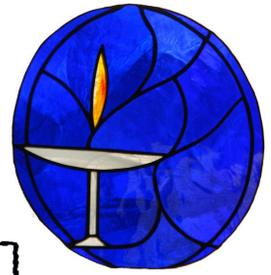


KUFLinks



Kingston Unitarian Fellowship

February 2016

Sunday Services

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

February 7: "Looking for Signs"

Imbolc is the Earth-Centered celebration of the first stirrings of new life. Believe it or not, this is the time of year when seeds begin to germinate and the sap starts to rise in the trees - signs of new life that are so subtle we hardly notice them - but they're there.

After service: Soup lunch.

February 14: "Soul Matters Sunday"

Weaving Loving Community - Exploring the tapestry of Soul Matters

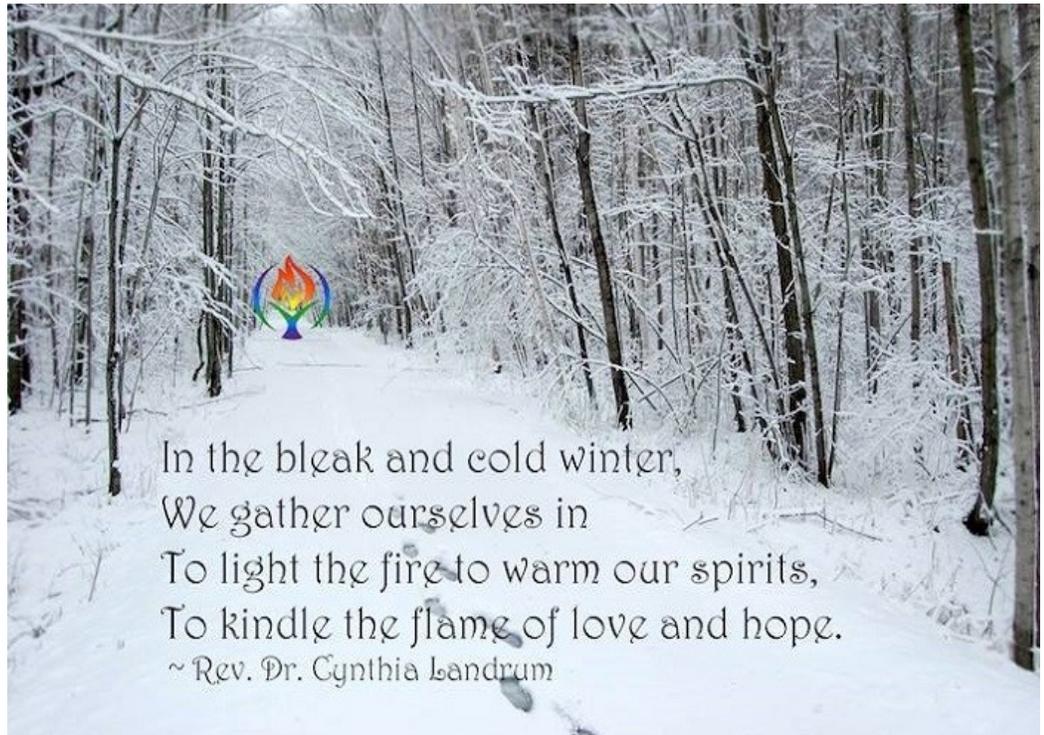
Why do people become involved in small group ministry at KUF? Soul Matters participants and facilitators will share about our intentionally-created community that hopes to weave together our stories, laughter, ideas and connections.

After service: Lunch Bunch

February 21: "Muhammad's Beloved Community"

As of 2010 there were 1.6 billion Muslims practicing the religion of Muhammad - that's approximately a quarter of the world's population. And yet, despite daily references to Islam in the news, how much do we really know about Muhammad and his teachings.

February 28: "The River of Life"



It takes only 40 rendezvous points along the river of life for humans to meet chimpanzees, other apes, monkeys, other primates, other placental mammals, and so on back through the entire journey of life. During this inter-generational service, we'll follow this river all the way back to its source.

After service: Shared lunch, Amnesty International letter writing.

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.

Table of Contents

Sunday Services.....	1
Contacts.....	1
Minister's Office Hours.....	2
Minister's Column.....	2
Communications.....	2
Religious Exploration.....	3
Aging, Caring and Sharing.....	4
Child Haven.....	4
Kingston Community Chaplaincy.....	5
Lunch Bunch.....	5
Publications.....	5
February 2016.....	6

Minister's Office Hours

Tuesday and Thursday 1-5pm

I've already enjoyed the opportunity to visit with a couple of you during my new office hours. I'm still working out a few logistics. Here are a couple of things to help:

1) Try to make an appointment or call before you come, if possible, just to make sure I'm not in a meeting; 343-333-4867/minister@kuf.ca.

2) When you arrive ring the doorbell just to the left of the door so I'll know you've there.

Thanks, Carol

Minister's Column

Carol Strecker

The "Soul Matters" theme this month is *faith*. Faith is one of those words that can set off flashing signs warning, "Danger, Danger", for some Unitarians. We associate faith with the blind acceptance of orthodox beliefs. The kind of faith that was used to separate believers from non-believers. But meditation teacher Sharon Salzberg suggests there is another way to think about faith. She begins her book, *Faith; Trusting Your Own Deepest Experience* with this story;



One day a friend called to ask if we could meet for tea. Knowing that I was writing a book on faith from the Buddhist perspective, she was confused and wanted to talk. "How can you possibly be writing a book on faith without focusing on God?" she demanded. "Isn't that the whole point?" Her concern spoke to the common understanding we have of faith — that it is synonymous with religious adherence. But the tendency to equate faith with

doctrine, and then argue about terminology and concepts, distracts us from what faith is actually about. *In my understanding, whether faith is connected to a deity or not, its essence lies in trusting ourselves to discover the deepest truths on which we can rely.*

But getting caught up in the terminology and the concepts can keep us stuck in our heads - intellectualizing, arguing and rejecting doctrine. But we all have faith in something; whether it's love, justice, community, or the cycles and seasons of life. Sharon Salzberg goes on to say, "No matter what we encounter in life, it is faith that enables us to try again, to trust again, to love again."

As Unitarians we draw from many sources, sources that ground our faith in the "deepest truths on which we can rely;"

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

We explore these sources in search of our deepest truths, our faith; the ground

on which we build our lives. And in the interest of building community we explore these sources to better understand the ground on which others build their lives. This month we'll explore several of these sources together on Sunday mornings. And here I'd like to tread dangerous waters for some by speaking about these explorations as "worship". Worship is a loaded word because of its association with organized religion and the veneration of an all powerful, all knowing, anthropomorphized image of the creator and sustainer of life. But worship can simply mean to explore and lift up things of worth, things we value - and I might add - things that others value.

Defining words like faith and worship for ourselves allows us to be in conversation with people who are searching for meaning and people from other traditions who have found a source of faith that might be different from our own. And so, as Unitarians we make a commitment to explore many sources of inspiration and faith - that we might ground our lives to in Sharon Salzberg's words, "the underlying pulse of life itself" and to one another.

Faithfully Yours, Carol

Communications

Hans Boldt & Sylvana Grisonich-Boldt

I started my education on computers about 40 years ago. My first courses in programming required me to submit my programs using 80-column punch cards. Remember those? Looking back, I would have had a hard time imagining where we would be now.

But back then, some things were expected. In the introduction to the book *Gutenberg Two* published in 1980, the editor used the phrase "All information in all places at all times". While some predictions in the book now seem quaint and out-dated (remember Telidon?), we do now indeed live in a *Gutenberg Two* world. A world of information at our

fingertips, a world of instantaneous communications.

And we can use the technology to connect with others in ways previously impossible. Using the internet and tools like Facebook, we can find people with similar interests, both local and across the globe.

Personally, I've used the internet to connect with others on a variety of topics, including model railroading and genealogy. Recently, I connected with a previously unknown fourth cousin in Germany!

To connect with other Unitarians, go to Facebook and search for "UU" or "Unitarian". You'll find Unitarians discussing a variety of different topics, such as music, or growth, or social media.

Give it a try. You don't know what you'll discover!

(By the way, if you'd like a reminder of the old days of computing, I still have a bunch of old 80-column punch cards.)

Hans

Religious Exploration

Shawn Cox

February is here. Sometimes I think someone decided to make it the shortest month of the year because it can feel like the longest one. Short gray days and long cold nights can begin to feel a little monotonous, but we'll be breaking the monotony in the children's religious explorations at KUF.

Valentine's Day in the middle of February gives something to distinguish the month. In 1913, Hallmark revived the holiday, but Valentine's Day has its origins in ancient Rome and even older pagan traditions. Saint Valentine is the Catholic patron saint of spring and February 14th has become a day to celebrate his namesake and love.

So as we prepare by making cards for the people we love on the 7th, we will also be talking about the Catholic saints in general and the differences between

The Kingston Sing-along Society

invites you to the next

SING-ALONG

PLAY-Along with **WOODJUMP***

*—the house band



Next session: Friday, February 12

@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

different kinds of Christians, and how different beliefs can be held by people of the same religion.

Sometimes it's important to remember to be a friend to yourself on the 14th we will be making more cards for the people we love including ourselves! We will talk about ways we are good to ourselves but also how it's not always easy.

On the 21st the topic will be our interconnectedness. We will reflect on our place in our family, in our community and in the world, and we will be creating puzzles with images to celebrate our place in everything.

There is a game called the UU game that is all about exploring and celebrating everyone's uniqueness. On the 28th we will be learning and playing the UU game. We may even expand on it, since we are inclined to think out of the box sometimes at KUF.

Monotonous we are not.

Drop by the space and check out our developments. And for any and all who are interested, I will lay out the curriculum and resources material for the day on the black table.

See you Sunday.

Shawn

Aging, Caring and Sharing

Several KUF-ers, led by Reverend Carol, were part of a series of conversations discussing matters related to end-of-life changes and concerns. The idea of forming a supportive, cooperative group within KUF became one very positive outcome of our discussions. We want to extend an invitation to others facing such issues and who would welcome the opportunity to be part of a conversational and supportive group at KUF.

Reverend Carol has provided us (and can supply others who may want a copy) with a booklet called **YOUR CONVERSATION STARTER KIT** to help us begin thinking about the issues. The intent of such a co-operative group is to help deal with concerns many of us might have regarding end-of-life situations and how we might be able to help each other in lessening those concerns and needs that may not be easily met through other services.

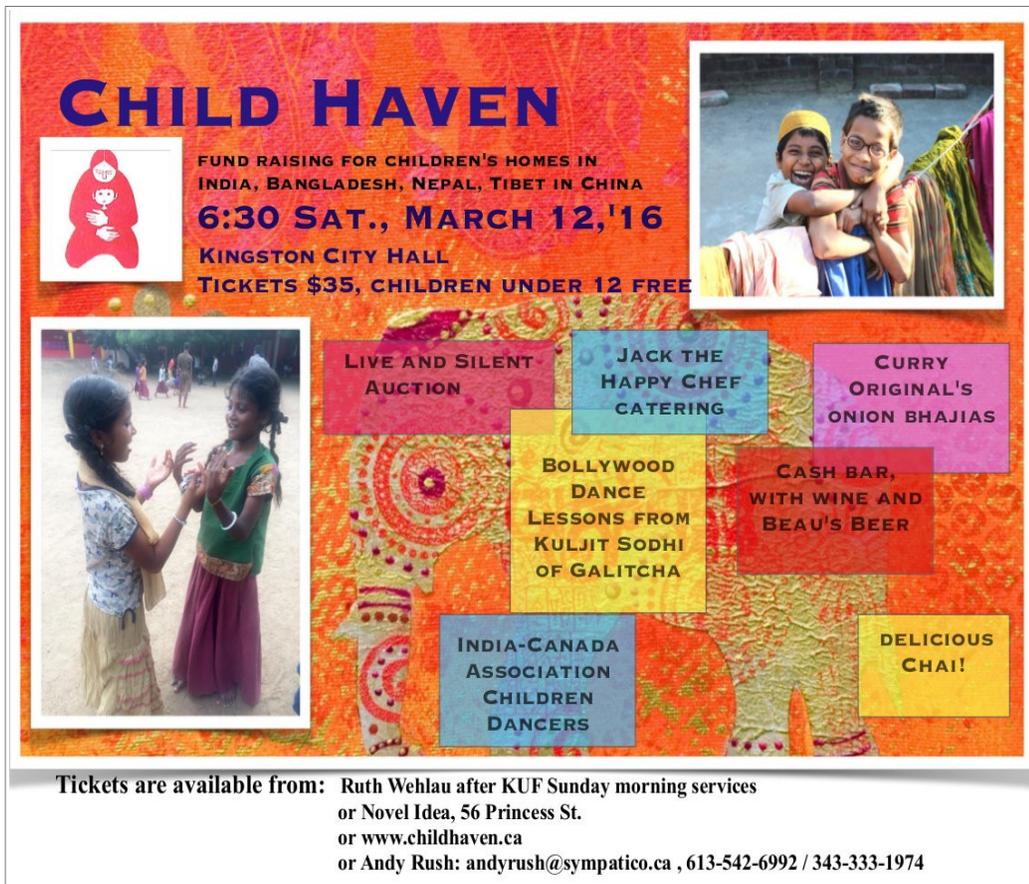
Interested? Contact Phyllis Robbins at: phrobbins@cogeco.ca.

Child Haven

Wild Fun and Opportunities to DO GOOD - March 12!

by Jackie RushMorgan and Andy Rush
6:30 Saturday, March 12, come to Kingston City Hall for Kingston Unitarian Fellowship's 13th annual Child Haven International benefit. Here's where we contribute to needs at children's homes under the direction of Unitarians Bonnie and Fred Cappuccino, and their son Robin in India, Bangladesh, Nepal and Tibet in China.

You may simply buy the \$35 ticket to celebrate Southeast Asia culture (free if you're under 12!). You'll enjoy a substantial supper of authentic Indian food by Jack Francis, as our teen servers in saris and salwar kameez



CHILD HAVEN
FUND RAISING FOR CHILDREN'S HOMES IN
INDIA, BANGLADESH, NEPAL, TIBET IN CHINA
6:30 SAT., MARCH 12, '16
KINGSTON CITY HALL
TICKETS \$35, CHILDREN UNDER 12 FREE

LIVE AND SILENT AUCTION
JACK THE HAPPY CHEF CATERING
CURRY ORIGINAL'S ONION BHAJIAS
BOLLYWOOD DANCE LESSONS FROM KULJIT SODHI OF GALITCHA
CASH BAR, WITH WINE AND BEAU'S BEER
INDIA-CANADA ASSOCIATION CHILDREN DANCERS
DELICIOUS CHAI!

Tickets are available from: Ruth Wehlau after KUF Sunday morning services or Novel Idea, 56 Princess St. or www.childhaven.ca or Andy Rush: andyrush@sympatico.ca, 613-542-6992 / 343-333-1974

continuously bring out savoury entrees, both vegetarian and meat, and then sweet desserts. There's chai, plus a cash bar for wine and Beau's Beer. Join or just watch Bollywood dance lessons by Kuljit Sodhi, a teacher we met this summer at Blue Skies Music Festival. Sit near the stage for the highlight of watching Kingston's most beautiful dancers, the India Canada Association children dancers, under the direction of Peelu Hira. This year we also have a pair of Bollywood dancers, Heaven Deep Sandhu and a partner. Our favourite locals, the Kitchen Gypsies will play ambient music all evening.

You may decide to contribute to Needs List items, such as a library, a soy milk "cow" machine or even a bus. There's also an ongoing silent auction of Fair Trade crafts, clothing and decor items imported by Bonnie or, for this year only, Kingston donor, Arjun Purohit. The evening ends with a fun, competitive live auction of some of the larger wool carpets and furniture.

You'll love the good humour, practicality and sincerity of Child Haven's co-founder, Unitarian minister

Fred Cappuccino and his son Robin as they tell stories from the children's homes. Fred's wife, Bonnie is missing this year's event as she'll be on one of her 4 yearly tours of the 9 homes. The pair established Child Haven Homes on the principles of Mahatma Gandhi, with NO proselytizing and NO discrimination by gender, caste, race, religion or culture. The Cappuccinos are very committed to local solutions, education and sustainability.

For more information on Child Haven, (Revenue Canada Charitable # 11885 1922 RR0001):

- Look up www.childhaven.ca to see Child Haven's site and the Fall Newsletter.
- Here's a wonderful blog by cousins Katarina and Kynan Cappuccino travelling this past November with their grandmother, Bonnie Cappuccino: doublecappuccinotogo.wordpress.com "Double Cappuccino To Go - Traveling Through India, Nepal and Bangladesh With Our 81 Year Old Grandma".

- Fred has just published *Bonnie and Her 21 Children* and it is a funny, touching and fascinating read. That book takes us up to the founding of Child Haven, so we're hoping there will be a Fred and Bonnie and Their 1400 Children. Indeed, Fred is already writing.

Tickets are available from: Ruth Wehlau after KUF Sunday morning services, or Novel Idea, 56 Princess St., or www.childhaven.ca, or Andy Rush andyrush@sympatico.ca, 613-542-6992.

Kingston Community Chaplaincy

Kingston Community Chaplaincy is a non-denominational, not-for profit organization in your community. We are a partner organization with the Kingston Unitarian Fellowship.

Our Objectives are:

- To enact the goals and principles of Restorative Justice in relation to victims, offenders and community
- To accompany men and women from incarceration to successful reintegration in the community by facilitating emotional, spiritual and practical support systems during their transition
- To assist those who are at risk of engaging in criminal activity to find constructive and life affirming community resources
- To dialogue with community groups to further their understanding of and response to the needs of offenders, victims and their families.

If you have any experience or interest in this type of work, **we are looking for new Board Members.**

For more information, please contact the Board chair, Gordon Darrall - darrallg@kos.net.

Lunch Bunch

Thanks to Dave and Barbara Lyman for organizing Lunch Bunch! It's time for a new coordinator(s). Basically, all you need to do is call the Panda Garden to make a reservation a few days before the Lunch Bunch Sunday, ask for a count of people going before service and confirm the number with the restaurant.

Interested? Contact Brian Hetherington bdhbdh203@gmail.com.

Publications

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

Don't forget to send us your submissions for our column "Members and Friends". We invite you to share news of events or milestones, such as major anniversaries, births, etc. Please keep submissions short, say, no more than two sentences. We also welcome any photos you think others would enjoy.

MiniLinks: A weekly reminder of upcoming events sent out by e-mail every Thursday, 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/KingstonUnitarian

[Fellowship
www.facebook.com/KingstonUnitarian
FellowshipChildrenRE](http://www.facebook.com/KingstonUnitarianFellowshipChildrenRE)

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



February 2016

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2 GROUNDHOG DAY 7-9pm Board Meeting	3 6-8pm Soul Matters Facilitator's Meeting	4	5 5:30-9:30pm Games Night	6 9-11:30am IHM Beit Sefer 12-1pm IHM Beit Sefer (extra class)	7 9:30-10:15am Choir Rehearsal 10:30-2:30pm Quakers 10:30-12pm Service 12-1pm Soup Lunch 6-7pm Youth Group
8	9	10	11	12 7-9:30pm Sing-a-Long Society	13 9:30-1pm IHM Rabbi Visit 1-4pm Children's Birthday Party (rental)	14 VALENTINE'S DAY 9:30-10:15am Choir Rehearsal 10:30-2:30pm Quakers 10:30-12pm Service 12-1pm Lunch Bunch 2-5pm Rental 2:30-4:30pm Crafts (tentative rental)
15	16	17 8pm KUFLinks submission deadline	18 2-4pm Open circle	19	20 9-11:30am IHM Beit Sefer 1-4pm Baby Shower (rental)	21 9:30-10:15am Choir Rehearsal 10:30-2:30pm Quakers 10:30-12pm Service 12-1pm RE monthly meeting 6-7pm Youth Group
22 7-10pm Save a Family from Syria meeting	23 7-9pm Soul matters – Tuesday session	24 1-3pm Soul matters – Wednesday session	25	26	27 9-11:30am IHM Beit Sefer 12-1pm IHM Beit Sefer (extra class) 2:30-4:30pm Choir Practice	28 9:30-10:15am Choir Rehearsal 10:30-2:30pm Quakers 10:30-12pm Service 12-1pm Shared Lunch 12-1pm Amnesty International letter writing
29 10-12pm Kingston Community Chaplaincy meeting						