



**Services for January 2013**

**Tuesday, January 1, 12:30 pm  
Annual Community Interfaith  
Service** THEME: Wholeness

With several faith community speakers. The offering this year will go to the Kingston Community Chaplaincy program. Light refreshments following.

**January 6, 2013  
12 – 4 pm Potluck at noon  
Little Cataraqui Outdoor Day**

Whatever the weather, enjoy a wonderful day exploring the Little Cat Centre. We rent the “east room” and enjoy a potluck at noon and games for all ages if the weather is inclement. Bring skates, skis or hiking shoes as indicated by the weather that morning. With your potluck item, please also bring your plate, cutlery, and a mug for each person in your family. Indicate at the gate that you are a part of the KUF group – the entrance is covered by the room rental for our group. IF there is snow and trail grooming

there may be a toonie additional per person. No service or RE at KUF this Sunday – join us at the Little Cat.

**January 13 10:30 AM “Prison Ministry What's In It For Us”  
Rev. Kathy Sage, Gordon Darrell,  
Bev Hummitzsch**

Many Kingstonians work in the prisons, including KUFers. Still others volunteer. What does prison ministry mean for Unitarians? Most persons incarcerated will return to life outside the prison walls and prison ministry plays a role in reintegration.

**Notice of the KUF Business Meeting (to discuss the budget) on January 20 see page 5**

**AFTER THE SERVICE** Lunch Bunch at Panda Garden Buffet in near-by Kingston Centre  
**1 PM to 2:30 PM A Panel and Resources on Multifaith Prison Ministry.** Kingston is often called the ‘prison capital of Canada.’ Prison chaplaincy offers many programs toward reintegration: the hope and process of working toward the best outcome. Four panelists will describe their involvement in prison chaplaincy, why it is important, and there will be time for questions.

**January 20 10:30 am “Realizing Our Potential” Rev. Kathy Sage** Our World Café in December identified many shared values and identifiers. What releases human potential? As individuals and as a Fellowship we have potential for personal and social transformation. What holds us back? What releases individual potential and creates community capacity? A part of our heretical tradition is the primacy of the individual.

**AFTER THE SERVICE:** Soup Lunch Fundraiser 12:15 pm  
**Budget Meeting (see notice in KUF Links)**

**January 27 10:30am “A Season For Renewal: What Sabbatical Do You Desire?” Rev. Kathy Sage and David Mathers** Unitarian Parish ministers periodically embark on sabbatical study and renewal time. What kind of sabbatical do you need as a Unitarian? If you had a week, month, or longer to pursue your Unitarian aspirations, what would you do, where would you go? What kind of renewal do you require as a Unitarian? As Rev. Kathy begins a time of sabbatical away in February 2013 and again later in mid-October and November, let's explore together what deepening and renewal is essential for each one of us.

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Jan. 20 Business Meeting	5
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**AFTER THE SERVICE:** Shared Lunch and January Birthdays

Bring finger food to share

Amnesty International letter writing

**Newcomers Class 12:00pm in the Ed Ratcliffe meeting room** (by upstairs kitchen) New to KUF? Join us for a time of getting acquainted and learning more about KUF and Unitarianism.

### Sage Musings

I suppose a Unitarian minister's sabbatical focuses the expectations of a congregation for its shared ministry goals. Let's face it, the expectations of the minister and the fellowship as to what we offer are immense. All ages -- children and youth, seniors, young adults -- have really specific needs. And circumstances can emerge suddenly: hospitalization, grief, despair, loss, anguishing choices in life direction, ethical decisions, an aching sense of meaninglessness. There are also aspirations that we all have: exploration of purpose, celebration of life transitions, gratitude, anticipation of weekly community connection.

Any Unitarian minister, who approaches the expectations by trying to "please" will fade with the sunset. My approach to the demands and expectations of our shared ministry has been continual renewal and going deeper. As an introvert, my process is internal -- "going to the bone" to stretch and grow. Being fully engaged -- being fully present to each person where they are and being fully engaged with the beauty and anguish of the larger world, both energizes and exhausts me; there never is a perfect balance to a day, week, or month. Sabbatical time permits space for me to step back and rebalance and refocus, and in this it is different from holiday time and the summer study leave month that focuses on planning services for the year ahead.

Shared ministry requires introspection and engagement so I am appreciative that I will have a month of sabbatical in February and some weeks in October and November 2013, and then will complete the five months sabbatical accrued in 2014. I did not want to follow the same pattern as 2007 when I was gone from February to June. We're just settling into our

new 206 home, and reaching out to welcome newcomers, so I am delighted to have some briefer times spread over two years. My renewal time will include some time for introspection and for focusing what seems like a boiling-over pot of many social issues that I am passionate about. I have abundant energy and interest in developing new skills and tools for communicating in new ways. That's the easy part.

A bigger challenge is: Amidst all the daily issues draining vitality from life on our planet, how can I identify a way to live out my values? Recently I created a new folder on my computer in my Sermon Resources file titled "My Social Justice Interests 2013" to store e-mails and compelling articles. Some will become focus talks in upcoming services, some are projects KUFers have initiated in which I want to be involved, some are community based. On a recent walk at the Little Cat Conservation area someone pointed out a tiny sign that indicated "Oil Pipe Line" and noted it was the Line Nine pipeline. What! That 40-year-old pipeline that might carry heavy crude runs right through the Little Cat! And under the Rideau Canal, and suddenly my curiosity jumped to the place where the events of the world meet my inner wrestling with my principles. Line Nine now has a sub-folder in my computer file. The picture in my head of that small inconspicuous sign keeps calling me to act.

Once we have met our basic needs for shelter, food, and the wellbeing of those we love, humans have a world of options regarding how we lead our lives: entertainment, self-development, altruism, justice, inquiry, leisure, hobbies, volunteering, travel, community. The Kingston Unitarian Fellowship is just one of many organizations that exist in our community; we have a particular mission that invites those who recognize the Unitarian Principles as meaningful to join to create a caring community -- not a passive group, but one that encourages spiritual and personal growth, and an opportunity for social action. But with a bit of a qualifier -- we agree to do those three things -- encouraging spiritual growth, personal growth, and an opportunity for social action -- in such a way that all are respected and diverse beliefs are accepted and celebrated.

What I feel compelled to explore in my sabbatical is how on earth we are going to step into that mission in this time. What is required of me and of us collectively? How do we creatively utilize our tremendous

potential? How do we sustain a dynamic, effective KUF and maintain healthy balanced personal lives? You'll note variations on that theme in the January services. As this newsletter is being written we are seriously short of our canvass goal. We have need of new creative persons with time, as we have ideas and plans and too often look to those who are already carrying out several roles. The last Sunday Service in January will help us all reflect on what renewal and deepening is required for a balanced life.

I look forward to seeing you in January at KUF!

*"I asked myself the question, "what do you want out of life" and I realized with a start of recognition and turn, exactly what I have – but to be commensurate, to handle it all better" May Sarton*

Rev. Kathy Sage

### President's Report

"Laughter is an instant vacation." - Milton Berle

New Year's Resolutions have been a tradition for many over the years. I invite you to think of these often-stressful promises in a different way.

For many, these resolutions occur after having celebrated too much over the holidays and become a self-promise for betterment. I have done it myself: I will lose weight. I will exercise more. I won't do all those things I shouldn't. Turning those wishes into resolutions as part of a January tradition only seems to add to my stress because, as the year goes on, I find I haven't completed anything I wanted to or not fast enough at least. So what then is the point of trying.

I have decided this year to change my resolution to a more positive and less stressful promise to myself. Instead of what I should do or shouldn't do, I have chosen a simple thing to make me feel better and enjoy myself. Life is so full of wonderful things and I want to be able to enjoy so much of it without that resolution hanging over my head.

So... my New Year's Resolution is to laugh! Yeah, laugh. Did you know that laughing releases chemicals in your brain, like dopamine, that help fight the winter

blues. Laughter boosts the activity of your immune system to help protect you against viruses and diseases. Laughing is really the opposite of stress – really! It reduces the amount of stress hormones your body produces. And laughter is always good for your heart. It improves blood flow protecting against heart disease. Plus laughter can stimulate creative thoughts and lead to greater optimism.

Start with a smile, especially early in the day. And look up! For some reason this helps us feel better. And if you really don't feel like laughing just fake it. Faking it can lead to the real thing.

Now for a little business, the following may be of interest from the December Board meeting:

- the newly renovated basement room would be named the Friendship Room
- the congregational business meeting for the budget would be Jan. 20
- the new sign design for out front was approved... watch for it soon
- we welcome Jennifer Prior as our newest member
- a new committee to look at the mission statement was approved

I wish all of you the joy of life and a great laugh throughout this new year!

Cindy Harvey

The deadline for the next issue of KUF Links is January 9, 2013

This is a *firm* deadline. Submissions should be emailed to: [kuflinks@kuf.ca](mailto:kuflinks@kuf.ca)

**KUF Links Deadlines January to June 2013**

These are *firm* deadlines and are always the first Wednesday of the month. Submissions should be emailed to: [kuflinks@kuf.ca](mailto:kuflinks@kuf.ca)

**Deadlines:**

- January 9, 2013
- February 6, 2013
- March 13, 2013
- April 10, 2013
- May 8, 2013
- August 14, 2013

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**A GREAT STAY IN YOUR OWN PLACE PROJECT**

Are you, or is someone you love, trying hard to stay in your own home and not be shipped off to some institution?

The OASIS Project, now happening in Kingston’s Bowling Green II Apartments has had considerable success in enabling people to do just that. Tenants there can live in their own private apartment while receiving a number of services and backup supports that make their lives both richer and safer.

Started as a trial program under the Council on Aging, it has progressed through several stages to the point where (as of April 1, 2013), it is now a bona fide program for seniors offered by the Government with funding from the South East Local Health Integration Network but now part of the local Community Care Access Centre’s permanent government programs. Its new title is OASIS Senior Supportive Living Inc.

So what does this mean to you? What would be available if you or your loved one moved there? Your safety and immediate help if needed would be guaranteed by

- the fact that there are qualified people on site at all
- times, ready to help you with any difficulty or emergency. That relieves a great deal of worry.

In addition to your rented 1 to 3 bedroom apartment, you would have access to three brought-in catered dinners three days a week, a Gentle Exercise class twice a week and many educational and social events offered by the in-house social committee. But you do not have to go to any of them. You live your own life the way you wish to do. Or move out if you decide to do that.

Want to know more? You can write to:

Building Manager, Bowling Green II Apartments, 237 Bath Road. Kingston, ON K7M 2X8 Or call 613-542-7815 and speak to one of the Building Managers.

If you go there, please note that it is accessed off Elmwood Avenue (turn off Sir John A Macdonald Boulevard on to Elmwood Ave. and proceed nearly to the end of Elmwood, where you will see signs for BG II - both its front door and parking. )

Mary Becker, KUFer who lives in BG II and loves it!

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**Caring Connection Dispatcher for January 2012**

The Caring Connection Dispatcher for January is Ann Copland. Please phone her at 613-546-5271 or e-mail her at [coplанда@kingston.net](mailto:coplанда@kingston.net) if you know of someone who would like a card or a phone call from our caring community.

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**CUC Annual Conference and Meeting 2013**

The 2013 ACM will be in Calgary, at the Radisson, from May 17-19<sup>th</sup>, 2013. The theme is “Diversity: Creating A Shared Understanding.” Six streams on the various aspects of diversity are being planned; details on program content as well as pre-ACM events will be made known before Christmas.

KUF invites anyone interested in attending this event to get in touch with us. We believe that our presence is important at CUC events and would be willing to support one application (by the early bird deadline) for this event by helping with registration fees. If you are interested in being a delegate, please contact me by the Feb 5 Board meeting.

Cindy Harvey, Board President

### Canvass Campaign 2013 As We Give, We Gain!

As the January snows fly, Canvass Co-chairs Daphne Hand and Anne Coward are busy writing reports and collecting comments to forward on to the KUF Board. These comments will be considered by the Board in the coming months and a summary of the comments will then go to the relevant committees for their consideration. Each committee and the KUF Board will be discussing the ideas received and incorporating your suggestions as they make plans for the upcoming year. A huge vote of gratitude goes out on behalf of all members and friends of KUF to all who gave so generously of their gifts. Our community thrives because of your contributions of financial support, energy, time and commitment. Our canvassers worked hard to visit all interested supporters and we appreciate their special contribution. Thank you to all who participated in Canvass Campaign 2013!

Our Annual Operating Canvass goal for 2013 is \$116,000 and as of December 13 we have received \$95,962. Thank you for your generous support! If you would like to help us reach our goal with a pledge or donation, please contact our canvass co-chairs: Anne Coward [hatton\\_coward@yahoo.ca](mailto:hatton_coward@yahoo.ca) or Daphne Hand [darrallg@kos.net](mailto:darrallg@kos.net). A reminder that the mailing address for KUF is KUF 206 Concession Street Kingston, ON K7K 2B5.

Anne Coward [hatton\\_coward@yahoo.ca](mailto:hatton_coward@yahoo.ca)  
Daphne Hand [darrallg@kos.net](mailto:darrallg@kos.net)  
KUF 2013 Fall Financial Canvass, Co-chairs

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#### Calling All Gardeners! – Last Chance!

I would appreciate the contribution of stories, photos and lessons learned in your garden last season or over the years for a service I am putting together in February. Please forward to me any stories or photos you would like to share as we welcome the return of the light in February and begin to look forward to another gardening season to come. Anne Coward [hatton\\_coward@yahoo.ca](mailto:hatton_coward@yahoo.ca) Tel 613-653 2017

#### Notice of Business Meeting to Discuss the Budget

**Kingston Unitarian Fellowship**  
**Sunday, January 20, 2013 at 12:15 p.m.**  
**206 Concession Street**

The KUF Board has called a business meeting of KUF in order to present and vote on a proposed annual budget for 2013 for the operation of 206 Concession Street. The printed proposed budget will be available on Sunday, Jan. 13 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.

#### Agenda

1. Call to order
2. Approve agenda
3. Presentation of Proposed Annual Budget for 2013
4. Motion to Approve a Budget for 2013
5. Adjournment

Motion to be presented: That the proposed budget for KUF for 2013 be approved.

Submitted,  
Cindy Harvey

*Behind The Headlines*  
*will meet at 7 pm on February 11 and*  
*March 18 (but not in January).*

### Amnesty International Activities

On December 9, to mark Human Rights Day, December 10, members of KUF participated in an action that honoured Malala Yousufzai, the 14-year-old activist who was shot by the Pakistani Taliban on October 10 while on her way home from school. She had been outspoken about the right of girls to an education and although the Taliban had closed all the girls' schools in the SWAT Valley where she lived, she had continued to attend the school that her father ran and which he refused to close in spite of threats to his family. We sent 7 greeting cards to Malala in hospital in Birmingham, England expressing our solidarity with her, and 8 postcards to President Zardari asking him to ensure that the perpetrator of this crime be brought to justice and that his government provide opportunities for all children, including girls, to get an education.

The next Amnesty International letter-writing table will be after church on January 27, 2013.

Thanks, Barbara

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### Newcomers' Session – An Invitation

On January 27th after the service at noon, there will be a Newcomers' Session to offer the opportunity for visitors and friends to learn more about Unitarian/Universalism in a friendly and relaxed discussion group. Meet our Minister, Kathy Sage and several members of the congregation. This will be a chance to introduce yourself and ask questions about KUF and what you have discovered or are hoping to discover here. This session is occurring during a Shared Lunch Sunday, so get some lunch and bring it into the Ed Radcliffe Room on the second floor. Even if you have been to a Newcomers' Session previously, please feel free to come again. It is always an interesting and information discussion about the topics you bring to it. We hope to see you there.

### Children's Religious Education Activities

This month we will be talking about nature – and how people fit into it, how we can help or hinder the environment. We will be working with found natural objects throughout the month so keep your eyes open for neat sticks and stones to create with.

On the 6<sup>th</sup> when every one gathers at the Little Cat Centre would be a perfect time to gather a few items the woods has to give freely (please be careful to only pick up and not break anything down.)

On January 13 we are making pine cone treats, we have a few kinds of birds that stay around with us for the winter months when food can become hard to find. We will talk about food issues with people as well.

January 20 we will make mobiles with some of our found natural objects; as we work with balance, we will reflect on how we can help bring a greater balance to our world.

January 27 we will create miniature forests where our imaginations can become lost. We will talk about what it is like to not know one's way, the different ways one can feel lost, and share stories of times we have been lost.

During the month the junior youth will continue talking about ethics and food.

**Check your Reality** What's it like to live in poverty? On Sunday January 13, the KUF Junior Youth will start to find out. They'll eat only what is available in a typical food bank basket or buy food of an equivalent value and live on it for at least 3 days (assuming no health concerns arise). Want to join in? The grocery list is on: <http://gwdothemath.ca/pages/the-diet> We'll be sharing stories before, during and after!

**THANK YOU –  
for supporting our United Nations Office**

The Senior Youth along with Rev. Kathy Sage facilitated KUF's annual United Nations Sunday service on October 25, 2012. The service was entitled "Welcoming the Other" and based in part on the UU-UNO conference on Race and Immigration which the Youth attended in New York in April. They and their leader, Emily Cummings-Wood, are to be congratulated for providing such an exceptional service.

A collection for the UN Office of \$525.00 was provided from those attending. As we adjust to a UNO office that has both CUC and UUA branches, you may expect to begin to see some uniquely Canadian components in our UN work as well as American and International.

If you have not yet contributed this year, please consider sending your contribution in Canadian funds by cheque or credit card (with appropriate information) payable to the CUC at 100 - 344 Dupont St., Toronto ON M5R 1V9. Indicate that this is for the CUC-UNO on a memo on your cheque or with your credit card information. Also help KUF to achieve the Blue Ribbon Award again this year by indicating that you attend the Kingston Unitarian Fellowship.

Thank you for your interest and support of the United Nations.

M. Elaine Harvey (Senior Envoy)  
Emily Albano (Youth Envoy)

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**Sabbatical – What an Amazing Idea!**

Sabbatical means rest, like the Sabbath, giving time for reflection and renewal. We all take small sabbaticals, or at least should, allowing ourselves to find new energy to continue.

Our sabbatical agreement at KUF states that one month of sabbatical is achieved for every year of service and can be taken by the minister after five years. However, this sabbatical time is different. Kathy and the Board have agreed that spacing the sabbatical time out over a longer period of two years is better than taking five months off altogether. So for 2013

Kathy will be taking sabbatical in February plus the last part of October and into November.

KUF has a long history as a lay-led congregation (about forty years), and even today lay people lead services roughly once a month throughout the year. I believe that sabbaticals are great times and will be wonderful for both Kathy and for KUF. Kathy will have the chance to study and travel and learn new things. This is always good for Sunday mornings when she comes with new ideas and challenges for us. KUF will have the opportunity to return to its roots and spend sometime sharing our own stories, whether from members or guests.

The sabbatical team is already hard at work and has February and most of most the fall time already planned. With the Service Weavers, the Sunday morning routine will not be interrupted. The stories and focus talks will continue to be exciting for all. Soup and shared lunches will continue.

And yes, I know that Kathy does so much more at KUF than just Sunday mornings, and there are plans for all of this too. For example, the lay chaplains will be able to do the services for child naming, weddings, and memorial services. Adult RE will be supplemented by others for this period; volunteers will help coordinate the KUFLinks newsletter, and the Admin. Committee volunteers will coordinate the office. With these shorter sabbatical periods, Kathy will not be so missed in the wider community of Kingston.

I hope that during these official sabbatical times in the next two years, that all KUF members can enjoy some renewal and reflection of what is vital and meaningful about KUF. Maybe the best outcome of our sabbatical time will be a deeper understanding of the shared ministry vision that led us to calling a minister and that guides our work together.

Please feel free to contact me or any of the sabbatical team.

Sincerely,

Cindy Harvey

Sabbatical Team: David Mathers, chair; Darwin Muir; Valerie Colgan; Anne Coward; Kim Irvine-Albano; Maureen Farr-Egan; Gordon Darrell; Anne Graham/Jean Robbins (Admin)

# January 2013

Reverend Kathy Sage has office hours but can also be contacted for appointments: 613-544-8777 or [kath@sagequakers.net](mailto:kath@sagequakers.net)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> 12:30 Annual Interfaith Service	<b>2</b> 6:30pm Soul Matters	<b>3</b> 12 PM Kathy's Office hours 2 PM Membership Committee	<b>4</b> 1 pm Committee on Ministry	<b>5</b> 9 am IHM Beit Seifer 1 -4 pm VV rehearsal	<b>6</b> 9:30-1:30 Quakers 12 pm Arne Henrikson Out- door Day, Little Catarqui Outdoor Centre
<b>7</b>	<b>8</b> 4 PM Sabbatical Committee 7 PM KUF Board	<b>9</b> 3:30 PM Sunday Ser- vice committee	<b>10</b> 12 PM Kathy's Office hours	<b>11</b> 2 PM Admin Committee	<b>12</b> 9 am IHM Beit Seifer	<b>13</b> 9:30-1:30 Quakers 9:30 Vocal Volunteers 10:30 Sunday Service 12:00 Lunch Bunch
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> 12 PM Kathy's Office hours	<b>18</b>	<b>19</b> 9 am IHM Beit Seifer	<b>20</b> 9:30-1:30 Quakers 9:30 Vocal Volunteers 10:30 Sunday Service 12:00 Soup Lunch <b>12:15 Business Meeting to Discuss the Budget</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 12 PM Kathy's Office hours	<b>25</b>	<b>26</b> 9 am - 1 pm IHM Beit Seifer, Rab- bi Visit	<b>27</b> 9:30-1:30 Quakers 9:30 Vocal Volunteers 10:30 Sunday Service 12 pm Amnesty Inter'l 12pm Newcomer's Meet- ing
<b>28</b>	<b>29</b> 7 PM Soul Matters Rev. Kathy Sage leaves on sabbat- ical and returns February 25	<b>30</b> 10:00 AM Soul Matters 1:30 PM Soul Matters	<b>31</b>			