

KUFLinks



Kingston Unitarian Fellowship

September 2015

Contents

Sunday Services.....	1
Rev. Carol Strecker Arrives at KUF.....	1
Caring Connection.....	1
Contacts.....	2
Directory.....	2
New Office for Minister.....	2
Minister's Column.....	2
President's Column.....	3
Communications.....	4
Soul Matters.....	4
Religious Exploration.....	5
Music.....	5
Sunday Services Committee.....	5
Mindfulness in Daily Life Retreat.....	6
Publications.....	6
Calendar.....	7

Sunday Services

Services take place Sundays, 10:30am at the Fellowship, 206 Concession Street. Enter via the rear entrance.

Sept 13: Music and Readings

Get all “tuned up” for the Fall with hymns and readings that join our hearts in fellowship and inspire our living. Come with a favorite hymn in mind you'd like to sing. Led by the Sunday Services Committee and the Music Committee.

Sept 20: Water Ingathering

Bring a little water from a special place as we return like rivers to the sea to our spiritual home. Focus talk: Rev Carol Strecker. (Service for all ages.)

Sept 27: In the Interim

There are natural stages that accompany the changes in our lives, including the



Rev. Carol Strecker Arrives at KUF

In August, our new interim minister, Carol Strecker, started her two year assignment at the Kingston Unitarian Fellowship. On Tuesday, August 4, the Transition Team introduced Carol to the Board of Directors at an informal reception with cake and limeade. This marks the beginning of an exciting era at KUF. The transition team consists of Rosemary Kozak, Alexander Colpa, Anne Chiarelli, Kim Irvine-Albano, and Sandra Woodhouse. The congregation will have its first chance to meet with Carol at a welcome dinner on Wednesday, September 9, at KUF.

liminal time when we're neither here nor there. Learning to navigate those stages with intention can facilitate new growth. Focus talk: Rev. Carol Strecker.

There will be an opportunity for conversation about the interim process at KUF with Carol and the Transition Team during our shared lunch after the

service. Also, the Amnesty International letter writing group meets after service.

Caring Connection

The caring connection dispatcher for September is Jan Steinmetz at 613-547-2083, or e-mail caring@kuf.ca.

Contacts

Kingston Unitarian Fellowship
206 Concession Street
Kingston, Ontario, K7K 2B5

The office can be reached at 613-544-8777, or by e-mail to office@kuf.ca.

For general inquiries, send e-mail to info@kuf.ca.

Send news submissions to news@kuf.ca.

Directory

We plan to publish a new directory this Fall. If you have not already submitted your address, telephone number, or e-mail address changes, please send them to Sean at office@kuf.ca.

New Office for Minister

Allan Hammond

The room we call Office at KUF is really a partly finished all-purpose room, cold in winter. The arrival of our new interim minister, Carol Strecker spurred us into action for a proper office.

The Coordinating Team for such projects (Anne Coward, Valerie Colgan, Joe Pater, and me) had architect Bruce Downey draw up plans. In consultation with Bruce and builder KB Homes, the team decided, with Board approval, to make a small office in the south-east corner of the KUF Office. Delays due to vacations, building permit approval, and the death of the father of the construction foreman have meant that the office may not be finished until September. When finished, it will provide appropriate comfort and privacy with sound-deadening insulation and independent heating.

The new minister's arrival put the office to top priority of the many projects in need of attention as budget permits. Among the projects identified by the Coordinating Team, without priority: a proper kitchen with stove and

dishwasher, floor covering for the Main Meeting Room, insulation in the KUF Office, a new entrance, improved lighting in Main Meeting Room, windows in the RE area, and replacement windows in KUF Office and some in leased areas.

Minister's Column

Carol Strecker

Greetings!

This is a really exciting time for the Kingston Unitarian Fellowship and I'm glad to be here! I'm quickly getting a sense of KUF as a thoughtful, talented, and dedicated group of people who value community and service. Last week was my first full week "on the job". In addition to meeting with the Board and Sunday Services Committee, I've been meeting one on one with board members, committee chairs, and staff. After my first morning of individual meetings, I just realized I'd just been sitting with three women with a total of over 100 years of service to the Fellowship! To me that really says something about the depth of commitment your leaders have to both KUF and Unitarian Universalism.

I also had the opportunity to attend a concert featuring Deb Schuurmans, the Hiroshima Day Observance, the monthly "Sing-Along", and the Quaker Meeting last week. There were members and friends of KUF everywhere I went; performing, leading, organizing, singing, and sharing the silence that connects us with all that is. All of them warm and friendly, eager to welcome and include me in the circle. Again and again, I've experienced a richness and a depth of connection and dedication that leaves me feeling humble and grateful for the opportunity to help guide you through the interim process.

You may still be wondering what the



interim process is all about. Basically, it's a two year process designed to help you prepare for your next settled minister. Together, we'll take a look at where you've been and where you are so you can make some conscious decisions about where you want to go. By the time you call your next settled minister, you'll have a strong sense of identity and direction. You'll know what kind of minister you need to help you get where you want to go.

I'll also be doing most of the things ministers do: Leading worship, providing pastoral care, officiating weddings and memorial services (for members), and working with other faith and community leaders on issues that promote Unitarian values. I'm here to be your minister with the caveat that I'm wearing an additional hat. That being said, I won't be able to do everything so it will be important to decide on some priorities for our time together.

Looking ahead, there are some wonderful opportunities for us to get to know each other better coming right up. My wife Kate will be joining us for our time together at Unirondack, September 12-14. In my experience, there's something very special about bonds of friendship forged at camp and conference centers. I can't think of a nicer way for us to spend time getting to know each other.

Unirondack might be the perfect place to scoop up a little water for our Water Ingathering Ceremony on September 20. But regardless of whether you can attend Unirondack or not, plan to bring a little water from a place that quenches your thirst, either literally or figuratively, to Sunday Service that morning.

The last Sunday in September (the 27th), I'll be talking more about the nature of transition and the interim process, not just for KUF, but in general. We're constantly experiencing these in-between times as part of the change that naturally occurs in our lives. After the

service, I'd like to invite folks to gather over our shared lunch for a conversation about the interim process.

Again, it's great to be here with you. I know this is just the beginning of what will be a marvelous journey together. You can reach me by phone at 343-333-4867, or e-mail at minister@kuf.ca.

Peace,

Rev. Carol

President's Column

Brian Hetherington



It is an exciting time at the Kingston Unitarian Fellowship! Our new minister, the Rev. Carol Strecker, arrived in August and has already begun her interim ministry by meeting one on one with Board members and the Chairs of Committees. Many thanks to the Transition Team, Alexander Colpa, Rosemary Kozak, Sandra Woodhouse, Kim Irvine-Albano, and Anne Chiarelli, for helping Carol settle in Kingston and coordinating the introductions.

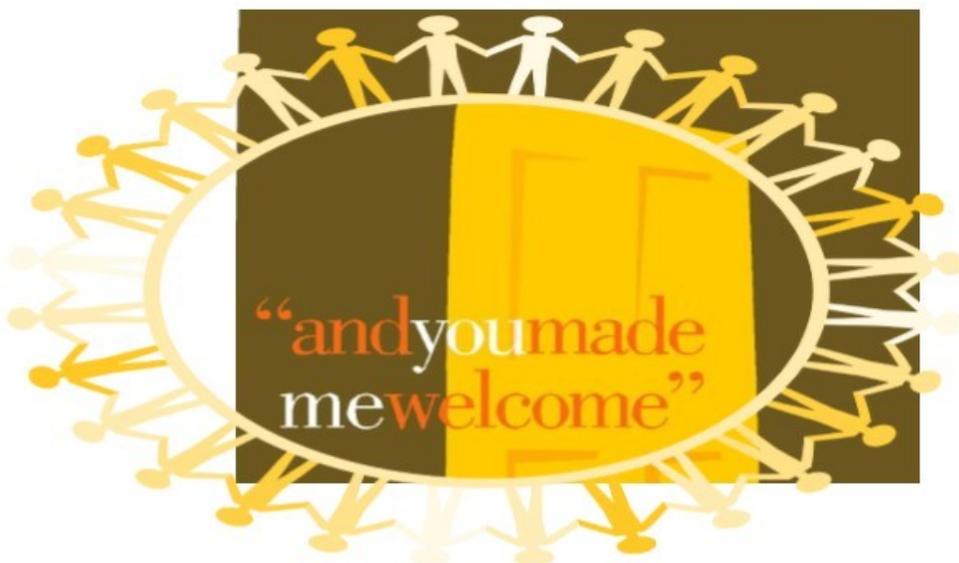
We are thrilled to have someone with Carol's skills and experience. The Senior Youth will be hosting a welcome dinner on Sept. 9 at 6 pm. To reserve a spot, email yob@cuc.ca or call me and I'll reserve a ticket for you. Email reservations are preferred! Adults \$10 and Children/Youth \$5.

It may not be too late to register for Unirondack. Please contact Anne Chiarelli or John Johnson directly. Carol and her wife, Kate, will be at Unirondack all weekend. There will be a service at KUF on September 13 and Carol's first service will be September 20.

This year, we hope to offer *Coming of Age* for any 12-14 year olds who haven't already taken it. *Coming of Age* is a yearlong program that matches youth (12-14) to adult mentors and together they explore their personal

KUFLinks

 **The KUF Senior Youth and Transition Team Invite YOU to:** 
Come and Connect with Carol, our Interim Minister!



**Wednesday September 9th, 6pm
KUF 206 Concession, 2nd Floor**

Harvest celebration, corn boil, and musical jam with Carol and the youth!

\$10 General - \$5 Children/Youth

Please bring your instruments for jamming, your strong, sweet voices for singing along and your open hearts for creating community and welcoming our newest leader!

RSVP required by Saturday Sept. 5th: yob@cuc.ca

spirituality through discussions, workshops and retreats. It culminates in the youth, with guidance from their mentors, designing a Sunday Service in June. I had the privilege of being a mentor two years ago and I think both youth and adults alike found it a very rewarding experience. Think about the youth you know in this age group and consider asking them and their parents if they'd like to participate. This is a good way for new youth and families to get involved in KUF. For more information, please contact me.

In the fall, we will begin the processes of self-examination necessary before we hire a settled minister in two years.

We will be striking a Ministerial Search committee to lead us through the process. We will have plenty of help from Linda Thomson, the congregational development officer for the CUC. More on this process later!

A reminder to all those hosting events: please send the details to Sean in the office for inclusion in the online calendar! This will help us prevent possible conflicts!

I am looking forward to this new beginning and am confident that it will be fruitful!

Brian
bdhbdh203@gmail.com

Communications

Hans Boldt

Back in the Spring, Sylvana and I volunteered to produce the monthly KUFLinks newsletter. In addition, I also took on the task of chairing the Communications Committee.

No doubt, you've already noticed some changes we've done to the format of KUFLinks and MiniLinks. One of our goals is to (eventually) make it easier to share our news across all of our communications channels, including our web site, on-line social media, in addition to KUFLinks.

In the past, Kathy, Sarah, and Ruth did a great job in producing KUFLinks. Kathy especially understood literally everything that went on in KUF. Without her, the job of gathering the appropriate content becomes more difficult.

Moving forward, we must depend much more on the committee chairs and others to provide information about their programs and events. If you don't tell us, we can't tell others.

As we enter this period of transition, we expect to make further adjustments to the way we gather and present information. We always welcome comments and suggestions for improvements, in addition to your stories and photos.

One more thing: We are phasing out all our old e-mail addresses using the kingston.net domain. Please do not use any of these old e-mail addresses anymore. For example, instead of koffice@kingston.net, use office@kuf.ca. And instead of kufmin@kingston.net, use minister@kuf.ca.

Cheers! Hans
hans@boldts.net

Soul Matters

For the last 3 years, Soul Matters has been a part of KUF, and this year will be no exception. Soul Matters is a

The Kingston Sing-along Society

invites you to the next

SING-ALONG

PLAY-Along with WOODJUMP*

*--the house band



Next Session: SEPT. 4th

@Unitarian Place

206 Concession St., West Side Entrance

"Play-alongs:" the room is open from 7:00 to tune-up and warm-up

MUSIC starts at 7:30pm

Bring a "Friend-Along!"

Kingston Unitarian Fellowship - Adult Education Programmes

KSS is a Community Partner of Sustainable Kingston <info@sustainablekingston.com>

free admission - goodwill donations

chance to gather in small groups to discuss a different theme each month. These themes encourage group members to explore a deeper connection to themselves and to the group as a part of their own personal growth. Past group members have expressed how the groups gave them the opportunity to connect with KUF members and friends on a deeper level, and enriched their own spiritual lives in a respectful and open manner.

For the next two years, some of our topics will explore transitions, as we

enter into a new phase at KUF. Our themes for the upcoming year are, Promise, Renewal, Grace, Wonder, Integrity, Faith, Resilience, Revelation, Tradition, and Revelry. Each month, packages are available to group members through email, or in printed form. These packages are rich with ideas to support the exploration of these topics, filled with TEDtalks, books, poetry, stories, journaling questions, and the like. You pick how deep into the topic you wish to go.

We then meet at the end of the group in

our small groups to explore the topic together, by sharing our experiences, discussing how we related or did not relate to the topic, and sometime, to do an exercise together. I find that I am always enriched by each group I attend. As in the past, September will offer a chance to meet in a larger group. For those who are considering Soul Matters but are not yet decided, the September group will offer a chance to 'test drive' the experience.

In addition, we are looking for people to join our facilitating team. Facilitators meet monthly at the beginning of each month to plan and become comfortable with the material. We support each other in finding ways to offer the material to the small groups, and have fun exploring the material together. This year, we are hoping to provide an online group for those who cannot attend the small groups, and want a new and creative way to join with others to delve into these topics, and are in need of a facilitator to champion this new venture.

It looks like it will be a fabulous year. Please contact me if you would like to know more about the small groups, or more about joining the facilitation team. kimirvinealbano@gmail.com or 613-453-8286.

Kim

Religious Exploration

Shawn Cox

Welcome back every one! I hope the summer was amazing for everyone.

This is going to be a year of transition and the Children's Religious Exploration Program will be going through some changes. As we do I'd like to ask you for your input. Carol and I would like to assemble a task force made up of those of you who have experience with Children's R.E. at KUF. With all of us working together we can put together a plan to move us forward.

Children's R.E. will begin on

September 27th, since the Water Ingathering Service on the 20th will be for all ages. We'll be focusing on stories that demonstrate the Unitarian Universalist principles:

1. We believe that each and every person is important.
2. We believe that all people should be treated fairly and kindly.
3. We believe that we should accept one another and keep on learning together.
4. We believe that each person must be free to search for what is true and right in life.
5. We believe that all persons should have a vote about the things that concern them.
6. We believe in working for a peaceful, fair, and free world.
7. We believe in caring for our planet Earth, the home we share with all living things.

Each child will have an opportunity to chose how they want to respond to the story through artistic expression. It'll be a fun and creative way to explore the the values we affirm.

Looking forward to seeing you in September!

Music

The Vocal Volunteers (aka VV's) are always open and welcoming to singers who enjoy the teamwork of singing in a SATB choir. (That's Soprano, Alto, Tenor, Bass.) The VV's also share in the weekly Sunday morning rehearsals (9:30 - 10:15 am), and the occasional afternoon sessions that provide opportunity to explore, prepare and "polish" more difficult pieces.

But, here's something new for the wannabe chorister who "would love to sing in the choir, but can't be there every Sunday." It's called "Wake-up & Sing". We will, from time to time, announce the following Sunday will be open to all. Just appear ready to sing at 9:30, and join in with our VV choristers

for a brief run through of the morning's music, hymns, and at least one 'easy-peasey' selection (which the VV's will already know) for centering and/or anthem.

Try it! You'll enjoy the camaraderie of this musical group; there are no strings (or vocal cords) attached. And who knows, you may even like singing with us so much that, well, we'll leave that for a later date.

Phyllis Robbins

Music Director music@kuf.ca

Sunday Services Committee

Wanted – Sunday Service Explorers

As we begin the two year period of interim ministry, ably led by Rev. Carol Strecker, KUF'ers will have the opportunity to go places we've never gone before. Not for the sake of just going somewhere new but in the interest of exploring who we want to be as we move together into our future. We're being asked to reflect with intention on what we value most and to lift those things up as we begin to make decisions about our next steps.

As part of that process, the Sunday Services Committee has begun what will be an ongoing conversation about the various elements of a typical Sunday Service – set up and orientation of the room, order of service, the traditional parts of a service, music, projection technology, focus talks, guest speakers and the other components that can help to create a sacred space and a meaningful service for as many members as possible.

KUF'ers are a diverse group. And although the Sunday Services Committee members bring many different points of view and interesting ideas to our meetings, we need your help to make Sunday Services work for as many people as possible. We will seek to honour the traditions that make Sunday Services meaningful, but things may seem a bit different from time to

time. Some of the familiar components may change, the order of service may vary, music may expand or contract, set up of the room may be modified. Some of these variations you may really enjoy, others may not appeal. Please come to each service this year with an open mind and an open heart, ready to explore, enjoy and contemplate change.

Having carefully reflected on the changes you may encounter, please provide your constructive feedback to the members of the Sunday Services Committee, either verbally or by e-mail. We want to offer quality services each week that appeal to as many KUF'ers as possible and we look forward to hearing your perspective. Let us know what you value!

The members of the Sunday Services Committee are Val Colgan (chair), Alexander Colpa, Anne Coward, Shawn Cox, Gordon Darrall, Maureen Farr-Eagan, Phyllis Robbins, and Rev. Carol Strecker.

Mindfulness in Daily Life Retreat

This is the last year Norman Feldman is scheduled to lead the Mindfulness in Daily Life Retreat as he will then be on an extended sabbatical. If you have enjoyed the retreat in the past, do consider attending again. This retreat is an excellent introduction to meditation and/or a chance to deepen your present practice.

Unlike a "residential retreat", the retreat begins Sunday afternoon September 13 at 1:30pm registration, and continues through dinner and evening session. During the week, you arrive at your chair or cushion at 7am for silent meditation. Breakfast and a reminder of the day's focus ends the morning session. A vegetarian dinner begins each evening session and an extended time of meditation and reflection on the day's theme. Saturday morning concludes this "non-residential retreat".

The retreat is limited to 30 people so

register now. For more information e-mail: kingston.be.mindful@gmail.com

The registration fee is \$75. In addition, a Dana (donation) for the teacher is given. The retreat will take place at Unitarian Place, 206 Concession Street.

Publications

KUFLinks: The monthly newsletter. Please send submissions by the 2nd Wednesday of the month. It is mailed out before the last Sunday of the month. Send submissions to news@kuf.ca.

MiniLinks: A weekly reminder of upcoming events sent out by e-mail, as a supplement to the monthly KUFLinks. Send submissions to news@kuf.ca.

Web site: www.kuf.ca

Calendar: www.kuf.ca/calendar.shtml
We constantly update the calendar. If you use Google Calendar, you can also view the KUF events on your own calendar. Check the instructions on the "Calendar" page on the KUF web site.

Order of Service: The Sunday program announcements for the coming week.

Please send announcements to office@kuf.ca by Thursday noon. Indicate "OofS announce" in the subject.

Facebook: Be sure to share postings of interest with your friends.
www.facebook.com/KingstonUnitarianFellowship

Lay Chaplains: Please refer our lay chaplains to your family and friends for weddings, memorials, and child namings.
www.kingstonweddingofficiant.com
www.kuf.ca/ceremonies.shtml



Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
	7 pm - KUF Board Meeting	2 pm - V V rehearsal @ Main 3 pm - PeaceQuest Faith		7 pm - sing-along session @		10 am - RE Committee 10:30 am - Quaker Rental
7	8	9	10	11	12	13
	1 pm - Rental @ First floor 5 pm - Welcome Dinner for 8 pm - KUFLinks Submission	7 pm - Rental @ First floor		9 am - IHM - Beit Sefer @ 12 pm - Rental @ First floor		Mindfulness Retreat all 9:30 am - choir rehearsal 10:30 am - Quaker Rental 12 pm - Lunch Bunch 1:30 pm - Mindfulness
14	15	16	17	18	19	20
Mindfulness Retreat all week	7 am - Mindfulness retreat 5:30 pm - Mindfulness	7 am - Mindfulness retreat 1 pm - Rental @ First floor 5:30 pm - Mindfulness	7 am - Mindfulness retreat 2 pm - Open Circle 5:30 pm - Mindfulness	7 am - Mindfulness retreat 5:30 pm - Mindfulness	2 pm - IHM - Beit Sefer @ 2 pm - Rental @ First floor	9:30 am - choir rehearsal 10:30 am - Quaker Rental 10:30 am - Service 1:30 pm - youth group
21	22	23	24	25	26	27
7 pm - Rental @ Main Hall		1 pm - Rental @ First floor			12 pm - Rental @ First floor 1 pm - Beit Sefer class @	9:30 am - choir rehearsal 10:30 am - Quaker Rental 10:30 am - Service 12 pm - Shared Lunch
28	29	30	1	2	3	4
		1 pm - Rental @ First floor		9:30 am - Rental @ First	9 am - IHM - Beit Sefer @ 10 am - Board Event @ 206	9:30 am - choir rehearsal 10 am - RE Committee 10:30 am - Quaker Rental 10:30 am - Service 12 pm - Soup Lunch 1:30 pm - youth group