



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

OCTOBER 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 October



October 1 – Reconciliation: Let's Get Going! (Round Table)

It's easy to agree with the concept of reconciliation, but what are we doing as a community and as individuals to promote reconciliation? This is an opportunity to listen to barriers to action and to motivate each other during this round table discussion.

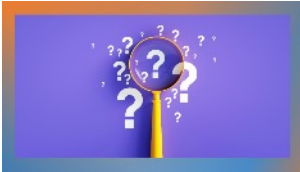
Hybrid Service – In-Person and on Zoom



October 8 – Can We Give What We Get?

Rev. Debra Faulk leads us to determine how our Unitarian faith sustains us in the midst of loss and change. What commonly held values can we call on to inform our responses and motivate our actions?

Hybrid Service – In-Person and on Zoom



October 15 – To Be Determined

We are not sure what will be happening on this date yet, but we will let you know as soon as we do!

Hybrid Service – In-Person and on Zoom



October 22 – It's Okay to Ask Questions

Speaker: Rabbi Jeremy Parnes

Unlike some religions, The Jewish Faith allows for a culture of curiosity and questioning. What does it mean to be open to debate, to wrestle with our questions, rather than to just accept what we are told?

Hybrid Service – In-Person and on Zoom



October 29 – Treaty Land Sharing Network

Speaker: Joel Mowchenko

The Treaty Land Sharing Network connects farmers and other landholders with First Nations and Métis people needing safe access to land to practise their way of life. They are committed to honouring the Spirit and Intent of Treaties by sharing the land for mutual benefit.

Hybrid Service – In-Person and on Zoom

Sunday Zoom Information

Join Sunday Service Zoom 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/reginaunitarians/>

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
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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

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ACTION GROUPS

Sparkle & Shine – Marena Charron, Carol Porter

Fundraising – Jane Knox, Ethel Struthers

Reconciliation Study Group – Claire Clement

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.

Board Talk

Welcome Back! It's always good to see everyone again after the summer holidays.

The Board met September 7. This month's focus was on finances. It studied historical patterns and trends for the future.

The Board agreed to propose a bylaw change to make the Lay Chaplain Committee a standing committee.

The Social Media Action Group found it motivational to work with Adeoluwa Atayero (member of Black in Sask). Members of the group have been posting weekly on Instagram introducing the public to the Unitarian principles and events.

Members of the Fellowship and Black in Sask gathered for a pot-luck and tour of the Unitarian Center September 9 to celebrate Black in Sask's presence in the building. The Fellowship had received a grant from the West Trust Fund of \$1000.00 to facilitate this collaboration. Black in Sask members received an office chair while the Fellowship was able to receive media training from Adeoluwa Atayero. The presence of members of Black in Sask in our building is something that we are looking forward to.

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.

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.

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/>



Community Events

Sisters in Spirit – Reflections

Wednesday October 4 (6:00 PM)

Participate in a national vigil of remembrance for Indigenous women, girls & 2SLGBTQIA people who are missing or known to have been murdered. Let's show strong support for the many grieving families in our community. Come and listen to stories. We are stronger together.

Location: Place of Reflection Stone Medicine Wheel. Park at RCMP Heritage Museum (West Dewdney) & walk east across entry road to the Place of Reflection. Join Amnesty and others to support the Native Women's Association.

Indian Residential School Memorial Monument

Visiting Regina until October 9 (open 9 AM to 4 PM).

Visit this stunning monument and discover its unique aspects. Find the grain of hope in the crow's beak and the upside down emblems of church, state, and RCMP, symbolic of harming children while claiming to educate them. Kwakiutl master carver Stanley Hunt carved the sculpture near Port Hardy on Vancouver Island and invited visiting RCMP officers to help carve the sculpture as an act of reconciliation. The carvings represent the suffering of 130 children in distress due to residential schools. The monument is 18' tall and weighs 7000 pounds (resting on its back). It is travelling across the country by flatbed truck to the National Museum of History in Ottawa, Gatineau, PQ.

Location: west Dewdney to RCMP Heritage Museum. From parking lot, walk west to white tent. Handicap parking available near site if you pass Museum & take next main entrance to the west (left off Dewdney).

Giving Thanks

With uncertainly all around us, giving thanks is one way to "feel good". Tell someone how much you appreciate them and value their role in your life or in your community. Spreading gratitude to others has immediate positive effects.

Nicole Ball - Practicing Gratitude During a Time of Uncertainty

International Day for the Elimination of Poverty

Tuesday October 17 (noon) in NE corner Victoria Park, Regina

End Poverty Regina will serve soup. Speeches will urge the provincial government to:

- raise the minimum wage
- raise income assistance (SIS & SAID) rates above the poverty line
- make available for occupancy the 700 vacant Sask Housing units in Regina.

Sustainability Expo

Saturday October 21, 2023, 10 AM to 4 PM at the Mâmwêatitân Centre, 3355 – 6th Ave

Visit the many exhibits and show your support for the environment and the sponsors: EnviroCollective, Reconciliation Regina, SCIC, and others

Protecting the Planet

The Environment ... and the Water Crisis

"Dialogue on water use and quality is urgently needed to protect Saskatchewan's future..."

This article: "[Dry Times, Wet Times](#)" by Gregory Beaty was first published July 8, 2021 in Saskatoon's City Magazine: *Planet S*. The article is intriguing. The writing is great and the ideas are thought-provoking. Have a look.

Book idea

Zero Waste: Simple Life Hacks to Drastically Reduce Your Trash, by [Shia Su](#), 2018 Paperback – Illustrated

We have a worldwide trash epidemic. We all contribute to the waste in our landfills. What if there were a simple—and fun—way for you to make a difference?



Unitarian Events

Antiracism: How to Be an Active Ally

*Saturday November 4, 2-4 PM – at the Unitarian Centre
with facilitation by the Multicultural Council of Saskatchewan.*

Rhonda Rosenberg, MCoS Executive Director, will present racism facts. Trained facilitators will engage participants in recognizing racism, bias, and white dominant world views and offer alternatives. The focus is to identify strategies and practise new skills to dismantle racism. Together, we can make a difference. Hosted by the Unitarian Fellowship of Regina. **INVITE YOUR FRIENDS.** Watch the weekly e-News email to register. **Register in advance** to receive materials.

Stand Up Against Harassment

Saturday November 25, 10-11:45 AM at the Unitarian Centre, hosted by the Unitarian Fellowship of Regina

Supported by Stand Up Canada! with expert facilitator Julie Slalonde

Learn to protect yourself and continue to build your anti-racism skills with this 1 hour webinar followed by a practise session. Videos show common interactions where your intervention could make a difference. Strategies are clear, easy to remember and realistic to act on. We can do this! Practicing together will give us confidence. Join us! Watch the weekly e-News email to register.

Fun with Friends

October 20, 2023, 6:30 PM at the Unitarian Centre

It's fun time! All ages welcome. Board games and cards available or bring your favourites. Coffee & tea served. Bring your own snacks. Try something new with family, friends and neighbours on the 3rd Friday monthly. See you there!



Recycle your Refundables!



Here's a great way to give thanks and help raise a bit for the ROOF Fund.

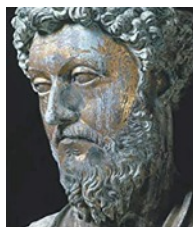
1. Collect refundable items from your family and friends
 2. Sort by item type (aluminum cans, plastics bottles, milk cartons, glass, etc) into recycle blue plastic bags available at Dollar Store
 3. Use BOXES FOR GLASS to help reduce injuries to staff
 4. Take the refundable items to Sarcan (location at west Parliament Ave (about 2 blocks beyond the Co-op) is clean and easy to use. Staff are helpful. JUST ASK.
 - a. At the wall-computer inside middle doors, type in phrase "Shared Values" or 306-522-7357 Phone number on top line <https://reginaunitarians.ca/>
 - b. The name "Unitarian Fellowship of Regina" should pop up;
 - c. Type in the number of bags you have.
 - d. The computer will print out labels for you to stick onto each bag or box.
 5. All proceeds will be deposited directly to the Unitarian Fellowship's bank account.
 6. ALTERNATIVELY:
 - a. To arrange a pick-up of your SORTED recyclables that are refundable: email ufr.president@sasktel.net. OR
 - b. Bring your SORTED recyclables: glass containers in boxes and the rest in plastic bags (preferably clear) to the Sunday service or anytime the building is open.
- Thanks!** Every little bit that we add to the ROOF FUND will be appreciated greatly!



Wisdom from Marcus Aurelius

Submitted by Pam Bocking

Most of us don't like and admire everything about our relatives and other people in our lives, but how about taking the time to deliberately look for and appreciate their good qualities.



Marcus Aurelius thought about the good things he had learned from various people in his life:

"From my grandfather Verus: decency and a mild temper"

"From my tutor: to work with my own hands, and mind my own business; to be deaf to malicious gossip"

"From Rusticus: to grasp the idea of needing corrective treatment for my character; to keep clear of speechifying, to be readily recalled to conciliation with those who have taken or given offence"

"From Catullus: not to spurn a friend's criticism, even if it may be an unreasonable complaint, but to try to restore his usual feelings"

"From my adoptive father: gentleness, stamina and perseverance; a ready ear for anyone with any proposal for the common good"

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](#).

Decision Making Exploration Team: Practicing Together

Sociocracy Decision-Making

Saturday, October 21, 2023, 11:00 am CST (2 hours)

Join the Decision Making Exploration Team for a "practice" session using sociocracy to address a contentious issue. The goal of this session is to learn by doing, allowing us to reflect on how this system supports or hinders us in living our values when we make decisions together.

Give Us Spirit

We Give Thanks This Day

For the expanding grandeur of Creation, worlds known and unknown, galaxies beyond galaxies, filling us with awe and challenging our imaginations:

We give thanks this day.

For this fragile planet earth, its times and tides, its sunsets and seasons:

We give thanks this day.

For the joy of human life, its wonders and surprises, its hopes and achievements:

We give thanks this day.

For our human community, our common past and future hope, our oneness transcending all separation, our capacity to work for peace and justice in the midst of hostility and oppression:

We give thanks this day.

For high hopes and noble causes, for faith without fanaticism, for understanding of views not shared:

We give thanks this day.

For all who have laboured and suffered for a fairer world, who have lived so that others might live in dignity and freedom:

We give thanks this day.

For human liberty and sacred rites; for opportunities to change and grow, to affirm and choose:

We give thanks this day. We pray that we may live not by our fears but by our hopes, not by our words but by our deeds.

O. Eugene Pickett, #512 in Singing the Living Tradition

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.](#)



Reconciliation Ripples

The Sixties Scoop

Do you know someone who adopted Indigenous children? Perhaps you are an adoptive parent yourself. This article is about the Sixties scoop from an Indigenous perspective. We learn the truth so that there can be reconciliation.

Jane Knox

Excerpt from [this KAIROS Canada article](#):

The Sixties Scoop Network released 12 groundbreaking in-depth video interviews with Sixties Scoop survivors on National Indigenous Peoples Day (June 21, 2023). The videos are part of its project [In Our Own Words: Mapping the Sixties Scoop Diaspora](#) funded by the Sixties Scoop Healing Foundation. [KAIROS collaborated](#) with the Sixties Scoop Network to help secure funding for this important initiative.

The videos visualise the displacement of survivors from their families and nations into non-Indigenous adoptive and foster homes across Canada and the globe. They are available for viewing on the [Sixties Scoop Network's GIS mapping platform](#).

In Our Own Words works to reconnect the relations severed by Canada and its provinces and is a powerful tool for survivors to find family, connect with one another, and have their voices heard on their own terms. The data this project generates provides an unprecedented visualisation of how Canada's colonial child welfare system displaced more than 22,500 Indigenous children from the 1950s to the 1990s.

This is a story about the damage that systems can do when well-meaning bureaucrats design programs without consulting the communities they are intending to help.

October

October, baptize me with leaves! Swaddle me in corduroy and nurse me with split pea soup.

October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins.

O autumn, O teakettle, O grace!

Rainbow Rowell, American writer

Violence Prevention week is October 24-28

Worldwide, over one in four women and one in six men experience domestic abuse.

<https://discreetinvestigations.ca/domestic-abuse-statistics-canada/>

In Saskatchewan, the Domestic Violence rate is DOUBLE rates elsewhere in Canada. When surveyed anonymously:

- 50% of respondents had experienced violence
- 83% said it impacted their work
- People in the workplace did not know what to do

We can all Make It Our Business

1. RECOGNIZE warning signs – risk factors .Pay attention to people around you:
 - withdrawn? anxious?
 - unexplained bruises?
 - Upset while at work or with company? Strange phone calls?
 - Partner shows up unexpectedly with requests related to change of address or where salary is to be deposited
2. RESPOND – are you OK? Want to talk?
 - See it
 - Name it
 - Check it
 - Intervene in a way that is helpful ... private, confidential, safe
 - Friends & colleagues are approached most often for help. Trust that the person at risk knows safety is the key.
3. REFER –
 - to a safe shelter such as [Regina Transition House](#)
 - to a 24-hour Crisis Line (306) 569-2292 or 911
 - to [PLEA](#) for legal support
 - [RESOLVE](#) website has resources for LGBTQIA

Sask. has the worst intimate partner violence rate of any province. Here's what advocates say needs to happen | CBC News