

KUFLinks



February 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.

The theme for February is *Interdependence*.

February 4, 2018

The Call of Interdependence

We've been talking about our connections to one another for a few weeks, including some explorations of the why and the how. The next step is to take a moment to see what comes next as we aspire to deepen personal and interpersonal connections. How does the call of interdependence that is core to our shared free faith inspire us to make light the work of community? What does it look like for each of us to lean in some days, and lean out others? See you Sunday at 10:30am!

February 11, 2018

Good Intentions, Apologies, & Growing Together

In life we can choose to both assume good intent in others and work towards it in ourselves. Our best intentions can lead to a situation where we hurt or

offend and a sincere apology can restore trust and provide opportunities to grow together. These are the teachable moments of life, no matter what our age or position. Our theology as Canadian UU's calls us to this intentional growth, and to allow it to shape how we respond and take action as a community. Join us today as we share how one such teachable moment at KUF brought people together and how this example can be used to increase our capacity as a community to take meaningful action as a result!

February 18, 2018

Mindful Connections

One of the benefits of this faith community is the capacity to encourage us to growth in the moments when we are reaching out, and the moments when we are reaching in. In her book *Real Love: The Art of Mindful Connection* author and Buddhist teacher Sharon Salzberg writes, "The combination of realizing our distinctiveness along with our unity is seeing interdependence." Let's explore the idea of mindful connections, within and without, as we go more deeply into this month's theme.

February 25, 2018

Interbeing and the UU 7th Principle

Join members of the Interbeing Sangha for a Sunday Service exploring Buddhist UU perspectives on our interdependence.

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



In February we will be asking ourselves what it means to be a people of INTERDEPENDENCE as individuals, as family and friend groups, as a congregation, and as a people of faith.

As a Canadian Unitarian Universalist congregation we affirm and promote respect for the interdependent web of all existence of which we are a part. There are many ways this can happen including the direct experience of that transcending mystery and wonder, affirmed in all cultures, and by celebrating the sacred circle of life that instructs us to live in harmony with the rhythms of nature. This theological ground leads us to be working always towards deeper connections, active

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engagement, and continued learning about what it means to be welcoming.

And all of this is much easier said than done! I look forward to talking with you and to spending time with you on Sunday mornings as we explore this idea, and investigate how it might deepen our faith.

May we honor the air that fills our lungs,
and bless the soil beneath our feet
from which our nourishment arises.

May we look upon one another in awe,
determined to respect, to nourish, and
to inspire.

And may we continue the blessed work
of
this covenantal community that brings
us together!

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 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!

UU United Nations Office News

The Unitarian Universalist United Nations Office's 2018 Intergenerational Spring Seminar is scheduled for April 5-7, 2018. For more info go to uua.org and choose "UU United Nations office"



Poetry & Prose Sharing Group

(Every month on the Third Wednesday of the Month)

The group meets on the third Wednesday of the month 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

Thematic Experiments: Writing A Letter

A favorite piece of mine from the grey hymnal is #447 by Albert Schweitzer: "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

This month you are invited to write a letter to someone who contributed significantly to your well-being, your growth, or influenced the path you have journeyed through life. Be sure to write about what they did, how it affected you, the benefit to you, and the benefit to those around you.

This person may or may not still be living, you may or may not know how to contact them, and you may or may not ever deliver the letter. But write the letter regardless, and then have a conversation after Sunday Service with other members of this community, or share with a trusted friend, your memories of this person who touched your life so deeply that they stoked the flame within you during a moment when it had dimmed or been put out.

(Curated and adapted for KUF by Rev. Beckett Coppola from various sources in celebration the 2018 CUC Sharing Our Faith February theme of 'Interdependence'.)

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.



Announcing the Installation of Rev. Rebecca C. "Beckett" Coppola as Kingston Unitarian Fellowship's Settled Minister. Ceremony and Reception at Fort Henry Discovery Centre on Earth Day, Sunday, April 22nd, 2018, 3:00 pm. More details to follow.

New Web Facility – KUF Related Documents

The Board and the Communications Committee are pleased to be able to let you know that, thanks to the efforts of Dave Armstrong, key KUF documents will soon be easily available in electronic form on the KUF website. The KUF Organizational Guide (KOGs), the Directory, the approved budget for the year, and monthly Board minutes will be accessible from a password protected link. Further details, and the necessary password, will be sent to all members in the coming weeks. We welcome feedback on this development and any suggestions for what other documents and information should be made available.

Joe Pater – Board Liaison for the Communications Committee

Theatre Night Results Upcoming Amnesty International letter-writing tables

Thank you to all who helped out with the Theatre night and all who attended and brought your friends. We sold 61 tickets for \$1220. We have to pay the Domino \$750 for the production of the play. With the donations for refreshments we made \$529.15.

The dates for the next letter-writing events are: February 25, March 25 and April 29

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.

Rev. Rebecca C. "Beckett" Coppola 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.

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

Winter parking

It's that time of year when we are faced with a growing hill of snow in our parking lot. While this does reduce the number of spots available, the Building committee has considered the alternative, to remove it, as too costly at this time. Right now we remind you that there is parking right across Concession Street, perhaps by businesses not open Sundays, and on side streets in the area around KUF. And the environmental choice to ride share, take public transportation or walk when possible is another way to save the available spots for those who really need to park close to the building in order to attend. Thanks from your Building committee.

Allan

There's gonna be a party

ALICE HANNA

GRACES the age of 95 YEARS
SATURDAY, FEBRUARY 24/18

Please join family and friends for bestwishes and sharing friendship and light refreshments.

1:00 p.m. – 3:00 p.m.

Kingston Shrine Club

3260 Princess Street West

(near the intersection of Collins Bay Rd. & Princess St.)

Best wishes only please. Alice says at this age all she needs is your love, best wishes and a good night's sleep!

monthly KUFLinks. Send submissions to news@kuf.ca.

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

KUF Soup Lunches

Hello KUF Soupers

SOUP LUNCHES 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.

A Sweet Deal

On a beautiful day last September I got to spend some time with other KUF members visiting an apiary. Not just any apiary but Bee Happy Honey

where our own Elaine Peterson and Volker Busse gave us a tour of some of the hives on her property plus the processing facility where all kinds of honey products get prepared for market.



After the tour there was a honey tasting in the kitchen. Pretty hard to go wrong!

I had bid on the experience as part of a fund raiser last year for KUF and it was a tremendous amount of fun and very educational. If the fundraiser is held again this year keep your eye peeled for different experiences that are fun, support KUF and help us to know our fellow KUF members better.

Dave Armstrong

Bean Recipe

At last months shared lunch Jan's beans were a popular item and several people asked for the recipe.

Baked Beans

4 cups navy beans
1-1/2 lbs. salted pork (I didn't add this to mine)
2 onions
1 tblsp dry mustard
2 cups brown sugar
1 cup molasses
1 tblsp salt
1/2 tblsp back pepper
1 tsp savory

Rinse and pick the beans. Cover with cold water and let soak for 12 hours. Bring to a boil and

simmer for 1 hour. Cut the pork in large chunks and place 1/2 in a crock pot. Pour the beans and cooking water on the pork and add the remainder of pork and the onions to the beans.

Add mustard, brown sugar, molasses, salt, pepper and savory and cover with warm water.

Cook on high for 4-5 hours, adding water if necessary.

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6:00 pm Rental	2	3 9:30 am Beit Sefer 12:00 pm Rental (tent.) Visioning Exercise is cancelled	4 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
5 12:30 pm Rental 7:00 pm Rental (tent.)	6 10:30 am Sunday Service Committee 7:00 pm KUF Board	7 5:30 pm Committee on Ministry Meeting	8	9 2:30 pm Recorder Group	10 9:00 am Beit Sefer 1:00 pm Rental (Tent.) 1:00 pm Rental (Tent.)	11 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm RE Exploration Committee Meeting 1:30 pm Rental (Tent.) 1:30 pm Repair Cafe 6:30 pm Sangha
12 12:30 pm Rental 7:00 pm Rental, tentative	13	14 5:30 pm College, Career, Kids and Beyond Group	15 2:00 pm Open Circle	16	17 9:00 am IHM Rabbi Visit 12:00 pm Rental	18 10:30 am Service and Children's Program 10:30 am Quakers Service 12:00 pm Lunch Bunch, Mandarin 1:00 pm Rental 6:30 pm Sangha 7:00 pm Youth Group
19 12:30 pm Rental 4:00 pm KCC Meeting 7:00 pm Rental	20 6:30 pm Soulful Singing	21 2:00 pm Poetry and Prose Sharing Group	22	23 2:30 Recorder Group 6:00 pm Youth Con (Tent.)	24 11:30 am Youth Con	25 10:30 am Service and Chidrens Program 10:30 am Quakers Service 12:00 pm Shared Lunch 6:30 pm Sangha
26 12:30 pm Rental 7:00 pm Rental, tentative	27	28				



Board of Directors 2017-2018 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
Directors at Large	Astrid Trefzger	Sunday Service and Hospitality	bsursimim@gmail.com
	Valerie Colgan	Facilities	vjcolgan@gmail.com
	Charlene Horwood	Sunday and Hospitality	chorwood3@cogeco.ca
	Laura Miller	Outreach	miller.laura.2@gmail.com
	Wendy Morrison	Lay Chaplaincy and Caring	wendyleemorrison@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")