



KUF Links

A Welcoming, Caring
Liberal Religious Community

Sermon Titles

October 4th UN SUNDAY - "Bringing Justice to Situations of Conflict: Challenges for the International Criminal Court" Guest Speaker. Professor Darryl Robinson, who was a member of the Canadian delegation for the establishing of the International Criminal Court (ICC). Now as a Queen's law professor he will discuss the ICC's impact on international human rights and criminal law. This is an opportunity to gain insight into the Unitarian 6th Principle, "the goal of world community with peace, liberty and justice for all" and why the ICC is important to us as Unitarians.

Committee Fair happens during Coffee hour "Lend a Hand" is our theme this year: discover what each committee does and ways that you could "lend a hand!"

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Oct 11th Thanksgiving Sunday "Thanksgiving with a Universalist Heart" Rev. Kathy Sage

Universalism: People weren't burned at the stake for this belief (just ridiculed) until it was adopted by mainline Christianity. Practiced today, Universalism, combined with Unitarianism, transforms lives and communities. I wonder if being a "Universalist" helps us to really understand "Thanksgiving". In a time when so many people are worried, in despair and living with a heavy heart, spend an hour of this holiday weekend with your KUF community and a lighthearted exploration of "Thanksgiving with a Universalist Heart".

Lunch Bunch – eating out

Monday at 4:30 is our KUF Thanksgiving potluck (at KUF). Please sign up with the item you plan to bring.

Oct 18th Canvass Sunday "Growing a Community of Openness" Rev. Kathy Sage

Today marks the 80th anniversary of the "Persons Case" granting the right for

women to vote in Canada. Name just about any issue of the last century and you'll find that Unitarians have been at the forefront of opening the discussion, opening doors, and opening our congregations and fellowships. Come explore the many meanings of our canvass theme this year: "*Growing a Community of Openness*"

(For more Canvass, see pg 6)

Canvass Festivities Following The Service

Oct 25th An original play on the theme of Aging, by Wendy Butler: "Coming of Age"

Wendy Butler responded to my request to write a play on issues KUFers experience as elders. KUF will be transformed into "Unitarian Theatre" today. The only hint I'll give beyond that is that Act Three = Community Response, so you have a very important role in the play. See you at the Première!

Shared Lunch with Birthday Cake

Amnesty International Letter Writing

Kingston Unitarian Fellowship
214 Concession St.
Kingston, ON K7K 2B5

613-544-8777
kuf@kingston.net
www.kuf.ca

Sage Musings

Rev. Kathy Sage

I love the KUF Fall start-up – even more than I once enjoyed a new school year. As much as I savour the leisurely days of summer, my relaxation cadence turns easily to the excitement of rediscovering what we share at KUF. It's interesting to me that as an "introvert" I never seem to have enough "quiet time", but after several "unscheduled weekends" over the summer, I remember how I miss our conversations and Sunday Services.

- ~ I value tackling a challenging topic and engaging the variety of opinions I find at KUF.
- ~ I enjoy discovering shared interests over a potluck dinner such as our Thanksgiving Potluck, Monday, Oct 12th at 4:30 at KUF.
- ~ I am excited to meet new Queen's students, faculty, and staff. UUCQ (UU Club at Queen's) holds meetings on campus. Students also participate in KUF Young Adult monthly potlucks, and everyone is welcome at Sunday Services at 10:30 am.
- ~ Fall always brings other students, retirees, and workers to Kingston, and I love watching newcomers make friends at KUF. KUF often helps new residents feel at home in Kingston.
- ~ Children and youth at KUF always seem to have grown an inch or two over the summer. They open their caring circle to welcome new friends, teachers and helpers. "Downstairs" is transformed into one of the most creative centers of learning in Kingston every Sunday morning.
- ~ Learning continues for all ages at KUF. Now that we're settling into October, check out what BISG, BTH, and Turn of the Wheel mean. (For information about this year's BISG-themed sermons, see the next page.) There are many opportunities throughout the week that offer small groups to complement the whole community gathering on Sunday morning. I'm amazed at what KUFers offer to one another! Want a lecture? Who would you like to lecture -- on what topic? Want to write a play? I asked Wendy Butler to write an original play on the topic of aging. Be sure to be at the premiere October 25th. What creativity would you like to offer?

An article and letters in the Whig recently bemoaned the small number of men that attend churches in Kingston. Here's my take on why men and women of all ages keep coming back to KUF on Sunday morning. We don't stereotype men as "intellectuals" and women as "feeling oriented", or men as focused on power and thus more interested in sports than questions of meaning. Kingston is big enough to have lots of opinions and many options on the religious landscape. We offer our own unique experience, refined and revised quite a bit over four centuries. One writer described UUs as the "natural inheritors of the Reformation". We are certainly a distinct remnant. Relentless questioning furthers our intellectual interests. Restless questioning probes our social conscience. Restorative meditation quiets our "chattering mind". Caring community provides an environment where all ages work together to create this welcoming and open place of exploration in Kingston.

This fall is going to be a busy time at KUF. Find your place in the swirl of activities. Discussion, music, children, writing, studying, reflecting, committees, canvass, meditation, leading, volunteering -- if you're not finding your "niche" at KUF, talk to me, or attend the "Newcomer Session" September 27th right after the Sunday Service (downstairs -- with refreshments). Newcomer sessions are about meeting others at KUF and finding your niche in our "Growing Community of Openness". Learn about KUF committees and activities at the Committee Fair, following the October 4th service. Maybe you'll discover a way to lend a helping hand.

October also brings our annual canvass. Dave Toupin and Rebecca Luce-Kapler are offering two orientation sessions for canvassers. If you've secretly wanted to be a canvasser, but felt too shy, ask them about the training. What is required to be a canvasser? Canvassers are KUF members who are enthusiastic about KUF, who will talk with four or five other KUFers discovering what KUF means to them, and who share the program and budget plans to extend KUF into the next year. Whether you are a canvasser or welcome a canvasser, by sharing and listening we will discover how together we are "Growing a Community of Openness". That's the canvass theme and the topic of our Canvass Sunday Oct 18th. See you at KUF in October.

New Yet Familiar

Allan Hammond

Soon after we arrived in PEI in June we attended a concert, which was part of the Indian River Festival in St Mary's Church. The performance featured soprano Monica Whicher, violinist Adrian Anantawan, pianist Robert Kortgaard and the Indian River Festival Chorus. I arrived in PEI too late to rehearse with the Chorus for this event but got to sing with them at a later summer event. When we reached our seats, I looked around for familiar faces. I thought, "Oh, there's Jean Robins," but then I realized, "This is PEI, not Kingston." When I looked more carefully I saw that it was not Jean but somebody else with a slight resemblance. This experience of looking for something familiar is not restricted to the visual. Later in the summer, at dinner with friends, we were discussing unusual things to eat. One person talked about having eaten squirrel. We asked, "What does that taste like?" He said, "It resembles the taste of chicken, but of course it's a bit different, not gamy like goose or pheasant, but very pleasant." Here again, comparing with something familiar helps clarify.

This summer we saw four unusual but good movies: *Is Anybody There?*, *Departures*, *Empties*, and *Goodbye Solo*. In *Departures*, a young Japanese cellist whose musical career has failed finds a job helping with the ritualistic preparation of

bodies for burial. Although some of his friends are appalled at his new occupation, it turns out he has unusual aptitude for the work. He achieves satisfaction while providing solace for grieving relatives of the departed. When somebody asked me what *Departures* was like, I said, "The feeling of the movie is similar to that of another Japanese movie, *Shall We Dance*." Here again, the comparison with something possibly familiar helps with understanding.

With KUF now into its new season of activities, there will be opportunities to relate to the new and the familiar. Rev. Kathy will have new topics to present, some of which will follow themes she has addressed in the past. Kate Sedivy-Haley and Paula Marentette are new layout editors for KUFLinks, following upon the wonderful work Fern Toop has done for a number of years. Heather Robertson and Anna Elmberg-Wright are new co-chairs of the RE Committee continuing the worthy work of Ruth Wehlau and Mara Shaw.

Even though I have been away from Kingston throughout much of summer, I have had extensive email and some telephone conversations with members of the Board and the FPTF. From these conversations, I detect a renewed focus and commitment on KUF's priorities and future, a focus that is sure to have positive effects regardless of how the Kingscourt offer to purchase works out.

BISG Theme this Year:

This year our BISG Theme is: How Change can happen when a BIG ISSUE is stuck and going "nowhere" or "not fast enough".

Each month I (Kathy) choose an issue of importance -- locally, nationally, globally. But I'm weary of just researching an important issue. We've all been there -- done that. What has captured my imagination is discovering new ways that leadership grows to bring about the changes in people's "head and heart" that helps us find creative solutions. Each month we'll have a topic that I will research (and you can help too), and I'll give particular attention to "change" and "solutions". As well, with your help, later in the

month we'll revisit the "big issue" from a very "creative" approach.

The October example is:



Topical Issue: Aging

BISG sermon: September 27th
"Footsteps to the Future"

Creative look at the topical issue: October 25th
Play by Wendy Butler -- "Coming of Age".

Some topics are picked --- but I welcome your ideas for this year.

Religious Education for KUF Kids and Youth...

October Schedule

October 4th All- Ages Activity– Soulful Singing with Wendy Luella Perkins

October 11th All- Ages Activity – Preserving the Harvest

October 18th Curriculum

October 25th Curriculum



REMinder: Planning ahead to early November:

Be sure to join us in the RE Day of Dead Haunted House on Nov. 1st after service. We'd love to have you come in costume for our spooky celebration and ghoulish fun. The RE students will be collecting for UNICEF again. Adult helpers please email onewheel@kingston.net. Be there or be scared!

Soulful Singing with Wendy Luella Perkins - October 4th

From her website: "Soulful Singing is a joyful to singing that celebrates your unique voice, fosters creativity and play, and nurtures living in the present moment. Come with an open heart, and bring along any rhythm instruments you have. Leave songs in your heart and a deep sense of joy and connection."

Preserving the Harvest - October 11th

Learn how to make and preserve your own home-made salsa, as well as various teas from the fall harvest. Speak to David Kay for more details and ingredients to bring.

...and RE for All Ages - Fall Adult Programs

Wise Elders' Circle

Adult Program with leader Audrey O'Callaghan (Ottawa UU Fellowship member). Please sign up at the KUF sign-up table no later than September 27th– limit of 16 women. (Audrey hopes to adapt it for men in the spring.) *Oct 8, 15, 22, 29, Thursdays from 1-3:30 pm at KUF (no cost)*

There comes a time when you want to reflect on your life and ponder what you've learned and perhaps what you wish to pass on. Maybe you're anticipating retirement, recently retired, or been retired so long you're ready to retire from retirement! This is an opportunity to explore your "Wise Elder Within" with other UUs.

Here's what Ottawa Fellowship participants said about their sessions:

- "This group brought people and experiences together that proved to be very much alike."
- "It was fun to share stories that reflected the same time periods that are part of my history too."
- "The content helped us to focus on our past stories and look to the future."
- "I liked the people, the jokes and the stories."

Sign up at KUF to reserve your place, or phone or e-mail Kathy Sage to register.

Calling all Writers and People Who Want to Write Someday

The KUF Writers group meets each month from 12 - 2 PM at KUF on the 4th Tuesday (usually). We comment in a positive and we hope helpful way on what we choose to share from our writings of the past month. We also have a lot of fun. Please join us.

More Fall Adult Programs

Big Issues, Small Groups (BISG)

Coordinators: Elaine Hammond and Allan Hammond (hammonds@kos.net), for third Monday of the month evening sessions. A small group meets to explore the issues raised by the "big issue" sermon of that month, usually given on the first Sunday of each month. The one for October, however, will be on Sept. 27th. Other topics related to recent sermons and UU principles may also be discussed. *Please sign up at KUF.*

Held the third Monday of each month, 7:00-9:00 pm (October 2009 to May 2010), at Elaine and Allan's home. For more information, please contact the Hammonds at hammonds@kos.net.

Would you like to meet for BISG another time? If you would like to be in this monthly series but can't make those times, sign up and we'll check with you about the possibility of a second group.



Behind the Headlines

Behind the Headlines meets on Monday October 26th (7:00-8:45 pm). The topic will be: "*Honduras: Democracy in Latin America – or not.*" In June, President Manuel Zelaya of Honduras was ousted by the military and Roberto Micheletti assumed power. What precipitated the coup? How did press coverage distort the truth? How did Canada's reaction differ from that of most countries around the world? How have Hondurans reacted? What is the significance of this event for other governments in Latin America?

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. West End chez John and Millie. Advance readings (optional) will be emailed to those who reserve (email or phone) by Oct 23th. New participants welcome. Car pooling can be arranged.

OPEN CIRCLE

Open Circle is a group that enjoys reading and discussing a variety of articles and books. Generally the group meets on the first and third Tuesday of each month at 7.30 p.m. in members' homes. Since we often select books from the public library BOOK CLUB SETS, the maximum number of members is limited to ten. When we reach capacity we will start a second Circle. If you would like learn more about Open Circle or join the group, please contact Elaine Harvey (see directory).

Sacred Circle Dancing

After a very successful evening in June, Sacred Circle Dancing will take place at KUF each third Thursday evening of the month, at 7pm. Our October date will be Thursday the 15th, at 7pm.

In June, participants commented on how peaceful and relaxing the evening had been. The simple steps are taught before each dance. Everyone is invited. Please bring a friend.

For further information, call Anne Tolley (see directory).

Musical Notes: Sing Just For Enjoyment, No Commitment

Would you enjoy singing favourite hymns at a special service? Or would you like to have an "old-fashioned hymn sing" with some of our "new-fashioned" songs? If so, please visit <http://kuf.ca/page28a.html> and select "Music of the Month". There you will find a link to hymns and songs that we have sung at KUF, but your favourites might be others from any of our three songbooks.

Let us know what hymnal songs you would enjoy singing as a part of a special service or sing-along. Please contact Phyl Robbins with your suggestions (check directory for her phone number), or email her at phrobbins@cogeco.net

Canvass 2009: Growing a Community of Openness

Mark Sunday, October 18th on your calendars for the special celebration of KUF's 2009 canvass. This year we've chosen the theme, "Growing a Community of Openness" to reflect the welcome and caring our spiritual community offers to all ages. We nurture those in our congregation, and we reach outward to the community with caring and a concern for social justice. We hope the conversations between canvassers, members and friends will celebrate the vital, growing community we are and offer the opportunity of new or renewed connections between members/friends.

We encourage you to meet with your canvasser to provide your feedback and offer your support.

Dates of note:

September 27th and October 3rd—Training for Canvassers

October 18th—"Kick Off Sunday" service and reception to launch the canvass

November 1st—"Day of the Dead Haunted House" party hosted by R.E. (after service)

Rebecca Luce-Kapler and Dave Toupin (touplaw@netscape.net), co-chairs

United Nations News

M. Elaine Harvey

We are pleased to announce that the Board has appointed Laura Burget as KUF's Youth Envoy to the UU-United Nations Office. She will work with Elaine Harvey to act as a link between KUF and the UU-UNO. Laura and Elaine will be encouraging you to attend the annual Intergenerational UU-UNO Spring Seminar on Climate Change to be held in April.



Professor Darryl Robinson

Celebrate UN Sunday at KUF on October 4th. Guest Professor Darryl Robinson will be speaking on "Bringing Justice to Situations of Conflict". See how his topic links with UU Principles. Professor Robinson is an expert on the latest in international human rights and criminal law.

Come prepared with cash or chequebook to support our United Nations Office. But first go to the website at <http://www.uu-uno.org> to learn how active this office is. It exists on your donations. Please be generous. For a charitable tax receipt, make your cheque payable to the Canadian Unitarian Council, and note on the memo line "For the UU-UNO".

Upcoming events:

- Dr. Lotta's 100th birthday is coming up November 28th. She was the founder of the Unitarian Service Committee and a member of the Ottawa First congregation. There will be many events planned to honour her accomplishments.
- A workshop called Developing Congregational Leadership will be held on Saturday, October 17th at the First Unitarian Church of Hamilton. This daylong program runs from 9:00 to 4:30. See poster on our Denominational Bulletin Board.

Travel opportunities:

- Tour to Belize and Guatemala sponsored by Toronto's Neighbourhood Unitarian Universalist Church
- KUF trip to Unitarian sites in Boston and Concord Mass. See facing page for details.
- Plan to attend KUUL School next year. The 2009 Eastern Region session took place at Queen's University and was attended by David Mathers, Ariel Hunt-Brondwin, and David Toupin from our congregation.
- Plan to go west in May and take in the next CUC Annual Conference and Meeting being held in Victoria, B. C.

Child Haven

The vision of Child Haven first came to fruition in 1985 when Fred and Bonnie Cappuccino established the first Child Haven home in India. Their goal was to assist children and women who were in need of food, education, health care, shelter and clothing, as well as emotional and moral support, to allow them to live with the respect and dignity to which every human being is entitled.

Based on the principles of Gandhian ideals in which caste is not recognized, there is an equality between the sexes, the practice of non-violence and vegetarianism, respect of cultural and religious backgrounds, and simplicity in living.

The Cappuccino's live their personal lives according to these principles and bring this philosophy to the various countries where Child Haven operates. These countries include Bangladesh, Nepal, Tibet and India, where there are three homes.

Child Haven accepts destitute children who are disabled, parentless, or from socially disadvantaged situations, children who do not receive even one good meal a day. Girls and boys are treated equally and without regard to race, caste, colour, religion or culture. Living is simple and the meals are vegetarian. Every attempt is made to raise

these children according to the highest ideals of their own cultures. The religious heritage of each child is respected, whether Hindu, Jain, Sikh, Christian, Buddhist, secular or other.

Destitute children from birth to six years of age are referred by local social welfare agencies. Child Haven provides full care for the children throughout high school and then vocational training so that each child graduates as a self-sufficient adult who can reenter local society.

There are also women's programmes to help them improve their living conditions through employment, education, medical care, legal aid and training opportunities.

Much of Bonnie Cappuccino's time is spent visiting these homes where she keeps in touch with the staff and the children. The children see her as they would a loving aunt.. She spends considerable time at these homes even if it involves trekking up mountains to reach them. Both Fred and Bonnie are amazing people - we will talk more about them in the next article of this series.

On March 27th of 2010, we will again have our Child Haven International Dinner and Silent Auction. Please set aside this date and let's make it our most successful Child Haven Dinner ever.

KUF Lunch Bunch

Our gathering of people interested in socializing after the service on the 2nd Sunday of each month has become very popular over the last year. We have decided that the Panda Garden at the Kingston Centre is the best place to eat because it has good service and, because it is a buffet, the variety of food is excellent. With choices from sushi to Chinese to Canadian, people can select what appeals to them most.

We will continue to meet at this restaurant each month and enjoy a time of conversation and good food. If you know that you will be attending, please notify Dave Lyman or Sarah Adams. That way, we can give the restaurant a "heads up" in the event that we have a large group so they can seat us close together. Our next lunch will be on October 11th. Hope to see you there!

Trip to Boston and Concord, Mass.

Thursday April 22 to Tuesday April 27, 2009

Travel to Concord, Walden Pond, and Boston to see historic Unitarian and Universalist sites. Travel by eight passenger van, stay at the charming Concord Colonial Inn for 2 nights and at the UUA Bed and Breakfast on Beacon Hill in Boston. Speak to Valerie Colgan or Kathy Sage for more details.

Cost of \$495 (Can) includes transportation and accommodation and 3 breakfasts. As we are going by eight passenger van we will have a group of 8 or of 16 depending on who wants to go! Get your deposit of \$250 per person to Valerie Colgan as soon as possible to reserve your seat. Make cheque out to KUF Call Valerie now to get your name on the list (see directory).

October 2009

Reverend Kathy Sage has office hours but can also be contacted for appointments:

613-544-8777 or kufmtn@kingston.net

This calendar is also available online at <http://ical.mac.com/sleepy01/KUFEvents> and now includes additional information on events and many special observance days from different faith traditions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12pm Kathy's office hours	2 7:30pm Folkharmonic Orchestra & Choir	3
4 UN-UNO Sunday • 10:30am Sunday Service & Children's RE • 12pm Committee Fair • 3pm Bldg Rental	5 6:45pm KUF Board	6 7:30pm Open Circle	7 9pm Deadline for November KU-FLinks	8 • 12pm Kathy's office hours • 1pm Wise Elders • 7pm Committee on Ministry	9	10 8:30am -12:30pm Bldg Rental
11 • 10:30am Sunday Service & Children's RE • 12pm KUF Lunch Bunch • 3pm Bldg Rental	12 4:30pm Thanksgiving Potluck	13	14	15 • 12pm Kathy's office hours • 1pm Wise Elders • 7pm Sacred Circle Dancing	16 1pm Membership and Community Building Committee	17 8:30am -12:30pm Bldg Rental
18 Canvass Sunday • 10:30am Sunday Service & Children's RE • 12pm Canvass Kickoff • 3pm Bldg Rental	19 7pm BISG	20 7:30pm Open Circle	21	22 • 12pm Kathy's office hours • 1pm Wise Elders • 7pm Committee on Ministry	23	24
25 • 10:30am Sunday Service & Children's RE • 12pm Cheese Orders Due • 12pm Shared Lunch and Birthdays • 12pm Amnesty Letter Writing • 2pm Bldg Rental	26 7pm Behind the Headlines	27 12pm KUF Writers' Group	28	29 • 12pm Kathy's office hours • 1pm Wise Elders • 1:30p Communications Committee	30	31 • 8:30am - 12:30pm Bldg Rental • 9am Turn of the Wheel