



Sermons September 2012

September 2 - Our summer holiday continues through the Labour Day Weekend - no Service. **(Note: There may be room for you at our all-KUF retreat in the Adirondacks Friday, September 7 to Sunday, September 9. Contact Jillann to see if you can register at dmathers9@cogeco.ca.)**

September 9 “River Paddling as A Spiritual Discipline” Maureen Farr-Eagan Service Leader with contributions by Rev. Kathy Sage and members of the Paddle the Rideau 2012.

Join us for our first September Sunday service. While some are away at Unirondack, others will hear how “Paddling the Rideau” by canoe or kayak not only raised funds for our renovations, but led to deep personal insights. We will hear tales of adventure and courage and sing to the accompaniment of Paul Koktan’s baby grand piano.

Contents

Sage Musings	Pg 2
President’s Address	Pg 3
Community	Pg 4-5
Paddle the Rideau	Pg 6
Calendar	Pg 8

September 16 “Water Ingathering: Water Matters” Rev. Kathy Sage

Water – the lack of it and the deluge at times. Whether you stayed close to home or traveled far, we begin each fall (after the Unirondack weekend) by joining our summer stories into “what matters”. Bring a vial of water (or if you forget, there will be a pitcher). This service welcomes those who want to tentatively “test the waters” of our liberal religious community and those who are ready to “jump in” after a summer away from KUF.

After the Service: Testing the “waters” continues with a Soul Matters Sampler. Have you wondered what a Soul Matters small group is and whether you would like to be in such a once-a-month small group? From 12:15 – 1:00 (in the Quiet Room) Kim Irvine-Albano will lead a session on this month’s theme, Anticipation. All are welcome – those just curious and those who are in a group and can’t wait for the October start of the Soul Matters groups.

Soup Lunch Fundraiser

September 23 “Philosophical, Religious, and Spiritual Migrations” Rev. Kathy Sage

Fall is migration time and this year our focus is “religious migration”. What does it mean to outgrow a religion? How do you know when you have “left” and when you have “arrived”? How long does it take to create a new religious home? If you are atheist, agnostic, questioning, philosophical, or a free thinker, is the only home “home alone” or is there reason to join in the company of religious liberals of the Unitarian variety? Throughout the year we will explore in various ways how “free thinkers” and heretics in various traditions embark on spiritual migrations. Rev. Mark Bellitini said about discovering Unitarians, *“I was surprised such a religion existed – it was as if a vast number of people in history had been walking the same path I had in my own little life...but I hadn’t noticed.”*

After the Service: Volunteer Fair – “Offer a Hand - Take a Hand.” Explore what the various Adult RE groups are doing as well as the many activities of KUF committees, teams and projects. From music to social action, there is something for all ages at KUF. Find out what

each group has to offer, including creative coffee hour treats!

|(Continued)

September 30 “Choice in Dying – It’s a Matter of Justice” guest speaker Wanda Morris, Executive Director of Dying with Dignity Canada

In May 1993 the member congregations of the Canadian Unitarian Council adopted a resolution supporting choice in dying. Almost twenty years later that support has not wavered. For many Unitarians, choice in dying is a matter of justice. In this service Wanda Morris, a long-time Unitarian, will review some of the issues around choice in dying and their relationship to our Unitarian Principles and Sources.

After the Service:

We’ll go from the theological to the secular. Join Wanda to hear about Gloria Taylor’s challenge for the right to die, the landmark ruling from the Supreme Court of BC and the Federal Attorney General’s decision to appeal. As the right to die is covered by the Federal Criminal Code, decisions made in BC will affect all Canadians. There will also be an opportunity for more questions. Come out and learn more about the current state of one of the most important social issues of our time. Public welcome – please bring a friend.

Shared Lunch, September Birthdays and Amnesty International Letter Writing

Sage Musings

New statistics highlight the decreasing number of Canadians who consider themselves “religious”. Would any find in KUF a supportive community? For generations, persons who tired of “traditional religion”, those who wanted to think for themselves, those who wanted to ask questions of meaning and be met with dialogue, have found a welcome home with Unitarians. I’ve been pondering this summer how rapidly the “religious landscape” is changing and how even

our hopes and expectations undergo change.

In July I heard KUFers saying, “I miss Sunday Services.” As we approach September are you feeling renewal and restless to join in our community of religious liberals? Your creativity, your questions, your experiences and ideas will be woven into a new year of KUF programs after our summer break. The Board is focused on our coming year and you’ll read elsewhere in KUFLinks about goals and plans.

My excitement about September emerges from the exquisite span of the summer. My training for our fundraising Paddle the Rideau 2012 intensified, reading for a year of Sunday Services expanded, and planning for our program year gave me variety and fuelled a delightful time of renewal.

Our summer break extends through the Labour Day weekend. What was discovered as we journeyed through the Frontenac Arch, the UNESCO World Heritage site of the 165-year-old Rideau Canal? Our first of several ways to share will be the September 9 service. September 16 is our Water Ingathering with “Water Matters” from our summer that we wish to share as we pour our individual experiences into the gathering of Community again.

Our Soul Matters theme for September is ANTICIPATION and I wonder, does *anticipation* interfere with or assist Mindfulness – being present to THIS moment? Perhaps they are intricately related. I spent the past year “anticipating” being able to really enjoy kayaking this summer. For that to even be possible I chose to be very mindful about my health. My Mindfulness Meditation practice was a support because health and fitness involves dozens of tough decisions every day. Find out at our opening service September 9, “Paddling as a Spiritual Practice”, a variety of perspectives from those who joined in the Paddle the Rideau 2012.

On September 23 we’ll explore the variety of ways that various faith traditions respond to “free thinkers” in their midst. Most religious traditions have a creed or defined belief. What transformations arise, what is the leading edge of some of the “sources” important to Unitarians? What changes, migrations, explorations are you undergoing? As there is an epochal migration

away from religion, are we perceived as vibrant and engaged? Will we find new conversations?

Sage Musings (Continued)

and enjoy new connections? If you have been thinking about these matters, please share your thoughts with me. Rev. Mark Bellitini said about discovering Unitarians, *"I was surprised such a religion existed – it was as if a vast number of people in history had been walking the same path I had in my own little life... but I hadn't noticed."*

See you in September at KUF. And planning ahead, I'll be offering five more sessions of What Moves Us, an Adult RE series. These will be at KUF on Thursdays in the early evenings, 5 to 7 pm, from October 18 to November 15. This time frame keeps your evening free and yet is after "work". If you were a part of this program last year, these are new sessions. If you missed this very interesting series last year but your schedule is free on Thursdays, by all means join us. Details will follow. Likewise, watch for a flyer on a delightful Celtic duo "CAIM" in concert Saturday evening, September 29, 7:30 pm at Unitarian Place. You can sample their haunting melodies at <http://www.cluniemusic.com/caim.htm>

President's Report by Cindy Harvey

Welcome back to a wonderful new year at the Kingston Unitarian Fellowship. We as a Board have started this year with what we hope is a more focused look at our future.

The Board has met to discuss what our vision will be this year and not just around the financial concerns that our building has presented. The vision of the KUF Board for 2012-2013 is for KUF to be known and recognized in the community as a catalyst for liberal religious exploration, social justice, intergenerational involvement, and humour and balance.

The vision was actually formulated after looking at the different components that the Board members saw as important to KUF. These ideas were then formulated into five areas for development and improvement: Identity in the Community, Sunday Morning Experiences, RE for All, Growth, and Promotion. These areas are now being developed into goals to help achieve our vision. This is a vision and, as such, will change repeatedly as our sight changes with different environmental factors.

The Board is also working on how, in this wonderfully involved and growing congregation, we can improve on communication. The involvement of so many people and committees sometimes means that we miscommunicate or simply forget to communicate. Each Board member is a liaison with a committee chair, who then communicates with their committee members. If you are not sure who to communicate with, I am always available.

One way to improve our communication is by sharing what we do at KUF in all aspects. I look forward to seeing all of you at the volunteer fair where you can find out what we have been doing in each committee and where we are going. You will be able to offer any ideas for improvement or for adult RE or any other aspect of our community. Or find a place to volunteer either with time or donations of items such as birthday cakes.

The Board met in August for the summer Board meeting. The following items might be of interest:

- Emily Albano is our new Youth Envoy for the UU-UNO and Elaine Harvey is the Adult Envoy
- Our deficit continues to grow in part due to the lack of leasers for the upstairs space. We need help in finding people for these spaces
- Reminder that all expenditures over \$100 or beyond designated budgets should go through the Expenditure Approval Committee of Valerie Colgan, Joe Pater, and myself
- The fire alarm went off in July to which the fire department responded and declared as a false alarm. The cause is still unknown even after the fire alarm company and the heating/cooling company did inspections

I look forward to sharing and growing our vision with each of you. Consider how we can do this together, and let's talk. I wish you the best for the coming year.

Cindy Harvey, President

Greetings from RE by Shawn Cox

I hope everyone had a good summer! I am looking forward to seeing everyone in September, although the first Sunday back is the annual Unirondack trip, and many of the youth, as well as some of the adults, will be at the camp and not at KUF.

This year we are planning to work in a very participant-directed manner, and we will be asking the youth to choose the direction for us to take this year. We will begin our year at KUF with some welcome-back games and “getting to know me, getting to know you better” kinds of activities. We will do some work at getting to understand our own selves better and what paths of exploration suit us best as a group.

Towards the end of September, after we’ve had a chance for discussions with the

youth and other people involved in RE, a curriculum will be developed and then incorporated into our process of growth for this year.

See you soon!

Dying With Dignity Ambassador/Speaker Training: Become a Voice for Choice – Saturday, September 29

Gloria Taylor’s fight for the right to die has been heard by the Supreme Court of BC and is now being appealed by the Federal Attorney General. We anticipate that it will come before the Supreme Court of Canada within two or three years. While cases are decided by court justices, they are influenced by the court of public opinion. Can you help Canadians obtain the right to die?

This full, one-day intensive session will be held at KUF and is facilitated by Dying With Dignity’s Executive Director, Wanda Morris. It is open to DWD members who are interested in spreading the word. The session covers advance care planning, patient rights and the reasons why medically-assisted dying should be legalized in Canada. A pre-reading package will be mailed to all participants prior to the session.

Lasting social and cultural change is not achieved through the courts. Legal change can prompt or assist in social change, but it does not assure it. The battle to change hearts and minds is equally important. Come help DWD win that fight.

This training is for anyone who wants to be an ambassador for Dying With Dignity. A DWD ambassador is a person who wants to be informed, to engage friends, family, colleagues or others in conversation and to respond to any questions that might come out of such conversations. Participants may also choose to become public speakers on behalf of Dying With Dignity, but this is not a requirement.

Registration is required for this session. Please contact DWD at 1-800-495-6156 or info@dyingwithdignity.ca to register. There is no charge for the session but all attendees must be members of DWD and must pre-register. Space is limited to 15 people – please register early to avoid disappointment.

Neighbourhood UU Congregation's Journey for UUs Everywhere

Take a mindful journey with UUs to Argentina. Buenos Aires and moonlight at Iguazu Falls! We leave time for serendipity to happen, take time to soak it in, and be mindful of what we are experiencing. February 23 - March 3, 2013. More information is available at www.nuuc.ca.

Help Wanted: We Need to Lease the 2nd Floor!

Request from Cindy Harvey

Can you help us lease the second floor office or studio space at 206 Concession Street? Our deficit budget is growing due to the empty space upstairs. We require the income from our rental space at the front part of our building to help pay the building costs. With this space unused, we are growing our debt instead of enjoying the joys of financial freedom. Please help. We need to network. Could you send out this notice to everyone you can think of who might know someone or an agency that might be looking for space to lease. Here is the information on the space:

“Office or studio space on the second floor of 206 Concession St. with lots of windows facing east, north and west. The space can be one U-shaped area of 1228 sq. ft. or two separate areas, one 500 sq. ft. for \$525/mo and one 730 sq. ft. for \$750/mo. All air conditioned. State-of-the-art fire alarm system in the building. Free parking. Excellent landlord committed to making your rental experience the best it can be.”

Interested parties can contact Jeri Mooney or our Agent Mike Scrannage by phone.

In Memory: Walter Lewis Robbins September 18, 1926 – July 18, 2012

Music Party in Honour of Walt Robbins As someone who always enjoyed playing music with friends, Walt stated his preference for a music party in his honour. On September 22, starting with a potluck supper at around 6 p.m., we plan a music event we think he would enjoy. Please bring instruments and voices to this, "Walt's Hoot." Details will follow in the weekly KUF updates. The Robbins Family

The Spirituality of Service by Anne Graham

Last May I had the great experience of being a delegate for KUF to the AGM in Ottawa. Erik Walker Wikstrom was the speaker and emcee who led us lightly and masterfully through the theme of leadership and shared Ministry. If you have a chance to read or maybe have already read “Serving with Grace” you will know what I mean. Later in September we will be having our café... and I hope you will participate with this spirit in mind.

Here is a short quote: “Imagine if the practical and administrative work of the church - meetings, planning, teaching, etc. – were understood not as a necessary evil, but as an integral part of the mission of the church to nurture us spiritually. What if lay leadership were not a means to an end but the end itself? Could you experience the meeting room as a zendo and the deliberations of a task force as a form of prayer? Imagine church not as a place led by a few overly taxed volunteers but one where leadership is a broadly shared ministry that members of the community undertake for the joy of it.”

Vocal Volunteers Wanted by Anne Graham

Have you always wanted to be heard? You can be! Discover your inner diva - join us in the choir! Come to rehearsal Sundays at 9:30 a.m. before the service and you can be certain of a warm welcome and a good seat in the choir. Want more info? Contact Anne Graham, Music Librarian, or Phyl Robbins, Music Director.

Hatha Yoga Classes Resuming in October

Gentle Kripalu (Hatha) yoga classes begin again on October 18 and run to November 22. The six-week session costs \$90 and registration forms are available on the back table of the Sanctuary. For further information contact Bev Hummitzsch by phone.

Soul Matters by Kim Irvine-Albano

Looking for something more? Perhaps to deepen and personalize your spiritual and personal growth experience? Looking to connect with others in a new way? We will soon begin our second year of Soul Matters, a small group experience where we explore a topic of the month in a personal way.

Soul Matters meets once a month, gathering to explore the monthly topic. Packages are sent out to all participants with resources to explore on that topic before we meet. Meetings consist of experiential exercises and discussion on what came up for people when reading the package. There will be meetings during the day and evening, at KUF and in Belleville. There is also an option to meet in group members' homes as well.

Last year's participants have shared that the small group experience has encouraged them to explore the topics in a deeper way. Many commented that they valued the openness and acceptance of the groups and the diversity of opinions. Many also commented that they found the monthly packages that were given to all group members before the meeting to be very helpful to guide their experience, and to share new ways to explore topics that may not have been considered before.

KUF will continue to offer Soul Matters this year, beginning with a large group on September 16 after the service for all who are interested or curious about Soul Matters. We will choose our small groups that day, as well as answer any questions about the program.

We are once again in need of facilitators who are willing to attend a facilitator's meeting once a month, in addition to facilitating a small group. If you are interested in either facilitating or participating in Soul Matters, please contact Kim Irvine-Albano by phone or kimirvinealbano@gmail.com. Hope to see you on September 16!

We Are Having a Volunteer Fair September 23, 2012

Have you ever considered offering your services to help KUF meet one or more of its goals? Do you have a skill that needs to be practiced to keep it sharp? Maybe you want to find something to do with your spare time or learn a new skill? Perhaps you want to have fun with other similarly committed KUF members and friends? These are just some of the reasons that people get involved in our volunteer programs.

On September 23, you are cordially invited to stay after the service to peruse displays by our various committees and working groups and be introduced to some of our Adult RE offerings. You will find out what is available currently and be able to talk to someone about groups and activities you would like to see at KUF. If you are curious as to how you could contribute or participate, there will be an opportunity to find some answers, matching your likes and interests to KUF activities and needs.

Please join us on September 23 for a Volunteer Fair that demonstrates why KUF is such a wonderful, strong and caring community.



Parenting Author Dale McGowan Headlines CUC Ottawa Fall Gathering

Dale McGowan, editor and co-author of *Parenting Beyond Belief* and *Raising Freethinkers*, two ground-breaking books for nonreligious parents, will be the keynote speaker at the CUC Eastern Regional Fall Gathering in Ottawa from October 12-14, 2012. He will also facilitate an afternoon session.

McGowan is executive director of [Foundation Beyond Belief](#), a humanist charitable foundation based in Atlanta, Georgia, and teaches nonreligious parenting seminars across the United States. In September 2008 he was named Harvard Humanist of the Year by the Humanist Chaplaincy at Harvard University. He writes a popular parenting blog, *The Meming of Life*. McGowan rarely speaks in Canada. A 10-minute interview with him is available on the Parenting Beyond Belief website.

The Eastern Fall Gathering theme is “A Time for All Ages” — and the weekend is being planned as an innovative, integrated multigenerational experience. “Our goal is to structure the event so that for the most part families can experience it together”, said CUC Congregational Development staff member Kelly McDowell.

Paddle the Rideau 2012 After Party

KUF’s Paddle the Rideau 2012 was an amazing adventure, sure to provide stories and laughter for years to come. You are invited to share the experience at the Paddle the Rideau 2012 After Party on Sunday, September 16 at 5 p.m. downstairs at KUF, 206 Concession St.

There will be a slide show, some videos on the Rideau Waterway, a pot luck supper and a wonderful chance to connect with paddlers, supporters and all those enthusiastic people who made this trip happen. Please bring a dish to share. Contact Anne Coward by phone or e-mail at hatton_coward@yahoo.ca) and let us know if you plan to attend.

Caring Connection

The Caring Connection Dispatcher for September 1-15, 2012 is Ann Copland. She can be contacted at coplanda@kingston.net or by phone. Elaine Hammond is the Caring Connection Dispatcher for September 16-30. She can be contacted by phone or by email at hammonds@kos.net.

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

KUF Directory

Each fall we revise the KUF Member and Friends directory. All Members are automatically included in this book as well as Friends who are already in the book (having previously given permission). There are a number of people, however, who might be interested in being in this directory who have not filled out and signed the permission slip.

This form is a requirement of the Province of Ontario and is meant to ensure that contact information is only used for the purposes designated and to protect the privacy of the individual. Please note that each new person who wishes to be in the directory must sign a form.

If you would like to be in our upcoming directory, please pick up and complete the form at the table beside the elevator on the main floor and hand it to the greeter seated there. A form can also be e-mailed to you and the completed hardcopy form mailed back to KUF, 206 Concession St., Kingston K7K 2B5 marked “Directory”.

A draft of the directory will be posted in early October. Please check to see if all of your contact information is accurate and up to date!

For forms, or if there are any questions, please ask Sarah Adams or e-mail her at sadams@cogeco.ca.

September 2012

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <ul style="list-style-type: none"> Last day of summer hiatus No Service today 	3	4	5	6	7	8
		7pm KUF Board Meeting	<ul style="list-style-type: none"> 2pm Sunday Service Committee 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 2pm Membership Committee 	<ul style="list-style-type: none"> 8:30 PM Unironclack 	
<p>9</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sunday Service & RE Cheese Orders Due 	10	11	12	13	14	15
			<ul style="list-style-type: none"> FINAL KUFLinks deadline - submit to Paula at prmairentette@cojec.o.ca 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 2 pm 3L Book Club 		
<p>16</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sun. Service - RE 11:30 am Soup Lunch 12:15 pm Soul Matters Sampler Cheese Delivery 5pm Potluck & Pictures Paddle the Rideau 	17	18	19	20	21	22
				<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 1:30 Administrative Oversight Committee 		<ul style="list-style-type: none"> 9:00 am Turn of the Wheel (offsite) 6:00 pm Walt's Hoot Potluck and Music
<p>23</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sun. Service - RE 12:00 pm Volunteer Fair 	24	25	26	27	28	29
				<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 		<ul style="list-style-type: none"> Dying with Dignity Ambassador Training 7:30 CAIM Celtic Concert
<p>30</p> <ul style="list-style-type: none"> 9:30 VV Rehearsal 10:30am Sun. Service & RE 12:00 Lunch, Sept Birthdays, All Letters 12:00 Dying with Dignity Info Session 						