

# KUFLinks



Kingston Unitarian Fellowship

June 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.

*June 5, 2022*

### ***How's Your Faith in Humanity Today?***

While on sabbatical Rev. Beckett Coppola received an unexpected invitation to visit family in Rome. As she set out on this journey she found she had a hope of restoring her faith in humanity through witnessing the kinds of beauty that humans can create when we set our minds to it. And while things didn't go as expected, this story does have a happy ending. Join us this Sunday for this story and to celebrate our annual

## Welcome to the month of Celebrating Blessings



Flower Communion Sunday in community.

Reminder: Please bring flowers to service with you whether you are joining us virtually or in person!

(Rev. Beckett Coppola Speaking)

*June 12, 2022*

### ***My Muzungu Eyes are Improving***

“Finish your plate—there are children starving in Africa”. Every time Liz James heard these words as a child, she was filled with horror—why was nobody feeding those kids? Come hear the story of her adult efforts to help, and the story of a UU organization with a very unique approach to “aid”.

(Guest Speaker: Liz James – Liz comes from a family with a proud tradition of expressing love through practical jokes. In 2015, as a part of a practical joke gone right, she founded the UU Hysterical Society, which has grown to 80,000 members and is now part of a not for profit called Mirth and Dignity. She lives in Saskatoon, where she does freelance writing, preaching, and online content creation. She also co-hosts the UU comedy podcast The Cracked Cup with Rev Anne Barker.)

*June 19, 2022*

### ***Have You Found What's Yours To Do?***

In Unitarian Universalism we intentionally honour the faith formation of the

## Table of Contents

Sunday Services at KUF.....	1
Welcome to Celebrating Blessings 2	
KUF Publications.....	2
Board of Directors 2022-2023	
Committees and Board Liaisons.....	5



## Welcome to Celebrating Blessings

A Soul Matters facilitator once shared, “I guess after plan A fails, I need to remember there's still a whole alphabet out there.”

Who of us doesn't need a little help remembering that? Especially after enduring Covid for so long. And the ongoing reckoning with racism. And the world's inability to deal with climate change. And political division. You get the point. It's easy to feel demoralized, daunted and defeated these days. With so many things going wrong, it's easy to overlook the many things going right.

For Unitarian Universalists, this tunnel vision is the central tragedy of the human condition, not just of our times. We respect those who frame the human problem as sin or twisted wills, but it's nearsightedness that our religion is most worried about. Which is also why blessings are so core to our faith. They are our way of widening our view.

You see, unlike some of our sibling religions, we don't say a lot of blessings. But we do point to them. For us, blessings are not so much about giving something to each other as they are

about helping each other notice all that's already been given.

And it's not just about widening our view to see the gifts and blessings themselves; it's about widening our understanding of life. Pointing to blessings repairs our relationship with life, allowing us to see it as generous instead of indifferent or threatening. And that's no small thing. Because when the world seems stingy with us, we start getting stingy with others. In contrast, those who feel blessed have little trouble passing blessings on. Life spills into us and we spill into others.

And in that overflow, it does indeed get a whole lot easier to notice that there is, most certainly, a whole alphabet out there.

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



## 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,

individual. Our goal, or perhaps aspiration, is to respect each other's beliefs without feeling our beliefs are less true. This is also the case for our work or our mission in the world. And all of this, collectively and individually, is grounded in the missiology of Unitarian Universalism. Join us this Sunday virtually or in-person for more on this topic and for a celebration of the incredible volunteer work that keeps this congregation going!  
(Rev. Beckett Coppola Speaking)

June 26, 2022

### Counting Our Blessings

When we count our blessings, intentionally remembering the things for which we are thankful, our capacity to engage in the full spectrum of life, positive and negative, experiences increased resiliency. Join Rev. Beckett Coppola's final Sunday service for our 2021-2022 congregational year, and then be sure to tune in virtually through the summer for our summer services programming shared with four other UU communities in Southeast Ontario.  
(Rev. Beckett Coppola Speaking)

<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](http://www.facebook.com/KingstonUnitarianFellowship)  
[www.facebook.com/KingstonUnitarianFellowshipChildrenRE](http://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 con-

nected 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>



## PLEASE SUPPORT

### CHILD HAVEN INTERNATIONAL

CANADIAN FUNDED, LOCALLY RUN CHILDREN'S HOMES  
INDIA, BANGLADESH, NEPAL, TIBET IN CHINA

**COME TO KUF'S  
INDIAN SUPPER!**

**STORIES,  
HANDICRAFTS AND  
BOLLYWOOD DANCING!**

**6:00 SAT., JUNE 25, '22**

**\$40**

CHILDREN 12 AND UNDER ARE FREE



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

Tickets: After KUF Services OR

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)

Donations Online: [childhaven.ca](http://childhaven.ca)

OR: e-transfers to [fred@childhaven.ca](mailto:fred@childhaven.ca) (security answer: [childhaven](http://childhaven.ca))

Child Haven is Revenue Canada Charitable # 11885 1922 RR0001



**Craft and Chat at KUF**  
Tuesdays, June 14 and 28, 1:00-3:00

BRING WHATEVER YOU'D LIKE TO WORK ON,  
OR JUST COME FOR THE CONVERSATION!



## Board of Directors 2022-2023 Committees and Board Liaisons

<b>Role</b>	<b>Director</b>	<b>Liaison</b>
<b>President</b>	David Wendt	Shared Ministry
<b>Vice President</b>	Kim Irvine-Albano	
<b>Past President</b>	Cindy Dunning	Caring Coordinator/Lifespan Faith Formation – Youth & OWL
<b>Secretary</b>	Susan Young	Lay Chaplains
<b>Treasurer</b>	Victoria Vincent	Finance
<b>Directors at Large</b>	Dave Armstrong	Building Facilities
	Audrey Foster	Membership
	Kathryn Morrissey	Lifespan Faith Formation – Children
	Mara Shaw	Lay Chaplains
	Sandra Woodhouse	Sunday Services

(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")*