

# KUFLinks



Kingston Unitarian Fellowship

April 2022

## Sunday Services at KUF

We gather together in person every Sunday at 10:30am ET. Visitors are also welcome to join us virtually via this link: <https://bit.ly/KUFSundays21-22>.

For more information and current details about upcoming Sunday services please visit our website and our social media pages. If you would like more information about KUF, Unitarian Universalism, or if you have any issues accessing our Sunday gatherings please reach out to us by email at office [at] kuf [dot] ca.

April 3, 2022

### **Waiting, Worms, and Wisdom**

How can we understand suffering, catastrophe, and our responses to these situations?

Awakening and transformation are possible as we find meaning in experience, poetry, and stories.

(Rev. Linda Goonewardene Speaking)

April 10, 2022

### **To Make a Difference**

This spring, Russia's war on Ukraine and Canada's work towards Reconciliation are our lead news stories. We give



Welcome to the month of  
**Becoming!**

or volunteer in crises to do something when we feel helpless in the face of need. We also give to causes locally and afar to make a difference and sustain that care. KUF members have generously helped Child Haven's 1,300 children and women in South Asia who depend on our Canadian money for operating expenses. KUF's Child Haven interns and volunteers tell stories to delve into our charity choices. (Andy Rush and Jackie RushMorgan Speaking)

April 17, 2022

### **"Not the Easter Jesus"**

Once we step outside of orthodox Christianity, Jesus becomes someone

and something different. Let's explore some of these variations together. (Rev. Linda Goonewardene Speaking)

April 24, 2022

### **The View from Here: Earth Day at the Intersection of Race and Gender**

In mainstream films, books, and political discourse exists the erroneous notion that Black women and their communities do not care about the natural environment and sustainability, but here in Canada, and all over the world, Black and Indigenous women are engaged in the work of environmental justice. In this Earth Day service, we will spend time reflecting on the work of Black and Indigenous women who are advocating for environmental jus-

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tice as activists and creators. Listening to their voices is essential to understanding the experiences and perspectives that can help us build a more sustainable and equitable world. (Guest Speaker: Beverly Horton – Beverly has been a Unitarian Universalist for a little over 20 years and a member of the First Unitarian Church of Hamilton for nearly as long. She has been active in leadership in her congregation most squarely focused on music and has extended that leadership to the broader denominational context, serving as a member of the Nominating Committee of the AUUMM (the Association of UU Music Ministries). Delivering sermons and crafting services at First Hamilton, speaking at the Hamilton Branch of UU United Nations Organization, facilitating workshops at CUC conferences and gatherings, and serving as co-chair of the CUC's Dismantling Racism Study Group, Beverly actively advocates for our individual and collective commitment to dismantling racism and achieving racial justice made manifest in the Beloved Community.)



When was  
the day  
you first  
welcomed in  
the person  
you would  
become?

## Connecting: Exploring This Month's Theme

### Welcome to Awakening

You live like this, sheltered, in a delicate world, and you believe you are living. Then you read a book (Lady Chatterley, for instance), or you take a trip, or you talk with [someone], and you discover that you are not living, that you are hibernating... Monotony, boredom, death. Millions live like this (or die like this) without knowing it. They work in offices. They drive a car. They picnic with their families. They raise children. And then some shock treatment takes place, a person, a book, a song, and it awakens them and saves them from death.

Anais Nin

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

Rumi

We all know what it was like. The world was alive once. When we were little. The trees whispered words. Animals spoke to us with their eyes. Play-

grounds could become castles. The stars somehow told us we were special. Life could speak.

The magic wasn't imprisoned in childhood. We've all had adult moments when we've "come alive." Wonderfully lost in our work, our creativity or a kiss. Time both stopped and was set on fire.

It happened as well in moments of alignment. When our inner life and outer life fell into step. We were finally "us." Everything was clear, and enough.

There it was in the flower too. Actually in so many simple things: freshly baked bread, blackberries, a deer standing still staring at us without blinking, our children laughing. For those fleeting moments, we lacked nothing. We felt gifted beyond comprehension. We knew what "rich" really means.

And it's not that these moments of awakening don't still happen. There's just something about how we've got things organized that places a fog between them and us. As Anais Nin says, we believe we are living, but really aren't. It's surprising actually - how easily we let dullness sink in, how often we allow life to be muted.

But there are always those memories. That whispering tree. That magic kiss. That moment of being true to ourselves. That priceless taste of blackberry juice on our tongue. They can be brought back. Yes, we forget what it feels like to be fully awake and for life to be fully alive. But forgetting means we can remember. It means we can help each other remember. And remembering opens a door for us to find our way back.

So maybe the message this month isn't simply, "Awaken!" but also, "Remind!" We need to tell our stories so others remember theirs. We need to take each other back in time, so we can fully inhabit our present. It's no small thing. On our own, we are so easily convinced being wide awake was a delusion, so easily fooled into thinking that life never really felt that good or seemed so clear. But with help, we wake up. We remember what it is like for life to shimmer. And for us to shimmer too.

*(From the 2022 Soul Matters materials on the theme Awakening.)*

## **Engaging: An Opportunity to Live the Theme More Deeply**

**Awaken to the World Around You... Right around you!**

[Alastair Humphreys](#) is an adventurer. A serious one. He's cycled around the world, rowed the Atlantic, walked across southern India, just to name a few. But lately he's gone from big to small, from global and grand to local and familiar. In short, he ordered a 12-mile square map of the area where he lives, and he spent a year exploring each half-mile square on that map. The result? The world around him came alive again. He tells the story of this local adventure [here](#). You can find a video of his explorations [here](#). And read his reflections of what he discovered [here](#). It all boiled down to this: the familiar world around him came alive again!

So how might you do a bit of the same this month? You don't have a year, so exploring every inch of the 20 some miles around you is not an option, but it

wouldn't be hard to find a few half-mile square spots to explore anew. Or maybe you lay out the map, close your eyes and randomly place your finger on a square. Maybe you look for a road you've not traveled on, and this time don't drive it, but take it in more slowly by walking or biking it. Maybe you revisit one of the well-known and well-loved spots in your neighborhood and simply sit yourself down near it and soak it in for a few hours, or as long as it takes to notice it anew. Or how about taking a couple weeks and capturing pictures of your neighborhood, pictures that capture it from a new perspective or place it in a new frame. Or go on a treasure hunt to document as many of the unique sounds of your local world. And what about drawing or painting it?

Whatever approach you use, the goal is not only to awaken to the world around you, but also - by your attention - to enable that nearby world to come alive!

## **Deepening: A Contemplative Practice Experiment**

### **Awaken to Enough**

Often, we're encouraged to awaken to our larger dreams and hidden hunger "for more." But sometimes what we really need is simply to awaken to what already is, to allow in and awaken to "I'm enough." So this month, take a morning or an evening to explore your relationship to "enough."

Specifically, you are invited to meditate on the following two reflections:

• A Poem: Who You Are, Right Now, by John Welwood

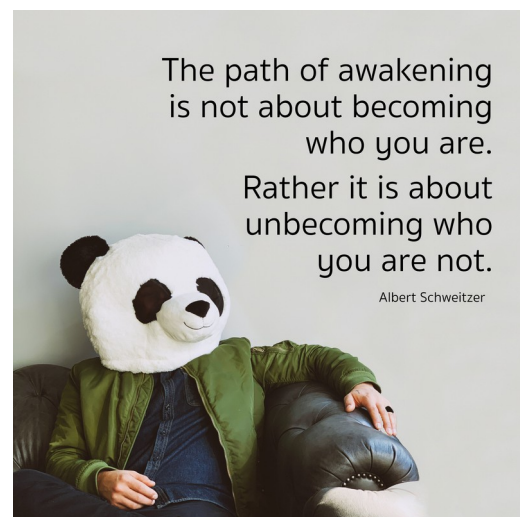
<https://lotusheartmindfulness.com/lotus-heart-blog/2019/5/28/forget-about-enlightenment>

• A Song: The Slowdown, by Michael Shynes

<https://www.youtube.com/watch?v=BNvE7d-AKRI>

Take them in one at a time, reflecting on each by journaling, jotting notes or drawing what comes up for you.

You can leave it there if you want. But if you want to go deeper, you could do the same exercise for multiple days in a row and see how your reflection changes. Another way to dig deeper is to do the exercise with a friend or family member, reading the poem and listening to the song together and then discussing what comes up for each of you.



# Notes from the KUF Board of Directors – March 2022

The Board would like to thank the building committee, especially Allan and John, for managing the upkeep including the leaking roof. A thank you also goes out to the visioning note-takers.

You may have noticed that our sign is missing. The sign had an accident with a truck and will be replaced (slightly updated) with the cost covered by insurance.

Our annual general meeting will be held May 15th. The nominating committee will be working on nominations for the board positions and the committees / groups will be asked to create their reports for the year. Mark your calendars.

Other items from the Board meeting you might be interested in include:

- The building committee with the finance committee are increasing rent rates for both short term and for leasing
- The back roof will be fixed in April and a capital campaign was approved for raising the funds to cover the cost
- Unirondack date is set for September 23 - 25! More details will be coming
- An average of 4-7 children have attended RE this month
- The front railing on the building will be fixed when the weather allows and the volunteers have been amazing

The Board meets the first Wednesday evening of the month, while the executive meets the last Wednesday evening. If you have any questions or concerns, please reach out to any of your Board members.

Cindy Dunning,  
President of the KUF Board

## KUF Finance FAQs

The following is a series of Finance FAQs that originally ran in MiniLinks over the month of March, talking about the details of our financial statements, so that we can all better understand our financial position. Even though we usually cover our expenses and occasionally have a surplus, our spending is based on the bare minimum for function. We have trimmed committees and other areas to make our finances work. Many of our regular expenses are covered by members (ex. OWL trainers pay for their own training, RE scrounges for supplies to keep costs down, etc.) and many of our projects simply aren't done because we do not have the money (ex. Renovation of the building, decorating, youth group support, etc). We have no reserve for emergencies (ex. the roof.)

### Salaries:

Salaries are our largest expense at KUF. In 2021, they totaled \$106,681, approximately 44% of the congregation's income. KUF has 5 employees: our minister, office administrator, music director, RE director and accountant. Our minister is our only full-time employee. Our office administrator works 8 hours a week, part of the year (increasing to 12 hours a week in 2022). Two of our employees are work study students and have part of their salary paid by Queen's. (That amount is not included above.) We also employ Ken Weber after years of his volunteering his services as our book-keeper.

### Where Does Our Money Go?

KUF has a variety of expenses. Below is a simplified chart of what we spend

and in what area. We had a surplus in 2021 primarily because of Covid and not being able to meet in person or hold many of the events we typically have.

### Income:

All sources except rentals:	182,337.
Rentals:	61,545.
Total:	243,922.

### Expenses:

Rentals:	37,186.
Admin & Communications:	10,605.
RE: all ages:	718.
Committees:	1,030.
Denominational:	11,129.
Salaries:	106,681.
Building expenses:	16,437.
Liability payments:	43,588.
Sabbatical:	7,000.
Total:	234,375.

### What is a Balance Sheet?

A Balance Sheet shows what we own and owe.

There are three sections: assets, liabilities and equity. The formula for Balance Sheets is:  $ASSETS = LIABILITIES + EQUITY$ . When you do the form, those numbers must match in that way or you have made a mistake.

In the Asset section is listed every asset we have as a congregation (Within reason. We don't list all the furniture!). It lists the building, solar panels and the sign out front. It also lists any money we have in the bank.

In the second section, the Liabilities section, it lists any money we owe to someone else. The best and largest example of this is the mortgage we have on the building.

The Balance Sheet has a third section: Retained earnings or owner's equity or, simply, equity. It shows the difference between the assets and liabilities. It is the most complicated section of the

Balance Sheet and varies in its nomenclature, depending on what entity you are talking about. (I'll save describing this section for another financial column. It can be quite complicated.)

Balance Sheets are always as of a certain point in time. For example, Dec 31, 2021. A Balance Sheet can be constructed for any point in time but it is the financial statement for that one moment.

### What is an Income Statement?

An Income Statement is often now called a "Statement of Revenue and Expenses" in some circumstances but it contains the same information that it always has: how much came in and how much went out. It is typically done for a set period of time, for example, a month or a year.

In the income section of KUF's statement, it lists income received from members, rents received from our tenants, receipts from a variety of fund-raising projects, etc.

In the expense section, everything we spend our money on is listed. Salaries, mortgage payments, utility bills, taxes, etc. If it went out the door, it is listed here.

KUF's Income Statement has several columns in it so everyone can see the receipts and expenses by month, by year-to-date, and by what that line is budgeted for that year.

### What are Restricted and Designated Funds?

Restricted funds are funds that (typically) have been donated with a stated use or purpose. In accepting those funds from the donor, KUF agrees to only spend those funds on the stated purpose.

Designated funds are funds that the board voluntarily restricts to a use. For example, if the board approved a repair project on the building and wanted to be sure that the money was not spent on anything else, the funds would be designated on the balance sheet so they would be held for that expense.

KUF has several restricted or designated funds. They are:

- Building Fund: It was originally set up to accumulate funds to purchase and renovate the building. Because the funds were collected for a specific purpose, they are restricted to that use.

- Ratcliffe Growth Fund: Restricted by the donor to be used to promote KUF and to build membership.

- Kingston Unitarian Press Fund: This fund has no formal restriction from the donor but its use is overseen by the board. That makes it a hybrid restricted/designated fund.

- Henrikson Fund: This fund is restricted to the use of outdoor activities of the congregation. It is controlled by the board to honor the donors, Arne and Helen Henrikson.

## Share Your Vision for KUF!

Visioning is defined as developing a plan for the future. Visioning is more than wishing and dreaming because it is a plan of action.

From February to May, the KUF Board will be leading the visioning process by looking backwards at our roots, looking at the present for our current existence, and then developing a plan for the dream of the future.

KUF Visioning has 3 parts:

- 1) Individual visioning – the Board asks each of you to vision for KUF using the workbook (which can be found by clicking here). Whether you have been here for 3 months or 30 years, you each have something to offer and dream for KUF.
- 2) Visioning Mini blocks – these are 10 minute blocks that will occur throughout the visioning months.
- 3) Visioning discussions – these are hour long discussions after service spread over the visioning months.

You are invited to participate in all or part of this visioning! If you cannot attend, please share your thoughts and ideas with Cindy Dunning. The Board will take the visioning results, develop a plan, and use it to take action to build, grow, and govern KUF.

Visioning Dates:

Apr. 10 - Visioning mini – why is KUF important in the community  
Visioning discussion – dream and action for us in the community

Apr. 24 - Visioning mini – living our mission

May 8 - Visioning mini – how to explain us to others

Visioning discussion – who are we?

Please mark your calendars!  
KUF's Child Haven International Dinner:  
**6 pm, Sat., June 25**  
at the Royal Curling Club

**PLEASE JOIN A TEAM!**  
We especially need set-uppers, dishwashers and tear downers. Enjoy the whole event, working only before 6 pm or after 8:30 pm!

Sat., June 25 at 6 pm KUF volunteer cooks present a wonderful Indian buffet fundraiser.

Child Haven currently provides loving care for 1,300 formerly destitute children at Homes in India, Nepal and Bangladesh and sponsors an educational project in Tibet-in-China.

The homes follow Gandhi's philosophy by raising the children with respect for all religions, equal opportunity for girls and boys, no regard for caste, non-violence, simple living and vegetarianism, (though our dinner features butter chicken. There's also a cash bar!)

The evening features CH founders Bonnie and Fred Cappuccino. Their son Robin will tell stories with photos from his May to June '22 tour of the homes - his first return to the homes since February '20.

Our chef is our Kuljit Sodhi, who will again lead us in a Bollywood dance demonstration.

There will be beautiful fair trade Indian handicrafts available for sale and on auction.

**KINGSTON'S CHILD HAVEN INTERNATIONAL**

**INDIAN SUPPER, STORIES, HANDICRAFTS AUCTION, BOLLYWOOD DANCING**

CANADIAN FUNDED, LOCALLY RUN CHILDREN'S HOMES

**6:00 SAT., JUNE 25, '22 \$40**  
CHILDREN 12 AND UNDER ARE FREE

**ROYAL KINGSTON CURLING CLUB, 130 DAYS RD.**

Tickets: Online [childhaven.ca](http://childhaven.ca) OR Novel Idea, 56 Princess St.  
OR Jackie RushMorgan, (613) 542-6992, [jackierushmorgan@gmail.com](mailto:jackierushmorgan@gmail.com)

# KUF Publications

**KUFLinks:** The monthly newsletter. Please send submissions by the 20th 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, <http://www.kuf.ca>, by clicking on the “News” tab, and then the “Newsletter” page.

**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).

**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).

**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)

**Calendar:** We constantly update the KUF calendar. For the most up-to-date snapshot of what’s coming up at KUF, please go to the “News” tab at <http://www.kuf.ca> and click on the “Calendar” page.

If you use Google Calendar, you can also view KUF events on your own calendar. Check the instructions on the “Calendar” page on the KUF website.

**KUF Admin Office:** There are currently no in-person gatherings scheduled at Unitarian Place, and the Admin Office here at KUF currently remains closed for in person meetings and appointments to help limit the risk of spreading COVID-19 in Kingston and the KUF community.

However, Office Administrator Sean Fenlon is still available via e-mail during this time of suspended in-person services and meetings. Administrative comments and queries, as well as any questions about what's going on in the KUF community and how to stay connected in these trying times, can be sent to [office@kuf.ca](mailto:office@kuf.ca)

**Lay Chaplains:** Please refer our lay chaplains to your family and friends for weddings, memorials, and child namings.

For more information please go to the "Weddings" tab at <http://www.kuf.ca> or go to <https://www.kingstonweddingofficiant.com>



## Board of Directors 2021-2022 Committees and Board Liaisons

<b>Role</b>	<b>Director</b>	<b>Liaison</b>
<b>President</b>	Cindy Dunning	Shared Ministry/Lifespan Learning – Youth & OWL
<b>Vice President</b>	David Wendt	Buidling Facilities
<b>Secretary</b>	Sandra Woodhouse	Sunday Services
<b>Treasurer</b>	Victoria Vincent	Finance
<b>Directors at Large</b>	Audrey Foster	Membership
	Susan Howlett	Interfaith
	Kim Irvine-Albano	Lay Chaplains
	Kathryn Morrissey	Lifespan Learning – Children
	Mara Shaw	Social Justice

(For e-mail addresses and 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”)*