

KUFLinks



Kingston Unitarian Fellowship

April 2017

Sunday Services

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

April 2 “The Spiritual Art of Aging”

The fact that the nature of life is change becomes more acute with age. We notice changes in our bodies, our minds and our relationships that can be pretty hard to take. But there’s a freedom that comes with learning to accept change. There are moments of grace and opportunities for gratitude and growth in the moment, if we pay attention. That’s where spiritual practice comes in. Rev. Strecker speaking

After service: Soup Lunch

Workshop: Anne Coward, Maureen Farr-Egan, and Wendy Morrison will facilitate a session on planning your own memorial service after soup lunch.

April 9 “The Heart of Reconciliation”

Reconciliation begins with a willingness to open our minds and our hearts to one another. The Royal Commission on Aboriginal Peoples and more recently, The Truth & Reconciliation Commissions' Calls To Action recommends education on Canadian-Indigenous history as an important part of reconciling our history and healing our relationships.

This service will be followed by an opportunity to participate in “The Blanket Exercise”; an interactive

learning experience that teaches the history of Indigenous rights. Led by Vanessa McCourt; Student Advisor at The Four Directions Aboriginal Students Center at Queens University.

Please bring food to share if you plan to stay. 12:30 – 2pm.

April 16 “In the Eye of the Beholder”

This is the season of new life and new beginnings! We'll celebrate Easter with gratitude, and take a look as opportunities for new life in our daily lives abound when we go looking for them. Rev. Strecker speaking

April 23 “Listening to the Lorax”

The Earth needs our help, now more than ever. It seems like a good time to return to the wise words of Dr. Seuss. Rev. Strecker speaking.

April 30 “Candidating Week”

The service this Sunday and the following Sunday, May 7, will be led by KUF’s ministerial candidate. Save the dates and stay tuned for details about this exciting development.

After service: Shared Lunch, AI Letter Writing

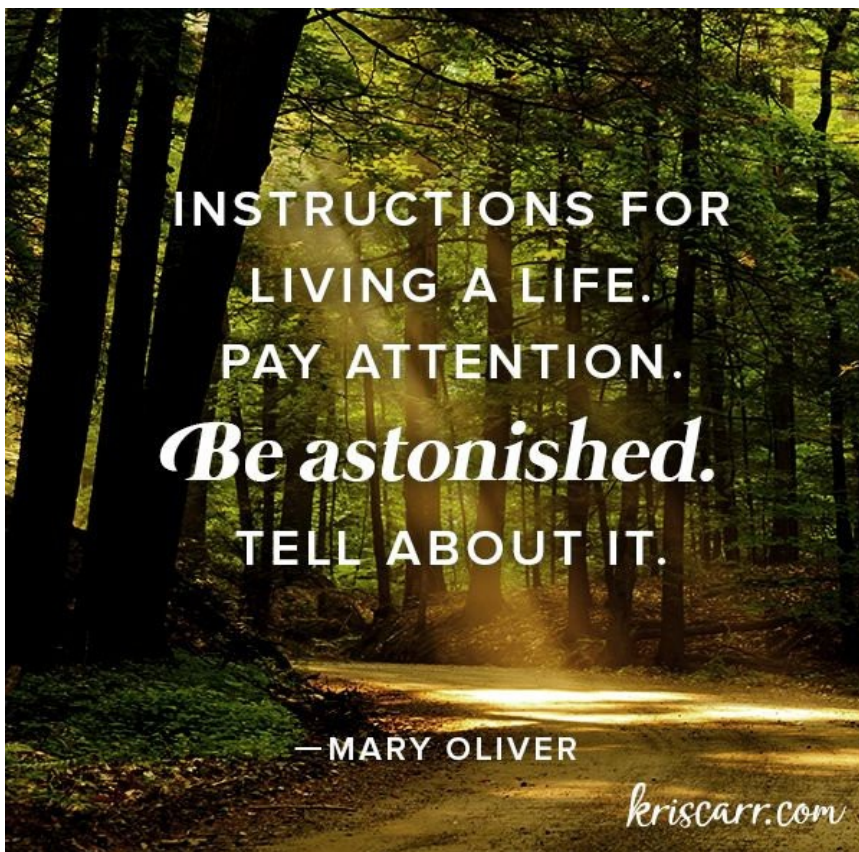


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Contacts

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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.

Reverend Carol Strecker, Interim Minister, can be reached at minister@kuf.ca.

Reverend Wendy Luella Perkins, Affiliated Minister, can be reached at info@wendyluellaperkins.com or at 614-549-3102.

Opinions expressed are those of the authors, and do not necessarily reflect the views of the Kingston Unitarian Fellowship.

Ministerial Search

One Step Closer!

The members of your Ministerial Search Committee are thrilled to inform the congregation that we officially have a Ministerial Candidate! In March the MSC ranked all candidates being considered and sent that information to the UUA transitions office. Our “number 1” ranked candidate also listed KUF as their “number 1” congregation. We will be able to share details about our Ministerial Candidate once a

background check is complete and the contract is agreed to.

So what happens now?

• Channel the excitement! As a congregation, we captured the interest of nine highly qualified UU ministers. They were attracted to our vibrant community that we profiled in our Congregational Packet (<https://kufmsc.wordpress.com>)

• Mark your calendars! Candidating Week will run from April 30th to May 7th. “Candidating” is the process by which the congregation meets the candidate and becomes acquainted with their personality and professional capabilities. Equally important is the opportunity afforded the candidate to meet us and learn about our committees, our practices, and our whole operating culture.

• Stay Tuned! A schedule of Candidating Week events, including meetings, greetings, potlucks, and other opportunities to meet the candidate will be posted soon. The MSC committee will be working with the Board, committees, staff, and members to cover keys areas of interest during weekday and evening activities. The week will start and end with Sunday Service on April 30th and May 7th with our candidate giving the sermons.

• Plan to Vote! It is essential that as many KUF members participate in the vote to call a minister after the service on May 7th. We know that you will want to be informed about how the vote will work and what it will involve. We will post this information soon on the MSC section of the KUF website.

Minister

Rev. Carol Strecker

The Importance of Showing Up

One of the highlights of my collegiate sports career was the

opportunity to meet Wilma Rudolph. Wilma Rudolph was the first American woman (and the first African American woman) to win three gold medals in track and field in a single Olympics. She was also the 20th of 22 children. But the icing on the cake was that Wilma Rudolph contracted polio when she was 4 years old and her doctors told her she would never walk again, much less run.

But with a lot of determination and perseverance she was walking by the age of 12. By the time she was in High School she was a star basketball player, nicknamed “Skeeter” for her speed. She was recruited to run track at Tennessee State University.

Wilma Rudolph said, “I ran and ran and ran every day, and I acquired this sense of determination, this sense of spirit that I would never, never give up, no matter what else happened.”

Wilma Rudolph ran everyday, whether she felt like it or not. And that’s the one thing I’ll never forget about her. She taught me the importance of showing up, to get out there regardless of the weather, to get out there regardless of how you feel. It’s in the doing, being present with what is, whatever it is, that creates a sense of “can do” determination.

There are times when all of us would rather stay at home on the couch. But when I’m having one of those moments, when I’m getting in the way of my own best interests, I’m often inspired by Wilma Rudolph. In fact, I’ve coined the phrase “I’m having a Wilma Rudolph Day” to capture the

feeling and intention in those moments when I’d rather not but I know that in the end I need to get up off my behind and get moving, both literally and figuratively.

There are times when we all feel like we don’t know what we’re supposed to do or how we’re supposed to be in a given



situation. But we can always show up, and that's half the battle. When we allow ourselves to be present with what is we often find ourselves surprised by what we have to give and what we receive, the gifts of spirit that present themselves when we don't give up on ourselves or others.

My family is going through one of the most difficult challenges we've ever faced, the tragic death of Kate's nephew. I wasn't even sure what was happening when I first got the call last week but I knew I had to be there. I had to show up, to stand with my family. As events began to unfold, I simply tried to be a peaceful, loving presence, still determined that love and life are stronger than violence and death.

In many ways this journey is just beginning. There are still so many more questions than answers. There will be many more "Wilma Rudolph Days" to come. But I feel compelled to keep showing up and I am grateful to Wilma Rudolph for her inspiration.

Kate and I thank you all for your kindness and support during this difficult time.

Gratefully Yours, Carol

Rev. Carol

President

Daphne Hand

The Board of Directors continue to work on the Organization Guide (KOG), which directs most of the decision making. The KOG is a living document which, from time to time, should be reviewed, revised or updated. We have recently reviewed and approved the following policies:

Lay Chaplain and Rates; Administration; Sunday Services; KUFLinks Newsletter; Publicity Guidelines; Cancellation; Social Media; Photography; Kingston Unitarian Press; and Privacy and Personal Information. There are still more policies which we have not as yet



had an opportunity to consider, however over time we will have an up to date and accurate organizational document for our congregation.

Following the service titled the "Village of KUF" we held discussions facilitated by board members on children's religious exploration, caring in our congregation, music and Sunday service. Out of these discussions we have gained a better understanding of the congregation's view of and importance of the committees to support these activities. Every one of these committees need volunteers and the more volunteers the less work for all. Please consider offering your skills, talents or your energy to some part of making our congregation a vital community.

Those who had expressed interest in assisting in some capacity will be contacted in the near future.

The Ministerial Search Committee members, Mara Shaw, Gordon Darrall, Kim Irvine-Albano, Sandra Woodhouse, Kelli Siegart, and Bob Hotrum continue to meet and plan for a candidate Minister for KUF. I am hopeful we will soon be able to announce the outcome of their hard work and start to plan for a candidate week in April or May.

Daphne Hand, President

The Blanket Exercise

KUF members and friends will have two opportunities to participate in "The Blanket Exercise", an interactive learning experience that teaches the history of Indigenous rights. Led by Vanessa McCourt; Student Advisor at The Four Directions Aboriginal Students Center at Queens University.

Sunday, April 9th; 12:30 – 2pm following the Sunday Service "The Heart of Reconciliation".

Please bring food to share if you're planning to come for the service and stay through the workshop.

Wednesday, April 12th; 7 – 8:30pm, KUF will be hosting this opportunity to offer this experience to the wider community.

Communications

Hans Boldt

This monthly newsletter would not be possible without contributions from members of our community. We all look forward to the monthly columns from Carol and Daphne, as well as news from various committees. But I know that writing is not something that comes easy to most people.

As for me, I remember the lessons on essay writing I received in my high school English classes. How to

organize my thoughts. How to write an introduction, a couple of paragraphs of content, and end with a conclusion. And to do this in multiple drafts.

But in practice, the lessons didn't sink in until many years later. Back then, I just started writing words down on a page, without much advance planning, with no thought of preliminary drafts. And once I wrote the required number of words, the essay was done. I'm sure most of my classmates did the same.

Early in my career as a software developer, it became clear that the job involved more than writing computer programs. Writing English prose was also a necessary part of the job. For any new piece of software, no matter how big or small, words were needed to describe what the new software was supposed to do. Planners would read that to ensure that what we wanted to do was what our users really wanted. Testers would use the description to write their test cases. And the technical writers would take those words and put them, often unchanged, into our user manuals.

And occasionally, I wrote articles on some major new product feature which were published in some trade magazine, usually with a generous remuneration.

So over time, the process of writing became easier for me.

Today, we have so many more advantages. We have no excuse not to do things right. We all have access to word processors and desktop publishing applications. Think you can't afford them? Check out LibreOffice or OpenOffice, both available for free. (This newsletter is put together using LibreOffice.) Most modern word processors will not only check your spelling, but may also help you with grammar.

Do you have trouble organizing your thoughts? Check out "mind mapping" software. Starting with a blank screen, you can organize information by

Sing-along invites you to an

AFTERNOON SESSION

FRIDAY. APRIL 7, 2017

SING-ALONG

PLAY-Along with WOODJUMP*

**—the house band*



Time: From 1:30 pm to 3:30 pm

the room is open from 12:00 to tune-up and warm-up

@Unitarian Place 206 Concession St.,

West Side Entrance

Bring instruments! Bring a "friend-along!"

Kingston Unitarian Fellowship - Adult Education Programmes

free admission - goodwill donations

adding ideas and concepts, and connecting related ideas. There are numerous programs that enable the process, and once done, you can produce a word processor document with the outline of your essay, giving you a good start.

Or do you have trouble typing? There are speech to text options that can help you get your words written without the need for a keyboard.

Your thoughts and ideas are important. You may need to communicate news and events from your committee. Or

you may need to tell others of something important in your life. Doing this has never been easier. So start writing!

Hans

Soulful Singing

Soulful Singing with Rev. Wendy Luella Perkins, Monday, April 3rd, 7 – 8:30pm.

Wendy Luella, our Affiliated Community Minister offers her signature meditative practice that

celebrates each person's unique voice and creates community in song. Soulful Singing brings our voices and hearts together in a mindful, joyful, open way as an antidote to the racism, sexism and hatred that abounds in these troubling times. Singing together has the power to change our own hearts and make a real difference in the world. We share songs and chants through the oral tradition. Experience freedom, joy, and peace through the power of communal singing and chanting, in a safe, nurturing, open space to explore. Anyone can do it, including you! \$2-20 by donation, pay what you can. A portion of the money collected goes to support the community ministry of Wendy Luella Perkins. For more information, contact

info@wendyluellaperkins.com

Linda Ann McNinch

Linda Ann McNinch has died after a brave struggle with pancreatic cancer, at home on March 19th, surrounded and held in love by her family.

Rev. Carol Strecker will lead a Celebration of Life for Linda at 12:00 pm, Saturday, April 22nd, at The Isabel Bader Centre for the Performing Arts. All are welcome.

Join the Unirondack 5k effort!

Our second annual Unirondack 5k takes place May 5th! Right now we have race locations happening at camp as well as in New York City, Albany, and Philadelphia. To help the effort, click here, to join a team or donate.

The Unirondack Foundation has grown substantially in the last few years as we continue our work toward raising \$1 million to make certain the camp is here for people in generations to come. We currently have \$350,000 which means we are more than 1/3 of the way to securing Unirondack's future! Last year we raised over \$50,000 and in

OPENING A PATH TO RECONCILIATION

Saturday April 29, 2017, 10 am to 3pm

**Grace United Church, Napanee,
(corner of Bridge Street and Robert)**

Note: the location has moved from Kingston to Napanee

A workshop to discuss, decide and move to action in our own congregations and in our own lives, in response to the Truth and Reconciliation Commission's report.

Open to everyone

FREE includes lunch, handouts & viewing the video: The Secret Path

To register: Please send names(s) of participant(s) plus contact information and dietary needs of each participant to:

chris.ingersoll@kos.net

Please include participant's church name(s) & location(s)

*****Last day to register is Wednesday April 19, 2017*****

Sponsored by Four Winds United Church Presbytery Truth and Reconciliation Committee

2015 we raised over \$51,000. This year we are hoping to raise \$50,000 toward the foundation. We have raised over \$17,000 so far this fiscal year and are confident that with your help in the Unirondack 5K we will meet our goal.

Without this effort we are unlikely to be able to maintain and improve our facilities in the year's to come. Even after spending over half a million dollars in the last 5 years on renovations of the Evelyn Anderson showerhouse, Chadwick, Gilman, and the Hollands Boathouse/ Macphee Artshop, we are still lagging behind in crucial infrastructure maintenance and improvements.

We know we will get all the way there with your support. Our community is ready for the challenge.

The 5k at Unirondack is held during the opening work weekend. Come walk or run with us and see if you can beat Eli Wipf who took 1st place last year!

<https://www.raceentry.com/race-reviews/unirondack-5k>

Publications

KUFLinks: The monthly newsletter. Please send submissions by the middle of the month. It is usually published on or about the last Sunday of the month. Send submissions to news@kuf.ca.

Past issues of KUFLinks can be found on the KUF website at www.kuf.ca/news/newsletters/.

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.

Website: www.kuf.ca. To comment on website content, send an e-mail to webmaster@kuf.ca.

Calendar: www.kuf.ca/news/calendar/

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 website.

Order of Service: The Sunday program announcements for the coming week. Please send announcements to office@kuf.ca by Wednesday noon. Indicate "OofS announce" in the subject.

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



Board of Directors 2016-2017 Committees and Board Liaisons

Role	Director	Liaison	e-mail
President	Daphne Hand		daphneh@kos.net
Vice president	Jan Hartgerink	Life Span Learning	jhartgerink64@gmail.com
Secretary	Joe Pater	Admin and Communications	joelpater4@gmail.com
Treasurer	Elaine Peterson	Finance	beehappyhoney@hotmail.ca
Past president	Brian Hetherington		brianheth@gmail.com
Directors at Large	Mary Armstrong	Sunday and Hospitality	mary@marykarmstrong.com
	Valerie Colgan	Facilities	vjcolgan@gmail.com
	Charlene Horwood	Sunday and Hospitality	chorwood3@cogeco.ca
	David Mathers	Outreach	dmathers9@cogeco.ca
	Wendy Morrison	Lay Chaplaincy and Caring	wendyleemorrison@gmail.com
Youth Representative	Ted Mathers		tedmathers13@gmail.com

(For phone numbers see KUF Directory.)

*Working with a committee is a great way to get to know each other better – working with other Unitarians helps us to practice our principles in a safe space and learn from each other.
 (See "Serving with Grace" Eric Walker Wikstrom" Chapter one "The Spirituality of Service")*

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 9:00–11:30am Beit Sefer 1:30– 3:30pm VV Choir rehearsal	2 9:30-10:15am VV rehearsal 10:30-Noon Service 10:30am-2:30pm Quakers 12-1pm Soup Lunch 12:15-3:30pm Plan your own memorial service workshop Wilton cheese orders due
3 7-8:30pm Soulful Singing	4 7-9pm KUF Board meeting	5 7-9pm Rental	6 1-5pm Minister's office hours	7 10:30-11:30am Sunday Services Committee 1-3:30pm KUF Sing-along	8 9-11:30am Beit Sefer 9:30-1pm Rabbi visit 12:30-4:30pm Rental	9 9:30-10:15am Choir rehearsal 10:30-Noon Service 10:30am-2:30pm Quakers 12:30-2:30pm "The Blanket Exercise" 6:30-8pm Sangha Wilton Cheese Delivery
10	11	12 7-9pm Rental 7-9pm "The Blanket Exercise"	13 1-5pm Minister's office hours	14 GOOD FRIDAY	15 9-11:30am Beit Sefer	16 EASTER SUNDAY 9:30-10:15am Choir rehearsal 10:30-Noon Service 10:30am-2:30pm Quakers 12-2pm Lunch Bunch 1-5pm Rental 6:30-8pm Sangha
17	18	19 7-9pm Rental KUFLinks Submission Deadline	20 1-5pm Minister's office hours 2-3:30pm Admin Committee 2-4pm Open Circle	21	22 9-11:30am Beit Sefer 12-3:30 Rental 1-4pm Rental 4-9pm Rental	23 9:30-10:15am Choir rehearsal 10:30-Noon Service 10:30am-2:30pm Quakers 1-6pm Rental 1-6pm Rental 6:30-8pm Sangha
24 1-6pm Rental	25	26 7-9pm Rental	27 1-5pm Minister's office hours	28	29 9-11:30am Beit Sefer 12-4pm Rental	30 9:30-10:15am Choir rehearsal 10:30-Noon Service 10:30am-2:30pm Quakers 12-1pm AI Letter Writing 12-1pm Shared lunch 6:30-8pm Sangha 7-9pm Youth group