



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

DECEMBER 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 December



December 3 – Pronoun Policy: Why Does Bill 137 matter?

Speaker: Nick Day

A local school teacher shares from his perspective, what Bill 137 is and how it will look in real school environments. He will lead us through deconstructing the concept of parents' rights in order to answer the question, what is this really about?

Multi-Platform Service – In-Person and on Zoom



December 10 – How Christmas Lights Helped Guerrillas Put Down Their Guns

Video Presentation

During the Christmas season of 2010, Operation Christmas was launched by the Colombian military to encourage FARC Guerrillas to demobilize. A great reminder of the importance of human connection and "home".

Multi-Platform Service – In-Person and on Zoom



December 17 – Hope Restored

Speaker: Janet Robinson

At this time of year and with all that is taking place in our world, it is easy to focus on the darkness, but let's keep our eyes open for the light and hope that is all around us.

Multi-Platform Service – In-Person and on Zoom



December 24 & 31 – No Services

Watch for news of a possible casual gathering at 10:30 AM. Maybe some carols?

Happy Holidays!



December 31 – No Service

Happy Holidays! Services will return on January 7th.

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
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 Quack-
enbush

Nominating – Ethel Struthers, Claire Clement, Julie
Mitchell

Program – Janet Robinson, 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 – 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

By Ethel Struthers, UFR Secretary

Season's Greetings. All the best to you and your loved ones during this festive time.

The Board met November 9 and discussed the following topics:

- Financially, the Fellowship's donations revenue is now close to the budgeted amount at Oct. 31, 2023. The facility rentals revenue has also exceeded the budgeted amounts. Expenses are increasing with the rise of utility and insurance costs..
- The nominating committee is looking for volunteers to fill two upcoming positions on the Board: secretary and member at large. Please let any board member know if you or someone you know is interested.
- The Board has been working on, acting on the 8th principle and stated below are the two events that happened in November.
- The *Anti- Racism: How to be an Active Ally* workshop was a success. 34 attended the workshop either in person or online. Thank you to Rhonda Rosenberg, Kelsey Atchinson and Yordanos Tesfamariam for facilitating the learnings.
- 16 attended in person and an unknown number attended online for the *Street Harassment* online workshop at the Unitarian Center November 25. Everyone attending said they would be able to use the tools learned to intervene as a bystander. A repeat performance of this presentation will be on December 6. [Register HERE](#).

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/>



Mitten Tree

By Wayne Williamson

The Fellowship is collecting for the Mitten Tree again this year in support of the Rainbow Youth Centre Xmas stocking program. Please bring your donations of mittens, gloves, scarves and toques to the next couple of services. Personal hygiene items and socks are also greatly appreciated.

If you are unable to bring your donated items to the centre, please let Wayne Williamson know (306-533-9346) to arrange for pickup. Let's see if we can fill ten shopping bags this year. Thank-you for your generosity.

It's the financial year-end ...

Two elves are chatting about where to land Santa's sleigh. "Could we land on the Unitarian Centre?" ... Maybe not this year!

Why do you never BBQ on your roof? ... The steaks are too high!

Why is the roof the most inspiring thing in the world? ... Everyone looks up to it!

At a Special Meeting on October 29, 2023, the Board explained that we are financially stable. However, insufficient funds have been collected to do major maintenance on the roof during 2024.

We still urgently need to save enough money to replace the roofing as some of it was last replaced in 1998. We have made a start—\$12,500 so far. We will keep on until we can repair the roof ... over \$28,000 to go. To maintain the momentum, please make a donation to the Roof Fund prior to the 2023 year-end.

\$50 is good; \$500 is better; \$1,000 builds faith that as a Fellowship, we can do this!

Thank you! ... from Santa's Elves

December Awareness Days

Lots to think about!

One of our official purposes is to engage in public dialogue on social issues in the context of our principles. December is one of those times when we make a special effort to think of others.

December 3 - International Day of Disabled Persons aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. Take a few minutes to have a look at the ideas in the [Humber Inclusive Language Guide](#).

December 5 – International Volunteer Day is a global celebration of volunteers and shines a light on the impact of volunteer efforts everywhere. Social change is often built on these efforts.

In our Fellowship, we are particularly grateful that more than half our members volunteer in some way. Your active participation is what makes the Fellowship strong and vibrant. Thank you!

December 10 [Human Rights Day](#)

The United Nations' adopted the Universal Declaration of Human Rights in 1948. It "proclaims the inalienable rights which everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status." As Unitarians, we urge protection of human rights in Canada and around the world. We also recognize that collaborating with others helps us to take effective action toward protecting the worth and dignity of all people.

Dec 18-26 – Hanukkah is a Jewish wintertime "festival of lights" often celebrated with a nightly menorah lighting, prayers and special foods. In these troubled times, it will have special meaning.



Burundian Families Helped by Flaming Chalice International (FCI)

Rev Fulgence, a UU minister now living in Ottawa, had to flee Burundi several years ago. He spoke in Regina 5 or 6 times in the past and shared his life



story along with some inspirational ideas. He wanted very much to provide support to Burundian families affected by the political instability and fighting in Burundi. That desire left to the creation of Flaming Chalice International (FCI). See this link for more information about Flaming Chalice International.

Flaming Chalice International (FCI) works with Dutable, the local partner and implementing agency of for the Canadian charity. The foundation will be 10 years old in April of 2024 even through very unsafe times in Burundi. They want to celebrate in big way by going back to their initial goal of supporting vulnerable children and their families. \$250 will support a family's educational needs and income generating activities.

Rev. Fulgence also shared recently that his younger sister & her family are refugees in Uganda. As you can imagine, it is very painful for him and his family. Rev. Fulgence is asking western Canadian UU congregations and individuals to contribute to the sponsorship fund for his sister. We have made donations in the past to Flaming Chalice International and to refugee sponsorships. Rev. Fulgence said: "I remember very well when children from Regina handed a check to me for children in Burundi and Rwanda. I know I can count on them again."

Today we in Regina are being asked if we can do two



things: 1) take a collection within two months to support vulnerable Burundian children and their families; 2) help to raise funds for the settlement amount required to support his sister's refugee application.

Please contact Joanne Green at ufr.treasurer@sasktel.net for more information.

Give Us Spirit

The Work of Christmas

by Howard Thurman, #615 in Singing the Living Tradition

When the song of angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:

- to find the lost,
- to heal the broken,
- to feed the hungry,
- to release the prisoner,
- to rebuild the nations,
- to bring peace among us,
- to make music in the heart.

Wisdom from Marcus Aurelius

Submitted by Pam Bocking

Kindness can be a helpful attitude in our everyday interactions. Marcus Aurelius reminds himself that every day he will be dealing with all kinds of people, and he encourages himself to see them all as "akin" to him.



"When you first get up in the morning, tell yourself: I will encounter busybodies, ingrates, egomaniacs, liars, the jealous and cranks. They are all stricken with these afflictions because they have not become fully aware of the difference between good and evil. Because I have understood the beauty of good and the ugliness of evil, I know that these wrongdoers are still akin to me."

"Whenever someone has done wrong by you, immediately consider what notion of good or evil they had in doing it. So, when you see that, you'll feel compassion, instead of astonishment or rage. For you may yourself have the same notions of good and evil, or similar ones, in which case you'll make an allowance for what they've done, but if you no longer hold the same notions, you'll be more readily gracious for their error."



Reconciliation Ripples

Office of the Treaty Commissioner statement on changes to land claim settlements

The Office of the Treaty Commissioner is cautiously optimistic to hear about changes coming to the settlement process for First Nation land claims.

The numbered Treaties in Saskatchewan need to be honoured in full Spirit and Intent and governments need to work harder to implement these. Oral histories and the Crown's archival records tell us those Treaties were negotiated to be able to share the lands and resources. Treaty wasn't about surrendering anything.

According to current Crown-Indigenous Relations and Northern Affairs Canada policy, those currently entering Modern Treaties are being asked to surrender their lands, giving up current or future claim on their historic lands. As the spirit and intent of Treaty negotiations is defined by an equal partnership to share the lands and resources with newcomers, many nations are rightly not interested in losing all connections to their land, or legally giving up their right or claim to it. This is stalling Modern Treaty processes.

[Read more here](#)

Idea for Reconciliation Reading

Righting Canada's Wrongs: Inuit Relocations

Colonial Policies and Practices, Inuit Resilience and Resistance

by Frank James Tester and Krista Ulujuk Zawadski (Vancouver Unitarians)

Do not doubt your own basic goodness. In spite of all confusion and fear, you are born with a heart that knows what is just, loving and beautiful.

- Jack Kornfield

12 Acts of Reconciliation

First published 2015-12-09

To support the work of the Truth and Reconciliation Commission's calls to action and in the spirit of Christmas, we have put together 12 suggestions for what individuals can do to contribute to reconciliation with Indigenous Peoples during this holiday season.

On the first day of Reconciliation make a commitment to read the [Truth and Reconciliation Commission's 94 recommendations](#).

On the second day of Reconciliation make a commitment to learning about the [Indian Act](#) and how its policies have contributed to the decline of culture, family units, and traditions, and stymied positive socio-economic conditions for Indigenous Peoples.

On the third day of Reconciliation make a commitment to learn about [Indian residential schools](#).

On the fourth day of Reconciliation make a commitment to learn about the history and culture of the Indigenous Peoples in whose [traditional](#) or treaty territory you live.

On the fifth day of Reconciliation make a commitment to visit an art gallery that features Indigenous [art](#).

On the sixth day of Reconciliation make a commitment to discover Indigenous authors, past and present.

On the seventh day of Reconciliation make a commitment to attend an Indigenous cultural event such as a [pow-wow](#). June 21 is [National Indigenous Peoples Day](#) which means there are events all across the country.

On the eighth day of Reconciliation make a commitment to discourage [uncivil dialogue](#) regarding Indigenous Peoples... or any other group for that matter.

On the ninth day of Reconciliation make a commitment to only purchase [authentic Indigenous art](#).

On the tenth day of Reconciliation make a commitment to never practice [cultural misappropriation](#).

On the eleventh day of Reconciliation make a commitment to rid your vocabulary of offensive [colloquialisms](#) and [terms](#) that offend.

On the twelfth day of Reconciliation make a commitment to continuously expand your [Indigenous Awareness](#).



Renewing my Connection to the Fellowship

Submitted by Michael FIG

When I first found the Regina Unitarian Fellowship, it was in the mid 00's. I was excited about the kindness extended to me and my daughter, Emily (born in 1999), as well as the chance to have regular, thoughtful discussions about spirituality. I soon became a member and intended to remain one. Despite that intent, my attendance lapsed when my marriage ended in divorce.

I adapted and moved on with a new partner, and our daughter Sofia was born in 2013. That year, the three of us moved to New York to follow a work opportunity for me. That year proved to be a stressful one and ended with a breakdown in which we returned to Regina in 2014, culminating in a second divorce. In my shame, I dropped contact with a lot of friends and didn't even think of going back to the Fellowship.

In mid-2023, I had been consuming some social media, when I stumbled upon a person who described herself as a "secular spiritualist". The ideas she espoused resonated with me. Further, they reminded me of the Fellowship, solidified when she then posted a video that mentioned "UUs" in passing as a liberal religious community that secular spiritualists would be welcome in. I made a commitment to myself to return to the Fellowship.

A few weeks passed, then I attended my first in-person service in a decade in early October, 2023. I wondered why I hadn't done so earlier, but I'm back again as a member now. I'm looking forward to a bright future together!



Consider Becoming a Board Member

By Ethel Struthers

There are many ways to contribute to the Fellowship. For example, by attending services, social events, bringing food to potlucks, helping to build meaningful Sunday services, by participating on committees, and by donating financially to this registered charity.

As chair of the Nominating Committee, I encourage you to share your talents with the Fellowship. We are stronger when we each share our best skills. Consider becoming a Board member for the Unitarian Fellowship of Regina. You will be among friends!

Nominations are being accepted for the following executive positions:

Board Member-at-Large

main duties consist of:

- attending Board meetings regularly
- bringing forward your ideas and perspectives regarding programming, finances, and the future vision of the Fellowship

Board Secretary

main duties consist of ensuring:

- That accurate minutes are kept for all meetings of the Board and the congregation (e.g., annual and special meetings).
- That changes and additions to the Bylaws and policies are inserted into Fellowship records, and that revised copies are provided to the members.

Nominations or volunteers for these vacant positions are welcomed! . We function most effectively with new ideas and continued support.





Dismantling Racism and other Oppressions

Why health and gender education in schools matters to us all

by Jane Knox

As a former public health nurse and later as a volunteer, I have taught "health classes" in three provinces. These classes are about prevention. The objectives are:

a) fewer young teen pregnancies, b) fewer sexually transmitted diseases, c) greater understanding of informed consent and respect in intimate relationships and d) less violence and abuse. Let's not forget that Saskatchewan's rate of intimate partner violence is double the rate in other provinces across Canada.

In November 2023, the Council of Canadians put it this way:

Sexual health education has been a part of provincial health curricula for decades, and parents continue to be informed about when and what sexual health education will be provided to their children. Importantly, parents can choose to remove their children from sexual health education classes if they do not want their children to be a part of those discussions.

Over the past months, groups advocating to dismantle advances in gender-inclusive policies and education in schools have been seen across the country. To clarify what the debates and protests have been about, the Council of Canadians [created a document with answers to some of the most frequently asked questions](#).

Chris Kruszewski, a Council of Canadians Climate and Social Justice Campaigner, also drafted [these reflections after attending a local counter-protest](#). Thought-provoking.

Showing up for the 2SLGBTQIA+ community is showing up for all of us and the world that we want to build together. It is about human rights and being a responsible human being.

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 on to 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!

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.

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