



**Services March 2012**

**March 4 "Bread and Roses" Service Weaver, Anne Coward**

In 1912, life's glories were not shared equitably and the textile workers of Lawrence, Massachusetts went on strike for better wages and working conditions. We'll learn their story and sing the song that commemorates their struggle as we observe International Women's Day: "... a sharing of life's glories, bread and roses, bread and roses!" from "As We Come Marching, Marching", song # 109 in "Singing the Living Tradition".

**After the Service:**

**12:00 "Listening Session" with the Committee on Ministry. Learn the results of the Shared Ministry survey & share your comment.**

**March 11 "Back from the Road and No Bells Allowed" Rev. Kathy S. Sage**

Have we ever recovered from the Great Ejection of 1642? The 350th

anniversary of the Act of Uniformity provides an excellent background for pondering the lingering results of an era when nonconformists were punished in England (perhaps as many as 8,000 died in jails). How do you recognize a Unitarian chapel in England today? If built in a certain era it was required to be set back from the road and allowed no steeple or bells. A small dose of history, but as much about wondering how we make a difference in our decidedly Loyalist community. Our theme this month is PERCEPTION.

**Lunch Bunch at Panda Garden Buffet in Kingston Centre**

**March 18 Rev. John Marsh preaching in Kingston and Rev. Kathy Sage at Ottawa First.**

It's an old Unitarian tradition for neighbouring ministers to "exchange pulpits" --- (the minister -- not the furniture). Our closest Unitarian neighbours are more than a stroll away as in Boston, but John and I hatched this idea on the long drive to Fredericton for the ERG last October.

**"Occupy King Lear"**

One of the themes of Shakespeare's "King Lear" is the relationship between those who have wealth and power those who do not and the obligations that arise because of these circumstances. It also concerns the difficulty of

giving away any of one's wealth. We'll face this issue directly as there will be a special offering at this service for the Canadian Unitarian Council's "Sharing Our Faith" program-- a program to promote our faith throughout Canada. John Marsh serves as minister to the First Unitarian Congregation of Ottawa. He studied English literature as an undergraduate and recently had the distinction of being the first person in 17 years to check out the audio recording of Nothrup Frye's 1962 Massey lectures at the National Library.

**March 25 "How Sustainable Do You Want to Be?" Rev. Kathy S. Sage**

What strategies are people using to become sustainable regarding energy, food, water, and community? Have you considered going "off the grid"? A small city garden could feed a family -- what would it require? Do you save seeds from your crop or rely on the growing monopoly of hybrids? I find this a challenging topic and have considered it over the years and never been willing to make the commitment. Do we even want to know more or find topics like "peak oil" too depressing?

**Shared Lunch & March Birthdays, Amnesty International Letter Writing**

**Child Haven International**

Our annual Saturday Night benefit for children

Memorial Hall City Hall  
Tickets: Novel Idea or KUF

**March 31 6:30pm**

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

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

## Sage Musings

The coming of March holds the promise that we've made it through another winter. As I write in mid-February I'm not sure whether I'm lamenting that I never found enough snow to cross country ski or snow shoe, or that I'm grateful that I never had to drive in heavy snow. It's too soon to know.

That feels like a good description of our state of being at KUF: in-between and too soon to know. But so much has been accomplished in a short time and more than one person has mentioned that it seems like we've always been here. And there are some newcomers for whom 206 Concession is the only KUF that they have known. RE is happy with the large open space for activities, and making do with finding the washrooms in the hallway and directing adults to their destination. We're getting better acquainted as the "upstairs" and "downstairs" world of adults and children at 214 seems like a long time ago. It's too soon to know if the mingling will lead to more volunteers with our growing group of children.

We're exploring how to use all of our space. Some rooms are quiet, others cooler, some have nice light and some are cozy and tucked away. We have a lot of interest in Social Action and Social Media and we are experimenting with when we want to be a "technology (free) sanctuary" and when and how to be "savvy technicians" in communicating who we are as KUF. One of our three Queen's work-study students is spending time with us on Fridays from 1 - 2 pm in March helping us learn how to produce Youtube shorts, iMovies, and who knows what else. I "experimented" with Wednesday noon KUF-EXPLORE and found there wasn't much interest for a mid-week "something different each week" time. But a six-week Yoga class at 11:30 am on Fridays is a "go" if enough people sign up, and then we'll switch gears to KUF-EXPLORE-Tech from 1 - 2 pm.

Painting continues as well. If you arrive a bit sleepy-eyed on a Sunday morning the raspberry and pink stairwell will wake you up! Lime in the front entrance, apricot in the main hall, raspberry in the west stairwell and lemon in the office. A theme is emerging. Unpacking and sorting continue and several such projects are working toward our *April 15 Grand Celebration and Open House*. Invitations

• have gone to the CUC & Kingston Interfaith and  
 • Community. Open house is at 2 pm, and at 3 pm is  
 • a celebration in the Main Hall. With refreshments  
 • and open house to follow. As people move  
 • around the building we hope to have  
 • music playing. Please contact Cindy

Harvey if you can help in any way or plan to attend, and invite others to KUF.

Our theme for March is PERCEPTION. The Soul Matters groups will be exploring ways of looking at our world and how we focus. I love the conversation that occurs in every Newcomer session and I learn so much about how the perception of "church" or "community" unfolds at KUF. What draws people to KUF has a lot to do with PERCEPTION. What is this group called Unitarian in the middle of an old Loyalist stronghold? How could any version of religion have any relevance today? Why don't we look like other churches? I found some surprising historical nuances that might shift our PERCEPTION by examining the events of 1642 and the 350th anniversary of the Act of Uniformity (March 11). If you subscribe to my blog (<http://sage-musings.blogspot.com/>) I believe you are sent an e-mail when I post.

The revised Winter/Spring 2012 Adult RE brochure is available at KUF. Yoga will be offered if enough people sign up. With nearly 20 excited paddlers intending to Paddle the Rideau this summer there is a renewed interest in fitness and health, and those of us who have enjoyed Yoga with Bev at Unirondack know how accessible her classes are. Anyone can register for the series of 6 classes.

KUF will again be holding and co-sponsoring a "Mindfulness for Daily Living" retreat with Norman Feldman from April 22-28. Contact me if you would like to hear more. An issue important to many will be addressed by the Executive Director of Dying with Dignity the evening of March 26. Our "big event" of each year, the Child Haven fundraiser, will again be held at Memorial Hall, City Hall on Saturday night, March 31. Encourage neighbours and friends to join you for an inspiring evening with Fred and Bonnie. On March 29 from 12:15-12:50 I will be sharing with Deb Schuurmans the Thursday noon-time series at St. Georges Cathedral. The theme is Harmony, with readings and piano. Also for your calendar: a fundraiser evening with Charly Chiarelli, Saturday, April 28.

What's your PERCEPTION of KUF? I always welcome a conversation; my office hours are most Thursdays noon - 1:30 pm and Friday afternoons as well (but I am out of town March 1-4). The Committee on Ministry is holding a Listening Session at noon on March 4. All are welcome to share perceptions and explore the recent Shared Ministry evaluation.

I look forward to seeing you at KUF in March.  
 Kathy

## President's Board Report

Cindy Harvey

March is a month of change. The weather changes bringing lots of wind – one day warm, the next cold, although our whole winter seems to have been this way. The first day of spring brings a change of seasons and some hope of better weather. For students and teachers, March break brings a change of pace with some time off school. And for me personally, I start looking at changing things in the house – maybe just an early start to spring-cleaning.

For KUF, however, I am hoping that March will bring less change. We have been through so much change over the last few months, that *not* changing would actually be a change. We now seem to be down to the simple everyday living questions, such as who buys the paper towels and where did I put that thingamajig. We are finding ways to fit together within our building for meetings, rentals, and ongoing decorating work. All of these new issues take patience and a whole lot of planning. If you have any questions, concerns, or comments, please contact me. If you have an interest in helping in some way, please contact me.

I would like to again thank the people who make all the changes happen at KUF, as well as all the people who keep us moving forward. I am truly honoured to be able to say that I am president of KUF.

Looking back at some changes and events, February was a very busy month for the Board. The following are some of the highlights from the Board meeting:

- Joe Pater has been appointed Vice-President for the rest of this term
- Anne Coward has been appointed Member-at-Large for the rest of this term
- An Open House at 206 is being planned for April 15 from 2 – 4 pm. We will be asking for attendees (volunteers???) to help provide refreshments.
- Kim Irvine-Albano has been nominated as lay chaplain and will be doing some training through the CUC in the spring
- The Board approved a sabbatical plan for Kathy for Feb. 1, 2013 – Dec. 31, 2014 for a total of 5 months, with the sabbatical breaks spread out over that time frame
- The KUF writers group is putting together the history of KUF
- Adult RE will be holding yoga classes at KUF in the spring. Watch for more information

And of course our two most exciting moments were when Kathy became a Canadian citizen and 214 Concession was sold.

I wish you all a happy March and (in???) whatever change comes your way.

## Listening Session with the Committee on Ministry is March 4, following the Service

You had a chance to fill out the Shared Ministry Evaluation that we conduct every two years. How are “we” doing? Hear the report about how you evaluated the minister, yourself, and KUF as a group. The listening session will report what was shared and ask for your additional comments. The Committee on Ministry meets most months and its purpose “...shall be to strengthen the quality of shared ministry within KUF, to promote listening and feedback between the minister and the congregation and to assist with planning relating to the minister’s work and professional development.”



## Salutations to All from R.E.

Shawn Cox

In March the curriculum for youth ages 10 and down will be learning about Unitarians who exemplified UU principles. Ages 11 and up will continue with wrestling with the “Big Questions.”

On March 4, the younger class will learn about “the story collector”, a lady named Sophia Fahs. She was an early Unitarian R.E director who developed a youth-based approach that encouraged questioning. The older group will be deciding on what’s “right and wrong”, with some discussion on the gray areas.

March 11 will be “Happy Equinox!” It also will be March break, so have fun all those who will be travelling. The youth who come to KUF will be working together on the murals. We are painting on 4x4 sheets of panelling (thank you, John - much appreciated!)

On March 18 (Happy Saint Patty’s Day!) we will continue working on our murals and hopefully hang one or two of them and admire our art work.

On March 25, March break is over, so it’s back to school and back to the curriculum. The 10-and-under group will be learning about the life of Beatrix Potter, “the girl who used her imagination.” We will talk about her and share some of her well known stories. The discussion topic for the older group is “To Tell the Truth.”

Thank you all those who offer donations - your thoughtfulness is very much appreciated. Our time is very full with curriculum, crafts and activity; as the unpacking continues most toys are being re-donated, with a few exceptions such as Legos! , If anyone has acrylic or latex paints and/or paint supplies that they wish to donate, we would be very grateful.

The one other thing on the Youth RE wish list for donations is a large, clean (hopefully) round rug.

Thank you and see you on Sunday.

## The 2012

### Spiritual Leadership Symposium

Ottawa, May 18-20, 2012

*Spiritual Leadership*

**SYMPOSIUM**

2012



MANY CANADIAN UU leaders have expressed a need to develop *spiritual leadership that lives, out in the world, the values expressed by our seven principles*, and to explore how spiritual leadership helps us discern meaning in our lives.

The 2012 **Spiritual Leadership Symposium**, jointly organized by the Canadian Unitarian Council and the UU Ministers of Canada (UUMoC), will gather a multigenerational community to seek answers to these questions through worship, workshops, music, arts, and discussions that will engage our heads, hearts, and hands — taking us far and deep into a greater understanding of shared ministry, and renewing spirit and leadership across Canada.

It is a new kind of event, held this year in place of the CUC annual conference.

We hope you will join us, and carry the flame back to your congregation and UU communities. Not sure whether the Symposium is for you? [This post](#) will tell you.

## Behind the Headlines

John Foster and Millie Morton

**Behind the Headlines** meets Monday, March 12 from 7:00 -8:45 pm at the home of John Foster and Millie Morton. The topic will be "The Food Movement: Opting Out of the Industrialized Food System." From Slow Food to Fair Trade, from Eating Local to eating Organic, people are hungry for an alternative to mass-produced food. Why? What's happening in Canada? Elsewhere? What is the government's role? Can corporations provide safe and ethically-produced food?

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 March 9. New participants are welcome, and carpooling can be arranged. For more information, please contact the coordinators at [johnandmillie@sympatico.ca](mailto:johnandmillie@sympatico.ca)

## Mindfulness for Daily Life Retreat will occur this year April 22-28.

This is a "non-residential" insight meditation retreat with Norman Feldman and is a program offered through our Adult RE committee. It will be held at KUF with orientation and instruction Sunday pm and weekday meditation at 7 am and again in the evening. This retreat is limited and pre registration is required. Cost: \$75 registration and donation (dana) to teacher.

See poster on page 7 and registration form at KUF, or e-mail [lindayoga@kos.net](mailto:lindayoga@kos.net) or call for information. Please pick up an updated Adult RE brochure at KUF.

## Fundraiser for the New Building

Charly Chiarelli will perform his much acclaimed one man show, "Cu'Fu?" on April 28 at 7:30 pm. Tickets (\$20, refreshments included) available at KUF or from Anne Chiarelli: [chiarelli3@sympatico.ca](mailto:chiarelli3@sympatico.ca) or by phone.

## Your Right to Die as You Choose

Monday March 26, 2012

7:00 – 8:30 pm Kingston Unitarian Fellowship

In 1993, Sue Rodriguez asked the Supreme Court of Canada for the right to medically-assisted dying so that she would have a peaceful way to end her suffering. In 1994 the Supreme Court of Canada ruled against her by a 5-4 decision. A lot has changed in the two decades since that decision was handed down.

Join **Dying With Dignity Canada's** Executive Director Wanda Morris for this informative and engaging evening and learn about:

- the laws around assisted dying in Canada and around the world,
- the 2011 right to die challenge brought forward by Gloria Taylor and others in BC
- the 2011 report by the Royal Society of Canada on assisted dying.

Even though two-thirds of Canadians support choice in dying, others have questions and concerns; in this session Wanda will also address some of the commonly held concerns about legalizing assisted dying at end of life.

This session is sponsored by Kingston Unitarian Fellowship.

## Kripalu Yoga Classes (KUF Adult RE)

Six sessions of gentle yoga at KUF

March 8 - April 13, 11:30 am - 12:45 pm

\$90 for the six sessions (a minimum of 6 people must be registered.)

For information please contact Bev Hummitzsch [santoshabev@hotmail.com](mailto:santoshabev@hotmail.com) or by phone.

## Caring Connection

The Caring Connection dispatcher for March is Sarah Adams. She can be contacted at [sadams@cogeco.ca](mailto:sadams@cogeco.ca) or by phone.

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

**Summary of Comments Report from the Fall Canvass**

Beth Pater and Anne Coward  
Co-chairs, 2011 Fall Canvass

A very important part of the annual fall canvass is having conversations that generate suggestions and ideas concerning the many aspects of the Kingston Unitarian Fellowship. The comments that were recorded on the pledge sheets have been summarized to let you know the main themes and ideas that were discussed. More specific comments will be presented to the KUF Board and sent to the committees for consideration and implementation where possible.

Not surprisingly, a frequent topic was the then-imminent move to our new meeting hall at 206 Concession St. People in general are excited about the move and hope that in the new building we can attract new members. Improved accessibility and more parking are seen as definite pluses. There is some anxiety about meeting the costs of renovating the new space and being able to sell our former meeting hall soon. It is seen as important to keep the congregation informed on these matters. At the same time it is hoped that more community groups will want to rent rooms for meetings and events and KUF having long-term tenants. Beautification of the new space was mentioned as

a desired priority. Much appreciation was voiced for the Board and the many volunteers who are working so hard to facilitate the move.

There were many comments about the Sunday services having improved by including “service weavers” and more focused talks. It was suggested there be more time allocated for congregational response to the talks. Varied services are appreciated and several people who desire more spirituality said they are finding that in the new “Soul Matters” groups.

Many people appreciate the music at our services and salute the Vocal Volunteers and our pianist. Several singers expressed their pleasure in being in the choir.

Frequently highlighted was gratitude for the religious education programs for children and youth. The OWL and mentoring programs were reported to be very important.

A desire was expressed by several individuals for coordinated social action within the congregation. Two people mentioned the idea of starting programs that could have an impact on the surrounding neighbourhood.

Thank you to all who participated in the 2011 Fall Canvass for sharing with KUF your gifts of time, energy, financial support and caring. We have an exciting year ahead of us!

**KUFLinks Editor Wanted!**

Mary Cameron

Kate, our wonderful KUFLinks layout editor, will be finishing her studies at Queen's and moving on in the near future. So we're looking for a new layout editor, someone who has computer publishing skills or who would like a new challenge. Working with a team that edits and gathers material, the layout editor job involves arranging the text provided by the content editor into newsletter format once a month.

The time commitment is generally 3 hours a month, but probably would be more for the first 1-3 newsletters, depending on your experience. Contact Kathy Sage or Mary Cameron if you're interested or if you would like more information.

**Child Haven International**  
A BENEFIT TO SUPPORT CHILDREN'S HOMES IN INDIA, BANGLADESH, NEPAL & TIBET

**FOOD**  
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.

**ENTERTAINMENT**  
SILENT AUCTION

**MARKETPLACE**

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

**Mindfulness in Daily Life Retreat  
with Norman Feldman  
April 22-28, 2012 - Kingston, ON**



***This non-residential insight meditation retreat*** begins Sunday, April 22, from 2:00-8:30 pm followed by **early morning and evening meditation sessions** from Monday to Friday (7-9 am, 5:30-8:30 pm) concluding with a half-day retreat on Saturday, April 28, 9:00 am- noon.

Weekday sessions include meditation each morning at 7:00 am followed by breakfast and presentation of a dharma theme for practice and inquiry each day. In the evenings at 5:30 pm is a vegetarian dinner, followed by meditation, a dharma talk and discussion. The emphasis is on bringing the practice into normal daily life activities through mindfulness and inquiry, with an exploration of various themes relevant to daily life.

The shared breakfasts and dinners provide opportunities for further discussion as well as sangha (community) building.

### ***Payment***

The payment of \$75.00 covers costs for the retreat and a donation is paid by each participant to the teacher at the end of the retreat. The cheque for \$75.00 should be made out to True North Insight. To confirm your participation, please send a cheque to: Linda Tucker, 961 Clearfield Cres., Kingston, Ontario, K7P 1Z7.

In the Buddhist tradition, the teachings are freely offered. Following this tradition, Norman does not receive payment for his teaching. For his livelihood, Norman is dependent on the generous, voluntary support of those who attend. This generosity is called *dana*. Through the retreat there will be a box for offering *dana* for Norman. There will also be a *dana* box to Support True North Insight.

### ***Location***

The retreat will take place at the Kingston Unitarian Fellowship Building, 206 Concession Street, where there is ample parking.

### ***Teacher***

Norman Feldman has studied and practiced meditation since 1971 and has been leading Insight meditation retreats internationally since 1986. He is one of the founding members and guiding teachers of True North Insight Meditation Centre  
[www.truenorthinsight.org](http://www.truenorthinsight.org)

For more information contact Linda Tucker at [lindayoga@kos.net](mailto:lindayoga@kos.net) or by phone.

# March 2012

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

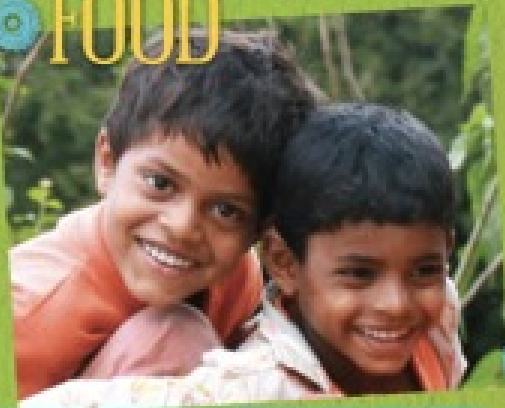
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26</p> <ul style="list-style-type: none"> <li>9:30am Quaker Rental</li> <li>9:30am VV Rehearsal</li> <li>10:30am Sunday Service &amp; RE</li> <li>12pm Workshop with Liz James</li> <li>12pm Soup Fundraiser Sr. Youth</li> </ul>	<p>27</p>	<p>28</p> <ul style="list-style-type: none"> <li>2pm Soul Matters Susan &amp; Carole</li> <li>7pm Soul Matters Hammonds &amp; John</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>10am Soul Matters Barbara</li> <li>12pm KUF Explore</li> <li>5:30pm IHM</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>2pm Membership &amp; Caring Cmte</li> <li>4-6pm Open Circle (off site)</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>1:45pm KUF-EXPLORE</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>9am-1am IHM Rabbi Visit and Rel School</li> </ul>
<p>4</p> <ul style="list-style-type: none"> <li>9:30am Quaker Rental</li> <li>9:30am VV Rehearsal</li> <li>10:30am Sunday Service &amp; RE</li> <li>12pm Cheese Delivery</li> <li>12pm Listening Session, Cmte on Ministry</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>6:30pm Soul Matters Belleville</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>7pm KUF Board</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>4pm Rental</li> <li>4pm Sunday Service Cmte</li> <li>5:30pm IHM</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>12pm Brown Bag Lunch &amp; Kathy's Office Hours</li> <li>2pm 3L Book Group</li> <li>7:30 Open Circle</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>11:30am Yoga Class</li> <li>1:45pm KUF-EXPLORE</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>9am Seedy Saturday</li> <li>1:30pm Choir Practice</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li>9:30am Quakers</li> <li>10:30am Sunday Service &amp; RE</li> <li>12pm Lunch Bunch</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>7pm Behind the Headlines</li> </ul>	<p>13</p>	<p>14</p> <ul style="list-style-type: none"> <li>9pm KUFLinks Deadline</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>12pm Brown Bag Lunch &amp; Kathy's Office Hours</li> <li>4-6pm Open Circle (off site)</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>11:30am Yoga Class</li> <li>1:45pm KUF-EXPLORE</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>9am Turn of the Wheel</li> </ul>
<p>18</p> <ul style="list-style-type: none"> <li>9:30am Quakers</li> <li>9:30am VV Rehearsal</li> <li>10:30am Sunday Service &amp; RE</li> <li>12pm Lunch Bunch</li> </ul>	<p>19</p>	<p>20</p> <ul style="list-style-type: none"> <li>6:30pm Story Telling</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>5:30pm IHM</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>12pm Brown Bag Lunch &amp; Kathy's Office Hours</li> <li>7:30pm Open Circle</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>11:30am Yoga Class</li> <li>1:45pm KUF-EXPLORE</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>9am IHM</li> </ul>
<p>25</p> <ul style="list-style-type: none"> <li>9:30am Quakers</li> <li>9:30am VV Rehearsal</li> <li>10:30am Sunday Service &amp; RE</li> <li>12pm Cheese Orders Due</li> <li>12pm Shared Lunch and B-days</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>7:30pm Talk by Dying with Dignity Director</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>2pm Soul Matters Susan &amp; Carole</li> <li>7pm Soul Matters Hammonds &amp; John</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>10am Soul Matters Barbara</li> <li>1pm Soul Matters Kim</li> <li>5:30pm IHM</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>12:15-12:50pm HARMONY at St George's, Kathy &amp; Deb</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>11:30am Yoga</li> <li>1:45pm KUF-EXPLORE</li> <li>6:30pm Junior Youth Group</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>9am IHM</li> <li>6:30pm Child Haven</li> </ul>



# 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](http://www.childhaven.ca)