



Sermons December 2010

December 5 "Bridge to Where? The Canadian Unitarian Young Adult experience." Service leader - Ariel Hunt-Brondwin

What does arriving on the other side of the bridge from youth to adulthood mean for Canadian UU Young Adults? What are the hopes and dreams and spiritual aspirations that Young Adults have for our movement? Join Rev. Kathy Sage, Ariel Hunt-Brondwin, and others, as we explore some of what challenges and inspires YAs about Unitarian Universalism and learn about the inclusive vision many YAs have for the future of our denomination. Please come ready to share, listen and reflect on the Young Adult present in all of us.

Newcomers' Session following the service.

December 12 Winter Survival for Unitarians Rev. Kathy Sage

Ah December. It seems like everyone has been extremely busy this fall. The winter holidays offer time to fine tune what we love about life – and how to meet the challenges that daunt less hearty people. However we blend as Unitarian (or UU), what

we avoid and what we claim as we settle into winter - we are preparing our winter survival kit. What is essential for you this year? How can our KUF community strengthen your resolve? Or do you want to soften some rough edges? We sometimes bump into each other as we grow in different directions but what interesting company. Feel free to add to the posters that you will find on the bulletin board by the piano with your "best book to read this winter", and other topics.

Lunch Bunch

December 19,2010 "I Know Where The Bear Is Living"

This Sunday, you will be part of the story and re-enactment of "I Know Where The Bear Is Living". This inter-generational service will be part of the Children's RE program on Native Spirituality. The beliefs of the Delaware and their World Renewal Ceremony have many reflections in our own Unitarian-Universalist principles. What happens, when a belief system doesn't meet expectations?

NEW MEMBER RECOGNITION, Shared Lunch and Birthdays

December 24th Christmas Eve Friday at 5:30 pm Rev. Kathy Sage

Our Christmas Eve service begins in darkness as one by one a candle in each window illumines a tradition that brings wisdom and beauty to the shortest days. Families gather and offer music, readings, and stories for all ages. We circle the room at the close of the service, and again dim

the lights to sing Silent Night as we circle our KUF hall with twinkling candles. Whether you are alone or have guests from out of town the joy, peace and quiet wonder offers a welcome to all. Please contact Rev. Kathy, Ann Copland, or Shawn Cox (DRE) if you want to offer your talents.

December 26 Boxing Day Service

Reading and Discussion of a play called "Green and White Christmas" In the play, a fifteen-year-old boy, wanting to shift his family away from excessive gift-giving towards a focus on family relationships, takes a drastic step. After our usual opening, the play will take about a half-hour to read by KUF members who have rehearsed and become familiar with it. Following the reading our Community Response will be a discussion concerning the play and the issues it raises. Playwright Wendy Butler looks forward to receiving ideas for further development of what she calls a play-in-progress.

Following the Service, tea and coffee will be provided. Everyone is invited to bring Christmas finger food to share.

January 1, 2011 Annual Multifaith Service, Saturday at 1:00 pm

This year our theme is Acceptance. We invite diverse faith communities in Kingston to add their perspective as we deepen knowledge and friendships across our Kingston community. The Vocal Volunteers sing and our offering this year will go to Martha's Table for the eggs and other ingredients for the light lunches served at the Friendship Room each noon.

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Sage Musings

"Its incredibly touching when someone who seems so hopeless finds a few inches of light to stand in and makes everything work as well as possible, All of us lurch and fall, sit in the dirt, are helped to our feet, keep moving, feel like idiots, lose our balance, gain it, help others get back on their feet and keep going." ~ Anne Lamott

One of the greatest advantages of being Unitarian (or Universalist, or UU) is that seasons of significance from many traditions can enrich our lives. At first we notice a "coincidence" that Christmas, the winter Solstice, and Hannukah often come when we are weary of the longer hours of darkness. Whether we wish to pause with this "turn of the wheel" as a seasonal shift, or to whisper with Sophia Lyons Fahs, "every night a child is born is a Holy Night" on Christmas Eve, we have the opportunity at KUF to give expression in a gathered community to what is most important to us.

There are so few places where we can listen with rapt interest to teens as they convey how climate change will affect their lives and glimpse how transformative their trip to the UU UNO seminar in NYC was last spring. Where else can you enjoy a children's story with and through our children --- and over time watch them become the Jr. Youth and then Sr. Youth. I'm working with parents who wish to develop an Adult RE session once a month after Sunday Service and RE. We expect that will be ready in the new year with excellent resources and opportunity to discuss with others being a Unitarian parent. Sophia Lyons Fahs was a noted Unitarian educator many years ago, but the revolution she brought to RE is still unfolding. In her *Martin and Judy* books she tells stories about children who speak aloud their fears, wonder, and questions. The parents are supportive parents. They listen carefully to the questions, draw out the child, and help the child explore and discover an answer. For instance, "Where did I come from" might lead to a trip to the library and 5 books on how babies are born when the child has simply heard that Tommy came from Toronto and she wonders where they came from! In the introduction, parents ponder why children like these stories so much. A child answers simply, "Martin and Judy wonder about the same things we do, don't they?"

Adults are drawn to KUF for the same reason. Here there are people who wonder about the same things, and things we've not yet wondered about. As Unitarians, we hold our appreciation for the wonderings of every age in a particular context. We require no doctrine. Let me put that more strongly: in the words of the Leading Principles of the Fellowship that have not changed in over 50 years, there "shall be the maintenance of the free exercise of private judgment in all matters of belief, and the rejection of all tests, creeds or formal declaration of opinion." If we stop with that sentence it sounds like a strange version of "don't ask – don't tell". If everyone has made up their mind about what they believe, and there are a lot of differences, even conflicting viewpoints why do we gather?

The second part of our Leading Principles goes beyond "belief" and addresses a cultural and philosophical action plan that is unique among world religions, but connects us to many. "Members of the Fellowship, while free to hold diverse beliefs concerning the nature of God, Humanity and the Universe, are all committed to the preservation of personal integrity, the continuing search for truth, the democratic method in human relations and to work for the greater good of all. (and it states that the Fellowship shall affirm and promote the Seven Principles).

So our "wondering" has taken us in each decade into the tough questions of that day, "is this process just or are some people left out of the democratic process? Do I want to get involved in righting that injustice? What will it require of me to look beyond my own self interest and work for the greater good of all?" There is a lot to wonder about, people who have thought a great deal about just what you are stumbling over in their search for truth, and people committed to act in ways that preserve personal integrity. That's a really tall order. Like the Anne Lamott quote at the beginning we often fall short, but dust ourselves off and refocus our efforts.

After my surgery and the awareness that my health and vitality were restored, my greatest joy was that I could return to KUF with renewed energy and a deepened commitment to honour the wonder for life within each child, teen, and adult at KUF. See you at KUF this month, with many opportunities for wonder, (Continued on next page)

Report from the Board for December 2010

Dave Toupin, pres.

Your Board members thank you for your participation in the 2011 canvass campaign, and for sharing your views with us and for your generosity in pledging to support our Kingston Unitarian Fellowship for the upcoming year. I also extend our thanks to Rebecca Luce-Kapler and Daphne Hand, our canvass co-chairs, and all of the canvassers for their hard work and dedication to KUF. If you have not yet been canvassed, please contact Rebecca or Daphne. In last year's campaign, you were asked if you could raise your pledge to make up for the loss of the second floor rental income that allowed us to provide more space for the educational and other activities of KUF. Please remember that we still need to maintain that level of funding to balance our budget, and the Board asks you to maintain or increase your pledge this year, if at all possible.

At our November Board meeting, we welcomed back our Minister, Kathy Sage, who attended her first meeting since returning from her health leave. Also, David Kay, our former DRE, presented information regarding a proposal to install solar panels to produce electric power and provide additional income to KUF. The matter was tabled to the next meeting while Board members considered the information and the Forward Planning Task Force (FPTF) examines the issue. The Board also discussed the use of our new system for recording portions of our Sunday services and the distribution of the recordings, and decided only to record the focus talks and to obtain the permission of the speakers to do so. Thank you to Darwin Muir and Allan Hammond for working on this important project to provide the recordings to those who are not able to attend a service.

Allan Hammond also presented important information on the current work of the FPTF, including

such as the intergenerational pageant that Gordon Darrall is crafting for Sunday morning December 19th and a reading performance of a new Wendy Butler play with many twists – perfect for Boxing Day, Sunday December 26th. Call me for a quiet conversation as you make this month a time to step out of stress, simplify, and focus on what is

its consideration of buildings for a possible new home for KUF. The Board went into closed session for part of the presentation and discussion. Although the Board is able to authorize the making of an offer to purchase a new building, any agreement to purchase would be conditioned on the approval of the membership at a special congregational meeting called for that purpose. The Board extended the term of the FPTF for another year.

The Board also authorized the rental of Uniron-dack for a congregational retreat in September 2011. Jillann Rothwell presented information concerning this year's retreat and the enthusiastic response of the participants. Jillann reported that we need about 40 campers to attend for KUF to avoid a financial loss from spending for the event. Thank you to Jillann and all the other volunteers who contributed to the success of the 2010 Uniron-dack retreat. Jillann, as Treasurer, also reported on KUF's current financial status. She reminds all of us to please take this opportunity to ensure we have paid any outstanding pledge for 2010.

The Board also discussed the current policy about postings in fellowship hall and the need for improving the aesthetic impression, which was referred to the Communications committee. The Board reviewed the question of publication of information concerning memorial services for relatives of members, and Allan agreed to write a notice of current policy for KUF Links. Also discussed were several items involving the Committee on Ministry. The Board then approved a cheque exchange for first aid and CPR certification of members and friends who regularly attend Sunday services or volunteer with RE. The Board further approved a collection at the January 1st interfaith service to benefit Martha's Table. The Board's next regular meeting will take place on December 7th at 7 p.m. at KUF.

most important for you this year. If you're new to KUF, wondering if it is time to become a member, or just want to get better acquainted please attend the Newcomer's Session immediately following the Service December 5th.

See you at KUF, Kathy

Salutations from downstairs

Shawn

We hope everyone enjoyed Halloween and their tour through the underworld as much as we did hosting it. We are already looking forward and making plans for next year!

And now we begin the approach to the solstice and the yuletide season.

Our focus for the next few weeks will be on preparation for the solstice service that is on the 19th of December, in which the youth will be participating.

This year we will take special consideration of the ways in which aboriginal and first nation peoples have celebrated and revered this time of

year. We have learned many interesting things which we are excited to share with the rest of the Fellowship through music and a little theater.

We are also very pleased to be able to welcome another addition to the K.U.F. R.E. team. Elizabeth Gadon is a Queen's student who is studying linguistics. She comes to us with some fantastic experience working with children and will be a wonderful resource. Please feel free to drop down and meet her.

Our best resources at Kingston Unitarian Fellowship are the people. Thanks to all who have shown interest, who help out, give of time, energy and good vibrations.

See you downstairs.

A New Addition to Our KUFLinks Calendar

In an attempt to avoid confusion in planning for the use of our building (214 Concession Street, Kingston), we are initiating a new coding system which will allow us to identify where in the building there is free space, or where each meeting is being held.

This coding system is as follows:

KB – KUF basement

K1 – KUF first floor, the main floor

K2 – KUF second floor

OS – Off Site

If two events take place on the same floor at the same time, a secondary abbreviation of the room (such as KO for Kathy's Office) will be introduced. If you would like to book space for your committee meeting or other KUF group and it is not already on the calendar, please contact Sarah Adams at sadams@cogeco.ca. For information and booking of the hall for rentals, please contact Valerie Colgan at vjcolgan@gmail.com.



Canvass Update

Rebecca Luce-Kapler

Daphne Hand

(Canvass Co-chairs)

By the time you read this, our 2011 canvass will be winding down. We wish to thank our dedicated canvassers for their commitment to connecting with all the friends and members of KUF. And we thank everyone for their generous pledge. These are the commitments that help us continue as a strong, caring community. If you were not canvassed and wish to speak to someone about KUF, please contact Rebecca Luce-Kapler or Daphne Hand. (See directory for numbers.)

Watch for our canvass report in KUF Links coming in the New Year.

Caring Connection Dispatchers for December

Elaine Hammond December 1 – 15, 2010
hammonds@kos.net

Sarah Adams December 16 – 31, 2010
sadams@cogeco.ca

Adult Religious Exploration Opportunity

Have you ever thought you might like to be more involved in the Sunday services but wouldn't know where to begin?

The Adult Religious Exploration Committee would like to offer to interested KUF'ers the chance to participate in Sunday services as a service weaver. The service weaver would put together the important smaller items of the service but would not be expected to deliver the main focus talk. Researching and crafting the opening and closing words, responsive reading, meditation, Story for All Ages and other parts of the service are exercises that can provide great opportunity for individual religious exploration and personal growth.

Starting in the new year, a workshop will be held to discover what is involved, learn how to do it and practice in a supportive environment. Anyone who might consider taking on an interesting challenge and offering service to the congregation in a new and exciting way is invited to contact Rev. Kathy Sage, kufmin@kingston.net, or Anne Coward hatton_coward@yahoo.ca, Chair of the Adult RE committee, for more information.

Adult RE Grief and Loss Discussion group

A new Adult RE group will meet at KUF on January 20th and February 17th 2011, 1.30-3.30PM to discuss personal experiences of and reflections on grief and loss. This discussion will be based on the book "Who Will Remember Me?" by Rev. Barbara Hamilton-Holway, co-minister of the Unitarian-Universalist Church of Berkeley, California.

A second set of discussions will be held at KUF on March 26th and April 16th 2011, 1-3 PM for other interested persons for whom the January-February meetings are not convenient. If you would like to attend either of these discussion groups, please contact Rev. Kathy Sage for more information. We have 8 copies of the small book which you can read before the sessions after you sign up.

Musical Notes for December

Phyl Robbins

At Christmas time each year, we sing the old familiar carols that "we've always sung," but, for some of us, apart from the wonderful old melodies, there is always the awareness of lyrics that jar our modern humanistic thinking. And yet, we can enjoy music, even though we may disagree with the text.

UUs often point, with pride to the quintessential Unitarian Christmas carol, "It Came upon the Midnight Clear," written by Edmund Hamilton Sears, a Unitarian minister (1810 - 1876). That same carol was critiqued in its day as "... little more than an ethical song, not a proper Christmas carol, at all". Ironically, Edmund Sears' writings and theology were intensely Christ-centered.

When Tom Lehrer wrote his "A Christmas Carol" (1954) he approached this subject with the same satirical sense as with almost any other subject that he spoofed:

"Christmas time is here by golly. . . Deck the halls with hunks of holly . . . Kill the turkeys, ducks and chickens, Mix the punch, drag out the Dickens. . . Brother, here we go again. . ." It's funny and clever, but it doesn't rate alongside "Silent Night" or "The First Noel," for example.

Perhaps what we can all remember is that throughout the year we enjoy singing many types of songs, with and without "text appeal". To quote the late great choral conductor Robert Shaw, ". . . It is the nature of music, unlike painting and most of literature, that its final creation is not its original creation. . . Music needs to be sounded, to be sung." And, I would add, to be enjoyed as a vital part of our mid-winter celebrations. Happy holidays!

New CD

KUF member Wendy Luella Perkins has a new CD and concerts in Kingston. For more information see her website www.wendyluellaperkins.com or contact info in the KUF directory.

Holiday Events and Goings-On

An Invitation to Christmas Dinner

All KUFers who are not otherwise engaged on December 25th are invited to Christmas dinner at Allan's and Elaine's house. As in other years, the hosts provide a turkey, dressing and gravy and the rest is potluck. This has worked wonderfully in past years with someone bringing a vegetarian entree and others bringing all the side dishes including foods that are part of different traditions. We've had some pretty terrific desserts too. There will be a sign-up sheet at KUF to give you some thoughts on what to bring. Please come at 4:30 PM. This gives time to spend the day in activities of your choice, then to spend the evening feasting and chatting with other wonderful folks from KUF. Who knows, perhaps a singsong will break out this year.

Our Annual Helen and Arne Henrikson Outdoor Day!

Our celebration of winter will again be held at the Little Cataraqui Outdoor Centre just north on the Division Street exit to the 401 from 12:00pm to 4:00pm on Sunday, January 2nd, 2011.

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

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

Let's make this opportunity to enjoy winter in a beautiful setting and this beginning of a new and exciting year, a celebration to remember.

Please note: There will be no Sunday Service or Religious Education at KUF on this day.

Our Mitten Tree

Mitten Tree items (new) will go to the Kingston Community Health Centre holiday support to the families they serve. Any items you can bring in November will give extra support to the families they serve. Last year we supported their Warm Boot effort and a January 1 offering has supported the Good Food Box. They appreciate our KUF support and asked if we could help them warm hands and heads this winter. If you can bring new items such as mittens, gloves, scarves and toques in November there will be a box in the KUF office. Look for the letter on the Social Action bulletin board if you would like to add a gift for a child. We already have a bag of beautiful hand made items! Our tree will be up December 5 and we'll continue to gather caps and mittens for the Salvation Army hampers. When I asked, "Shall we continue the mitten tree", the response was YES – what better way to nurture a spirit of gratitude and generosity among all ages. We will have a box for very gently used warm winter boots to share as well.



Young Adult Potluck

Young Adult Potluck in December is Sunday evening Dec 12 at 5:30 pm. The Soulful Sundown worship is at 7pm – main KUF hall and open to all KUFers. The timing is perfect for Queen's students to take a supper break from study for finals (the food is awesome – and esp if you don't have cooking facilities – just come and enjoy the meal). What makes Soulful Sundown energizing and worth the trip out in the cold? Victoria loves to plan worship that pulls us into a

circle and she provides a topic that engages everyone in meaningful reflection. The individuals gathered provide a willingness to listen and to share. Everyone that gathered in November arrived tired or frazzled and went home renewed, glad they came, and with new friends at KUF. Babysitting is provided. There – one more excuse not to come eliminated if you are a Young Adult with children. Don't miss the Sunday morning service on Dec 5th that Ariel is leading and focused on Young Adults. 10:30 am.

KUF Lunch Bunch

Our monthly get-together at the Panda Garden Restaurant at the Kingston Centre, will take place on Sunday December 12th after church. Come and join us for great conversation and an excellent selection of buffet including Canadian, Japanese and Chinese foods – something for everyone.

Good-by and Keep Cold

Robert Frost

This saying good-by on the edge of the dark
And the cold to an orchard so young in the bark
Reminds me of all that can happen to harm
An orchard away at the end of the farm
All winter, cut off by a hill from the house.
I don't want it girdled by rabbit and mouse,
I don't want it dreamily nibbled for browse
By deer, and I don't want it budded by grouse.
(If certain it wouldn't be idle to call
I'd summon grouse, rabbit, and deer to the wall
And warn them away with a stick for a gun.)
I don't want it stirred by the heat of the sun.
(We made it secure against being, I hope,
By setting it out on a northerly slope.)
No orchard's the worse for the wintriest storm;
But one thing about it, it mustn't get warm.
'How often already you've had to be told,
Keep cold, young orchard. Good-by and keep cold.
Dread fifty above more than fifty below.'
I have to be gone for a season or so.
My business awhile is with different trees,
less carefully nurtured, less fruitful than these,
And such as is done to their wood with an ax--

Maples and birches and tamaracks.
I wish I could promise to lie in the night
And think of an orchard's arboreal plight
When slowly (and nobody comes with a light)
Its heart sinks lower under the sod.
But something has to be left to God.

After All, the Earth Must Wait for Spring

Nicholas Gordon

After all, the Earth must wait for spring.
No angel ever changed the pace of time.
Goodness is still tucked away below,
Empty as a field asleep in snow,
Like iron in the harshness of that clime
As God is born in frozen Bethlehem.

Save the Date:

Annual Interfaith Service
Jan 1st, 1pm at KUF
Poster on last page of online newsletter

December 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
<p>28</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal - K1 10:30am Sunday Service & RE 12pm After-service session with Liz James 2pm Quakers 	<p>29</p> <ul style="list-style-type: none"> 7am Cleaning 	<p>30</p>	<p>1</p>	<p>2</p> <ul style="list-style-type: none"> 2pm Committee on Ministry - OS 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> 8:30am IHM Service and School 6:30pm Rental
<p>5</p> <ul style="list-style-type: none"> 10:30am Sunday Service & RE 12pm Cheese Orders Due 12pm - Newcomers Session - K2 LVRoom 2pm Quakers 	<p>6</p> <ul style="list-style-type: none"> 7am Cleaning 	<p>7</p> <ul style="list-style-type: none"> 7pm - KUF Board K1 7:30pm Open Circle - OS 	<p>8</p> <ul style="list-style-type: none"> 9pm KU-FLinks Dead-line 	<p>9</p> <ul style="list-style-type: none"> 2pm Open Circle Too - K1 4pm Sunday Service Committee - K1 	<p>10</p> <ul style="list-style-type: none"> 6pm Jr Youth RE - K2 	<p>11</p> <ul style="list-style-type: none"> 8:30am IHM Service and School
<p>12</p> <ul style="list-style-type: none"> 10:30am Sunday Service & RE 12pm Lunch Bunch 12pm Cheese Delivery 2pm Quakers 5:30pm Young Adult Potluck - KB 7pm Soulful Sundown - K1 	<p>13</p> <ul style="list-style-type: none"> 7am Cleaning 	<p>14</p> <ul style="list-style-type: none"> 9am Turn of the Wheel - OS 	<p>15</p>	<p>16</p> <ul style="list-style-type: none"> 1:30pm Admin Oversight Committee - K1 1:30pm Communications Committee - KB 7pm Sacred Circle Dancing - K1 	<p>17</p>	<p>18</p> <ul style="list-style-type: none"> 8:30am IHM Service and School
<p>19</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal - K1 10:30am Sunday Service & RE 12pm BISG 2pm Quakers 	<p>20</p> <ul style="list-style-type: none"> 7am Cleaning 7pm Big Issues, Small Groups - OS 	<p>21</p> <ul style="list-style-type: none"> 7:30pm Open Circle - OS 	<p>22</p> <ul style="list-style-type: none"> 4:45pm Lay Chaplaincy Cmte Meeting 	<p>23</p> <ul style="list-style-type: none"> 7:30pm Sacred Circle Dancing 	<p>24</p>	<p>25</p> <ul style="list-style-type: none"> 8:30am IHM Service and School
<p>26</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal - K1 10:30am Sunday Service & RE 12pm Amnesty International Letter Writing 2pm Quakers 	<p>27</p> <ul style="list-style-type: none"> 7am Cleaning 	<p>28</p> <ul style="list-style-type: none"> 5:30pm VV Potluck & Practice, KB and K1 	<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p> <ul style="list-style-type: none"> 1pm Interfaith Service

acceptance

Acceptance

Acceptance

acceptance

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acceptance

acceptance

11th Annual Kingston Interfaith
New Year's Day Service

You are cordially invited to join us to hear speakers of
various Faith Traditions share their thoughts and music on
the theme - **Acceptance**

Saturday, January 1st, 2011
1:00 p.m.

at

The Kingston Unitarian Fellowship
214 Concession Street
Kingston

Join us for refreshments following the service