

# KUFLinks



Kingston Unitarian Fellowship

May 2016

## Sunday Services

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

### May 1: “Building Bridges of Understanding”

Webster defines identity as: the set of qualities and beliefs that make one person or group different from others. But identity is a very complicated concept; a matrix of how we define ourselves and how we’re defined by others. Identity divides us along lines of ethnicity, age, class, religion, sexual orientation and gender, to name a few. Identity is linked to power and a sense of personal and collective agency. As people that value diversity and inclusion, how can we be bridge builders in a world that uses our differences to divide us? Rev. Strecker speaking.

After service: Soup lunch

### May 8: “Seeds and Time”

The local, Canadian and International seed success stories from all of USC Canada’s Seeds of Survival work around the world. Here, within Canada and throughout the global south, communities are getting more and more involved in the crucial issues of seeds, where they are needed, where they come from and our future food supply. USC, through Seeds and Survival and partners such as Seeds of Diversity Canada, are deeply involved in all these



areas. With personal stories from her recent field work in Bangladesh and Timor-Leste and from Canada, our guest speaker, Kate Green, will also have information on how individuals and groups can take action and get involved.

### May 15: “Keeping our Eyes on the Prize”

As an exercise in articulating what’s most important about who we are and what we do, imagine creating a bumper

sticker that would tell people what’s most important about Kingston Unitarian Fellowship in 12 words or less. Rev. Strecker speaking.

The Annual General Meeting will follow the Sunday Service. Please bring snacks to share.

### May 22: “Bee Time”

In his book, “Bee Time; Lessons From the Hive”, Mark Winston says that in his experience when he enters an apiary, time slows down. He’s drawn

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into the present moment. All his senses are engaged - that's bee time. And that, "those too-rare moments of presence and awareness, when deep human interactions are realized: they too, are bee time". What can we learn from bees about living in harmony with one another and with nature?

Rev. Strecker, Elaine Peterson and Volker Busse speaking.

### May 29: "Honouring and Creating Traditions"

We will share some background about the Lay Chaplaincy program, and learn how helping others with meaningful rites of passage touches the lives of our lay chaplains. Come and enjoy some favourite music, readings and stories, and you too may want to consider becoming a Lay Chaplain some day! Lay Chaplains speaking.

After service: Shared lunch, Amnesty International letter writing

## Contacts

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## Minister's Column

*Carol Strecker*

I've just finished writing my report for KUF's Annual Report. It's been such an amazing year it was hard to pick and choose what to write about. One thing that seems really important is sharing my observations from the perspective of your interim minister. In addition to jumping into congregational life; planning, leading, speaking, teaching and providing pastoral care I have a very particular role. I'm supposed to step back and take in the view from the balcony and tell you what I see. Here are some of the observations I included in my report;



The primary foci for the first year of interim ministry for the congregation are history and identity. The history project and working with the timeline in the workshop with Rev. Linda Thomson, CUC Congregational Development specialist, brought to the fore the need to keep some of that history in the foreground, particularly the feelings people have about moving to 206 Concession, hopes that haven't come to fruition, and a planning process that might help keep things moving towards those goals. It seems that patterns may also have developed over time in terms of how people relate to one another, particularly around how decisions are made.

The recent Sunday Service about the in-between stage of change seems especially apropos. Things feel a bit scattered, up in the air. There are a lot of unknowns and not a lot of clarity of focus. The question seems to be, "Where do we go from here?" Exploring issues of identity, the what and why questions, may be a good way to clarify a sense of direction and

purpose.

From my place in the balcony I have seen some of what I've come to believe are your core values and strengths. It's how I've come to see you from the outside in;

1) The conversation about sponsoring Syrian refugees began around a table in the lodge at Unirondack in September. There was a steady swell of interest, energy and compassion that built through the fall. I attended a roundtable on the refugee crisis at Queen's. We hosted an informational meeting and organized a Sunday Service about the refugee crisis and what we might do to help. Cindy Harvey convened a KUF Task Force. Cindy and I attended a Save a Family From Syria planning meeting and made recommendations to the KUF Task Force about working with Save a Family from Syria to sponsor a family. And we were off and running with preparations for the arrival of the Al-Jalam family this spring. In short, you tapped into an unmet need with passion and compassion, developed a project, organized it and followed through.

2) I felt the same kind of passion and compassion around the service I led with Cathy Sequin about the relationships between Aboriginal and non-Aboriginal people in March. Whether projects to support those relationships develop at KUF or not my sense is that KUF is a place where people want to build bridges between difference, which is very different from "celebrating difference". For me, building bridges has much more of a hands-on feeling to it. Reaching out and inviting people into relationship, getting to know them and working together is what's important.

3) There was tremendous response to the one session I was able to organize called, "The New and Not So New UU Class". In general, KUFers seem to have a passion for learning.

Specifically, there seems to be a deep-seated desire to learn more about Unitarian Universalism and how to actualize UU values in the world.

You are seekers, that's for sure. What you seek is growth, not in numbers necessarily but in mind and heart, using what you learn to help create more loving and just relationships with each other and in the world. That's what I see.

There's so much more I could write about but I'll end here, leaving you with these questions: When you think about KUF's identity, what do you see? How do you think others in the community see KUF? How do you see yourselves? And most importantly, who do you want to be and how do you want others to see KUF? The answers to these questions will help give KUF a sense of direction and purpose going forward.

Thanks for a great year of learning and growing together. I'm looking forward to continuing the this exciting journey with you.

Faithfully yours,  
Rev. Carol Strecker

## President's Column

Brian Hetherington

This will be my final KUFLinks column as President. Let me remind you of some of the things that are going on:



- The board has undertaken the job of restructuring committees and there will be more on those changes soon. The board is just finalizing the outlines of the new committees.
- The Finance committee, Canvass Team and the board have examined our finances because of our large projected deficit. There will be more on this at the AGM.

- The nominations for the Ministerial Search committee are now being accepted. This is a large task but a crucial one. In June, the Rev. Jane Bramadat will be coming to talk to us all about the process of hiring a new minister.
- Remember to donate events to the Summer Auction and sign up for other events. This is a great way to stay in touch over the summer. For me, because I don't drive a car, it's wonderful to sign up for an excursion to get out of the big city and a way to meet people you just didn't have time to meet in the church year.

I hope you are enjoying the lovely spring weather!

Brian Hetherington

## The Kingston Sing-along Society

invites you to the next

### SING-ALONG

PLAY-Along with **WOODJUMP\***

\*—the house band



## Next Session: Friday, May 13

@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

## Spring Services Sale

The KUF Spring Services Sale is being organized, join in the fun!

We invite you to OFFER a service and eventually purchase a service in KUF's Spring Service Sale.

Services offered by KUF's members or friends can include afternoon tea on your deck; canoe trip on a lake; picnic in the countryside; or whatever you wish (be inventive)

Please

- 1) Offer a service
- 2) Indicate how many people could participate
- 3) State the price per person for the service (but payments will go to KUF). You may also state the date for the

event.

4) Send this information to Ann Copland by May 16 ([coplanda@kingston.net](mailto:coplanda@kingston.net) or 613-546-5271)

More info will follow later on how you can see all the offers and purchase some.

Let's make this a successful fundraiser.

*Allan Hammond*

## Ministerial Search

Over the next year, a Search committee will be looking for our next minister, if we choose to have one. There is a complete checklist of tasks here: <http://www.uua.org/>. But to summarize, the Ministerial Search Committee:

- 1) Has a retreat to get to know each other and begin planning.
- 2) Creates and distributes a congregational survey to see what type of minister we would like and create a profile of the congregation to offer prospective ministers.
- 3) Review our finances to see what we could offer a prospective minister.
- 4) Decide with the board and congregation whether to look for a full-time or part time minister or none at all.
- 5) Create a congregational profile with information for prospective ministers on KUF.
- 6) Post the job offer.
- 7) Review all applications, create a short list of candidates and interview them.
- 8) Visit a neutral pulpit (not KUF and not the candidate's own) to meet with each candidate and hear them preach.
- 9) Select one candidate for a visit to KUF to meet the board, committees and congregation and to preach a Sunday sermon.
- 10) Put the one candidate to a vote - the

congregation decides to hire this one candidate or not. A substantial majority (say, 90% in favour) is necessary.

- 11) Finalize the contract with the new minister.
- 12) Arrange for the transition of the new minister as necessary.

For this committee, we need seven people who represent and serve the entire congregation well (including the needs of children) and not just a part, who has been active, knows the history and/or culture of the fellowship, whether old or new, works well with others, and is trusted, with different skills, such as writing, conducting interviews, designing surveys and compiling them, and financial knowledge. Not everyone needs all these attributes and skills!

It's important that you (the congregation) trust this committee to do this important work on your behalf. Therefore, in the interest of representing your wide and varied needs and interests, the Board is soliciting your nominations.

According to the CUC and UUA rules, board members for 2015 and 2016 and their spouses are not eligible to be on this committee. It is just too much work to do both. The board will consider the applications and create a slate of members for the committee, trying to pick people with suitable skills and who reflect the diversity of KUF. The congregation will be asked to vote for or against this slate

Anyone can nominate a person to serve on this committee. Anonymous nominations won't be considered: this needs to be a transparent process from the very beginning. Only members are eligible to serve on the committee. If you aren't a member yet, there is still lots of time to become one. Email Brian Hetherington. requesting to become a member!

Nominations can be made in person at

KUF via the forms to be found at the back of the Main Hall, or alternately electronically via e-mail to Joe Pater at [jpater45@cogeco.ca](mailto:jpater45@cogeco.ca).

## Communications

*Hans Boldt & Sylvana Grisonich-Boldt*

We live in a challenging time. We all know that Unitarian congregations typically have a hard time attracting people under 40. I was in my late 20's when I first attended services at the First Unitarian Congregation in Toronto, and there really weren't any others my age there.

Since most of the younger people we need to attract to our congregation have not had any significant church experience when young, they may be even less likely than before to consider checking out our church. How then do we reach these people, sometimes called the "Millennials"?

First, we need to understand how the Millennials get their news. You can read one study done by the American Press Institute at [goo.gl/imhPJO](http://goo.gl/imhPJO). One interesting result is that 88% of all Millennials get news from Facebook regularly. Only 3% turn first to a local newspaper for information. Clearly, putting stories in the local papers is no longer an effective way to reach people.

Do we as a Unitarian congregation want to grow? Do we want to encourage Millennials to check out what we have to offer? Clearly, on-line social media is the way to go. I know some of you have reservations about web sites like Facebook, and I fully understand that. But Facebook is a fact of life these days, almost indispensable in connecting with others in our community.

Sandra Woodhouse is the main administrator of our Facebook page, and she's doing a great job. However, just putting content on a Facebook page isn't enough. The next step is up to you. You, members and friends of KUF, need to "like" the KUF Facebook

pages, and actively share content with your Facebook friends. The more that we share our KUF content with others, the more people we reach.

Once on Facebook, you can find other people with similar interests. For example, many of my Facebook friends are active in the local music scene.

Before we made the move to Kingston, I was able to connect with local musicians, which helped me when I started a regular ukulele jam here. These days, I share notices of our regular sing-along with others on Facebook.

You too can use Facebook to find other people who share your interests. Add them as your Facebook friends, and you can share KUF news with them.

Going further, if you would like to publicize a KUF group you're involved with, we can help you set up a new Facebook page for that group. This will help to publicize your group to the wider community. For example, Sylvana administers a page for Children's Religious Exploration.

One more thing we need from all of you, and that's content. The best way to show the community what KUF is all about is for you to tell your stories. Don't worry if you don't think you can write. Everyone has a story to tell. We can help you tell that story.

*Hans*

## New Members



*New Members Are Joining*

### Mary Armstrong

When I moved to Kingston last summer I knew I'd be joining KUF. My husband and I were long-term members

of First Unitarian in Toronto.

Why were we moving to Kingston? Our son, Frank Armstrong, had put roots down here years ago and brought two wonderful women into our lives: our daughter-in-law Julie Davidson Smith and our granddaughter, 4-year-old Abigail Armstrong.

We'd lived in our large Toronto house for 43 years. Moving to Kingston confronted us with the exhausting task of de-cluttering a house with big closets and cupboards (no need to make more space by cleaning out.) Our massive Victorian furniture, inherited from family, would never fit into the smaller Kingston space we planned. Thus began our attempt to establish this new chapter of our lives: our "golden years".

Harvey continued to see patients right up to moving time. I'd retired three years earlier. In my professional life, I was in private practice as a psychotherapist working mainly with people traumatized in childhood. I'd founded and directed The Centre For Focusing where I taught students to listen experientially to others – and then to themselves. Focusing, a sort of inner yoga, allows us to have access to a deeper level of knowing than is usually possible.

In 2010 my first memoir, "Confessions of a Trauma Therapist: A Memoir of Healing and Transformation" was published. Today I am working on a second memoir, "Aging and Staying in Control of Your Life." You can read my weekly blog posts at [www.marykarmstrong.com](http://www.marykarmstrong.com), where I write about my own experience with this late stage of life.

## Wilton Cheese

Orders due May 8<sup>th</sup> with delivery on May 15<sup>th</sup>.

Thanks!  
*Norma Graham*

## Publications

**KUFLinks:** The monthly newsletter. Please send submissions by the middle of the month. It is usually mailed out on or about the last Sunday of the month. Send submissions to [news@kuf.ca](mailto: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](mailto:news@kuf.ca).

**Web site:** [www.kuf.ca](http://www.kuf.ca)

**Calendar:** [www.kuf.ca/calendar.shtml](http://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](mailto: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](https://www.facebook.com/KingstonUnitarianFellowship)  
[www.facebook.com/KingstonUnitarianFellowshipChildrenRE](https://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](http://www.kingstonweddingofficiant.com)  
[www.kuf.ca/ceremonies.shtml](http://www.kuf.ca/ceremonies.shtml)

# May 2016

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						<b>1</b> <b>9:30-10:15am</b> Choir Rehearsal <b>10:30-2:30pm</b> Quakers <b>10:30-12pm</b> Service <b>12-1pm</b> Soup Lunch <b>12-1pm</b> RE coming of age <b>2-5pm</b> Baby shower (rental) <b>2-5pm</b> Birthday party (rental) <b>7-9pm</b> CCFA film night
<b>2</b> <b>7-9pm</b> Board Meeting	<b>3</b>	<b>4</b> <b>6-8pm</b> Soul Matters Facilitator's Meeting	<b>5</b> <b>11:30-2:30pm</b> Union members meeting (rental)	<b>6</b>	<b>7</b> <b>1-5pm</b> Birthday party (rental)	<b>8</b> <b>9:30-10:15am</b> Choir Rehearsal <b>10:30-2:30pm</b> Quakers <b>10:30-12pm</b> Service <b>12-1pm</b> RE coming of age <b>6-8pm</b> Senior Youth group
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>7-9:30pm</b> KUF sing-a-long	<b>14</b> <b>12-3pm</b> Birthday party (rental) <b>1-5pm</b> Baby shower (rental)	<b>15</b> <b>9:30-10:15 am</b> Choir Rehearsal <b>10:30-2:30 pm</b> Quakers <b>10:30-12 pm</b> – Service <b>12-1 pm</b> RE monthly meeting <b>12-1pm</b> Coming of Age <b>12-1pm</b> Annual General Meeting <b>4-7pm</b> Hindu temple (rental)
<b>16</b> <b>10-12pm</b> Kingston Community Chaplaincy meeting	<b>17</b> <b>3-5pm</b> Affiliates meeting – Peace Quest	<b>18</b> <b>8pm</b> KUFLinks submission deadline	<b>19</b> <b>2-4pm</b> Open circle <b>5-9pm</b> Kingston Community Chaplaincy AGM	<b>20</b>	<b>21</b>	<b>22</b> <b>9:30-10:15am</b> Choir Rehearsal <b>10:30-2:30pm</b> Quakers <b>10:30-12pm</b> Service <b>6-8pm</b> Senior Youth group
<b>23</b> <b>Victoria Day</b> <b>10-12pm</b> Kingston Community Chaplaincy meeting	<b>24</b> <b>7-9pm</b> Soul matters – Tuesday session	<b>25</b> <b>1-3pm</b> - Soul matters – Wednesday session	<b>26</b> <b>5-9pm</b> (rental)	<b>27</b>	<b>28</b>	<b>29</b> <b>9:30-10:15am</b> Choir Rehearsal <b>10:30-2:30pm</b> Quakers <b>10:30-12pm</b> Service <b>12-1pm</b> Coming of Age <b>12-1pm</b> Shared lunch, AI letter writing
<b>30</b> <b>9-5pm</b> Workshop (rental)	<b>31</b> <b>9-5pm</b> Workshop (rental)					