



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

JUNE 2020



Sunday Services for June

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



June 7 – Pride Month and Continuing Our Learning

We have committed ourselves at the Unitarian Fellowship of Regina to continue our advocacy for and learning about LGBTQ2SA+ gender inclusion. We will view two videos about two different parts of our learning.

The first is [a video about why we should talk to kids about gender and sexuality](#) – it is a great video.

The second video is [a short history of trans people](#). Our awareness of history is essential for our understanding of our present-day world.



June 14 – Hope in the Hurricane

The Reverend Fiona Heath became the sixth settled Minister of UCM in 2014. An ardent environmentalist and advocate for simpler, local living, Fiona's passion in ministry is to nurture connections among people, and between people and the planet. She believes Unitarian Universalism is a religion to help people deal with the challenges of the twenty-first century, through offering new ways of thinking and being. Today's sermon will be read by Marena Charron.



June 21 – Share Your Inner Foodie With Us

What makes your mouth water : Do you like candles on the table ? How about music? Share your Inner Foodie with us ...and maybe a super-simple recipe of no more than 3 or 4 ingredients, easy to jot down over the air waves. And we can reflect on food in our world today.

No service June 28. For information on services during the summer, see page 3. Check our weekly emails and the [website](#) for updates.

Zoom Host Training

The Regina Unitarians will be looking for Zoom hosts for our Summer Conversations. In order that we have enough hosts, we have scheduled two Zoom training sessions on June 4th. Each session will cover some basics such as meeting setup, typical settings, waiting room, Zoom etiquette and breakout rooms. Each session will give us a chance to share tips, practice our skills and talk about our Summer Conversations.

Registration will be required - when you click on the link for the training session, you will be asked for your name, email address and confirmation that you're not a robot.

Session 1 - Thursday, June 4th at 11:00 AM.

Register in advance for this meeting [here](#).

Session 2 - Thursday, June 4th at 7:00 PM.

Register in advance for this meeting [here](#).



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

UFR Board of Trustees

President	Richard Jack
Past President	Jamie Struthers
Secretary	Jane Knox
Treasurer	Joanne Green
Members -at-Large	Chris Soucie, Ethel Struthers George Garbe

Leadership

Finance Committee - Joanne Green
 Fundraising Action Group - Jane Knox
 Program Committee - Tanya Walker/Joanne Green
 Property Committee - Joanne Green
 Membership Committee - Jane Knox
 Reconciliation Study Group - Sandra Blenkinsop

Lay Chaplains

Jamie Struthers, Hilary Craig

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

The Unitarian Board continues to meet monthly and aims to keep on top of issues as they arise.

The Program Committee advised the Board that Carol Porter has resigned from Committee duties due to family commitments. Thank you, Carol for your resourcefulness and reliable contributions. Your work is much appreciated by the board and us all.

The Program Committee has been considering when to move to less formal Sunday Services (summer programming, still on Zoom). President Richard reported that churches are unlikely to be open for regular public services until much later 2020, very likely in phase 4 or later (phase 2 allows up to 10 people to gather with physical distancing in place; June 8 marks the beginning of phase 3).

<https://regina.ctvnews.ca/here-s-how-to-worship-safely-amid-covid-19-1.4902273> ;
<https://www.saskatchewan.ca/government/news-and-media/2020/may/21/reopen-saskatchewan-plan-phase-3>

The Program Committee wants to hear from YOU and give you opportunities to:

- provide simple technical support for more casual ZOOM summer services.
- host a summer service ... primarily ensure everyone has a chance to participate. Share a book you enjoyed or explain how you have been developing inner strength and new skills. Welcome others into the conversation. Bring your new ideas forward please.
- training will be provided. *Try it out!* Contact: ufr.treasurer@sasktel.net

The Board also discussed options for summer activities...including shared services with other western congregations (like we did with Saskatoon in April). We could all enjoy observing the practices of others and networking a little too. Is there a Unitarian congregation you would like to know more about? Talk to a Board member or contact: ufr.treasurer@sasktel.net

The Board continues to emphasize the importance of staying in touch with other members and friends. Use that phone list. And if you did not get a new list, please contact: ufr.secretary@sasktel.net The Membership Committee is working hard to stay in touch with you, so let us know if there are gaps or errors on the member/friends lists. We are also updating our website so it is ready for some interesting summer reading. [Have a look](#) and let us know what you think: . The website will be changing monthly for a little while. So that we can serve you better, send your ideas to ufr.secretary@sasktel.net

As we approach the end of the regular program year, it is time to think about how we can each contribute to a better, stronger, more vibrant Fellowship in the months ahead. Participating as a volunteer is fun, stimulates personal growth, and is a wonderful opportunity to get to know other Fellowship members at a deeper level. Talk to any Board member or committee volunteer, and they will tell you they meet people in a new way, learn a lot, and enjoy laughter too. Get creative! Participation need not mean a regular committee. Plan a project, host a brainstorming, suggest what changes you would like to see in the building. Cookies and lemonade on the lawn for 4-5 people would be fun too. **Keep in touch, stay safe, and above all, be well.**



Unitarian Fellowship Services

Our Program Committee has been planning our last few formal services of the 'church' year and our switch to our less formal summer gatherings. There are ongoing conversations among many faith groups to develop guidelines for in-person services, or any group gatherings. The Canadian Unitarian Council has determined there will not be any national or regional in-person events such as the Western Regional Gathering for the rest of 2020. Our own provincial government has started to discuss guidelines and group sizes with faith groups for any in-person gatherings.

Before we ourselves consider in-person gatherings, many of our members and friends will be looking for some certainty about the safety of the gatherings. How will disinfecting of our spaces be done? How much cleaning do we have to do? Until those questions are answered, we know we will be continuing with online services. Our formal services will end on June 14th and our first Summer Conversation will be held online on June 21st.

Summer Conversations

We're calling our summer gatherings Summer Conversations. We've prepared a list of conversation topics which we've included in the newsletter. We envision simple gatherings, with a topic, a facilitator and a Zoom host for each Summer Conversation. The facilitator will be responsible for monitoring speakers to ensure everyone has a chance to share. We'll provide a couple of training sessions for the Zoom hosts (see a separate item in the newsletter about the training).

As always, we will be looking for volunteers to facilitate our summer gatherings. Please look at the list of topics provided and contact the program committee with your name and the date you would like to facilitate. The conversations in July and August will take place only if we have sufficient facilitators and Zoom hosts. Your program committee volunteers will take a well-deserved break during the summer.

June 28th - Canada Day Weekend, no service.

July 5th - *Ancestors in the Attic* : bring a story about one who inspires you (yours or ? to the meeting today...perhaps someone who gave/ gives you strength, made/ makes you laugh... walks the path in your heart.

July 12th - *The Desert Island Questionnaire* : if you could choose 1 of the following ?...Just one... 1 book....1 photo....1 musical instrument....1 tool.... What are we learning in these different times about what counts ?

July 19th - *The Art of Letter Writing* : Does anyone still write letters ? Tell us about the most memorable letter or card you have ever received. Let's chat about how we express our feelings these days.

July 26th - *Travel* : in these times of physical distancing, what does travel signify for you....bring along your imagination and let's "trip" together.

August 2nd - *Civic Holiday Weekend*, no service.

August 9th - *Yoga/Meditation*

August 16th - *Fellowship roundtable* to think about topics and formats for future services. How do we meet our needs not knowing whether we'll be meeting in person or on Zoom. All creative suggestions welcome.

August 23rd - *BookShare*.

August 30th - *A surprise picnic* : will it be in person or online?

September 6th - *Labour Day Weekend*, no service.

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.

A kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

— submitted by Allyne Knox



Good News from Your Treasurer

We have all heard plenty of difficult news in the past couple of months, but there are some good news stories too! At the Unitarian Fellowship we've successfully switched to online services for the past two months. Although there are some technical glitches occasionally, the content we present hasn't suffered in quality.

One change during our services has been how we 'pass the basket' for your donations. Some folks have switched to using eTransfers which is an easy method to send donations. It's also the method with the lowest user fees attached. Some regular donors use an automatic withdrawal from their bank account, and still others use postdated cheques. And last, some people make donations through CanadaHelps.

We're so grateful for all of your donations, however they are provided. In the past five months, we have received \$14,530.50 in donations, including \$1,325.25 in anonymous & non-receipted donations. The anonymous & non-receipted donations include cash as well as donations through CanadaHelps. Since the COVID-19 shutdown began, we've received \$778.88 through online donations - fantastic! Some of these are one-time and some are new continuing donors.

Your continued support is greatly appreciated. Thank you.

Joanne Green

Treasurer

Inspiration for Change

by Jane Knox

COVID-19 has forced nonprofits and the people who work in them to adapt and innovate. While getting back to business-as-usual sounds appealing, perhaps we should lean in to change. [Big Duck's CEO Sarah Durham writes about how organizations might embrace this time](#) as a period of unprecedented invention. " (Big Duck is a New York based group aiming to help small non-profits. I like their ideas...what do you think?

How can we reinvent ourselves as Unitarians? What changes would be helpful to the Cathedral community and the larger Regina community? How can the Fellowship better provide meaningful support to others? What does social action mean in a time of physical distancing?

Send your ideas to ufr.secretary@sasktel.net and I will take them to the Board.

Jane

Give Us Spirit

Support for your spiritual journey

Unitarian Universalist Views of Prayer

By Rev. Erika A. Hewitt (Source: <https://www.uua.org/beliefs/what-we-do/spirituality/prayer>)

Prayer is one word for the alignment of our full attention with our desire to connect with That Which Is Larger Than Us. It can take many forms, from the quiet cultivation of stillness to the deliberate naming of all that we're grateful for, which Rev. Tom Schade calls "naming the goodness."

Whatever its form, prayer also creates an internal shift. As renowned theologian Reinhold Niebuhr noted, "Prayer does not change things; prayer changes people, and people change things.... Prayer is not hearing voices, prayer is acquiring a voice."

When it comes to prayer and meditation, how it works is less important than its practice. Prayer is a way to connect and reconnect to ourselves and to that which is life-giving; the mechanics don't matter as much as the intention: remembering ourselves as magnificent, fragile vessels of love, sometimes with intimates and sometimes with strangers, and affirming our choice to remain connected so that we're not lost in the vastness of space and time.

If you have contributions to make to this newsletter, please contact Mike McCall:

email reginauu@gmail.com. or 306-522-7357 (office). The deadline for contributions is the 23rd of the month.

Unitarian Fellowship of Regina, 2700 College Avenue, Regina, SK, S4T 1V1 or email reginauu@gmail.com

Website: <http://reginaunitarians.ca/>

Facebook: <https://www.facebook.com/reginaunitarians/>

Podcast: unitarianfellowshipregina.podbean.com