep some members from enjoying this outing, talk to Jude Wright. Her contact information is in the KUF directory. You may also talk with anyone from the Membership and Community Building Committee and we will do our best to help.

Please note: There will be no morning service or RE on January 3rd.

Is “Open Circle Too” for You?

We're starting another Open Circle group. This would be a KUF group that meets regularly to read and discuss books or articles. We believe enough people are interested in starting this second group.

We thought you would like to have a book in your hands for the first meeting, so we have gone ahead and ordered Kate Summerscale's *Suspicions of Mr. Whicher*. If all goes well, we should be able to distribute them on Sunday, January 10. Janet Miller has agreed to pick them up at the library. If the group doesn't like this book, no problem! We'll just return the set to the library.

We plan to hold the first meeting at 2 pm on Thursday, January 14, 2010, unless this is not suitable for those interested in joining the new group. We suggest that “OC2” meets once a month at KUF.

If you are interested or want to know more about it, please sign the sheet at KUF or call Elaine Harvey (see KUF directory) or email her at meharvey@kos.net.

Behind the Headlines

“Behind the Headlines” meets at John and Millie Morton's home on Monday, January 11th from 7 to 8:45 pm. The topic will be "The Military-Industrial Complex". Who are the companies that serve the military? What do they produce and export? What related lobbying groups influence politicians and public thinking? What is the trade-off between “guns and butter”? Participants are encouraged to bring relevant information on a company, organization or practice so we can learn more about them and the messages they promote.

As always, the intent is to glean what's new in the world, sort out facts from propaganda, and exchange views, while respecting each other as friends. Advance readings (optional) will be emailed by January 9th. New participants are welcome, and carpooling can be arranged. To make a reservation, contact Millie Morton at milliem@sympatico.ca.

Musical Notes for the New Year

On behalf of all the Vocal Volunteers, we want to wish you a Happy New Year! We also wish that some of you would resolve in 2010 to join in raising your voices with us.

It seems that mixed choirs usually have many more soprano and alto voices than tenors and basses. Not so with the VVs, as you may have noticed recently! Therefore, consider this a recruitment request: we welcome all to our un-auditioned choir, but especially would like to “grow” our soprano and alto sections. You'll find us rehearsing at 9:30 almost every Sunday morning, and as we go into our Spring season, I can assure a mixture of old and new songs from a wide variety of music, but always a group of KUF'ers who have fun as we share the pleasure of making music together.

For more information, please check with me, Phyl Robbins (see KUF directory), or at phrobbins@cogeco.ca.

Sacred Circle Dancing

Looking for something “new” in the New Year? Come join a group of KUF'ers who have been learning Sacred Circle Dancing. In 1950 a retired ballet master, using Findhorn, Scotland as his base, travelled through Europe learning ethnic dances. His collection of dances has grown and has spread throughout the world. Our group is one of over 20 Sacred Circle Dancing groups in Ontario.

As beginners, we are learning the simple dances, and each dance is taught before we perform it. We have found that this type of dancing leads to centering and peacefulness. Join us on Thursday, January 21st, 2010 from 7:00 to 8:00 pm at KUF. Observers are welcome.

Caring Connection Dispatchers

Marguerite McDonald January 1st-15th, 2010
Jan Steinmetz January 16th – 31st, 2010

Membership Profile - Carole TenBrink

Let me introduce you to a new member, Carole TenBrink, who played Dr. Lotta Hitschmanova in our Sunday, November 29th service. This was a role Carole very much enjoyed playing. She has acted in several other roles and says she is surprised to find out how much she likes it. (I might add that she is very good at it!) In the future, she is looking forward to expressing herself in creative writing.

Carole was born in Michigan and also attended university there, living in a Quaker International Student's residence. This influenced Carole greatly, and she became interested in different cultures and different ways of life. While still in university she met her husband, who was from Vietnam. They move to Canada and settled in Montreal; due to her husband's heritage, they wanted to live in a French-speaking city. They had a son, Kim Ho, who now travels extensively as a musician.

Carole, who is now divorced, was brought up as a Roman Catholic. She loved the ritual and mysticism of the religion but not some of their enforced beliefs and the patriarchal system. When her son was a teen, she became interested in Unitarianism. She does not remember what first moved her to attend the Unitarian church. When she went there, however, she met the Rev. Leonard Mason, and she became "enthralled" by his eloquence. She attended the church for quite some time before actually becoming a member.

Carole has a love for Pagan ritual and honouring the earth and its seasons and likes to celebrate the Solstice Feasts. In particular, she draws on our Sixth Source: "Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature." In addition, Carole volunteers at Martha's Table here in Kingston.

"UPSTAIRS" at 214 Concession

As we prepare to use the upstairs of 214 Concession, the board would like to rent one of the rooms. If you know an individual or a small agency looking for an office at comparatively low rent, please contact Valerie Colgan, vicolgan@gmail.com.

KUF Lunch Bunch

Join us for friendly conversation over a pleasant lunch at the Panda Garden Buffet at the Kingston Centre after the Sunday service on January 10th. The Panda Garden Buffet is a fun restaurant with a large buffet offering something for everyone.

Spring Accessories Sale

Over the years we have held two "accessories" sales. Members sort through their scarves, hats, jewelry, purses, briefcases, gloves and other accessories and donate any unwanted articles to KUF. After the items are sorted and priced, these treasures are put on sale to KUF members, friends, and the public. We plan to have this year's sale in March, so set aside some time in the dark, cold days of January to go through your closets and drawers. We will let you know when to bring them to KUF for the sale.

Donations to Be Collected at the January 1st Interfaith Service

The Kingston Grandmother Connection will receive the collection that will be taken at the KUF annual Interfaith Service. This group consists of about 200 Kingston area residents who raise funds for both the Stephen Lewis Foundation, which supports over 300 relief projects in Africa, as well as Help Lesotho. HIV/AIDS has devastated African families and many grandmothers are the only family members left behind to give care to orphaned children. Help Lesotho assists grandmothers and orphans in the small country of Lesotho, which is located in the south of Africa.

Events that raise money for both groups divide the proceeds evenly between the two groups. Donors who wish to specify which group will receive their donations can make their cheque payable to either organization and will receive a tax receipt from them.

Here are their websites:

<http://www.helplesotho.ca/>

<http://www.stephenlewisfoundation.org/>

<http://www.q2gkingston.ca/>

Submitted by Beth Pater

Child Haven International Kingston's Eighth Annual Fundraising Gala Saturday, March 27, 2010

Plans are well underway for our annual event in support of Child Haven. Final details will be announced in the New Year, but the date is set, so mark your calendars and be ready to bring along friends and share in helping Fred and Bonnie Cappuccino in their amazing work.

This year, the Child Haven Dinner - Kingston, is going to be a little different. We are planning a night of surprises and fun, and you can be a part of the team putting it all together. We will still have the bazaar, the silent auction, the live auction, entertainment and, of course, Fred and Bonnie. But we are going to wrap the whole evening in little different bow.

If you would like to be part of the team that will put this whole important evening together, either as part of the organizing committee or simply helping during the afternoon and evening of the event, please contact Mary Ann Higgs at

mhiggs@bellnet.ca; John Johnson at 613-545-1245 or Judith Friend at jfriend2@cogeco.ca. We want to make this the biggest, most successful Child Haven Fundraiser that Kingston has ever hosted, so please join us and offer your talents to this very worthwhile cause.

Child Haven International also has opportunities for volunteers to help through three-month internships at one of the eight Child Haven homes in India, Nepal, Tibet and Bangladesh. These homes collectively provide shelter for approximately 1000 destitute children. Overseas interns live at or near the homes, eat the same vegetarian meals and provide extra tutoring and adult attention to the children, who come from many different and respected religious traditions. Volunteers must arrange for their own transportation to their placement, but fundraising can help defray these costs. Interns return home with an increased appreciation of a culture other than their own and usually as more enlightened and compassionate individuals. Please pass this idea on to others. Visit www.childhaven.ca for more details.

Next Young Adult Potluck Jan 17th 5-7:30. Contact Katherine at lunaforest2006@hotmail.com for details.

KUFLinks Connection Calendar--January, 2010 February 6th to 13th

January 1st 12:30 pm- Interfaith service at KUF

For those of you who have not experienced our annual interfaith service, make plans to attend. We have always had a full house composed of people from the various faith communities in Kingston. Leaders from seven different religions have been asked to speak for five minutes each on this year's topic, "Friendship". We'll soon come to see just how much we have in common. Leaders invited are from the Jewish, Quaker, Muslim, Christian, Baha'i, Pagan, and Unitarian communities.

The service lasts approximately one hour and will be followed by the traditional levee at City Hall hosted by our elected representatives. Begin the New Year at KUF and share with others a sense of unity and friendship. It's a great time to invite a friend to KUF!

A tour sponsored by Neighbourhood UU Church in Toronto to Belize and Guatemala is planned. If you are interested contact them at www.nuuc.ca/UnitarianJourneys.htm.

May 21st to 24th, 2010

The Canadian Unitarian Council's Annual Conference and Meeting this year is in Victoria, B.C. For more information, contact www.cuc.ca/conference/index.htm.

May 20th-23rd 2011

The 2010 Canadian Unitarian Council's Annual Conference and Meeting is being hosted by First Unitarian in Toronto. This marks the CUC's 50th Anniversary.

January 2010

Reverend Kathy Sage has office hours but can also be contacted for appointments:
613-544-8777 or kufmin@kingston.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE 2pm Quakers 	28	29	30	31	1	2
<ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE 2pm Quakers 	<ul style="list-style-type: none"> 6:45pm KUF Board 	<ul style="list-style-type: none"> 7:30pm Open Circle 	<ul style="list-style-type: none"> 9pm KU-FLinks Deadline 	<ul style="list-style-type: none"> 12pm Kathy's office hours 3:30pm Cmte on Ministry 	<ul style="list-style-type: none"> 12:30pm Interfaith New Year's Day Service "Friendship" 	<ul style="list-style-type: none"> 8:30am IHM Service and School
<ul style="list-style-type: none"> 12pm Arne & Helen Henrikson Outdoor Day at Little Cataractui 2pm Quakers 	4	5	6	7	8	9
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<ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE 12pm Soup Fundraiser 12pm Cheese Delivery 12:15pm Annual Budget Meeting 2pm Quakers 	24	25	26	27	28	29
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