



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

NOVEMBER 2021



Services for November



November 7 – “Open Mic” Roundtable Sunday

Our first “Open Mic” Roundtable! It’s your turn to talk. What is important to you? What do you feel passionate about? What do you feel sad about? Angry? This is your time!



November 14 – How trees talk to each other video

“A forest is much more than what you see,” says ecologist Suzanne Simard. Her 30 years of research in Canadian forests have led to an astounding discovery – trees talk, often and over vast distances. Learn more about the harmonious yet complicated social lives of trees and prepare to see the natural world with new eyes.

[Suzanne Simard: How trees talk to each other](#)



November 21 – Radical Hospitality

Speaker: Jamie Struthers

Jamie examines our relationships with others and those we consider to be “others” with reference to the story of Peter and Cornelius in Acts 10. What does “radical hospitality” mean to each of us and to us as a community and urge that we all periodically ‘have a look in the mirror’.



November 28 – CUC National Sunday Service

Begins at noon CT – [Zoom link here](#)

Call-in toll-free: 1-855 703 8985

Led by youth and young adults, this service recognizes and celebrates our 60-year history, and calls on us to fulfill the possibilities of our future together.

All services through the end of 2021 will be Zoom-only.

Zoom Information

[Join Zoom meeting here](#) for November 7, 14, 21.

Meeting ID: 864 9808 0299 Passcode: 832134

For October 31, [join Zoom meeting here](#).

Join Zoom Meeting by Phone

To join a service by dial-in phone call (landline):

Call 1 587 328 1099 (Alberta area code) or 1 778 907 2071 (BC area code)

When asked, enter the Meeting ID and Passcode listed

*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



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

UFR Board of Trustees

President	Victor Lau
Past-President	Jamie Struthers
Vice-President	Sandi Whitford
Secretary	Jane Knox
Treasurer	Joanne Green
Members-at-Large	Chris Soucie, Ethel Struthers, Heather Lau

Committees & Action Groups

- Finance** – Joanne Green, Sandi Whitford, Warren Schenk
- Membership** – Victor Lau, Marena Charron, Jim Hutchings, Jane Knox, Ethel Struthers
- Program** – Tanya Walker, Heather Lau, Marena Charron
- Property** – Joanne Green, Claire Clement, Jim Hutchings, Chris Soucie, Wayne Williamson
- Nominating** - Ethel Struthers, Dave Cowley, Hilary Craig
- Reconciliation** – Sandra Blenkinsop, Claire Clement, Dave Cowley, Allyne Knox, Jane Knox, Helmi Uguh, Sandi Whitford, Wayne Williamson

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

Mike McCall is available at the Unitarian Centre by appointment for any business which needs to be dealt with in-person. Feel free to telephone the Centre (306-522-7357) and leave a message, or email reginauu@gmail.com to make an appointment, or to discuss any other business.

Board Talk

By Secretary Jane Knox

Zoom services for now

Yes, at its October 14 meeting, the Board again considered the wisdom of in-person services, wanting to maintain the personal contact if possible. After discussion, the Board decided Sunday Services will be on Zoom for the remainder of 2021. We want to be certain we are part of the solution, not part of the problem. We want to be sure we are helping to keep you safe.

8th Principle on dismantling racism / oppression

The Board expressed their pleasure that over half the Fellowship's members participated in discussions or submitted comments on the potential 8th Principle being discussed by the Canadian Unitarian Council. A strong consensus was reached that our congregation should support the proposed 8th Principle. President Victor Lau and member Claire Clement will represent us as voting delegates at the November 27th CUC Special Meeting. At that meeting, Unitarians will decide whether or not to add an 8th Principle about "dismantling racism".

Public statements

The Board began discussions about how our Fellowship might make a public statement on protecting the environment and slowing the pace of climate change. Is there a way we could join with Saskatoon Unitarians to make a provincial statement on behalf of Saskatchewan Unitarians? We will talk about this again. Possibly it will be further discussed at the Annual Meeting in March 2022.

Do you have a question or a concern for the Board? Contact ufr.president@sasktel.net and arrange a chat with our President Victor Lau. He will be happy to hear from you.

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/>



2022 Pledge Drive and Your Donation Dollars

The UFR Finance Committee is calling on our study groups, committees and others to submit their requests for our 2022 budget. Please submit the requests by November 8th, 2021. These will be reviewed by the Finance Committee and then a proposed budget will be submitted to the UFR Board.

We thank you for your past commitment to our congregation and for being an important part of our Fellowship. We continue to exist as a Fellowship because you share your time, talents, and passion with each of us.

Your financial donations are used for a multitude of activities: live music during our Sunday services, building maintenance, newsletters and weekly emails, and website updates. We've renovated our kitchen almost completely, removed asbestos, painted the lower hall and lower vestibule, and cleaned the junk out of the corners.

Our proposed 2022 budget recognizes that we hope to move back to more in-person activities. It also recognizes that we need to raise funds to keep our building in good repair, particularly the roof. When we return to the building, we will continue our work on meaningful reconciliation, dismantling racism, inspirational programming, and creation of community.

Please send your requests to ufr.treasurer@sasktel.net.

This Is the Time to Be Slow

by John O'Donohue

This is the time to be slow
Lie low to the wall
Until the bitter weather passes

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

From *To Bless the Space Between Us: A Book of Blessings*. Penguin Random House, 2008

Finding Peace

submitted by Claire Clement

Did you ever work really hard to make something perfect, to do something perfectly? Just let go.

In doing Taoist Tai Chi my instructors would regularly say "Just let go". Let go of what you might ask. That's the tough part to learn. When I first attended a workshop with Master Moy I asked him what I should be doing to get better. He just looked at me and said "Practice" then walked away.

We hear football coaches and sports psychologists saying if you make a mistake, if you lose a game, if you make a bad shot, let it go. Move on to the next move, the next game, the next opportunity.

Pay attention, listen, get lost in the process. How about cooking the perfect dish? We can follow recipes exactly but the great chefs close their eyes and taste and allow their senses and imagination to guide them.

The great archery master Awa Kenzo would urge his students to ignore it whether they scored a bulls-eye or made a terrible shot – just go on practicing as if nothing had happened. When they asked for extra instruction he'd reply "Don't ask – practice."

The more we focus on technique and perfection, the more frustrated and discouraged we become. Just let go of these and focus on the joy of the activity, whatever it may be. It's there we will find peace and joy in our minds and souls.

Give Us Spirit

Time is an equal opportunity employer. Each human being has exactly the same number of hours and minutes each day. Rich people can't buy more hours. Scientists can't invent new minutes. And you can't save time to spend it on another day. Even so, time is amazingly fair and forgiving. No matter how much time you have wasted in the past, you still have an entire tomorrow. Success depends on using it wisely – by planning and setting priorities.

Denis Waitley, American author



Education to Action

Get Inspired by books, videos, other good stuff

by Claire Clement

Unitarians say it's important to inform ourselves but are we moving on to taking action?

We're heading into another long winter and we'd like to share some of our favourite nonfiction and fiction books, and links to articles, talks, and videos too.

Our purpose is twofold:

1. to educate ourselves on issues we face today;
2. to find a way to personally act on these issues.

I'd like to start with 3 suggestions related to Indigenous Peoples:

- *21 Things You May Not Know About the Indian Act: Helping Canadians Make Reconciliation with Indigenous Peoples a Reality* (2018) by Bob Joseph
- *Indigenous Relations: Insights, Tips and Suggestions to Make Reconciliation a Reality* (2019) by Bob Joseph and Cynthia F. Joseph
- *Night Raiders* (movie) A Canadian Indigenous sci-fi thriller released October 2021

Now it's your turn. The topic is open. What are some of the great things you've read, heard or seen lately that you'd like to share with us? What do you think others in the Fellowship might appreciate? What would they find informative, or thought provoking?

Send your ideas to: ccllement@sasktel.net and they will appear in a future Chalice newsletter.

November is for Remembrance

by Jane Knox

On November 11, Canadians pause to honour the women and men who have served and continue to serve Canada during times of crisis, conflict, and peace. More than 2,300,000 Canadians have served and more than 118,000 died in conflicts that often were far from home. In Canada, the focus was originally on World War I; in the Netherlands, it is on liberation at the end of World War II. What will be highlighted this year?

Our military forces are trained to help during extreme weather (e.g., flooding in Alberta) and other catastrophes. Whether it is filling sandbags or shovelling mud or providing health-care, the help of our military is highly valued by communities in need. In 2020, Quebec residents were grateful for the help of the military when nursing homes were in a terrible crisis due to the pandemic. Saskatchewan received assistance in 2021. We are thankful.

November is also a time for remembering those who have died because our society did not accept them. November 20 is Transgender Day of Remembrance. It gives us an opportunity to pause and honour the memory of those murdered in acts of anti-transgender violence.

Transgender people are diverse. They are also a strong and resilient community that continues to face harassment and violence, right here in Regina. Speak out against harassment wherever you see it. As Unitarians, we value the worth and dignity of every person.

Unitarian Fellowship Engages in Cathedral Community-Fridge Project

The Unitarian Fellowship of Regina is delighted to be a partner in the Cathedral Community Fridge Project that aims to enhance food security and reduce food waste in the Cathedral area. The Fellowship provides fridge and freezer capacity for temporary food storage at the Unitarian Centre four days per week.

Launched in April 2021, by the Cathedral Area Community Association, the Community Fridge Project is guided by Red-Seal Chef Brienne Kroener. Thanks to Brienne's enthusiastic and thoughtful leadership, the project is a big success and much appreciated in the community.

You can help: Food supplies are donated by the Loblaws distribution centre and individuals in the community. As harvest season passes, individual donations will become increasingly important. Keep the Community Fridge Project in mind as you stock up for Christmas. A little donation a few times monthly will make a HUGE difference to families in need.

Another way to help: If you have extra yogurt containers (clean and with lids), please save them for the Fridge Project and drop them off at the Community Fridge beside Holy Rosary Cathedral.

Photos of the fridge and greater detail about the project are in the article at [this link](#).



Pandemic Update

Sunday Services will be on Zoom or by phone for the remainder of 2021. We are so fortunate that we have the technology and have developed the skill to enjoy our time together online. It is not the same as a warm hug, but pretty good!

We will miss our in-person contact at the Unitarian Centre but this approach seems best for the well-being of all.

The World Health Organization encourages faith communities to share clear, evidence-based steps to prevent COVID-19 and to reduce its spread. As a faith community, we feel better and stay healthier when we:

- **Wash hands often** – And keep those fingers away from mouth, nose, eyes.
- **Stay connected** – You will soon receive an updated phone list. Watch for it! The Membership Committee suggests you call one or two Unitarians weekly ... perhaps someone you have not spoken with for a while. It is also a great time to call a newish member ... just to say “Hi and welcome!”
- **Get outside** – Take a walk on the grass. Try a new walking path. Enjoy being outdoors.
- **Wear a mask** when in close contact with others outside your household. In general, reduce the number of close face-to-face contacts. Avoid crowds.
- **Ask what you can do** to support others ... deliver groceries, read a poem over the phone, reassure people within our trusted community. We can help each other.
- **Get immunized** ... Talk to your healthcare provider. Covid boosters and annual flu shots are both now available for those over 65 or who are immune-compromised. Help your body protect you and your friends.

The Environment...and the Water Crisis

by Jane Knox

For our Environment column this month, I offer you a wonderful article: “Dry Times, Wet Times” by Gregory Beatty first published July 8, 2021 in Saskatoon’s City Magazine: Planet S.

“Dialogue on water use and quality is urgently needed to protect Saskatchewan’s future...”

As a Saskatchewan gal from the dry south-west, I worry about our water supply. And I am old enough to have visited the Alberta Rockies’ Columbia Ice Fields 60 years ago, when there was MUCH more ice to melt and flow down to us in Saskatchewan.

This article really grabbed me. The writing is great. Thought-provoking. Have a look.

Reconciliation Ripples

by Jane Knox

The Reconciliation Study Group continues to move forward. We are on our journey to study the Reclaiming Power and Place Reports.

Here are a few steps you could consider to make a little ripple towards reconciliation:

- Read this thoughtful 2-page summary in the form of a press release;
- Read 5 of the TRC’s 94 Calls to Action or 5 of the 231 Calls to Justice;
- Reading the list of themes brings insights into the nature of the problems in our society;
- Visit the varied artistic expressions from families and artists expressing grief in positive ways;
- The Assembly of First Nations’ action plan Breathing Life into the Calls for Justice ... it is helpful to see that there are things we can do as a society. Sometimes it is as simple as a shuttle bus to ensure safe transportation.

Hey, just pick one and get started. No rush, one step at a time. It’s a journey ... and you never know what insight is around the corner. Join us! We meet on-line monthly. Contact ufr.secretary@sasktel.net to get the Zoom link.



On Becoming a Unitarian

by Jane Knox

A few of us were born into Unitarian families and simply stayed with the comfort of well-loved rituals. Some of us “strayed” in a deliberate way, joining friends at other churches and then gradually found our way back. Some of us discovered Unitarianism as a solution for our family. Will you share your story with us? This is how the Knoxes found a home with Unitarians.

The Knoxes

Allyne and I were looking for a solution to the challenge of teaching our children about caring for others and supporting the “common good.” Allyne’s family had never been church-going but he had worked with the YMCA for several years. I began life as an Anglican, singing with my mother, sisters, and aunt in the church choir as soon as I could read. I loved the music, the ritual, the security of its sameness, Sunday after Sunday. For my own children, I wanted more. More awareness of the world’s varied religions. More focus on living a life that balanced the needs of others with one’s own desires.

So, I dressed the children in their Sunday best and we began to visit churches. All were friendly and welcoming, without exception. All the churches were beautiful, comfortable spaces. But I found I could no longer say those prayers or believe those stories. Worse, the Anglicans had changed the hymn book so that I no longer knew the hymns by heart (words, melody and harmony); very disturbing!

Allyne remembered reading something about Unitarians (spirituality without dogma) and so we checked that out. I was immediately comfortable. The Unitarian hymns used many of the old Anglican melodies but with wonderful new words. The readings were amazing, often expressing something I had never-before heard put into words. The presentations were less like moralizing sermons and more an opportunity to broaden my world view, widening my ideas about how our society works. At first, we felt like observers, but soon were drawn into helping in various ways. And so, we became part of the Unitarian community. Over 30 years later, we are still “at home” as Unitarians.

What about you? What draws you to Unitarianism? What is your story? Please share it with us.



Generous Futures - Combating Islamophobia: Panel Discussion

November 9, 12PM CT

Join Ryerson University on November 9 at 12PM CT (1pm ET) for Combating Islamophobia, a critical discussion about the role of charitable giving in fighting anti-Muslim hate, both here in Canada and globally. This panel of senior leaders will unpack how philanthropy is confronting Islamophobia and helping create a safe and supportive environment for all. Register today to be a part of this important dialogue. Imagine Canada is a proud promotional partner of this initiative.

[More information here](#)



CUC Events

The Canadian Unitarian Council has a number of events happening, and welcomes everyone to join in their on-line events.

The events listed below are only the highlights of what the CUC has going on in the next few months. For a full listing, go to their [Events web page](#).

Connect and Deepen - Virtual Gathering

Sunday, November 14, 3 pm CT

Connect and Deepen is a regular small group ministry in which participants gather, virtually, for meaningful discussion, connection and reflection.

[More information is available here](#)

Gathered Here

Monday, November 8, 7:00 pm CT

Join other UU 18-35 year-olds on Zoom for sharing of joys and sorrows, deeper check-ins, prayerful reflections, and an opportunity to process the events of our lives with a spiritually grounded community.

[More information is available here](#)

UU BIPOC Space

Saturday, November 20, 11 am CT

A space for UUs who are Indigenous, Black, and People of Colour, ages 18 and up, to gather safely to share experiences, stories, and be change-makers. Join Rev. Fulgence Ndagijimana and Vyda Ng to share what is on your minds and in your hearts.

[Details here](#). Join on Zoom at http://bit.ly/UU_BIPOC



Dismantling Racism and 8th Principle Forums

The CUC's Dismantling Racism and 8th Principle forums are a 4-session introspective journey building momentum towards being truly inclusive, deepening our understanding of what it means to dismantle racism, and practicing how to show up in a way that honours what we have been asked to do by our members of colour. The forums will help prepare us for making a significant decision at the Special Meeting on November 27th.

Please access [these 5 videos](#) BEFORE your participation in the forums. If you are not able to access the videos before the forums, we invite you to show up as a silent observer until you've had a chance to go through all the videos.

All forums take place on Sundays at 5:00 pm CT (1.5 hrs)

Forum IV: Nov 7 - [Embracing the Work Ahead](#) (with an update of any amendments to the motion) | [Zoom link](#)

The complete [Forum Resource Package](#) can be found here, within the [CUC Special Meeting folder](#). These forums have been planned in consultation with the CUC's Elders, Sharon Jinkerson Brass and Stephen Paquette.

[More information is available here](#)

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.