

# KUFLinks



## Kingston Unitarian Fellowship

January 2018

### Sunday Services at KUF

We come together each week at 10:30am as a multi-generational community for Sunday Service and Religious Exploration programming. We look forward to seeing you, speaking with you, and including you in our time for gathering! If you have any questions please reach out to Rev. Beckett Coppola at [minister@kuf.ca](mailto:minister@kuf.ca).

#### January 7, 2018 - To Bless the Space, To Bless the Light

Rev. Beckett Coppola

As 2018 begins, we consider the blessings of Space and Light. At this dark time of year, can we rest and prepare for the coming of the light? Can emptiness actually fill and nourish us? A service of meditation, deep listening and blessing offered by Anne Coward.

#### January 14, 2018 - Where the Attention Goes...

Rev. Beckett Coppola

A teacher of mine regularly said "Where the focus goes, the energy flows." While she was talking about the discipline of Yoga, she was also talking about LIFE. If you walk out into the world, or a new year, expecting pain and suffering that is what you will find. But what might happen if you walked into this new year intending to create hope? compassion? joy? curiosity? or

maybe even celebration?

#### January 21, 2018 - Beginning Again

Rev. Beckett Coppola

Through the 3rd principle we covenant to affirm and promote the acceptance of one another and encouragement to spiritual growth in our congregations. So let's create an intention to skillfully be in community, and beyond that in our day to day lives, by together choosing to begin again when a promise is broken.

#### January 28, 2018 – Guest Speaker

Rev. Linda Thomson

CUC Congregational Development, Eastern and Central Regions.

### The Path to Membership at KUF

Are you interested in joining Kingston Unitarian Fellowship? What would it mean to really make a commitment to this community? And what would you get for leaving your 'church shopping' days behind you?

Join us Sunday February 11 to find out the answers to these questions and many more! Rev. Beckett and other church leaders will offer an overview of the congregation, and you will have a chance to explore the meaning of membership. Email Rev. Beckett at [minister@kuf.ca](mailto:minister@kuf.ca) to be added to the mailing list for the next offering of this orientation session.

Also be sure to watch the weekly announcements on the projection screen for information about a Getting to Know UU conversation circle, which you can participate in anytime, and will serve to more deeply connect you to the promise within our shared free faith.

### From the desk of... The Rev. Rebecca C. Coppola:

In January we will be asking ourselves what it means to be a people of INTENTION as individuals, as family and friend groups, as a congregation, and even as a people of faith. This quote from writer Anne Lamott provides one view of this idea:

"Oh my God, what if you wake up some day and you never got your memoir or novel written; or you didn't go swimming in warm pools and oceans all those years because your thighs were jiggly and you had a nice big comfortable tummy; or you were just so strung out on perfectionism and people-pleasing that you forgot to have a big juicy creative life, of imagination and radical silliness and staring off into space like when you were a kid? It's going to break your heart. Don't let this happen. Repent just means to change direction — and NOT to be said by someone who is wagging their forefinger at you. Repentance is a blessing. Pick a new direction and aim for that. Shoot the moon."

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How do you want to reach for not just the goals or resolutions of the new year, but reach for the aspirations and intentions that bring forth the best that YOU have to offer? We each will go about this in different ways, and as we have conversations with each other we can learn new ideas about how we might want to approach things (or how we might NOT want to approach them).

This isn't just the case for us as individuals, because as a community there are ways that we declare our intentions to the world as well. This community is deeply meaningful in the lives of so many, and the work you continue to do in creating the space and the community of care that allows us to be growing and thriving is the result of the intentions and aspirations of the last decade. So... the question now is this — where do we want to go from here?

Be sure to read the letter from the finance committee in this KUFLinks, and watch for more info from others in your elected lay leadership in the coming weeks. Let's have

conversations so that we can dream and vision our way into a bright new future together!

May we make space to listen to the deep still water within.

May we discover that we are already enough,  
that we are already whole.

May we decide,  
together,  
that we have arrived;

May we each truly know that it is time now to explore this messy magical beautiful thing called life.

In Faith & Fellowship,  
Rev. Beckett Coppola



## Rev. Beckett's Office Hours

Friends,

Please note that I am available for appointments in person or by phone on Tuesdays and Thursdays, plus one other day as needed. As I get settled and continue diving into my work here I will be adding community based office hours, at local cafe's and the like, and will put notices in MiniLinks the week

before. In general I am trying to take Monday's off, and am still sorting out when I will be focused on crafting the Sunday message as I am still figuring out the rhythm of things at KUF.

In the meantime please do email me at [minister@kuf.ca](mailto:minister@kuf.ca) to schedule a time on Tues or Thurs if you have any pressing pastoral care needs, or would like to chat with me for a few minutes about something.

It is truly a blessing to be here in Kingston, and I look forward to living into community with you!



## Poetry & Prose Sharing Group

(Every month on the Third Wednesday of the Month)

The group will meet next on third Wednesday of January, 2018 in the Ed Radcliffe Room

Talking about writing , reading our own or others' writing and general sharing of ideas – gentle pace and fun!! Just time to relax and forget the Winter Weather.

Call Anne Graham 613-549-5770 or [annegenator@gmail.com](mailto:annegenator@gmail.com)

## Thematic Experiments: A Daily Thought

“Your day is pretty much determined by how you spend your first hour.”  
~Anon

Too often our days take hold of us rather than us taking ahold of them. This month, for at least one week, pick one of the below practices and

begin your day with a greater sense of intentionality and purpose.

Carve out some time each morning to complete the sentence: “Today I want to be/feel \_\_\_\_\_.”

You can do this while you are meditating, brushing your teeth, eating breakfast or walking the dog. Just make enough room to pick one descriptive word that you want to walk with throughout your day.

There are so many to pick from: generous, powerful, unruffled, trusting, present, nurturing, nurtured, kind. Pull that word into your awareness throughout the day. It helps to literally place it in front of yourself. You could even write it on an index card to place it on your desk or put it in your wallet or purse.

The following are a few of the many things you could choose to focus on:

### **Get Grateful**

Begin your day with gratitude. So many ways to do this. You can keep it simple by just sitting in silence and pulling into your mind the things you’re looking forward to or the things you are blessed with (your health, a family that loves you, a job you enjoy). One focused way is to start each day by thinking of 4 people you are grateful in your life, letting the good energy from that relationship flow into you. Or maybe use a gratitude jar or write your gratitudes down in a gratitude journal and review its pages as it grows day by day. The point is to replace your to-do list and the morning news with thankfulness as the thing that launches you into the day.

### **Nourish**

This route gives you permission to indulge yourself and give yourself the gift of generosity. It invites you to begin your day with the feeling of being gifted by life, rather than armoring up for the battle of another day. You can keep it very simple. For

instance, shower with aromatherapy, treat yourself to a fancy cup of coffee, give yourself an extra 30 minutes to get ready at a slower pace or wake up early enough to see the sunrise.

Whatever it is, add something to your morning routine that nourishes you.

### **Sort**

Go ahead and pull out that to-do list and worry list. Write it all down. Then go through it and self-consciously pick the handful of things you will give your attention to and intentionally allow yourself to put the rest into a “parking lot” for some other day. The goal is to narrow the list and achieve a sense of manageability. Sounds simple, but most of us start our days with a hill of worries that just places a shadow over or entire day. End that feeling of “I’ve just got too much to do today” and move yourself into the space of “I’ve chosen the things I can and want to do today.”

### **Sing**

That’s right. Get up. Pick a song you love. And do nothing but sing it or sing along with it. Songs have more power than we give them credit for. Don’t underestimate the power of singing as opposed to just listening. When the words come out of your mouth, the music gets more deeply into your body and spirit, enabling the feeling to stay with you and “set the tone” for the entire day.

### **Walk in Nature**

Get out and connect with nature rather than the morning news. Let the smells, sights and weather on your skin remind you of your deeper and wider connections. Begin the morning by reminding yourself that you are more than an employee or a parent. Simply put, begin the day with a wider sense of who you are. Feeling a part of something larger helps you maintain perspective during the day. Feeling connected to the interdependent universe reminds you that you are not alone. Here’s one version of a walking

meditation if you’re looking for some inspiration.

### **Be Silent**

It’s the most basic of spiritual practices: Empty yourself and let yourself sit only with silence and your breath. Here’s a 5-minute breathing meditation and a TED talk to help you out if you’re new to this practice.

### **Inspire Yourself**

Start your morning off with something that inspires you: a podcast, a poem, an inspirational audio book, a work of art from the internet or simply a quote. We find it so easy to begin our days with what is weighing us down. Why not turn things on their head and start with something that lifts you up?

### **Think**

Did you know that many of the most famous writers, inventors and leaders set aside 2 hours a week to do nothing but sit and think? Sounds odd, right? I mean, when don’t we think? The point is that most of the time what we call thinking is really working on a task. Rarely do we let our thoughts wander freely. We are not good at ruminating. So begin your day with some rumination. Sit down with your thoughts and see what they want to think about. Do it a little each day or take on the bigger task of finding two whole hours each week of this month. Here’s an article that will convince you that it’s worth it.

### **Meditate and Pray**

The classics! If you don’t have a daily meditation or prayer practice, use this month to try it on for size. There are lots of resources out there on the web. But the best route is to talk to a friend who regularly meditates or prays and ask them for a bit of guidance and inspiration.

*(Excerpted from the 2017 Soul Matters materials on the theme of ‘INTENTION’ and adapted for KUF by Rev. Beckett Coppola.)*

## KUF Lunch Bunch

Please join us after Sunday Service on the **third** Sunday of each month for lunch at the Mandarin Chinese buffet, 1300 Bath Road. Everyone is welcome and Seniors get a 20% discount. Just let Karl Hummitzsch, the Meeter and Greeter on that Sunday know that you plan to attend. The more the merrier and a great way to get to know some of us better.

## Do You Remember Kay Ridgeway?

Well, if you don't, and even if you do, you must find out what she's been up to.

Although blessed with beauty and enormous wealth, Kay's idyllic honeymoon voyage down the Nile takes a shattering turn for the worse....murder, Agatha Christie style.....conspiracy and more!

You won't want to miss this production of....

### MURDER ON THE NILE

KUF THEATRE NIGHT IS  
WEDNESDAY JANUARY 24TH.

Be sure to get your tickets early.....a perfect holiday gift for family and friends. It'll be a fun night out, a double treat ....SUPPORT KUF and enjoy a terrific Domino theatre whodunit!

Tickets for this KUF FUNDRAISER are \$20.00. See Valerie Colgan..... she will have tickets ready for you to wrap up and put under the tree!

Just a little background on this KUF Fundraiser; as you know we have a budget of \$6000 to raise by fundraising to fulfill our budgeted income. One of the ways we do this is by working with the Domino Theatre to have a Theatre night. We pay the Domino \$750 to put on the play for us and we can sell 162 tickets. The regular price is \$20 so that is what we charge, too. You can see that we have to sell 38 tickets before we start to make any money. However, if

we had a full house we would raise \$2480!!

So please help by asking your friends and neighbours to come to the theatre with you on Jan 24. It will be fun. Tickets will be available on Sunday mornings or by contacting Valerie Colgan or Charlene Horwood.

## Vision Day

On February 3rd KUF members and friends are invited to gather for the day to share their thoughts on what is important to us, where are we going, what could be our vision and how we can live that vision.

It is a day to listen to each other and share what is important for us about KUF.

Over the next month the Board of Directors will share with you what we have already heard from the Search Committee cottage meetings, a leadership day in 2016, a recent Start Up workshop with a CUC representative and our round table discussion in 2016. We will also be sending you a few questions to get you thinking about our mission statement and covenant. I am hopeful this information will facilitate meaningful conversation on our vision day. Where do they fit in your life at KUF?

Please mark the day!

Daphne Hand, President

## Helping Habitat for Humanity

Habitat for Humanity is building townhouses on Cowdy Street. A number of churches are providing lunch for the workers and KUF has agreed to bring a lunch one day in January for 15 to 20 people.

We need a small group of KUFers to volunteer to make this lunch – it can be whatever we want it to be. If you would be willing to help please contact Valerie Colgan at [vjcolgan@gmail.com](mailto:vjcolgan@gmail.com) or 613

544 2347. We don't know the date yet but have asked that it be in the second half of the month. Things could be made ahead and frozen if that is more convenient.

## KUF's Budgeting Process

As our annual congregational budget meeting will be held this month on January 21, I thought it might be good to describe how we arrive at the budget that will be presented to the congregation that day.

Our process traditionally started at the beginning of the church year with a request from the Finance Committee to committee chairs asking for budget estimates for the coming year. In recent years this step has been omitted as, because of financial limitations, the best we could hope for was to match the previous year's amount. This past year, because of the very successful canvass in 2016, we were able to solicit informal input on possible new expenditures from some of the committees. We hope next year we can revert to the formal process.

In any case, the Finance Committee meets in late September to develop a draft budget for the next year. The primary purpose of this budget is to allow the Board to set a target for the upcoming canvass. However, the committee does try to make the proposed budget as accurate as possible based on current year expenditures, potential increases in ongoing costs such as utilities and taxes, and desired new commitments. At its October meeting, the Board reviews, possibly modifies, and approves a draft budget and communicates a target to the canvass chairs.

The canvass campaign usually extends from October to early December, so that by the end of the year we know what funds will be available from this source in the coming year. We also have a more accurate picture of the

current year income and expenses than that available in October. The Finance Committee therefore meets again in late December or early January to prepare a final budget proposal. If the Canvass Campaign has met its goal and our estimates of current year income and expenditures were accurate, this budget will closely resemble the draft budget approved by the Board in October. However, even with a successful canvass, it is possible that modifications to that budget will need to be made.

The final step prior to the congregational meeting is for the Board to consider and approve a final budget at its January meeting. This must be done more than ten days in advance of the congregational meeting so that KUF members have an adequate opportunity to review the budget prior to the meeting.

In the end, the budget we work from each year is the one approved by the congregation, so the meeting on January 21 is a key event for 2018. We hope the meeting is well attended and welcome input and, if necessary, changes to the proposed budget.

Joe Pater

Chair, Finance Committee

## Board Update

The Board of Directors meets the first Tuesday of each month (except for this January it is on the 9th). Our agenda is full and it takes more than two hours to discuss, listen, challenge and agree on many topics. A copy of the minutes from each meeting is available at the back of the sanctuary. It is our plan to have a member's only access to the web site where minutes of meetings, the KUF Organizational Guide, KUF Directory and other pertinent information that is electronically available to members. This will hopefully be in place soon.

What we have recently approved or discussed:

- Child Haven Day will be April 28, 2018

- Updated our policy for Administration Committee

- Approved new policy on membership tracking

- KUF will be providing a lunch for workers completing a Habitat for Humanity Home on Cowdy St.

- Set our Vision Day for February 3, 2018

- Fundraising activity for KUF – Domino "Theater Murder on the Nile" on January 24, 2018

- Reviewed KUF's Affiliated and Sponsored Groups

Daphne Hand, President

## Library Additions

### THANKS TO RUTH HOWARD

Ruth has donated some of her cherished UU books for our KUF library ( in the Ratcliffe room )

Included are several by Kahlil Gibran plus a collection of sermons by Max Coumts.

These can be borrowed and enjoyed.

## Parking Activity

You may notice over the winter months, a car parked close to the back of the building. One of our neighbours on Victoria St has asked to rent a spot from us as her Mother is coming to visit and help with her new baby. One can't park on the street during the snow plowing season so having this spot will be a great help to them and \$75 per month in our treasury.

From time to time there is a car parked on the west side of our lot behind David Eagan's house. When he has B&B guests that need a spot, they park there. David is very helpful to KUF in keeping a general eye on what is going on at our building and checking that our door is locked when

we have had a rental in the evening. In addition, David makes a donation from time to time for the use of the parking spot.

## 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](mailto:office@kuf.ca). For general inquiries, send e-mail to [info@kuf.ca](mailto:info@kuf.ca). Send news submissions to [news@kuf.ca](mailto:news@kuf.ca).

Rev. Rebecca C. "Beckett" Coppola can be reached at [minister@kuf.ca](mailto:minister@kuf.ca).

Reverend Wendy Luella Perkins, Affiliated Minister, can be reached at [info@wendyluellaperkins.com](mailto: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.

## 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](mailto:news@kuf.ca).

Past issues of KUFLinks can be found on the KUF website at [www.kuf.ca/news/newsletters/](http://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 Friday, as a supplement to the monthly KUFLinks. Send submissions to [news@kuf.ca](mailto:news@kuf.ca).

**Website:** [www.kuf.ca](http://www.kuf.ca). To comment on website content, send an e-mail to

[news@kuf.ca](mailto:news@kuf.ca).

**Calendar:** [www.kuf.ca/news/calendar/](http://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](mailto: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/KingstonUnitarian Fellowship](http://www.facebook.com/KingstonUnitarianFellowship)

[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](http://www.kingstonweddingofficiant.com)

[www.kuf.ca/ceremonies/](http://www.kuf.ca/ceremonies/)

## KUF Soup Lunches

Hello KUF Soupers

SOUP LUNCHESES ARE THE FIRST SUNDAY OF EVERY MONTH

Our Soup Lunches are popular and growing in number of pots of delicious soup needed.

Remember to list ingredients and that there are some serious food allergies, particularly to shellfish.

New soup makers always welcome. Please join us.

## January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b>	<b>3</b> 5:30 pm Committee on Ministry	<b>4</b>	<b>5</b> 2:30 pm Recorder Group	<b>6</b> 10:00 am Rental 5:30 pm Rental	<b>7</b> 10:30 am Service and Childrens program 10:30 am Quakers Service 12:00 Soup Lunch 6:30 pm Sangha 7:00 pm Youth Group
<b>8</b> 12:30 pm Rental	<b>9</b> 7:00 pm KUF Board	<b>10</b> 5:30 pm College, Career, Kids and Beyond Group	<b>11</b>	<b>12</b>	<b>13</b> 9:00 am Beit Sefer 10:00 am Rental 12:00 pm Rental 12:00 pm Tentative Hold, THRRG Facilitator Training	<b>14</b> 10:30 am Service and Children's Program 10:30 am Quakers Service 6:30 pm Sangha
<b>15</b> 12:30 pm Rental 1:00 pm Rental, tentative 4:00 pm KCC Board Meeting	<b>16</b> 6:30 pm Soulful Singing	<b>17</b> 2:00 pm Creative Writing Group	<b>18</b> 2:00 pm Open Circle	<b>19</b> 2:30 pm Recorder Group	<b>20</b> 9:00 am Beit Sefer 9:00 am IHM Rabbi Visit 10:00 am Rental 12:00 pm Rental – tentative 12:00 pm Potluck Lunch, IHM & KUF	<b>21</b> 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Lunch Bunch, Mandarin 12:30 pm Budget Meeting 6:30 pm Sangha 7:00 pm Youth Group
<b>22</b> 12:30 pm Rental	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 10:00 am Rental 10:00 am Beit Sefer 12:00 pm Rental, tentative	<b>28</b> 10:30 am Service and Chidrens Program 10:30 am Quakers Service 12:00 pm Shared Lunch 12:30 pm Budget Meeting, tentative 6:30 pm Sangha
<b>29</b> 12:30 pm Rental	<b>30</b>	<b>31</b>				



## Board of Directors 2017-2018 Committees and Board Liaisons

Role	Director	Liaison	e-mail
<b>President</b>	Daphne Hand		<a href="mailto:daphneh@kos.net">daphneh@kos.net</a>
<b>Vice president</b>	Jan Hartgerink	Life Span Learning	<a href="mailto:jhartgerink64@gmail.com">jhartgerink64@gmail.com</a>
<b>Secretary</b>	Joe Pater	Admin and Communications	<a href="mailto:joelpater4@gmail.com">joelpater4@gmail.com</a>
<b>Treasurer</b>	Elaine Peterson	Finance	<a href="mailto:beehappyhoney@hotmail.ca">beehappyhoney@hotmail.ca</a>
<b>Directors at Large</b>	Astrid Trefzger	Sunday Service and Hospitality	<a href="mailto:bsursimim@gmail.com">bsursimim@gmail.com</a>
	Valerie Colgan	Facilities	<a href="mailto:vjcolgan@gmail.com">vjcolgan@gmail.com</a>
	Charlene Horwood	Sunday and Hospitality	<a href="mailto:chorwood3@cogeco.ca">chorwood3@cogeco.ca</a>
	Laura Miller	Outreach	<a href="mailto:miller.laura.2@gmail.com">miller.laura.2@gmail.com</a>
	Wendy Morrison	Lay Chaplaincy and Caring	<a href="mailto:wendyleemorrison@gmail.com">wendyleemorrison@gmail.com</a>

(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")*