



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

SEPTEMBER 2020



In-Person or on Zoom?

In September we are planning to continue our services on Zoom although we know many people are anxious to return to in-person services. While the Board of Trustees reviews the survey results and makes decisions about in-person services, we'll keep planning topics that work in either situation.

There are benefits to our current situation - we have welcomed visitors from Michigan, California, Montreal and Edmonton to name just a few locations. We can visit other congregations around the world from the comfort of our home. And we can plan services with other congregations. So

Saskatchewan UU Shared Sundays

Using Zoom gives us some new opportunities, one of which is to share services with other Saskatchewan Unitarians. The Program Committee is planning shared services with Saskatoon for the last Sunday of each month. Saskatoon will be hosting the first two services on September 27th and October 25th. Regina will host on November 29th and so on. We're excited to share and develop new relationships with other Saskatchewan UUs!

Theme for 2020 - Journey

We are continuing to use themes to inspire some of our services each month. For the first three months of our church year, we are going to explore the theme of journey. The past six months have been an especially intense journey into the unknown. Most of us have been on many journeys in our lives - physical, emotional, spiritual, educational and more. We'll start our year with our water ceremony and then on to the Journey: Where have we been, what have we learned, and where might we go on this journey of our lives.

Services for September

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

September 6 - Labour Day weekend

No service today. Enjoy the last Sunday before our 'church' year begins.



September 13 - Water Ceremony

Facilitator: *Marena Charron*

Please join us this morning for an interactive ceremony to honour the ebb and flow of life, with all its joys and challenges, torrents and beautiful lagoons. If you wish, choose a small favorite bowl and a pitcher of water and together we will pour out gratitude, concern and loving kindness for all.

Today's water ceremony is a reimagining of our traditional water ceremony. Enjoy!



September 20 - Where Have You Been (on your Journey)?

Our theme this fall is: The Journey and what it means to be people of Journey.

Before we set out together, let us share our experiences of the past six months: what we have learned, what we have let go; the highs and the lows and where we hope to be heading; the navigation maps and tools we might need. A discussion/sharing Sunday.



September 27 - Pandemics that shook the world: The Great Influenza 1918-1920 and COVID-19

Speaker: *Richard Jack* **Service Leader:** *Rev. Karen Fraser Gitlitz*

Richard hopes to inspire more people to examine the history of how society deals with pandemics in a thoughtful, informed way.



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

UFR Board of Trustees

President (on Leave)	Richard Jack
Acting President	Jamie Struthers
Secretary	Jane Knox
Treasurer	Joanne Green
Members-at-Large	Chris Soucie, Ethel Struthers, George Garbe, Victor Lau

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

Hello! We hope you have had a pleasant summer and are ready for a busy fall. Your Board and most standing committees met at least monthly and sometimes twice monthly over the summer. With the world changing around us, it has been a busy time. We marked with sadness the death of former Fellowship Friend Ishrat Naqvi whose wide knowledge brightened many discussions.

Our President

In mid-August, the Board accepted Richard Jack's request for a leave of absence from the Board. Our Acting President until November 30, 2020 will be Past President Jamie Struthers. Thanks Jamie!

Survey

Throughout spring and summer, the Board's primary concern was the impact of the Covid-19 pandemic; thankfully, to our knowledge, no Members or Friends of the Fellowship have been ill with this virus. After many discussions, the Board decided to seek input into these decisions.

The Board welcomed survey responses from about 24% of Members and Friends. We thank each of you sincerely for offering us your views on the important questions facing the Fellowship at this time. If you did not reply this time, we hope you will respond to future surveys. Every answer is important and contributes to our ability to meet the needs of our Members and Friends.

Of those who responded, 30% had not attended Zoom services for various reasons (vision or other health reasons, technical issues, lack of time). About 50% of respondents attend Zoom services most weeks. When asked what motivates them to attend services, about 60% replied that they value connecting with people and "being in community". Others value the opportunity to expand their horizons, broaden their thinking, and learn about various topics. About 30% of respondents would appreciate further informal contact whether through phone calls or other social interaction monthly.

Members were clear they want the Board to make the Unitarian Centre available for use, provided that the Board ensures we take all precautions specified by public health officials. About 75% of those responding want the Centre open for services; 33% will attend regularly. Some Members (possibly 25-30%) will not attend in-person services or events until mid 2021 or until the risk of contracting Covid-19 is virtually non-existent.

About 67% of those who responded would like the Unitarian Centre to be available for small meetings; while 63% supported also making the Centre available for rental opportunities such as small weddings or memorials.

In various ways, with their answers and comments, Members and Friends made clear that their priority concern is to protect the health and safety of all Members and Friends. This is also the top priority of the Board. We care for each of you and wish to keep you safe.

Website

With people using the Internet more than ever, the Unitarian website is an important tool for communication. The Membership Committee completed a website-revision project over the summer and looks forward to your critique. Please send your comments to ufr.secretary@sasktel.net



Queen City Pride 2020: Together. Apart

Join us for Pride 2020: August 30th to September 5th!

We have several events happening to help you stay connected during Pride Week. Some of our events have switched to a digital platform while others have been tweaked for your safer enjoyment. Make sure to [check out our website](#) to stay in the loop and follow us on Facebook for updates.



Give Us Spirit

Support for your spiritual journey

May we be reminded here
of our highest aspirations,
And inspired to bring our gifts
of love and service
to the altar of humanity.

May we know once again that
we are not isolated beings
but connected, in mystery, and miracle,
to the universe,
to this community, and to each other.

— *Anonymous*

Reading #434 in Singing the Living Tradition (Beacon Press)

Thoughts on the *Journey*

The past six months have been an especially intense journey into the unknown. Most of us have been on many journeys in our lives - physical, emotional, spiritual, educational and more. Following are a couple of quotes to consider as we journey together.

Reflection: Living on the Edge

Richard Rohr

Full reflection found [here](#)

“We often enter liminal space when our former way of being is challenged or changed—perhaps when we lose a job or a loved one, during illness, engagement, or at the birth of a child. During this graced time we are not certain or in control. This openness allows room for something genuinely new to happen. We are empty and receptive—an erased tablet waiting for new words... Because we have avoided liminal space, we have created a very smug and middle-class kind of Christianity that has little wisdom or compassion to offer the world today. Much of the work of authentic spirituality and human development is to get people into liminal space and to keep them there long enough that they can learn something essential and new... Liminality keeps one in an ongoing state of shadowboxing instead of ego-confirmation; it can keep us struggling with the dark side of things, calling the center and so-called normalcy into creative question.”

Walking the Crooked Path

by Thomas Rhodes

Full meditation found [here](#)

“Lead us this day on a crooked path...

We lose so much when we take the direct route...

So lead us on the crooked path...

Following our hearts' desire,

Not just duty's demands,

For the crooked path also leads us home.”



Reconciliation Ripples

by Jane Knox

Kairos Blanket Exercise Coming Soon

In 2019, the Unitarian Fellowship sponsored a Kairos Blanket Exercise which was much appreciated by all those attending. In 2020, we hope for an outdoor Blanket Exercise. Broadening our understanding supports further learning and positive action. Let's move forward!

Some protocols have changed and registration will be limited to enable physical distancing. To register and for further details, contact ufr.secretary@sasktel.net

Youth Suicide in Saskatchewan

To call for help for children in the north, Tristen Durocher walked more than 600 km this summer. He represented Indigenous youth who feel hopeless and grieving parents whose children (as young as age 10) have succumbed to suicide.

Statistics Canada tells us the suicide rate among First Nations people is 24.3 deaths per 100,000 persons at risk, compared to 8 deaths per 100,000 persons at risk among non-Indigenous people. The suicide rate for First Nations people living on a reserve was twice as high than those living off reserve. More resources are urgently needed for mental health services and community activities.

Officials show they are aware and that is an important first step. The Saskatchewan Coroner's Office reported that north-west Saskatchewan consistently has a higher suicide rate than the rest of the province. The Provincial Auditor found that health care providers in northwest Saskatchewan generally don't receive "sufficient training on caring for suicidal patients, and training varies significantly [by hospital location]." The Provincial Auditor recommends improvements in eight areas to ensure better health care for those at risk of suicide. Here in Regina, we became aware this summer of a visiting youth who committed suicide after being turned away twice from a local hospital. This training gap requires URGENT attention. What action has the Ministry of Health taken to address this training gap? What are Unitarians doing?

To learn more about suicide prevention and what we could do, email: ufr.secretary@sasktel.net

For specific signs/symptoms related to suicide risk and for actions that might help, see [here](#).

If you or someone you know needs help, please call:

[Canadian Mental Health Association - Saskatchewan Division](#) 1-800-461-5483

[Regina Mobile Crisis Services](#) (24/7) (306) 757-0127

Congratulations to Jamie Reynolds

Congratulations to artist and Unitarian Jamie Reynolds on a successful solo show. Such striking works! We appreciated your skillful use of fabrics and foils but it is the eyes that really grab attention. Wow! Best wishes for your continued success with your art and education. Jamie is a member of the Sâkêwêwak Artists' Collective



Masks Make a Difference

We know masks work, and this chart shows just what a big difference masks can make. As of late August, Saskatchewan has successfully found the source case for about 70% of our total cases. Good work. However, 484 cases could not identify their probable source for contacting the virus. Potentially, overtime, this means means there will be more undiagnosed cases in our community.

You can protect yourself by consistently wearing a mask when in public indoor places and avoiding large groups anywhere. Let's all protect each other: please wear your mask consistently and try to avoid close contact with others. Take care. Be well.

<https://www.saskatchewan.ca/government/news-and-media/2020/august/26/covid-19-update-august-26>



Exploration of World Religions

In a unique partnership between South Fraser (SFUC) and Calgary Unitarians (UCC), the Revs. Debra Faulk and Samaya Oakley, and UCC member Lynn Nugent, are pleased to offer an exploration of nine of the major world religions/faith traditions this coming year – one a month from September through to May. This program is open to Unitarian Universalists in Western Canada. You'll be able to participate several ways:

- Attendance at the monthly Sunday service when we will have a guest speaker from the faith tradition we are exploring in the program;
- Each of the monthly Soul Matters/Reflections packets will contain a spiritual practice, readings and resources from the traditions under consideration, and
- Twice monthly gatherings where you'll be able to delve deeper into the history and current practices of that tradition. We ask for a commitment to attend as many of these sessions as reasonably possible.

Our twice monthly gatherings will meet on Tuesdays from 6:30-8:00 pm Pacific/ 7:30-9:00 Mountain. Together we'll be exploring:

- September – Judaism – September 8th and 22nd;
- October – Wicca – October 6th and 20th;
- November – Hindu – November 3rd and 17th;
- December – Christianity – December 1st and 15th;
- January – Bahai – January 5 and 19th;
- February – Buddhism – February 2nd and 16th;
- March – Sikhism – March 2nd and 16th;
- April – Islam – April 6th and 20th;
- May – Indigenous Spirituality – May 4th and 18th.

As there are significant expenses for the resources being used, we are asking for a free-will donation of \$10.00 per session on a sliding scale basis. We suggest you use [the CUC's green bottle sliding scale model](#) to determine your contribution.

To register simply click on the [World Religions Exploration Program](#) link.

Please contact anyone of the following for more information:

- Rev. Debra Faulk - debra@calgaryunitarians.ca 403-702-6486
- Lynn Nugent - adultprograms@calgaryunitarians.ca
- Rev. Samaya Oakley - minister@surreyunitarians.ca; 604-323-4341

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.



*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/reginauunitarians/>
Podcast: unitarianfellowshipregina.podbean.com*