



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

SEPTEMBER 2023



Join us for *friendly, informal* Sunday Services at 10:30 AM.

Check below to see if services will be held in-person at 2700 College Avenue (the Unitarian Centre), or on Zoom.

Services for September



September 3 – No Service

Happy Labour Day weekend!



September 10 – Water Ceremony

The water ceremony is our "coming together again" fall ritual. It's a way of symbolizing that many are one, and a way of getting reacquainted. We bring to Sunday service a small amount of water. During the service, people one by one pour their water together into a large bowl. As the water is added, each person explains why the water is special to them. The combined water is also symbolic of our shared Unitarian Universalist faith coming from many different sources.

Hybrid Service – In-Person and on Zoom



September 17 – Buddhism

Buddhism is one of the worlds oldest religions. Hilary will share with us some of the main teachings and their appeal to so many.

Hybrid Service – In-Person and on Zoom



September 24 – A Vision for Saskatchewan

Continuing our series on Public Service, we will hear from Rose Buscholl, leader of the PC Party of Sask. Rose will share with us her vision for Saskatchewan as well as what led her to be involved in this way.

Hybrid Service – In-Person and on Zoom

Zoom Information

Join Zoom meeting here

Meeting ID: 864 9808 0299 Passcode: 832134

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

Call 1 587 328 1099 (Alberta area code). When asked, enter the Meeting ID and Passcode.

*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 20th 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	Jane Knox
Past President	Victor Lau
Vice-President	Larry Neufeld
Secretary	Ethel Struthers
Treasurer	Joanne Green
Members-at-Large	Claire Clement, Jamie Struthers, Sandi Whitford.

Committees & Action Groups

COMMITTEES

Finance – Joanne Green, Sandi Whitford

Membership – Ethel Struthers, Marena Charron, Jim Hutchings, Jane Knox, Andrew Quackenbush

Nominating – Ethel Struthers, Claire Clement, Julie Mitchell

Program – Janet Robinson, Sandi Whitford, Jamie Struthers

Property – Joanne Green, Claire Clement, Jim Hutchings, Wayne Williamson

ACTION GROUPS

Sparkle & Shine – Marena Charron, Carol Porter

Fundraising – Jane Knox, Ethel Struthers

Reconciliation Study Group

Lay Chaplaincy Services

The Fellowship provides non-denomination services to celebrate rites of passage, including births, weddings and deaths. *Our Lay Chaplain is 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 on Wednesdays from 3-6 pm 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.

President's Message

By President Jane Knox

September is a time for new beginnings and change.

Change demands new behaviors, mindsets, ways of working, and even beliefs. People adopt these new ways of being because it makes their life easier. Adjusting helps us to live comfortably in a changing world. The Fellowship's online services demonstrate it is adjusting. We already know other adjustments are needed.

Given current societal changes, what do people care about? Their concerns vary, but *many people are looking for new connections*. In our strategic planning process, we asked: "What do people need right now?" Watch for details of planned events: September 9, November 4, every 3rd Friday starting October, and more.

We also look to the future. Statistics Canada's [detailed projections](#) state that by 2041 (in less than 20 years), Canada's population will be made up of:

- about 50% immigrants and their Canadian-born children,
- about 25% will be born in Asia or Africa, and
- about 40% will be part of a racialized group. In Saskatchewan, we are ahead of the curve. Many schools and some communities already have populations with over 50% Indigenous, Black, and immigrant people.)

Why do people join this Fellowship rather than another church or charity? We care. We act on all of our 8 Principles. We try to do our part to build capacity for a harmonious world where equity and inclusion are possible for all. **Our role as a Fellowship is to work together to create connections, and support people through societal and personal changes.**

We can engage the broader community and communicate clearly with others. One way is to ask frequently: "What has changed for people? How can we help?"

You can play an important role.

- seek to make new connections at Unitarian events
- reach out to engage widely diverse community members in our Fellowship
- draw in people who feel isolated by retirement, divorce, illness, etc.
- invite newcomers and those who have been oppressed or under-valued
- send ideas to make Unitarian events more inclusive to: ufr.president@sasktel.net

Continued on p.3

**President's Message** (continued from p. 2)

Change is something we all experience. Your Unitarian friends and neighbours are here to support you as we lean into change together.

September is a time to start fresh. Let's get into the weekly habit of inviting people to attend a Sunday service with us or join an action group. Will you make a phone call? Invite a friend or neighbour? Hand out a Unitarian business card?

We can all do something. Now is the time!

September Awareness**Gender Equity and the contributions of women**

In September we are reminded of the Unitarian Universalist Principle 2: *Justice, equity and compassion in human relations*.

September is Women's History Month and the fourth week recognizes the need for progress toward gender equity. It is an opportunity to highlight the contributions that women and gender-diverse people have made – and continue to make – to the character and identity of Canada. Here are a few to whet your appetite. For more, [see here](#).

1645 – Jeanne Mance founds the first Canadian hospital

1867 – Emily Stowe, a Unitarian, is the first woman licensed to practice medicine in Canada

1916 – Manitoba is the province in which women first gained the right to vote

1921 – Agnes McPhail is the first Canadian woman elected to the House of Commons

1960 – All Canadian women given the right to vote, including Indigenous women

1993 – Jean Augustine is the first Black Canadian woman elected to the House of Commons

Nominating Committee wants to hear from YOU!

Contact Ethel, Claire or Julie to discuss how you would like to contribute to the Fellowship during 2024.

Resilience - Our Stories**Tanya's Beach Stories**

After a move to the south, member Tanya reports she is enjoying long walks and time at the gym. The California weather is mostly sunny--a joy! And, as she is living far from waterways and valleys, she has not been affected by flooding. The August tropical storm resulted in 24 hours of rain and an earthquake 150 km away but no major damage.

Linda's Moving Stories

After many years at the Bently, member Linda VH has moved (5 times in a few months) and is now settled at Wascana Rehabilitation Centre near an outdoor patio. She enjoys music and reading so if you have a book she might enjoy or music CDs to loan her, please get in touch (see phone # on member list).

Sandra B's Change Stories

Sandra has sold her house, moved, had eye surgery and is coping well with all that in just a few months. Amazing strength and resilience.

Sandra A's Moving Stories

Sandra A. has moved to Edmonton where she has family.

If you would like to share current events in your life, contact ufr.president@sasktel.net or reginauu@gmail.com

Service Leaders and Greeters Needed for the Fall

It has been a while since we have had greeters on Sunday mornings, but it is something we would like to reinstate. If you are able to help out in this way or as a service leader, please contact Janet at robinson.janet@icloud.com or use the sign up sheet located at the back of the sanctuary.



Making Meaning in Liminal Times

By Janet Robinson

Over the course of the next few months we have the opportunity to take part in a series of topics brought to us by various Canadian Unitarian ministers.

There are two parts to this - the first being a service which we will replay on the second Sunday of each month. Then on the third Saturday of each month, anyone who chooses can take part by zoom in a discussion on that month's theme.

As a fellowship, we will cover the cost of the services, so that the various ministers are reimbursed for their time. If you want to take part in the Saturday discussion, you need to register and pay a fee on a sliding scale of \$30-\$120 (\$5-\$20 per session). [See here](#) for more details regarding the actual topics and to register.

Follow us on Instagram

Connect with us on social media to discover the Sunday service topic or learn more about the 8 Unitarian principles. Follow us today!

Instagram: regina_unitarians

Facebook: reginaunitarians

See what is happening in the weeks ahead. Ask your friends to have a look as well.



Give Us Spirit

Now is the time for turning.

- The leaves are beginning to turn from green to red and orange.
- The birds are beginning to turn and are heading once more toward the South.
- The animals are beginning to turn to storing their food for the winter.
- For leaves, birds, and animals turning comes instinctively.

But for us, turning does not come so easily.

- It takes an act of will for us to make a turn. It means breaking with old habits.
- It means admitting that we have been wrong; and this is never easy.
- It means losing face; it means starting all over again; and this is always painful.
- It means saying: I am sorry.

It means recognizing that we have the ability to change.

- These things are hard to do.
- But unless we turn, we will be trapped forever in yesterday's ways.

God, help us to turn—from callousness to sensitivity, from hostility to love, from pettiness to purpose, from envy to contentment, from carelessness to discipline, from fear to faith.

- Turn us around ...
- Revive our lives, as at the beginning.
- And turn us toward each other, ... for in isolation there is no life.

by Jack Riemer - #634 in Singing the Living Tradition (adapted)



Reconciliation Ripples

Did you know?

On September 15th, 1874, the Cree and Saulteaux Peoples entered into Treaty 4, a sacred covenant with representatives of the British Crown. Treaty 4 was considered a government-to-government agreement that recognized First Nations sovereignty and governance. At least 36 First Nations participated, representing over 60,000 members in their jurisdiction. Two years later, in 1876, the Government of the day passed the Indian Act, removing many rights from Indigenous people.

The Treaty Four territory encompasses a vast portion of southern Saskatchewan with some 195,000 square kilometers in both Saskatchewan and a western segment of Manitoba. All people living in Treaty 4 Territory are part of Treaty 4.



The Treaty 4 Flag

The late Gordon Oakes (Nekaneet Band) had a dream, in which a flag with four sections represented Treaty 4. The four sections were about sunshine, grass/earth, water, and the buffalo (education). All four sections are needed for survival. In Treaty 4 Territory, the flag is an icon for both Indigenous and non-Indigenous people.

The Treaty is to be in effect: For As Long As The Sun Shines, Grass Grows, and Waters Flow

The flag represents the coming together of the community to share in and promote cultural ways and values. A strong community is one that works together for this common goal. The flag is a symbol of community for all people in the Treaty area.

adapted from [Treaty 4 Gathering | File Hills Qu'Appelle Tribal Council](#)

September 30 is National Truth and Reconciliation Day

[This 18-minute video](#) by CBC/Radio Canada is moving and builds understanding. It relates sensitive interviews with residential school survivors interspersed with statements from official records. One can feel the nature of the experience for those who survive and understand the impact on their children and grandchildren.

Listening is one way to honour the Survivors in the context of Unitarian Principles 1 & 2 ...the worth and dignity of all; ... justice, equity, and compassion in human relations. A small contribution to reconciliation.

[Stolen Children | Residential School Survivors speak out](#)

Recommended Reading

- *Whose Land Is It Anyway? A Manual for Decolonization* (2017) by Peter McFarlane and Nicole Schabus. Just 78 pages of engaging short essays.
- *Truth Telling: Seven Conversations about Indigenous Life in Canada* (2023) by Michelle Good. This collection of essays challenges our perceptions about the contemporary Indigenous experience in Canada. Replace a few myths with facts.

Excellent reads suggested by Claire Clement.

Have you read something you would like to recommend to Unitarians? Contact reginauu@gmail.com by the 20th of any month to add your book to those recommended.



Dismantling Racism

Language matters: Communicate for justice, equity, diversity and inclusion

Based on [Be intentional with making your content inclusive. Here's how.](#)

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

Our Vision uses the phrase "diverse and inclusive," but what does it mean? Here is one way to look at it.

Having **diverse teams and communities** is about people **being different**, whether in terms of abilities, ethnicity, gender expression, age or a multitude of other characteristics.

Members Tanith Perry-Mills and Jane Knox worked on Language Guides over the summer. We had three objectives:

- take action on the 8th Principle (dismantle racism and oppression)
- help people to consider the power inherent in language and how it evolves
- provide a brief language guide that helps us ask how we communicate.

One way to be more inclusive is to be mindful of our language and use words with intention, not casually. How can our audience trust us if our language perpetuates offensive stigma and discrimination? **Language affects how people feel when interacting with us.**

Have a look at [this Guide](#) to making our language more intentional and inclusive.

It is clear, includes brief rationale, and offers thoughtful ideas for communicating about and with:

- people whose gender identity or sexual orientation makes them a target for bullies
- people who have been racialized (e.g., whether Indigenous, Black, Asian, or other people)
- people with disabilities or accessibility challenges

We will be using this Inclusive Language Guide as we assess the language in our newsletter, emails, website, policies and bylaws. It will take a while but it is an interesting and worthwhile project.

Want to join us? Contact: ufr.president@sasktel.net; or mitchell.julie23@gmail.com

CUC Events

The Canadian Unitarian Council has a number of events happening, and welcomes everyone to join in their online 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](#).

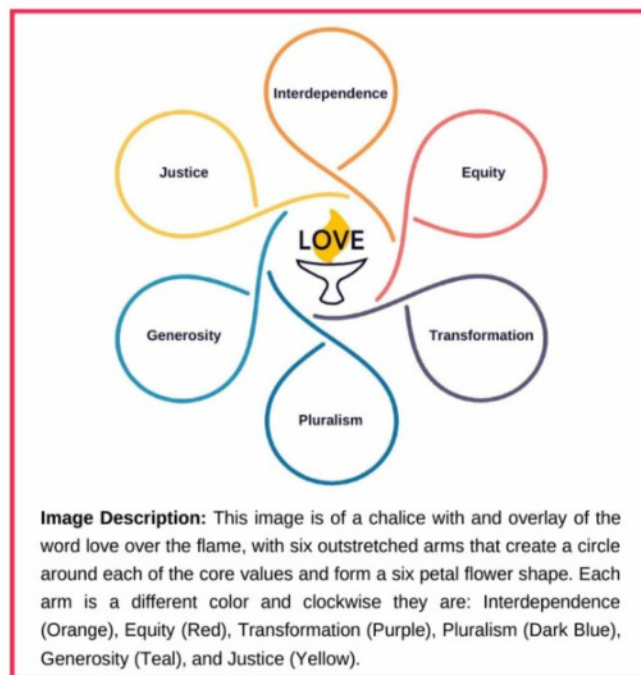
CUC eNews

The Canadian Unitarian Council's eNews is the digital monthly newsletter of the CUC, connecting and informing Canada's Unitarian Universalists.

[Subscribe to the eNews.](#)

UUA Changes Principles and Purposes

Earlier in 2023, members of the Unitarian Universalist Association held two historic votes. They voted to advance recommended changes to Article II in their Bylaws, which outline the "Principles and Purposes." They also elected the first out queer individual and first woman of colour--Rev. Dr. Sofía Betancourt--President of the UUA. Her tenure begins on July 10, 2023.



The CUC has drafted a statement expressing its support for the UUA and for Rev. Dr. Sofía Betancourt.

According to Vyda Ng (CUC Executive Director): "The CUC will continue to be guided by our eight Principles, although we will give careful consideration to how the UUA's decision will impact resources and programming for Canadian UUs." says Ng. "We will remain engaged with the conversations and with UUA leaders over the coming year."



Update on Action Plans

by Sandi Whitford (excerpts by J Knox)

On August 3, 2023, about 1/3 of UFR members gathered to review progress nationally and locally.

Canadian Unitarian Council

Julie and Jane reported as voting delegates to the CUC annual general meeting (AGM). They spoke about learning from the 41 congregations across Canada that are members of CUC. In addition, they attended several learning opportunities and workshop sessions. Julie noted an important quote: *“Change begins at the edge of our comfort zone and conflict can happen in these edges.”*

Volunteer to be a Voting Delegate for 2024!

It is a great opportunity to make connections across Canada and a wonderful learning opportunity. Let the Board know by November so you can participate in January 2024 discussions.

Those attending urged the Board to inform members and call for a vote at the 2024 annual meeting to formally repudiate two legal principles that were informally rejected by the Fellowship in October 2017.

- **the Doctrine of Discovery:** This is an international legal principle which is still being used to take over Indigenous people's lands. The Supreme Court of Canada began using this doctrine in interpreting Canadian law in 1880s. The CUC voted to repudiate this principle at its 2023 annual meeting.
- **the concept of terra nullius** in which “land is viewed as uninhabited” even if there are long-time residents consistently using the land. For example, if the dominant culture does not recognize the religion or governance structures of the occupying culture. We noted that on signing the Treaties, Indigenous people agreed to share land but the Government of the time claimed sovereign ownership “Crown land” using this concept.

Fellowship Action Plans—get into the ACT.

Join any group by calling the coordinator! Those attending set specific dates and identified a lead coordinating person for each proposed activity. Several events are intended to bring members and friends together to enhance connections and increase our ability to support each other.

Inviting and welcoming events:

- Ethel to coordinate dates for **circle dinners** (small gatherings in homes) and **vegan potlucks**.
- Claire to spearhead a **social event on third Friday monthly**, commencing in October. These events are for members, guests and community members and could include games, sing-alongs, documentaries or short videos.
- Program Committee to post a sign-up sheet for Sunday “greeters”

Implementing the 8th Principle – Jane coordinating with lots of help

- **Workshop Saturday, November 4, 2-4 PM** – Active Allies for Antiracism (save the date!)
- **Workshop Saturday November 25, 10-11:30 AM** - Effective Bystander Intervention (an exciting online webinar with teaching videos & a great facilitator: Stand Up Canada)
- Enabling hanging of cultural and educational items in the Unitarian Centre by working with Black in Sask
- Taking greater care with language that can be unintentionally offensive or cause harm, by using a [Language Guide](#) (thanks Tanith)
- Reviewing Fellowship bylaws and policies (thanks Julie)



Government House shares the Treaty Timeline

this summer in partnership with the Office of the Treaty Commissioner

The Treaty Timeline, sets out the history of the territories from 1643 to 2022. The chronological timeline focuses on Treaty events and the history of settlement in Saskatchewan. The display is printed on cloth and stretches serpentine through a room at Government House.

"The timeline is part of an exhibit that includes an original Treaty 6 Adhesion document, loaned to us by the Montreal Lake First Nation. The Adhesion artifact, along with the fascinating timeline display, help to make Treaty history come alive," said Lieutenant Governor Mirasty.

For further information and images, [see here](#).

Wisdom from Marcus Aurelius

Submitted by Pam Bocking

"They didn't thank me!"

When we've done a good deed or a favour for someone, it may be natural to feel disappointed or even annoyed if they don't thank us. But do we really need to be thanked?



This is what Marcus Aurelius thought:

"When you've done well and another has benefited by it, why like a fool do you look for a third thing on top – credit for the good deed or a favour in return?"

"One person, when he has done a kindness to another, is quick to feel that now he deserves a favour in return. Another is not so quick in that way, but even so he privately thinks of the other as his debtor and is well aware of what he has done. A third kind of person acts as if not conscious of the deed, rather like a vine producing a cluster of grapes without making further demands, like a horse after its race, or a dog after its walk, or a bee after making its honey. Such a person, having done a good deed, won't go shouting from the rooftops but simply moves on to the next deed just as the vine produces another bunch of grapes in the right season."

Protecting the Planet

Updates to CEPA

.Jun 21, 2023

Bill S-5 received Royal Assent June 21, 2023. This legislation updates the Canadian Environmental Protection Act (CEPA)

Bill S-5 amends CEPA in two substantial ways. First, CEPA now recognizes that Canadians have a "right to a healthy environment as provided under this Act". Second, Bill S-5 makes significant changes to the process of assessing toxic substances under CEPA.

September is Environment Action month

In September, the Unitarian Universalist Principle 7 comes to mind: *Respect for the interdependent web of all existence of which we are a part.*

World Clean Air Day is on September 7 – Air pollution is a stark global challenge. It is the fourth highest cause of death for 90% of the global population and one of the greatest environmental risks to human health. Tackling this challenge could improve human health significantly and result in climate change benefits. It requires collaboration within and across borders and that will also bring many benefits. It is worth the effort!

The United Nations has issued a mid-term Report on whether the world is on track to achieve the UN Sustainable Development Goals. In general, we are not on track towards clean air, reducing poverty, and ending child deaths by malnutrition and outright starvation. For more information see: [SDG Progress Report Special Edition.pdf \(un.org\)](#)



Front Entrance Painting Project Is Complete!

The front entrance is looking 200% better after the repainting project was completed on August 7th. The intent was to preserve the wood columns, entablature, window and door surrounds, moldings, and rosettes (medallions) by repainting. Preservation is the least amount of work we could do to protect these historical elements and our Unitarian Fellowship home. During the work, we decided to include putty repairs on the 3 windows at the front entrance.

Project Timeline

The Unitarian Fellowship applied for a Heritage Maintenance Grant in June 2022. We received word that the grant was approved in November, and we signed an agreement with the City of Regina in January 2023.

Work was scheduled to begin early June 2023 with completion by July 31, 2023. The final inspection by our property committee was completed on August 09, 2023. We then submitted a report to the City and an inspection will be done by the Planning Department staff dedicated to Heritage work.

Final photo with Blue Sky



Before in Fall 2021



Project Costs

Our original estimate of \$5,485 including taxes was submitted with the application for the maintenance grant. Over time costs increased and the final contract with Trevor Moisan (Da Vinci Painting) was increased to \$6,250 to allow for additional lift costs. We also had to allow for some additional preparation time in accordance with the Heritage requirements. The putty repairs were \$672.00 plus taxes. The extra painting costs were approved by the board in March 2023 and the putty repair costs will be absorbed in the maintenance budget.



Unitarians help you ... Recycle your Refundables!

It's simple for all to take part and saves you gas(!) and the time of trips (and waiting) at Sarcen.

1. You request pick-up. Just phone, email or text the numbers below.
2. You put refundable containers in bags. If you have a lot, a little sorting would be great (e.g., all milk cartons and juice containers in one bag, aluminum cans in another)
3. You put glass bottles (e.g., beer, wine) in boxes to prevent breakage and injury.
4. We pick-up your bags and boxes at least monthly.
5. We sort if needed and tag each bag/box with the Fellowship's Sarcen Account number.
6. We deliver the tagged bags and boxes to Sarcen.
7. All proceeds will be deposited directly to the Unitarian Fellowship's bank account.

To arrange a pick-up of all your recyclables that are refundable:

Email Ethel at ufr.secretary@sasktel.net or Phone Jane or text 639-571-6913



Put plastic bottles, cartons and aluminum cans into bags (clear bags are best)



Put glass bottles into boxes!

*Your recycling makes a difference to the environment
and the Unitarian Fellowship!*

