



# UNITARIAN FELLOWSHIP OF REGINA

## THE CHALICE

NOVEMBER 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 November*



#### **November 5 – The Hampton Hub**

*Speaker: Tiro Mthembu*

People come to the Hampton Hub for more than the food. Teach-In Tuesdays is a weekly gathering that features expert guests invited to speak on a variety of topics. Learn what motivates the owners to be activists in their community.

***Hybrid Service – In-Person and on Zoom***



Rev. Brian Kiely  
Meaning Making in Liminal Times

#### **November 12 – In This Polarized World....Can We Just Talk?**

*Video Presentation*

Rev. Brian Kiely leads us on a conversation about “conversation”! Speaking up and speaking out has become somewhat scary but Unitarians have always prided themselves on freedom and rational discourse.

***Hybrid Service – In-Person and on Zoom***



#### **November 19 – The Maybell Development Project**

*Speakers: Torie Aspinall and Michelle Coghill*

Hear from Torie Aspinall and Michelle Coghill as they share about their dedication to ending poverty by developing relationships and community. They have teamed up with a downtown church, Trinity Lutheran, to build affordable homes on what was once their parking lot, and to create a day-care within the church building.

***Hybrid Service – In-Person and on Zoom***



#### **November 26 – CUC National Service**

***Please Note: Service Will Begin at 11:30 AM***

Reemerging, Reimagining and Renewal – We will join with Unitarians across Canada for a National Service

***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](mailto: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](mailto:reginauu@gmail.com)*

*Website: <http://reginaunitarians.ca/>*

*Facebook: <https://www.facebook.com/reginaunitarians/>*

*Podcast: [unitarianfellowshipregina.podbean.com](http://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, 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](mailto: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](mailto:reginauu@gmail.com) to make an appointment, or to discuss any other business.

### *Board Talk*

We're already in October; it just seems like time is flying by. The Board met October 12 and discussed such topics as:

What strategic planning process would gain membership input to build the Fellowship's strategic direction?

How can we clarify the Lay Chaplain's contract and accountability to the local Lay Chaplains Committee, the Board, and the congregation? How does the Lay Chaplain relate to the national Lay Chaplaincy Committee?

Whether the final report to West Trust adequately describes how we spent their \$1000 grant and all we gained in enthusiasm and social media skills, as well as confidence to continue our collaboration with Black in Sask. Our thanks to WestTrust! This small grant has made a huge difference to our Fellowship.

Action on the 8th Principle continues. The Board urges all members to consider attending the November 4 workshop — Antiracism: How to be an Active Ally (Saturday, 2:00-4:00 PM in person at the Unitarian Centre or online). [Register](#) to receive further information and a link. This is an opportunity for Unitarians, friends, and the general public to become active allies and to help dismantle systemic racism. Working together, we can make a difference!

*Ethel Struthers, UFR Secretary*

### *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

### *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/>



## President's Message

*By Jane Knox, President, Unitarian Fellowship of Regina*

We are so fortunate to be Unitarians! We gain a lot. We work together to:

- *Stay connected* in relationships that help us act on our shared values
- *Explore spiritual beliefs*, seeking truth and meaning
- *Facilitate community building* toward justice, reconciliation, and dismantling the systems that oppress some and give others unfair advantage
- *Provide a community gathering place* that contributes to cross-cultural understanding

I am grateful to be part of something that does more good than I could do by myself. The Fellowship is moving forward. It is part of the solution to our turbulent, uncertain world. We work for a world that values every person regardless of their gender identity, religion, race, ethnicity, social class, and regardless of their level of ability or prosperity.

I am also grateful to be in a position to contribute skills and time to the Fellowship. Every one has something to contribute—time, energy, talents, ideas, a sharp mind that can critique our direction and help guide us. It is a real gift to feel that you are needed and your contribution is valued.

Here are three ways that you can give back. Can you do 2 out of 3?

1. *Give to others the gift of participation in the Unitarian community!* Share with family, friends and neighbours all the ways you benefit as a member of the Fellowship. *Invite them to join us. Now is the time!*

Most of us are blessed to have sufficient financial resources that we can contribute to the stability of the Fellowship's programming. Now we are digging a little deeper for the roof over the Unitarian Centre.

2. *Give a little more, whether that is time, talent, energy, or financial.* Together, we are building a better tomorrow, so it is worth it!
3. *Add an extra monthly donation for the roof (in a restricted-use fund) in addition to your regular monthly donation or periodic gifts.* It is the roof that protects our Fellowship gatherings and our beautiful historic property.

**Thank you for volunteering your time and sharing your resources.**

Your contributions in the past are deeply appreciated.

Your future contributions will be highly valued.

**Because of YOU, the Fellowship thrives!**

## Protecting the Planet

### Bill S-5: Strengthening Environmental Protection

In June 2023, the Canadian Environmental Protection Act was updated, enshrining the right to a healthy environment. The legislation makes it a duty of the government to protect that right.

The law also updates how toxic substances are assessed and includes a requirement to search for safer alternatives, and collect data on the cumulative effects of substances (e.g., causing cancer if exposed for long periods). When implemented, it will require government "to examine the links between racialization, socio-economic status and environmental risk, and develop Canada's first national strategy on environmental racism and environmental justice." The U.S. has had an environmental justice program since the 1990s.

Amnesty International explains that here in Canada, we have a sad **legacy of ongoing environmental racism**. Decision-makers in this country often place garbage dumps, chemical plants, and other industrial activities in racialized, marginalized communities—exposing the residents to dangerous toxins.

The result? Disproportionately high rates of respiratory illnesses and cancers among members of these communities. The communities that have done the least to cause climate change will be hit the hardest.

Together, perhaps we can do more to champion human rights and strive for a healthy environment for everyone.

Learn to listen. Opportunity sometimes knocks very softly.

*H. Jackson Brown, Life's Little Instruction Book*



## *Fun with Friends*

*November 17, 2023, 6:30 PM at the Unitarian Centre*

It's fun time! All ages welcome. Board games and cards available or bring your favourite. Coffee & tea served. Bring your own snacks. Try something new. Invite family, friends and neighbours to join you at the Unitarian Centre, 2700 College Ave. on the 3rd Friday monthly (except Dec). See you there!



## **SAVE the DATE** *Vegan Potlucks are Back!*

Come one, Come all.

December 3 from 6:00-8:00 pm at the  
Unitarian Centre 2700 College Ave.

## *Thinking about Christmas?*

Need small gifts for friends? Starting soon, watch for a gift table in the lower hall after Sunday services. You might be surprised at what you will find.



## *Fun with Friends Evening*



Friday October 20th was our first Fun with Friends evening. There was lots of laughter and fun learning some new games: some cooperative and some a little more competitive. It was a blast!!

Ten folks joined us from 6:30 'til about 9:30. The picture shows us as we got a little more intense getting into the games but many of us shared more laughs than we've had in a long time.

Join us on the third Friday monthly. **NEXT: Friday, November 17th at 6:30 PM.** Some evenings will be card games, some board games, and we've even had someone offer to set us up with a karaoke evening. Save the date in your calendar, and invite friends and family to come join the fun!!







## *Wisdom from Marcus Aurelius*

*Submitted by Pam Bocking*

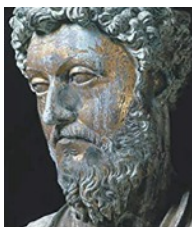
How “good” are we in our everyday lives?

Our Unitarian principles set a high standard for us to follow. Individually we try to live and act as “good” people.

Marcus Aurelius suggests an interesting, useful and somewhat entertaining way to help us observe and analyze our own actual behaviour:

“To what service is my soul committed? Constantly ask yourself this and thoroughly examine yourself by seeing how you relate to that part of you called the directing mind. Whose soul do I have now? Do I have that of a child, a youth, a tyrant, a pet, or a wild animal?”

It's normal to sometimes FEEL envious, furious, superior, impulsive, but we could use our directing mind to help us decide how to ACT.



## *Reconciliation Ripples*

### **News about dismantling racism**

In October 2023, the Federal Court approved a \$23 billion settlement agreement — the largest in Canadian history — for First Nations children and families who experienced racial discrimination through Ottawa's chronic underfunding of the on-reserve foster care system and other family services.

Government of Canada will begin paying out these settlements in 2024. Some children who were denied basic health care for their chronic health conditions have already died. Others will receive financial assistance that will allow some to live at home with homecare support..

Indigenous Services Minister Patty Hajdu said that having a finalized compensation agreement is ... an acknowledgement of the significant harm that discrimination — I would say systemically racist funding — results in," she said.

[CBC - Judge approves historic \\$23B First Nations child welfare compensation agreement](#)

## *Give Us Spirit*

Stilled or stunned into silence  
by the realities of life  
to which we are exposed,  
we feel our hearts open in response.  
stretched beyond simple, easy answers,  
we are called,  
through community,  
to feel, experience, and engage  
perspectives that rub against  
the simplicities of our comfortable worldviews.  
As we feel truths  
score the tender tissues of our hearts,  
may we recognize the work of love,  
welcome its devastations upon us,  
and rise, worthier still,  
to carry its name.  
As those born into love,  
yet ever seeking it,  
we risk its deepest truths.  
Amen

*Greta Vosper*

## *Books that stimulate conversation for all ages!*

### **My Conversations with Canadians (2017)**

*by Lee Maracle*

This book is a collection of short essays addressing a wide number of topics including citizenship, law, segregation, appropriation, prejudice and reconciliation. It is an exploration into the writer's own history and a re-imagining of the future of our nation. A good read for all Canadians.

### **A Friend like You**

*F. Murphy, C. Gordon & illust. K. Harren (2021),  
(Ages 4-10+)*

A perfect story for those who are learning how to make friends and exploring what it means to be a friend ... curious, kind, accepting, thoughtful, forgiving, flexible, an ally.



## *November Awareness Days*

### **Lots to think about!**

**Nov 7 – International Inuit Day** - established by the Inuit Circumpolar Council in 2006. Approximately 155,000 Inuit live across northern Canada, Greenland, Alaska and Russia. In Canada, three-quarters of Inuit live in 53 communities in Inuit Nunangat which has four regions: Inuvialuit (NWT, Yukon), Nunavut, Nunavik (N. Quebec) and Nunatsiavut (Labrador).

**November 13 – World Kindness Day**, a global day to promote the importance of being kind to each other, yourself and to the world. It reminds us that compassion links us all.

**November 20 – Transgender Remembrance** – This day is a reminder of all those trans, Two-Spirit, and non-binary people killed because of hatred and oppression. Transgender people are artists, healthcare providers, writers, accountants, IT professionals, movie producers, chefs, and scientists. They enrich every walk of life. Sadly, by simply living their lives as their true selves, they face prejudice, discrimination, violence, and even death.

**November 20 – National Child Day to celebrate the rights of children.** In 1991, Canada signed the United Nations Convention on the Rights of the Child (UNCRC). Canada committed to treat all children with dignity, respect, and the opportunity to reach their full potential, including opportunities: a) to have a voice (speak out, be heard), b) to be protected from harm, and c) to have their basic needs met.

### **November 18-26 – Sask. Multicultural week**

This is an opportunity to consider four multicultural values: a) Respect for diversity, b) Recognition and rejection of racism, c) Intercultural Connections, and d) Integration. The provincial multicultural motto is: From Many Peoples, Strength. [Watch for events here.](#)

**27 November – Holodomor Memorial Day** honours the millions of victims of the famine genocide inflicted on Ukrainian people in 1932 and 1933 by Joseph Stalin's totalitarian regime. Canada is home to the world's second largest Ukrainian diaspora.

**November 25 – December 10 – 16 Days of Activism Against Gender Violence**

**November 30 – National Giving Day**— Everyone has something to give and every act of generosity counts.

## *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.**

"When someone is struggling, you don't have to fix it for them. Take a stroll in their shoes. Listen hard, don't judge and understand with all you've got. Before you weigh in, tune in."

*This is empathy. #GetReal about how to help.*



## *Dismantling Racism*

The Unitarian Fellowship continues with projects aimed at ensuring that our Fellowship is gradually moving to decolonize itself. We are implementing the 8th Principle:

*Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions.*

We are watching our language, checking our Bylaws and Policies, undertaking discussion with YOU ... members, friends and the interested public.

In short, we hope to engage you to help us be more open and welcoming as individuals and as a Fellowship. We want to be able to say, with conviction: This is a place where we know that OUR way of thinking or doing is not always the best or most correct way.

In November, our focus is on learning new skills that will help us to identify when we are making assumptions, or using hurtful language. We are learning to be aware.

### **ANTIRACISM: How to Be an Active Ally**

**FREE & in-person**

*Saturday November 4 at 2:00 – 4:00 PM*

*On Zoom or at the Unitarian Centre, 2700 College Ave.*

with facilitation by the Multicultural Council of Saskatchewan (MCoS).

Racism is present in Regina; many groups are targeted. We can reduce racism as active allies. Join us to gain new skills. [Register now!](#) **Space is limited.**

Rhonda Rosenberg, longtime antiracism advocate and Kelsey Aitcheson, recognized for insightful Two-Eyed-Seeing, will facilitate participants' learning. Be an ally that makes a difference! Let's work together to dismantle racism.

Facilitators will engage participants in recognizing racism, bias, and white dominant world views. They will offer alternatives, and help identify strategies to dismantle racism. Join us to practise new skills. Together, we can make a difference. Hosted by the Unitarian Fellowship of Regina.

Masks are optional. [Register TODAY](#) through Eventbrite to obtain resource materials and a LINK to attend online if you cannot join us in person.

Registering at the last minute? Call Jane at 306-586-1066

### **STAND UP Against Street Harassment**

*Saturday November 25 at 10:00 AM*

*On Zoom or at the Unitarian Centre, 2700 College Ave.*

Build ally skills! Learn to step forward to protect others without harming yourself. Help reduce violence against women and 2SLGBTQIA people. You do not have to watch helplessly as violence develops. With new skills, you can divert and prevent violence in public places. Hosted by the Unitarian Fellowship of Regina. Here is a direct link to [Register today!](#)

"Our ability to reach unity in diversity will be the beauty and the test of our civilization."

*Mahatma Gandhi, 1925*

"It is never too late to give up your prejudices."

*Henry David Thoreau*



## *Opportunity Knocks!*

This is YOUR invitation to be a new member and to invite a new member.

- ✓ Are you looking for a deeper connection, a feeling of belonging?
- ✓ Do you want to engage in social action with others?
- ✓ Are you interested in building your inner resilience?

Why hesitate on the side lines?

- Get involved with new friends.
- Broaden your horizons: Explore other perspectives and cultures.
- Explore varied aspects of spirituality.
- Engage with others for social action that counts.
- Discuss how to make sense of the uncertain world around us.
- Be part of something bigger than yourself.

We would be delighted to welcome you regardless of religion, race, age, or gender identity:

- Join us as a Friend of the Fellowship. *Volunteer anytime!*
- Join us as a Member of the Unitarian Fellowship of Regina. *Connect with others.*

Contact us at [ufr.secretary@sasktel.net](mailto:ufr.secretary@sasktel.net).

*PS – Join soon to be eligible to vote at the Annual Meeting in March.*



## *Talk About Transformation*

*by Claire Clement*

Let's explore transformation! What does transformation mean for us as individuals? as a community? as a Fellowship? It is one of the six new core values (rather than principles) being embraced by the Unitarian Universalist Association in the United States.

One of the first things I considered was what is the difference between transformation and change? Is there any? For me it seems that this is like the comparisons we used in science classes in school, i.e. all elephants are mammals but not all mammals are elephants.

Similarly, all transformation is change but not all change is transformation. A quote from mavim.com suggests: *While change connotes the implementation of several finite initiatives that may or may not affect the whole organization, transformation focuses on a portfolio of interdependent or intersecting initiatives that aims to reinvent the organization as a whole.*

There are numerous readings in *Singing the Living Tradition* that urge us to work on transforming ourselves and our institutions. One that strikes at my heart is #578 This Great Lesson by Olympia Brown:

*We can never make the world safe by fighting.*

*Every nation must learn that the people of all nations are children of God, and must share the wealth of the world.*

*You may say this is impracticable, far away, can never be accomplished, but it is the work we are appointed to do.*

*Sometime, somehow, somewhere, we must ever teach this great lesson.*

This requires transformation!





## ***NEWS FLASH – Results of Special Meeting October 29, 2023***

*Unitarian 5th Principle: The right of conscience and the use of the democratic process within our congregation and in society at large.*

Twenty-one people gathered to discuss matters requiring a vote by Fellowship members. The President opened the meeting by thanking those who took time to attend. Most were present in the Unitarian Centre with four members attending online.

Eighteen members (53% of membership) participated in the conversation, asking questions and voting as their conscience dictated. Here are the results:

The Canadian Unitarian Council (CUC) requires lay chaplains be reappointed annually.

**MOTION** – That we ask Jamie Struthers to extend, to September 30, 2024, the contract as lay chaplain for the Unitarian Fellowship of Regina and seek formal confirmation from the CUC Lay Chaplaincy Program. *Carried.*

The Fellowship's efforts to raise funds to repair the roof are proceeding slowly. The last major roof repairs happened in 1998. Minor repairs undertaken in 2023 will extend the lifespan of the roof somewhat but it will need replacement within 2-3 years. Fundraising will continue.

There was recognition that as property owners, the Fellowship is responsible to ensure the Unitarian Centre meets basic health, safety, fire, and security standards (see security policy).

**MOTION** – That the Fellowship seek to maintain the Unitarian Centre to the minimum standard that will protect this asset. *Carried.*

In September 2023, the Fellowship received a letter advising that the Unitarian Centre is eligible to be a Designated Heritage Property. (Without contacting us, the City has already had experts assess the building's exterior for eligibility. This assessment will stand for a number of years.)

The Property Committee has investigated and received answers to a number of questions. It was explained that conservation grants (as opposed to maintenance grants) could include repairs that would extend the life of the building, such as roofing that reduces the risk of damage due to water leaking into the building. In addition, it was clarified that the Fellowship could apply for Heritage designation now or in the future. A local church recently requested to be removed from the heritage designation list during 2022-23. There was significant discussion of the pros and cons, and recognition that some information is known, some unknown, and some could change. For example, heritage designation would impose certain limitations on the Fellowship's decisions about the building.

**MOTION** – That the Unitarian Fellowship of Regina apply for heritage designation with the intent to apply for heritage grants in the future. *Defeated.*

If you have questions about the Special Meeting, please contact [ufr.president@sasktel.net](mailto:ufr.president@sasktel.net).

Thank you to everyone who participated. Your involvement is what makes democracy work.

In the same way, it is your contributions to the Fellowship as volunteers and donors that make it possible for the Fellowship to move forward as a positive force in our community.

Thank you!

## ***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.](#)

### **Connect and Deepen**

*Sunday, November 19, 2023: Looking for Light (hosted by Rev. Linda Thomson) 3:00 pm CT (90 minutes)*

Connect & Deepen is an online community for adults interested in meaningful reflection, conversation, and shared ideas for living our values. This is a welcoming space that encourages spiritual as well as philosophical exploration, with an eye to putting these explorations into action.

More information and registration is available [here](#).