



Services February 2012

February 5 – 10:30 am

“Courage to Grow Old” Rev. Kathy Sage

How can we be en/cour/aged to grow older each year – gracefully? What does courageously growing older look like? “Rage against the dying of the light” has been a call to live courageously but so many messages would deny dignity as we age. I’ll be posting some questions for you on my new blog: <http://sage--musings.blogspot.com/> and I hope that you will leave a comment in advance of the sermon. You also can use the old fashioned way of e-mail and phone or even that seldom used tool of letter by post.

After the Service:

Lunch Bunch at the Panda Garden Buffet at nearby Kingston Centre

February 12 – 10:30 am

“Technology Enhanced Unitari-

an Exploration” Rev. Kathy Sage

Is technology a “fit” for Unitarians? Can it help us be a caring community, engage in responsible and courageous social action that might actually have an impact, deepen our spiritual exploration? If you “tweet”, we’ll try actually using Twitter in a portion of the service. Can KUF also be a “sanctuary” from a saturation of technology? Age-old questions of our purpose and inclusion take on new importance in the age of Social Media. Come in an exploratory mode – I have more questions than answers. If you would like to be a “tech weaver” and help with this exploration/experimentation, as a compliment to our “service weavers”, please contact me.

After the Service:

12-1 pm World Religion DVD and Discussion

February 19 10:30 am “10 Courageous Unitarians and Universalists” Rev. Kathy Sage

Five from history and five contemporary: who would you nominate? I have a starting list, but tell me about a Unitarian or Universalist who demonstrated courage and inspires you and I will include examples.

After the Service:

12-2 pm “How Do We Make Our Voices Heard? Democracy and Unitarians: A CUC Discussion”. Please sign up.

Shared Lunch, February Birthdays & AI Letter Writing

February 26 10:30 am “The Courage of our Convictions” - guest speaker Liz James

At growth workshops, I've often heard the sentiment that we cannot grow until we are able to clearly articulate who we are and why we exist. Indeed, in Church research there seems to be a strong link between clarity of mission and growth in Congregations. But what does "clarity of mission" really look like? How do we strike the balance - both in our congregational and our personal lives - between defining our convictions and living them?"

After the Service:

Soup Lunch fundraiser by Sr. Youth for UU-UNO trip

All are invited for a brief session with Liz over Shared Lunch as we wrap up a Growth Weekend with Liz and perhaps a few folks from neighbouring UU congregations.

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Sage Musings

I began this column in Vero Beach, Florida, enjoying breakfast in the open-air restaurant while listening to the sound of the waves and enjoying the bright sunlight. When I opened my email there was a Facebook post from Jean Pfleiderer with a picture of ice weighing down trees. As I was in Florida at a 5-day conference with other Unitarian Universalist colleagues exploring the potential of Social Media for our movement, the contrast and instant communication of the situation dramatized how we can be connected whether we are in a circle at KUF, reading KUFLinks online from bed in a care facility, or sharing ideas online – wherever we might be. Later in the day we linked in a faculty member via Skype and tweeted prayers and concerns that drew people in who were not even attending the conference.

I don't know about you, but these ideas were fantasy in my childhood and scary to contemplate. Then I went to this workshop with colleagues and had the opportunity to see their examples of worship and Youtube presentations and to talk about our cautions and ethical concerns, brainstorm possibilities, and form a network of support.

Now I am ready to join forces with our Communications Committee, which has revamped our web site, created a Youtube presentation, created a blog, and ushered us into a new era at KUF. One important learning experience at the conference was the lively discussion about WHY we would utilize social media as a tool to let persons in our community who are interested in liberal religion discover us. Most surprising to me was learning how to utilize social media to invite and facilitate participation in developing Sunday Services and extending the participation after services. I went to the conference worried about how I would ever find the extra time to blog. Use what I've already written, I learned, especially sermons. I also learned some of the HOW to create multimedia presentations for services, after services, and for our web presence and blog.

Our Service Weavers are a part of our Adult RE

- and have become an integral part of our services.
- Let's expand their creative efforts by having Tech Weavers. If you would like to learn and work with me to weave depth and meaning, please let me know. If you are available mid-day, please come to KUF on Wednesday, February 1 from

noon to 1 pm for KUF EXPLORE as we look at some of the possibilities. You'll note some of the ways that I plan to experiment with the ideas in the February Sermon and Service descriptions. Everyone is invited to "subscribe" to my blog. The address is also on our website under Minister in the menu - <http://sage--musings.blogspot.com/>.

February is a busy month, and I hope that you will find several events of interest to you at KUF. This can be a dreary month, even depressing for some people, as challenging weather and short days seem like they will never end. Our new building offers so many new possibilities. Our annual retreat on February 25 will give us our first in-depth time to explore how we want to grow in and into the building. We have more possibilities for small groups, various interests and angles to explore liberal religion, and we are exploring ways to use technology and social media to expand the ways we can explore together. I will plan to be at KUF two days for mid-day office and programming hours. Wednesdays from noon to 2 pm will be a time to EXPLORE – if you would like to present an interest of yours, please let me know. We will start the month with some hands-on exploration of how Unitarian congregations are using Social Media and learning some basics. *Drop in with a brown bag lunch and join in the conversation!*

Watch for our Adult Religious Exploration brochure. It brings together all of the Adult RE options at KUF, including our fifth annual Buddhist meditation week. "Mindfulness for Daily Living" will be held April 22-28 at KUF. Because it focuses on early-morning meditation (7 to 8 am or so, with breakfast options) and sends us off into our "day" to be mindful - returning to KUF for dinner and sitting and teaching in the evening - this outstanding week of introduction (or continuation) of Buddhist mindfulness practice is available to those who work and have other daily commitments.

As always, I look forward to conversations with you. Please call me for an appointment, or stop in on Wednesday or Thursday around noon-time - and I hope to see you on Sunday morning.

Rev. Kathy Sage

Greeters Needed

Jan Steinmetz, who is responsible for finding people to be greeters at our Sunday services, is looking people who would consider being a greeter in the coming months. You can contact her by phone at 613-547-2083 or email her at janwal@ca.inter.net.

President's Board Report

Cindy Harvey

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that, the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I –
I took the one less traveled by,
And that has made all the difference.

Robert Frost

Winter at school brings one of my favourite language units – poetry. Introducing 13-year-olds to poetry is so amusing and rewarding. Despite themselves they get caught up in poetry, the word choice, the meaning, the imagery, and the simple fun of rhythm. We also learn how to ask meaningful questions to further understanding. I find this rewarding for myself. Being able to ask not just questions but the ones that are meaningful is not easy.

Over the past year, we at KUF have taken the road less traveled by and moved our home. This poem by Robert Frost has always spoken to me not just of diverging roads, but of taking risk. Taking the risk to purchase and renovate and move down a new road for KUF, hopefully one of growth and spirituality, we have made a difference. That first Sunday I sat with my eyes closed in thought and hope for our new space. I feel each time I am in 206 a new energy about KUF. We are looking toward a future with growth and excitement about all the things we can accomplish.

Yet we must continue to ask meaningful questions. One question that I asked of myself was: Did I, as President, and we, as the Board, do what we

could to keep the renovations moving forward to allow occupancy while keeping the cost controlled? The answer for me is yes. I have been part of the process since becoming President in May 2011 and truly feel that we have done what the congregation asked and followed what the city demanded of us. Are there things that I would have done differently in hindsight? Of course. That is the beauty of hindsight. The Board has developed plans to help us through these times and I know that KUF will become a large presence in the Kingston community.

Please contact me with any meaningful questions or concerns around any items, but particularly around our new building. The Board is always open to suggestions and any volunteers who want to help.

At our January Board meeting we had some items beyond that budget processes:

- The Board and Leader retreat has been moved to February 25 with Liz James. The focus is around growth, particularly within our new building.
- The Grand Opening for 206 has been set for Sunday, April 15 after the service. The Sunday Services committee will be working on this, and if you have any ideas please pass them on.
- The music committee has been looking at finding a baby grand piano for our space.
- We officially welcomed Jeri Mooney as a new member (was originally done by email vote).
- The Mindfulness for Daily Living retreat will be from April 22 to April 28.
- The contract with Mike Scranage as our real estate agent will be extended for the sale of 214 Concession. We have also asked him to help find lessees for 206.
- The Coordinating team has developed a sign policy for the front of 206, which in summary states that all signs will be simple words with no big flash.
- The Coordinating team and the building committee have updated what each will be responsible for in regard to 206.
- The Shared Ministry Evaluation forms will be distributed regularly starting on January 15 and the listening session will be March 4.
- A Fundraising committee was approved – now we just need volunteers to participate. If you are interested in helping KUF through fundraising, please let me know.

Have a safe and wonderful February. Maybe try a path less traveled by or find the meaningful questions to ask.

Salutations to All from RE

Shawn Cox

Chinese New Year has just passed and we were lucky enough to have Susan Yee come talk to us and share with us some of the costumes, traditions and foods that commemorate the Chinese New Year on January 29. It wasn't what had been originally planned, but it was wonderful to be able to have some flexibility and enrich the RE experience in this way!

Nancy Burget has organized a ski trip on the weekend of February 4 and 5, and it looks like there will be some good snow for those who are going. Those who stay behind are going to start planning and working on large murals that will be painted on large boards and will be used to adorn our RE walls.

So on February 12, we will do what originally was planned for January 29. The children age 9 and under will be looking at "Birth Stories." We will be discussing the story that is told about Christ's

birth and the origin of the Buddha, and we will make a shrine for Buddha. The children who are 10 years and older will be "thinking of God." What does it mean to you to be in touch with God? What is your "theology"?

On February 19, the theme for the 9-and-under children is "Unique and Wonderful You." We will share our own personal creation stories and make pictures of ourselves. And the topic for children 10 and up will be "Out of Nothing," a world of wonders with talk about evolution.

Finally, on February 26, the younger children will continue working on the murals together to make beautiful and colourful representations of Unitarian philosophies. The children over 10 will be "Thinking of Death," taking a frank look at our beliefs about death and how the idea of capital punishment ties in.

If anyone has something that they would like to offer, such as a story, costumes, insight, or a tradition that they think would benefit the youth RE please feel free to see me.

KUF to Paddle the Rideau August 10-18, 2012

by Rick Hatton

With your involvement and support, this exciting and innovative project will raise money through pledges for the completion of further renovations and improvements to our new Fellowship building. This is the year of the 180th Anniversary of the completion of the Rideau Canal system, and a team of approximately 20 determined and hearty participants from KUF will paddle canoes and kayaks August 10-18 along the length of the Canal from Kingston to Ottawa, camping at selected sites along the way.

The Rideau Waterway, located in our own backyard, is a UNESCO World Heritage Site that is rich in natural beauty and steeped in history. Our project was launched with a general briefing on

January 8 at the KUF Outdoor Day, held at the Little Cataraqui Nature Reserve. We had a great start - interest in the project is clearly growing,

excitement is building and the response so far has been very encouraging. The Interest List is open and several KUF members have indicated interest in participating as paddlers or as members of our Logistics Support Team. The first meeting for the participants and the Support Team was held on Sunday, January 29. The next meeting will be held in March at a date to be advised.

There are still spots available to participate as a paddler or as a member of our Logistics Support Team. The interest list is available next to the "Paddle the Rideau" information board at the back of the Worship Space. You can also assist directly in the campaign either by pledging funds to support one of our paddlers, or by helping to solicit support from others on our behalf, using our special pledge forms.

For further information and registration contact Rick Hatton at hatton_coward@yahoo.ca or by phone.

Worth the Wait!

by Kathy Sage

We had to postpone our fall Board and Leaders Retreat, but our Retreat on Saturday, February 25, 9 am to 3 pm will be worth the wait. Everyone at KUF is welcome – we include “future leaders” among the leaders!

This is our once a year Saturday visioning day and we want your vision, ideas, and interest to be included. Please sign up (at sign up table) so our lunch count is accurate. Liz James is a UU growth service consultant with the CUC and was a very dynamic leader at our Retreat last year. She will help us look at our new building through the eyes of how WE want to grow as KUF, in depth as well as welcoming newcomers.

Liz writes: “Come on in - there's lots of room! With KUF's new space, it is poised to welcome people from all walks of life looking to deepen their lives in an atmosphere of exploration.” Join us for a weekend of learning about congregational growth, discussion of KUF's current practices, and concrete planning for its future. How do people first find out about Unitarianism? What do they look for when they first arrive? What practices help people put down roots in the community and eliminate the “revolving door?” What do growing small congregations - who can't sponsor huge publicity campaigns or elaborate membership programs - do differently that allows them to provide a warm home for those who are searching?

Caring Connection

The Caring Connection Dispatcher for February is Jan Steinmetz. She can be contacted by phone or by email at janwal@ca.inter.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.

Musical Note: *LET YOUR HYMNAL SING!*

Phyllis Robbins

Is your hymnal at home suffering from *hymnalitis* (a lack of usage, or, worse yet, a gathering of songbook dust)? Does it long to be back at KUF to join with other hymnals and songbooks? Help restore your at-home hymnal to good health by returning it to the songbook case at the rear of our sanctuary. The KUF HYMNAL AMNESTY is now being offered, cost-free!

On the other hand, if you would like to purchase a hymnal or other songbook to help augment our supply, please phone Phyl Robbins (number in the church directory) or email her at phrobbins@cogeco.ca. You can order a book or two to use at KUF or to donate to KUF. A nameplate with your name and/or message can be inserted in the front of your book(s) if you so wish.

Behind the Headlines

John Foster and Millie Morton

Behind the Headlines meets on Monday, February 13 from 7:00 to 8:45 pm at the home of John Foster and Millie Morton. The topic will be “The Occupy Movement: What’s It About?” Why is it happening in Canada? Elsewhere? Who is part of it? Why is it important, or not? How is it linked with rising inequality and a democratic deficit?

Come share or listen, as you wish. The intent is to glean what’s new in the world, sort out facts from propaganda, and exchange views, while respecting each other as friends. Advance readings (optional) will be emailed by February 10. New participants are welcome, and carpooling can be arranged.

For more information, contact the coordinators at johnandmillie@sympatico.ca.

Changes for Open Circle 2

Anne Graham

Open Circle 2, the second KUF Book Club, has decided, in order to avoid confusion on calendars and announcements, to change our name!! We are now the 3L Book Club - which in full is “Live, Love & Laugh” Book Club. Watch for us!

Child Haven 2012

Mary Ann Higgs

Starting on Sunday, January 22, tickets for our Child Haven International fundraiser 2012, "Chai-Chaat* & More!" will be available after service. We also will have mini-posters, which are ¼-page size, that you can distribute to friends, neighbours, and co-workers to ensure a sell-out crowd and more moneys for some of the 'most beautiful children in the world!'"

Our Senior youth will be our elegant servers, there'll be entertainment and Fred & Bonnie Cappuccino, of course. If you'd like to take a small block of tickets to sell, contact Mary Ann Higgs maryannhiggs@gmail.com. Please note that Cindy Harvey is still our registrar for tickets, so it is her phone number that appears on the poster. And Novel Idea has graciously agreed to be a downtown venue for ticket sales. Child Haven's office takes Paypal via their website. Win/win/win!!!

KUF Ski Trip at Calabogie

by Nancy Burget

The KUF ski trip will be held February 4 and 5 at Calabogie Peaks Ski Resort.

Plan to meet at Calabogie Peaks Resort for an afternoon of skiing on the 4th and another day of skiing on the 5th! There will be tubing for the kids after skiing on the 4th. Fundraising pays for before-dinner beverages and snacks for the adults and dinner for the kids on Saturday, as well as Sunday lunch for all! Dinner for the adults will be at

Canthooks Restaurant, and a movie for the kids in the theatre room at Calabogie Peaks Resort is planned for the evening of the 4th.

Day trippers, including youth, can sign up for the Sepp's ski bus departing at 7 am on February 5. The \$65 cost includes round trip transportation and a lift ticket. They can then join the group for lunch. Please contact Nancy Burget at nancyburget@gmail.com to let her know if you are coming or if you need information on overnight accommodation options.

Newcomers' Session – February 2012

by Sarah Adams

Our next Newcomers' Session will be on February 12, 2012 after the service from 12:00 pm to 1:00 pm.

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 notify us by phone, e-mail or by signing the sheet at our sign-up table at least one

week in advance. We will 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.

If you have been considering becoming a member of KUF, this is an opportunity to have your questions answered without any expectations.

Please sign up at the sign-up table on the second floor of our new building at 206 Concession Street, or contact Sarah Adams, membership chair, at sadams@cogeco.co or by phone so that we will know the quantity of snacks to provide and any childcare arrangements required. We look forward to seeing you.

The Wonder of It - And the Cost

by Allan Hammond

Our meeting room in the new building has provided us with several pleasant surprises: the sunshine coming in at almost any time of day is beautiful - in the morning through the east windows, at noon through the skylight and in the afternoon through the west windows; the acoustics are unexpectedly good as Phyllis Robbins and the Vocal Volunteers can attest; the furnaces are able to raise the temperature fairly quickly; not having to move the chairs after the service is great. But there is one unpleasant surprise in the building:

The unexpected high cost of some renovations because of unforeseen changes that were required. Among these changes were two steel I-beams in the RE space to provide additional support for the second floor, the replacement of the concrete stairway to the second floor at the front of the building by two fire-separated steel stairways, additional fire alarm provisions, and failure of a computer board that operated the elevator. These changes amounted to about \$80,000, and there were others as well. The Board and Coordinating Team worked hard to keep control of costs while aiming to complete the necessary work so that we could move

into 206 within a reasonable time frame. Nevertheless, the total expenditures thus far have amounted to nearly all of our capital campaign donations, including those due in the next few years. Hence, the board is arranging some bridge financing, and we are having to delay other planned renovations. It is important to distinguish between the building renovations budget financed by the capital campaign and the regular operating budget financed by the 2012 pledge campaign (and other sources) as approved at the congregational meeting on January 22. All of the costs mentioned above are part of the building renovations.

While controlling costs has been a challenge, we are encouraged that Capital Campaign contributions have continued to come in and we now have a total of \$344,000 pledged, which is 132% of our goal of \$260,000. This is a wonderful response by KUF members and friends from New Brunswick to Victoria. We will continue to seek contributions and are developing fund-raisers that will be fun for our members and the community. Here's one: Mark your calendars now for a special evening with Charlie Chiarelli on April 28, and watch for more events to come!

DEMOCRACY DISCUSSION Sunday February 19 Noon – 2:00 pm All Welcome

How do we make our voices heard? As Unitarians and Universalists, it is one of our principles to use “the democratic process within our congregations and in society at large,” but what do we actually mean by that? What is “the democratic process” and how do we make of it a living, active thing that helps us build vital religious communities? That's the question the Active Democracy Study Group of the Canadian Unitarian Council is asking our congregations to consider this spring, especially as it applies to how we “do” democracy within the CUC itself, our national council of congregations.

Come join the conversation about Active Democracy after the service on February 19th as we reflect on four touchstone questions:

1. Delegates to the annual meeting of the CUC are selected to represent our member congregations, but are there other stakeholders whose voices we may want and need to hear, and if so, how do we assure that their perspectives are voiced?
2. How do we select delegates and how do we want them to represent us?
3. What about people who can't get to annual meetings? How can we develop electronic voting and other forms of electronic participation?
4. How do we make decisions and who makes them? What are the respective roles for the delegates at the annual meeting, for the board, for the staff, and what are the other ways in which individual congregations and individual people can make their voices heard?

February 2012

Reverend Kathy Sage has office hours but can also be contacted for appointments: 613-544-8777 or kufmin@kingston.net
 For updated KUF Google calendar, go to <http://www.kuf.ca/calendar.shtml>

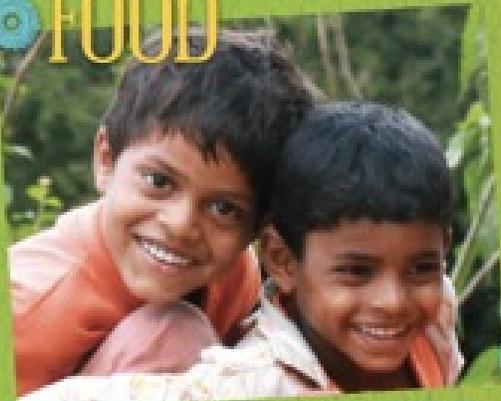
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<ul style="list-style-type: none"> 9:30am Quaker Rental 9:30am VV Rehearsal 10:30am Sunday Service & RE 12pm World Religions 12pm Info "Paddle the Rideau" 12pm Cheese Delivery 			<ul style="list-style-type: none"> 12pm KUF Explore 5:30pm IHM 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 2pm Membership & Caring Cmte 		<ul style="list-style-type: none"> 9am Turn of the Wheel 9am-1pm IHM Main Hall Ski trip to Calabogie
5	6	7	8	9	10	11
<ul style="list-style-type: none"> 9:30am Quaker Rental 9:30am VV Rehearsal 10:30am Sunday Service & RE 12pm KUF Lunch bunch 12pm Social Action Facilitation Ski Trip to Calabogie 		<ul style="list-style-type: none"> 4pm Sunday Service Cmte 7pm KUF Board 7:30pm Open Circle 	<ul style="list-style-type: none"> 12pm KUF Explore 5:30pm IHM 9pm KUFLinks Deadline 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 2pm Book Group 	<ul style="list-style-type: none"> 12:30pm Writers' Group 	<ul style="list-style-type: none"> 9am-1pm IHM Main Hall
12	13	14	15	16	17	18
<ul style="list-style-type: none"> 9:30am Quakers 9:30am VV Rehearsal 10:30am Sunday Service & RE 12pm Newcomers' Session 12pm World Religions 	<ul style="list-style-type: none"> 7pm Behind the Headlines 		<ul style="list-style-type: none"> 12pm KUF Explore 5:30pm IHM 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 		<ul style="list-style-type: none"> 1-3pm COM Off-site
19	20	21	22	23	24	25
<ul style="list-style-type: none"> 9:30am Quakers 9:30am VV Rehearsal 10:30am Sunday Service & RE 12pm Democracy and Unitarians 12pm Shared Lunch and Birthdays 		<ul style="list-style-type: none"> 5pm Lay Chaplaincy Cmte 6pm Facilitators meeting Soul Meters 7:30pm Open Circle 	<ul style="list-style-type: none"> 12pm KUF Explore 5:30pm IHM 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 	<ul style="list-style-type: none"> 12:30pm Writers' Group 	<ul style="list-style-type: none"> 9am IHM 9am KUF Board & Leaders Retreat
26	27	28	29	1	2	3
<ul style="list-style-type: none"> 9:30am Quakers 9:30am VV Rehearsal 10:30am Sunday Service & RE 12pm Cheese Orders Due 12pm Soup Fundraiser Sr Youth 			<ul style="list-style-type: none"> 12pm KUF Explore 5:30pm IHM 	<ul style="list-style-type: none"> 12pm Brown Bag Lunch & Kathy's Office Hours 2pm Membership & Caring Cmte 		<ul style="list-style-type: none"> 9am IHM



Child Haven International

A BENEFIT TO SUPPORT CHILDREN'S HOMES IN INDIA, BANGLADESH, NEPAL & TIBET

FOOD



Sat March 31, 6:30 pm



Memorial Hall

City Hall, Kingston, ON

ENTERTAINMENT

Chai - Chaat* & More!

*that which excites the palate
(savouries & sweets)

Tickets \$35

Jack "the Happy Chef"

Cash Bar with specialty
beverages, wine & beer

Limited tickets for very
popular event so please
purchase in advance.



MARKETPLACE

SILENT AUCTION

Get your tickets **now** at Novel Idea (156 Princess Street)
or from Cindy Harvey: 613-389-9154, harveyc@kos.net



www.childhaven.ca