



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

MAY 2020



WHOLENESS is our theme for May

It's been a couple of months since our last theme month, but it seems much longer. We've been put into a (brave) new world, and not by choice. Last month, we talked about nurturing our inner resources, and recipes for resilience.

Hopefully this month's theme will give us some inspiration to find wholeness. We've assembled some readings and meditations for you to ponder before May (see p XX).

Sunday Services for May

Services are on Zoom, beginning at 10:30 AM. See our weekly emails for connection information and updates



May 3rd - Wholeness

Speaker To be Confirmed

Wholeness - what does that mean? So many events have occurred in the past few weeks that have caused sadness, horror, fear.... The list could be endless.

We will be exploring the theme of wholeness in several ways during May. This Sunday, we'll use a sermon written by a Unitarian for our starting point.

More details will be provided as they are confirmed.

Photo by Volodya Voronin, CC BY-SA 4.0.

May 10th - Reflections on Wholeness

We'll share our personal reflections on the theme of wholeness.



May 17th - National Service

Hosted by the Canadian Unitarian Council and the Unitarian Universalist Church of Halifax

Join the national Unitarian Universalist gathering on Zoom. More details will be announced soon.

CUC Stained Glass image from CUC website.

There will be services on May 24 and 31, but no details as of yet. Check our weekly emails and the [website](#) for updates.



We envision a vibrant, diverse and inclusive home for spiritual exploration and social action.

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Lay Chaplaincy Services

The Fellowship provides non-denomination services to celebrate rites of passage, including births, weddings and deaths. *Our Lay Chaplains are available to the public to provide services.* Please feel free to contact us at (306)522-7357 or reginauu@gmail.com.

Office Hours & Rentals

Saturdays, 1-3 PM

Mike McCall is available at the Unitarian Centre once a week for any business which needs to be dealt with in person. At any other time, feel free to telephone the Centre (306-522-7357) and leave a message, or email reginauu@gmail.com

Regina Multi-Faith Forum

The Regina Multi-Faith Forum provides opportunities for people of different faith traditions to gather, get to know each other and pray together.

Facebook:

<https://www.facebook.com/reginamultifaith/>

Board Talk

By Secretary Jane Knox

We will CONTINUE TO ZOOM on line Sunday Services. Thanks for your patience as we develop new skills and make arrangements for higher quality transmission.

In addition, we are working hard to keep in touch with everyone. If you would like to join the team of people volunteering their time and learning as they go, contact Ethel or Jane at ufr.secretary@sasktel.net.

The Board appreciates your donations to the Fellowship!! Some members use e-transfers and direct deposits for efficient donations at this time. Others use our website's Donate Button through Canada Helps to make their regular donations to the Fellowship. Check it out at <https://www.reginaunitarians.ca> Thank you all for your support during this difficult time.

Domestic Violence Rising

The Fellowship will participate in the Giving Tuesday Now on May 5, 2020 by encouraging members to make donations to charities serving victims of domestic violence Saskatchewan has the highest domestic violence rate among the provinces. And that violence is rising during this pandemic. Shelters provide an emergency place to stay, but also help women rebuild their lives, heal from abuse, develop resiliency, and move towards living violence-free lives.

Facts

Among the provinces, the rate of police-reported family violence was highest in Saskatchewan:

- against children and youth (Sk - 453 per 100,000 population; Manitoba 370)
- physical force was used against three-quarters (75%) of child and youth victims
- of the child and youth victims of family violence, the majority lived in a residence with the person who victimized them.

The Fellowship wants to help raise awareness about the women and children who are forced to leave their homes. There is fear of staying and fear of leaving for both women and children. They need the guidance that is available and a safe place to shelter until they are able to find another place to live. Consider sending support to these agencies before May 10 to be part of Giving Tuesday Now which is happening all across Canada. Be part of the solution!

What You Can Do

Please ... You can make a difference today! ...arrange a donation for an agency of your choice that aims to support and keep safe those who experience violence at home:

1. Regina Family Services (306) 757-6675 <https://familyserviceregina.com/donate/>
 - Provides free resources like one-on-one call-in counselling
2. Regina YWCA (306) 525-2141 ext.114 <https://ywcaregina.com/donate/>
 - YWCA offers programming and over 50 beds in several facilities for women/children suffering domestic violence.
3. Regina Transition House Inc (306) 757-2096 ext.2
 - Call office manager at to discuss your donation or contact: <http://www.reginatransitionhouse.ca/donate/volunteer>

Read more: Interpersonal Violence and Abuse: Response to the Domestic Violence Death Review 2019 (Ministry of Education, Status of Women) <https://publications.saskatchewan.ca/#/products/100831>



Resources for Resilience

Check out the CBC Ideas podcasts for the presentation on Stoicism. Enlightening. ...

<https://www.cbc.ca/radio/ideas/take-it-like-a-stoic-coping-in-the-time-of-coronavirus-1.5520846>

Resilience in Challenging Times - For Children

The publisher Sounds True is providing a handful of free resources from our children's books that they've personally found to be comforting and helpful at this time. May these be of benefit to you and your families as well.

Have a look at

<https://product.soundstrue.com/soundstruekids/>

Thoughts on the May Theme

Wholeness

Hopefully this month's theme will give us some inspiration to find wholeness. We've assembled some readings and meditations for you to ponder before May.

All of You is Holy

Anonymous, shared by Rev. Victoria Safford

Forget about enlightenment,
Sit down wherever you are,
and listen to the wind that is singing in your veins.
Feel the longing, the fear, the love in your bones.
Open your heart to who you are, right now,
not who you'd like to be,
not the saint you're striving to become,
but the being right here before you, inside you...
All of you is holy.
You're already more and less
Than whatever you can know.
Breathe out,
Look in,

Your Body Is Welcome Here

Rev. Sean Neil-Barron (Full reading [here](#))

"Your body is welcome here, all of it.
Yes, even that part. And that part. And yes, even
that part.
The parts you love, and the parts you don't..."

Quote - You Are Not Enough

Alexis Engelbrecht, Soul Matters Family Ministry Coordinator

The phrase is everywhere. Though the words may vary, the essence remains: You are enough.

You have what it takes. If you just believe, anything is possible. You can do it.

May I suggest that you are not enough?

I am not enough. Each of us, as individuals, is not enough.

Alone, one can feel overwhelmed and hopeless. Alone, one must fend for oneself. Alone, one is left to only what one's personal experiences and knowledge.

No – I am not enough... but... when I am with another, my tears can be accompanied by the comfort of companionship. When I am with another, one seemingly impossible challenge is divided by half. When I am with many, the work is shared.

Our insights and wisdom multiple with the presence of others at the table.

We cannot be everything at once. Instead, when you are with me, and I am with you –

when we are part of this community grounded in Love – we are enough...we are whole.

We Are Whole [even when...]

Beth Lefever (Full reading [here](#))

We are whole, even in the broken places, even where it hurts... where self-doubt corrupts our self-love; where shame makes our faces hot and our souls cold...

We are whole, even as we are in process, even as we stumble, even as we pick ourselves up again...



Poetry Corner

Collected for our pleasure by Pam Bocking

In this unusual period of Covid-19, there are still aspects of life that we can truly appreciate and enjoy.

The month of May gives us many opportunities to observe, celebrate, and care for the natural world around us. Various birds are returning, tree buds are bursting, and the soil calls some of us to prepare for planting.

The following are some writers' thoughts and feelings about this time of year:

May Day

by Sara Teasdale

A delicate fabric of bird song
Floats in the air,
The smell of wet wild earth
Is everywhere.

Oh I must pass nothing by
Without loving it much,
The raindrop try with my lips,
The grass with my touch.

For how can I be sure
I shall see again
The world on the first of May
Shining after the rain.?

Spring Rain

by Matsuo Basho

Spring rain
leaking through the roof
dripping from the wasps' nest

What potent blood hath modest May.

- *Ralph Waldo Emerson*

Be like a flower and turn your face
toward the sun.

- *Khalil Gibran*

Planting

by Mike Garofalo

Dirty hand, calloused palm,
black fingernails;
Green Thumb

Early May

by John Burroughs

The time that hints the coming leaf,
When birds are dropping chaff and scale,
And, wafted from the greening vale,
Are pungent odours, keen as grief.

The cowslip now with radiant face
Makes mimic sunshine in the shade,
Anemone is not afraid,
Although she trembles in her place.

The goldfinch dons his summer coat,
The wild bee drones her mellow bass,
And butterflies of hardy race
In genial sunshine bask and float.

Bruce Rice Visits UFR

On April 12, we were delighted to be joined by Saskatchewan's Poet Laureate Bruce Rice. We were particularly pleased to welcome Bruce because his mother, Pearl Rice was a Unitarian whom many of us remember with pleasure. A petite British woman with a big voice, she was a gunnery tactician in World War II and we recall her stories about calculating angles and speed in her head to help the guns take down aircraft bombers over London.

Bruce too is a story-teller, writing in poetic style. Have a look at his [Poem & Image Gallery](#). You will enjoy it. Bruce's most recent book "The Vivian Poems" is about the street photographer, Vivian Maier. Copies are available from [Radiant Press](#) (postage free)



Canadian Unitarian Council eNews

It has so much information about online events like the Coffee House on Saturdays, the CUC annual meeting, a talk by Dr. Niigan Sinclair on May 24, etc. It's worth checking it out! <https://cuc.ca/enews-april-21-2020/>



Nurturing our Inner Resources

by Jane Knox

Are you Nurturing your Inner Resources? Or are you just getting by? Like most people I have good days when I am managing well and other days when it all seems too much. What makes the difference? When I think about that, it is the days when I slow down and take care of myself that I feel better and can be more productive. What helps you? What tools do you use? What anchors you and gives you strength?

YUP, lots of questions! And lots of answers too with suggestions on radio, TV, newspapers and seemingly endless emails. How do we make sense of it all?

First, what is it that anchors us or gives us a foundation to build on? Most of us find it helpful to have a daily routine to guide our actions...a dependable anchor that keeps us on an even keel. So, if repeating a routine is our anchor, what is it that we are doing routinely?

A simple framework can help us look at our "Inner Resources" from several angles. My perspective is that to really nurture my inner resources, I must take action daily in four general areas. I call them: Health, Hands, Heart, and Head. If you grew up in rural Saskatchewan as I did, you might recognize the four areas identified in the 4-H pledge.

The 4-H Pledge

I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
And my health to better living ... for
my community, my country, and my
world.

<https://4-h-canada.ca/pledge>

HEALTH – Take care of yourself! This is the one we hear about most ... eat good food regularly (especially leafy greens) and comfort food occasionally; fresh air and exercise daily for 30 minutes (even if in 3 sessions of 10 minutes each); about 7-8 hours sleep (not too much). All so easy to say ... but perhaps harder to do.

During our service April 19, 2020, several Unitarians said they valued walking outdoors and focusing on nature. Drawing strength from the land. Breathing practice also supports health. Take a few minutes to sit quietly and breathe so deeply that your lower chest expands. More oxygen eases tensions, refreshes tissues and sharpens your brain. Feels good!

HANDS – Use your hands to do something you love... gardening, cooking, tai chi ... (or even just a small task that needs doing—that dusting!). These are opportunities to "zone-in" and be absorbed with just one thing. When we accomplish something, we feel revitalised. Volunteer work feels good too: do something worth-while, sustaining our Fellowship and community.

HEART – Reach out to others with compassion ... often that makes us feel better too. Thinking of others is actually good for you! Be especially generous and kind to those near you, sharing your anxieties and irritability. Unitarians told us they are reaching out to family, friends, and fellow Unitarians. Many also serve the wider community, offering a listening ear or assistance with grocery shopping or other tasks so that those at greater risk need not venture out.

HEAD – Listen deeply to nature or music or a friend. Listening brings a new perspective, calms our busy mind, and can energize us. Listening stimulates looking at the world differently. This also includes listening deeply to all five senses; it is an inner focus on feelings and emotions in the moment. There are many ways to achieve this. For example, two ways are through the practices of meditation and mindfulness. Meditation, or deliberate contemplation, helps "turn off the world" ...a peaceful pause. Mindfulness means a greater awareness of yourself and what is around you at that moment. Mindfulness perks up all five senses (hearing, vision, smell, taste, touch) and brings a wonderful feeling of being lively, not just alive and breathing.

I also include here paying attention to how we express our emotions and ideas. This is something we can control if we practice routinely. Research now emphasizes that positive emotions—gratitude, kindness, joy, awe, delight—will shift the functioning of the brain from negative to a more positive perspective. Giving thanks and taking delight in little things can create more openness, more collaboration with other people, more optimism. Positive expressions help us to be resilient, to respond thoughtfully rather than reacting and lashing out at others. It means we pause long enough to use our head to discern the options we have, to be flexible, open to alternative ways of thinking, and receptive to wise action.

A tall order? The thing is, as Unitarians emphasized during our April 19 service, it is about practicing behaviours until they become a routine part of us. It is practicing thoughtfully selected behaviours that nurture and build our inner resources.

It is routines and practice that help us cope with a changing world today and make us stronger for whatever comes tomorrow.

References:

https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf

<https://www.psychologytoday.com/us/blog/the-mindful->



Give Us Spirit

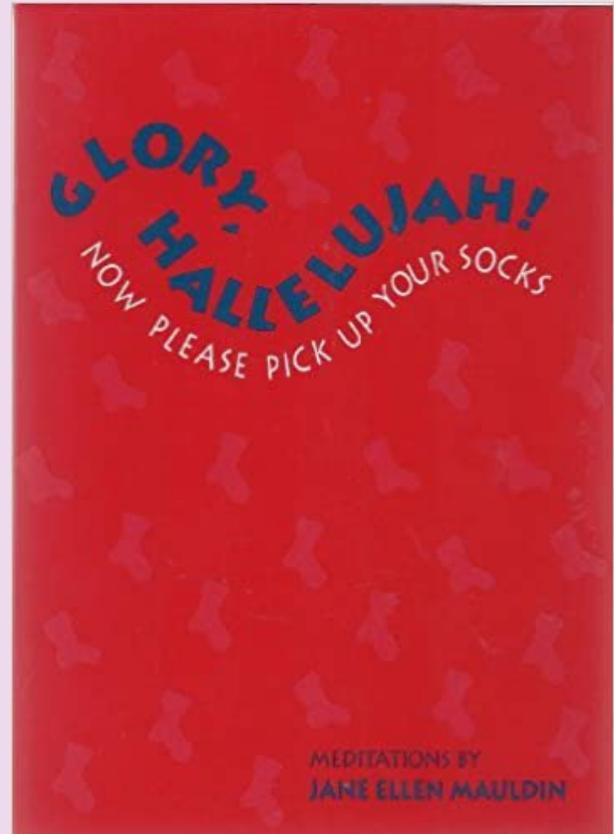
Support for your spiritual journey

Prayer for Healing

By Jane E Mauldin, from UUA.org

Torn and confused,
lonely and enraged,
I greet the new day with suspicion.
Spirit of Life,
show me the gate to healing.
May I find in my hands the tools
to craft a way through the pain.
When even those tools fail me,
may other hands reach out.
Let me welcome them,
and know them as your hands,
gently holding me,
keeping me from collapse,
shaping me and molding new strength
until I am ready to try again.
Amen.

Source: "Glory, Hallelujah!: Now Please Pick Up Your Socks"



The UNITARIAN FELLOWSHIP OF REGINA is a Welcoming Congregation
This means we welcome you regardless of gender, sexual orientation or identity.

Visit our website at reginaunitarians.ca to learn more,
or visit us in person at **2700 College Avenue**, Regina.

