



KUF Links

A welcoming, caring
liberal religious community

Sunday Services for June 2011

June 5 Remember to Celebrate Rev. Kathy S. Sage

What a remarkable year! It's a busy summer ahead as we prepare to remodel and move to our new home. If we don't stop and celebrate moments in life, it is one big blur. Today, we'll celebrate a successful Capital Campaign. Come find out how much over our goal we achieved. And what do *you* celebrate in your life? Celebration allows us depth and to appreciate and savour successes, big and small. A brief look at Giordano Bruno (burned at the stake in Rome in 1600 for heretical beliefs) helps us reflect that sometimes others see failure where we see integrity.

After the Service: 12:00 – 12:45 Committee Council meeting.

Each committee and group at KUF is asked to have at least one member present as we map out the 2011-12 calendar of events. What do we continue and what new opportunities are presented with our new home? What themes,

traditions, and special events shall be our focus?

June 12 Bridging: Journeying to Adulthood – Sr. Youth

Voting, driver's license and graduation are markers on the path to adulthood. At KUF, each year of Religious Exploration is a journey of maturation as an individual who chooses their beliefs and principles by which decisions are lived out. For UU youth, that can also include Sr. Youth Group and CUC gatherings. We have three Sr. Youth bridging this year and we will celebrate with them this step of their journey.

After the Service: 12:00 Mystery Friend pizza party. Downstairs following the service, meet your mystery friend and share what you have discovered through your correspondence. **Meanwhile, upstairs is the last session of Parents as Spiritual Guides.**

NEWCOMER at KUF? Meet at noon for a brief orientation to KUF. Option to join the Lunch Bunch and continue the conversation.

LUNCH BUNCH: Everyone is welcome to join in at the Panda Garden Buffet at the Kingston Centre. Last time before our summer break. Thanks to Barb and Dave Lyman, who have encouraged us each month to lunch together and get to know new friends at KUF.

June 19 Coming of Age Service – Jr. Youth

After six months of hard work, these teenagers will blow you away as they present the Belief Statements they have developed. Each young teen will share their current thoughts on the purpose of life, what happens after death, and other big life questions as well as music and art during their Coming of Age ceremony. You won't want to miss sharing it!

World Religions meets upstairs after the service. Bring a brown bag lunch.

Please note that there is also a Special Business Meeting scheduled for 12:15 pm. See notice on page 5.

Amnesty International letter-writing

June 26 Flower Communion

We end the year with another celebration. Bring a flower – a cut flower or a potted plant. We gather all that we bring into one beautiful bouquet and each person takes one home.

After the Service: Our annual end of the year Potluck Picnic at the home of Mara Shaw. All are welcome. Directions on page 5. We'll celebrate summer birthdays at the picnic.

Contents

Sage Musings	Pg 2, 6
President's Address	Pg 3
RE Updates	Pg 4
Summer FUNdraise	Pg 6
Calendar	Pg 8

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Sage Musings

Do you remember the story about Stone Soup? Some unnamed village, nothing special about the village, some good times and some hard times, folks sometimes agreeable and sometimes strong differences. Some people had many friends in the village and others were newcomers.

One day someone set up a kettle in the middle of the village. "What are you making?" asked the first person to come by. "Stone soup," was the reply. "I don't think that stone soup would taste very good," said the passerby. "Well, times are difficult and it was all I had." The passerby responded, "Maybe I have some carrots at home."

So it went throughout the day. Someone had some potatoes, another had spices, someone had butchered recently and added meat to the kettle. The pot simmered through the day and everyone was encouraged to come back later with a bowl and spoon. As the sun was setting, people gathered and brought bread and butter, cakes and pies appeared, children played games, and new friends were made as the most delicious stone soup ever was enjoyed.

When we received news in mid-May that our Capital Campaign had reached \$250,000 and with two weeks left we were fairly certain to exceed our goal toward reducing the mortgage and having funds to start remodelling, I remembered the Stone Soup story.

It was a bold step for the membership to vote DigiGraphics as our new home. We have been in challenging economic times and we are all getting older. Some who began the "Stone Soup" at KUF were the ones who are enthusiastic about our RE program for children and believe that more space will help welcome other families who desire Unitarian religious exploration. The "Stone Soup" group included Jody Boyer who said, in essence: I believe in our future and I have some funds set aside just waiting for a new building ... let's get cooking. Our elders are as eager for new comfortable space and programming as the youth, and consideration for everyone is driving the design.

As we began the Capital Campaign, we wondered if we would have enough canvassers. When over thirty members said "yes" to being a

canvasser, I knew that dedication and commitment would bring us close to our goal.

What I've always loved about the Stone Soup story is the way that, the more people who bring something to the common endeavour, the greater the variety in the new creation. Likewise, when everyone brings what they can, the end result has a way of multiplying and creates a place at the table for everyone. At KUF, some are more able to offer financial contribution at this time. Others have time and offer their gifts generously. The turnips, the pinch of spice, and the pot stirring all contributed to the stone soup! Participation and growing friendships build satisfaction each step along the way. Next steps include remodelling our space and developing programs that will welcome us all to KUF in the fall.

Do you ever wonder why we don't hold services in July and August at KUF? The summer break at one time began with the May long weekend as Queen's school year was over and interest moved to cottages. More than one person has speculated whether we will begin holding summer services with our new building, which has air conditioning. When asked, I remind people that I think it is our two-month summer break that prevents all committees from resigning en masse as June rolls around. The Vocal Volunteers know that the music will be put away; there are no more coffee cups to be washed at coffee hour; there is no Order of Service to be planned and copied; and most committees take a break. A great number of volunteer hours are expended to create Sunday Services and Religious Exploration for our children, youth, and adults. Those most active are ready for a break.

But the real reason, I think, is that summer is so short, and so glorious, that we want to savour the weekends and take full advantage of the long days and our beautiful lakes and trees. A weekend camping or a weeklong road trip offers renewal. Will we have Sunday services in the summer some year? Perhaps. I do know that we would need a "summer team" so that the volunteers who work so hard during the 10-month KUF year have a break while others step forward to coordinate lay-led services and all the "hidden" effort and maintenance that occurs every time we open the doors.

Continued on Page 6

Board Report

Dave Toupin, Past-President

The Project Teams for the new building and the sale of our current building have been working very hard on the various aspects of planning and implementation for our move into 206 Concession Street. The Board thanks all of our volunteers who have devoted their time and energy to the important tasks needed to ready the new building for our use. If you haven't yet joined in this effort, please consider doing so, as we need additional help and welcome your skills and abilities. I suggest that you'll find it a rewarding experience to join in with members and friends who are passionate about our new KUF home. Please contact Allan Hammond for further information.

At the Board's May meeting, the Board reviewed and approved several measures for our new building. The Board approved an extension of the lease for the previous owner's use of 206 Concession during May, which benefits KUF by providing income from the building while we complete the new design for its interior and await the approval of our application for a minor variance by the City. The Board also reviewed a policy regarding showing leasable space, which was approved in principle, and asked the Rental Team for additional terms to address both exclusive leased space and shared rental space.

Gordon Darrall presented the Design Team's update at the Board's May meeting, and indicated the Team expects to provide a proposed design plan with drawings at the Board's June meeting. Once approved, the plan will be presented to the membership. The Board approved Joe Pater, Betty-Anne Howard and Dave Toupin as its delegates to review and approve proposed leases on behalf of the Board prior to their presentation to prospective lessees. The Board also approved generally terms for leases for two current lessees of shared space, and approved the terms of reference for the new building project teams. The Board also reviewed and approved terms for an offer of sale of 214 Concession Street in closed session.

As well, at its May meeting the Board welcomed new KUF member Kim Irvine Albano, and the Board reviewed and approved a revised annual budget for KUF to take into account the operat-

ing costs of our new building. This revised budget will be presented to the voting members of KUF for review and approval at the Special Business meeting scheduled for May 29, 2011. The Board also asked the Project Teams to submit budget requests to the Finance Committee for renovations and other items needed for their work, so the Board can review and approve a renovations budget at its meeting on June 7, 2011. The Board then called a Special Business Meeting of the voting members to be held on Sunday June 19, 2011 at 12:15 pm at KUF to review and vote on this renovations budget (see the notice in this issue of KUFLinks).

At this meeting, the Board also approved new terms of reference for the Membership and Caring Committee and thanked Sarah Adams for her dedication and hard work on this committee. The Board also passed policies for updating KUF's booklet of policies and procedures (the "KOG") and for the storage of important documents at KUF, and thanked the Administrative Committee for its important efforts. Thanks to the initiative of Allan Hammond, the Board also approved a Goods and Services Auction as an important fundraiser for KUF (please see the notice in this issue of KUFLinks and please contribute to this event).

As a result of the Annual Meeting on May 1, 2011, the Board meeting on May 3 was the first of KUF's new Board, and we welcomed new Board members-at-large Karl Hummitzsch, Joe Pater, Jane Somerville and Allan Hammond, along with new President Cindy Harvey, new Treasurer Ann Copland and new Secretary Charlene Horwood. We thank outgoing Board members Beth Pater, Gordon Darrall, Sarah Adams and Cindy Harvey and outgoing Treasurer Jillann Rothwell, Secretary Ann Copland and Past-President Allan Hammond for their valuable contributions and hard work, and thank ongoing Board member Lynne Lewis and Vice-President Betty-Anne Howard for their continuing important efforts.



Mystery Friends and Other RE Family Activities

Shawn Cox

June is a fun month for RE families. Plan now to attend the end-of-the-year potluck picnic at the home of Mara Shaw on June 26, and don't forget to pack a swimsuit! You can find more information about the picnic in this issue of KUFLinks.

On June 12, Mystery Friends will finally get to meet each other! This is a great way for the children in RE to get to know an adult at KUF. The children correspond with their Mystery Friend by using the Mystery Friend "mailbox", which is located right next to the library wall downstairs. Don't forget to send your Mystery Friend letters with lots of clues! You'll discover who your Mystery Friend is on Sunday, June 12 right after the Sunday morning service that will feature the Senior Youth group. Child and adult Mystery Friends will meet

downstairs right after the service for the "pizza reveal party". This is always a fun event and RE children "collect" a new friend every year. Adults also get to collect a new friend!

While the Mystery Friends are meeting each other and eating pizza downstairs, parents can enjoy the last session of Parents as Spiritual Guides upstairs. Thanks to Nancy Burget for leading this new monthly series this winter and spring.

On June 19, the Junior Youth group, who have had an exciting winter and spring in the Coming of Age program, will be leading the Sunday service and sharing their faith statements and some of their musical talents.

On June 26, don't forget to bring a flower for our annual Flower Communion during the Sunday service. Then, at 12:15 the potluck picnic for all ages will begin at Mara Shaw's home.

A huge "thank-you" goes to all the parents, volunteers and youth. I can't wait for the fall!

Calling members interested in Social Action at KUF to a meeting June 2 at 11:00 am at KUF

The Board has voted to extend the Social Action Facilitation Team for another year. However, there hasn't been a full "team" to help us focus our interests at KUF around social action. We would like to have a meeting before the summer break to help us think about how we can make good use of our new space in the fall to help us share our social action interests. We can set up wall displays and perhaps a Social Action kiosk and table at coffee hour. Having parking and meeting space gives us more opportunities to discuss and explore issues.

Please read the meeting description at <http://www.kuf.ca/page16.html>.

RSVP to Beth Pater at bpater45@cogeco.ca or by phone. You also can RSVP if you are interested in participating but cannot attend the June 2 meeting.

Newcomers' Session June 12, 2011 after the service

New to KUF? Whether you have been a Unitarian elsewhere or are new and looking to find out more about the history, practices, and possibilities of being a part of KUF, this session is for you. Meet our minister and get to know others who are finding a place in this unique community of all ages. Childcare is provided if you sign up at least one week in advance. We provide a nutritional snack, or you can bring a brown bag lunch. Please take this opportunity to meet and talk to others interested in KUF and Unitarianism.

KUFLinks submissions are due on the second Wednesday of each month (August 10 for the September edition). Please send submissions to Paula Marentette at prmarentette@cogeco.ca.

Paula Marentette, copy editor
Kate Sedivy-Haley, layout editor

KUF Summer Potluck Picnic – All Ages

Celebrate the start of summer with KUFers at the annual picnic! Bring your favourite summer-time dish to share and swim gear if you want to swim.

This year, let's try to make it local. Local foods are encouraged, but not required. Please bring your own plates, cutlery, and a non-breakable mug or glass. If it is easy to bring a lawn chair, do put one in the car, but there are lots of chairs available.

Date: June 26, 2011 after Flower Communion service (10:30 am) at KUF

Location: Mara Shaw's house.

Please see your e-mailed edition of KUFLinks or a print version of KUFLinks for address and directions. Or, look us up in the KUF directory.

We hope you'll join us!

Mara



Notice of Special Business Meeting of Kingston Unitarian Fellowship

Sunday June 19, 2011 at 12:15 pm
At 214 Concession Street

The KUF Board has called a special business meeting of KUF in order to present and vote on a proposed special budget for 2011 for renovations to 206 Concession Street and for the new building project teams, as a result of the purchase of 206 Concession Street. The printed proposed budget will be available on Sunday June 12, 2011 at KUF. Voting members of KUF can vote at this meeting. Proxy forms will be available on request. Please call or send an email to Cindy Harvey, President.

Agenda:

1. Call to order
2. Approve Agenda
3. Presentation of Proposed Renovations Budget for 2011
4. Motion to Approve the Renovations Budget for 2011
5. Adjournment

Motion to be presented: That the proposed renovations and project teams budget for KUF for 2011 be approved.

Submitted,
Cindy Harvey, President

Caring Connection Dispatchers

June 1- 15, 2011	Ann Copland	lynchp@kingston.net
June 16 – 30, 2011	Jan Steinmetz	janwal@ca.inter.net
July 2011	Caroline Farrell	By phone - see directory
August 2011	Sarah Adams	sadams@cogeco.ca

Call for support from the KUF Caring Community. Do you know someone who is ill, in the hospital or incapacitated at home? Please let us know, as we would like to send a card.

SUMMER FUNdraise

Allan Hammond

Wouldn't it be nice this summer to have a barbecue at a friend's cottage, or have a boat ride on the Rideau Canal, or have someone offer to mow your lawn while you are away, or have a birthday cake specially decorated just for you, or.....? These things and much more could be had via KUF's SUMMER FUNdraise. Should be fun, don't you think? Besides the fun, why else would we do it?

Well, every second spring KUF has a fund-raising auction. It was to be held this past March, but with the capital campaign for the new building under way (which has now been completed) the timing was not right. However, our plan to cover ongoing expenses calls for a fund-raising event to balance the budget. Hence, the KUF Board has approved this special summer project rather than an auction.

How will this summer project work?

1. About June 1 everyone with email will receive a message inviting them to take part in the event by offering a good or service for sale. To stimulate your ideas on what to offer, the email will give many examples of possible services or goods that you might put forward. Those with-

out email can participate but need to tell Allan H (by phone - see directory) if interested.

2. June 10 is the deadline for notifying Allan by email or phone of what you are offering.
3. By June 20, Allan will list all the things offered and send it out to everyone by email so everybody will have a chance to make purchases. Buyers must make their selections from the list and notify the persons offering them.
4. By June 30, those whose goods or services have been purchased must inform Allan, who will then put together a master list of all purchases including the names of those offering and those purchasing.
5. Those who have made purchases must pay directly to the person from whom they are purchased and that person will turn the funds over to KUF. They also may come to KUF between 5p.m. and 7p.m. on July 5 or 6 and pay by cheque.

Additional details about all of the above will be included in the June 1 email.

In the 2009 fund-raising event, 33 goods or services were offered and more than \$3000 was raised. The Board encourages KUF members and friends to participate in the SUMMER FUNdraise. At a time when KUF does not have regular services, this event makes possible small-scale get-togethers and connections.

Sage Musings - Continued from Page 2

We have a unique "summer team" need this year as we prepare to remodel and move. Perhaps you have more time than usual. If so, fill out a "talent bank" form, which is available at KUF and on our web site www.kuf.ca or tell Rev. Kathy. We'll match your time and interest with the appropriate task.

Please note the upcoming June meetings: for those interested in developing the Social Action

- team at KUF, June 2 at 11 am; the Committee
- Council planning for next year, June 5 at 12:15
- p.m; and contact me if you are interested in

carrying on dialogue about the Dialogue Wampum Belt.

I will be at General Assembly in Charlotte North Carolina from June 20 – June 26 and I begin my month of Study Leave and month of holiday July 1. The KUF phone (613-544-8777) is answered daily during the summer, as is our e-mail kuf@kingston.net. The Caring Dispatchers for the entire summer are listed in this issue, thanks to the Membership and Caring Committee. Someone will respond to your inquiries, hospitalizations, and emergencies.

Rev. Kathy



Mindfulness in Daily Life retreat at KUF June 12 – 16

Anne Graham

This June, another weeklong meditation retreat will be held at KUF. This is a great chance to explore the practice and hear from a well-traveled and compassionate teacher. I've been practising meditation off and on for years, more dabbling than serious, but these yearly retreats have been inspirational and profound.

Rather than giving up a week and going away on retreat, the Mindfulness in Daily Life non-residential retreat is set up to include one's usual daily schedule. We meet the first Sunday for the afternoon and evening (at the Oddfellows building), and then return to our homes. Each weekday morning, we return to the KUF building for early meditation and a shared breakfast. The shared meals alone are worth the week's commitment – great company and great vegetarian food! We then head out for whatever our day usually brings us, work or otherwise. In the early evening we meet again at KUF for a shared dinner, meditation, and discussion about specific themes, until about 9 pm. The last session is on Saturday morning at the Oddfellows Hall and that time is also spent in meditation and discussion

It is challenging, to be sure: all that silence and awareness of the myriad thoughts, sounds, and images in one's own mind. But somehow that time of noticing allows for a self-awareness that continues throughout the day, an ability to connect with life more clearly. Meditation and the teachings delivered during the retreat week can bring new insights into interconnectivity, methods of empathy and compassion, and many other aspects of 'daily' living.

For those who wish to continue the practice of mediation, there is a group that meets one morning a week. The retreat fee is \$75 plus a donation (*dana*) to the teacher.

For registration information, you can contact Anne Graham at by phone or by email at annegenerator@gmail.com. You can read more about our retreat leader, Norman Feldman at <http://www.truenorthinsight.org/en/index.html>.

An International Unitarian Experience

M. Elaine Harvey

When I was in England a year ago, Rev. Celia Cortwright of the Unitarian Chapel in Kendal, Cumbria was most supportive. She sent me an email after my recent trip to the UK, and I think her insight might provide a basis for some interesting dialogue with our members and may encourage others to welcome international Unitarian experiences.

Rev. Celia wrote: "I thank you also for your letter, not only for your kind thoughts but also for your exciting news about Kingston Unitarian Fellowship's new building. Growing is exciting and scary at the same time, as it changes the dynamics of a group; but as we at Kendal are finding, being open, enthusiastic and loving smoothes the path and any feathers that may get ruffled in the rush!"



June 2011

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>29</p> <ul style="list-style-type: none"> 9:30am VV Rehearsal 10:30am Sunday Service & RE 12pm Shared Lunch and Birthdays 12:15 pm Special Business Meeting 2pm Quakers 	<p>30</p> <ul style="list-style-type: none"> 5pm Design Team Meeting K1 	<p>31</p>	<p>1</p> <ul style="list-style-type: none"> 1:30pm Communications Committee 	<p>2</p> <ul style="list-style-type: none"> 11am Social Action Facilitators Meeting 12pm BB Lunch & Kathy's Office Hours 2pm M&C Cmte Meeting K1 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> 8:30am IHM Service and School
<p>5</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE 12:15pm 2011-12Year KUF Committee Council Planning Meeting 2pm Quakers 6pm IHM General Meeting 	<p>6</p>	<p>7</p> <ul style="list-style-type: none"> 4pm Sunday Services Cmte 7pm KUF Board - K1 7:30pm Open Circle - OS 	<p>8</p> <ul style="list-style-type: none"> 10am Administration Oversight Cmte 7pm Sacred Circle Dance 	<p>9</p> <ul style="list-style-type: none"> 12pm BB Lunch & Kathy's Office Hours 2pm Open Circle Too K1 4:45pm Rental 	<p>10</p>	<p>11</p> <ul style="list-style-type: none"> 8:30am IHM Service and School
<p>12</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE 12pm Lunch Bunch OS 12pm Parents as Spiritual Guides 12pm Newcomer Session 12pm Mystery Friends Party 2pm Quakers 2pm Rental K2 	<p>13</p> <ul style="list-style-type: none"> 7am Rental 5pm Rental 	<p>14</p> <ul style="list-style-type: none"> 7am Rental 5pm Rental 	<p>15</p> <ul style="list-style-type: none"> 7am Rental 5pm Rental 	<p>16</p> <ul style="list-style-type: none"> 7am Rental 4:45pm Rental 5pm Rental 	<p>17</p> <ul style="list-style-type: none"> 7am Rental 5pm Rental 	<p>18</p> <ul style="list-style-type: none"> 7am Rental 8:30am IHM Service and School
<p>19</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE 12pm Cheese Orders Due 12pm World Religions K2 12:15pm Special Business Meeting 2pm Quakers 	<p>20</p> <ul style="list-style-type: none"> 7pm BISG - OS 	<p>21</p> <ul style="list-style-type: none"> 7:30pm Open Circle - OS 	<p>22</p>	<p>23</p> <ul style="list-style-type: none"> 4:45pm Rental 	<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 10:30am Sunday Service & RE 12pm Year End Potluck Picnic 12pm Cheese Delivery 2pm Quakers 	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <ul style="list-style-type: none"> 12pm BB Lunch & Kathy's Office Hours 4:45pm Rental 	<p>1</p>	<p>2</p> <ul style="list-style-type: none"> 8:30am IHM Service and School