



# UNITARIAN FELLOWSHIP OF REGINA

## THE CHALICE

JANUARY 2024



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 January*



#### January 7 – To Be or Not to Be and ChatGPT

*A Making Meaning service with the Saskatoon Unitarians*

*Speaker: Rev. Karen Fraser-Gitlitz*

The advent of Artificial Intelligence has opened a whole new area of ethics to come to terms with. Rev Karen Fraser Gitlitz reflects on what it means to be human and our place in the world. We will gather in person at the Unitarian Fellowship where we will view the service or you can join from home using the link provided.

***Multi-Platform Service – In-Person and on Zoom (Please note special Zoom address)***



#### January 14 – Fire Ceremony

The start of a new year is frequently seen as a time of new beginnings, and the Fire Ceremony invites participants to let go of whatever they do not wish to bring into the coming year. In a ceremony of the burning bowl, you are invited to write down words, or a phrase, to sum up what you wish to release as we enter the New Year.

***Multi-Platform Service – In-Person and on Zoom***



#### January 21 – The Right Thing

*Speaker: Sarah Kozusko – Wellness Pharmacy*

Sarah is a pharmacist and social justice advocate who believes in doing the right thing. Come and hear how she and her staff members aim to make a difference in their community.

***Multi-Platform Service – In-Person and on Zoom***



#### January 28 – In Our Grandfather's Footsteps

*Speakers: Frank and John Robinson*

Frank and John's grandfather passed away in 1914, before he had a chance to build a home from wood. He and his family were still living in a sod hut. This summer Frank & John built a "home-stead shack" with no power tools and included a blessing of the land by Indigenous elders. Come and relive the experience with them.

***Multi-Platform Service – In-Person and on Zoom***

### *Sunday Zoom Information*

Please see January 7 service info above for Zoom information

For Jan 14, 21, 28: 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/reginauunitarians/>*

*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 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](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***

*By Ethel Struthers, UFR Secretary*

**Out with the old and in with the new.**

**A very Happy New Year to You!**

The Board met December 7 and discussed the budget for the upcoming year as well as reviewed the reports from the standing committees.

As the Board discussed the budget for the upcoming year it used the purpose, vision, and member priorities (2023 survey & workshop) along with the objectives of the strategic direction to guide its decisions. The process hasn't been completed but will be in January.

Financially we can report:

- Donations continue to be close to the budgeted amount
- Building and Parking Rental Income continues to be higher than budgeted
- Total income is higher than budgeted
- Total expenses are lower than budgeted. We are on target to have a small surplus by the year end.
- We have a good start on the Roof fund at \$12,488 but still need to raise \$28,000 or so before we can do the work. That total includes a 10% contingency amount.

The property committee has met with Gagnon of W. Gagnon Engineering so he could start a structural assessment. We're looking forward to the results of the assessment.

Kudos to the Bylaws Action Group for all the work its done to update the bylaws to use inclusive language.

### ***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*

As a community, we know we can come together and make an idea into a reality (e.g., new website 2016, online virtual delivery of Sunday services 2020, antiracism workshop 2023).

*Gaia Vince* is an author, journalist and broadcaster who writes about the future. Her latest book is *No-mad Century: How to Survive the Climate Upheaval*. She says we do not have to be stuck in today's reality; things will not inevitably get worse. We can change the forecast. We can create a stronger future. *Gaia Vince* encourages us to be brave as we explore the future:

*"If anyone tells you it's impossible, ask why.*

- Is it impossible because of the laws of physics, or*
- Is it impossible because of the rules of society? Because society changes. We change it; often extremely fast."*

Similarly, we can further strengthen the Fellowship with imaginative ideas and true leadership from each of us. What we require is to:

- work together toward our shared vision
- identify specific objectives and communicate them clearly
- be curious—what are people concerned about, what actions do they believe will help?
- find like-minded people with similar objectives (both within and outside the Fellowship)
- work with others to use available resources efficiently; avoid duplication
- monitor progress and adapt to our changing circumstances

We have achieved much. We can accomplish more by working with others to create *synergy*.

### Vision

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

## Community Events

### Multi-Faith Saskatchewan AGM

*Sunday, January 7, 2024 at 3pm.*

[Please register for the Zoom meeting here.](#)

The MFS has some vacancies on the Board. Questions or nominations may be sent to the Nomination Committee, c/o Nicholas Jesson ([njesson@archregina.sk.ca](mailto:njesson@archregina.sk.ca)). They welcome self-nominations! No experience is necessary. These positions are described in the [MFS Constitution](#). If you have questions about the Board and its responsibilities, please contact the Nomination Committee at the same address.

Download the [AGM Jan. 7 2024 Agenda](#), the [2022 AGM MFS Minutes](#), and the [2022-2023 Financial Statements](#).

### East Asian Religions – Online Lecture Series

*Thursday 6 PM CST from Jan.25 to Feb 15*

This lecture series explores four religions of East Asia looking at teachings and influence in shaping East Asian cultures and values. In order, the series presents Confucianism, Buddhism, Daoism, and Shintoism. Fee \$80 for 4 or \$25 each. [Register HERE](#)

Or consider the July 7-13 2024 Discovery Week in Toronto. Fee \$1095. [Register HERE](#)

## Give Us Spirit

### Our True Home is in the Present Moment

*by Thich Nhat Hanh*

Our true home is in the present moment.

To live in the present moment is a miracle.

The miracle is not to walk on water.

The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available now.

Peace is all around us in the world and in nature; it is within us in our bodies and our spirits.

Once we learn to touch this peace, we will be healed and transformed.

It is not a matter of faith; it is a matter of practise.



## January Awareness Days

### Principle 1: the inherent worth and dignity of every person

January marks new opportunities for Unitarians to live our principles. It is an opportunity to learn about the United Nations [international framework to combat racism \(2020\)](#), including discrimination, intolerance, and fear of people from other countries. Racism decreases opportunities for education, employment, basic health care, and access to justice.

January 4 - NATIONAL RIBBON SKIRT DAY in Canada.

First celebrated Wednesday, Jan. 4, 2023, this is an opportunity to showcase Indigenous culture and pride. For many, the ribbon skirt is a symbol of resilience. From 1884 to 1951, Canada's Potlatch Law banned the clothing and ceremonial items of some Indigenous ceremonies.



January 24 – Global Education Day emphasizes the importance of education as a human right. More than half of youth worldwide lack basic math and literacy skills. Education offers children a way out of poverty and improves their future opportunities.

January 24th – World Day for African and Afro-descendant Culture within the United Nations International Decade for People of African Descent (2015-2024). We celebrate the many vibrant cultures of the African continent and African Diasporas around the world.

January 27th - International Day of Holocaust Remembrance, the liberation date of Auschwitz. Valuing the human rights of all people means Unitarians value the strength that comes with all types of diversity including religion, race, and gender. We value living in harmony without harassment or violence against those with different ethnicity or religious beliefs.

January 29th - [National Day of Action Against Islamophobia](#). In Canada, we hope for diversity as one of our greatest strengths, yet we know that racism continues at unacceptable levels. There is urgent need to combat Islamophobia and all forms of racism in our community.

## 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 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.**

## Reconciliation Ripples

- [Indigenous-led Team at Brantford General Hospital Aims to Offer Better Care for First Nations Patients](#)
- [Canada's Complicated History with the Métis](#)
- [Malcolm X's Enduring Message](#)



## *Dismantling Racism and other Oppressions*

### Basic Income

Prince Edward Island has been leading the charge for Basic Income in Canada for a long time. In 2020, a cross-party committee tabled a report recommending the immediate implementation of a basic income guarantee; a call which was then adopted by the legislature and later reaffirmed by all party leaders in a joint letter. Now PEI has a plan, and a vision as the first jurisdiction to eradicate deep poverty in Canada.

If you like details, ... check out the [executive summary](#), read the [report in full](#), or visit the [PEI Basic Income Report website](#).

The findings include:

- This provincial benefit would be available to all aged 18-64, **decrease the poverty rate from 10% to 2%**, and eliminate deep poverty.
- The benefit would provide a maximum of 85% of the poverty line: **\$19,252 for a single adult or \$27,227 for a family of two adults**. This would be reduced by fifty cents for every dollar earned.
- A significant portion of the cost would be offset through reductions to other benefits and the numerous long-term savings. The estimated gross cost of \$189 million could be fully financed in partnership with the federal government and moderate PEI tax increases.

The first steps forward include becoming aware and discovering the truth. Where are we as Unitarians? Are we doing enough to educate ourselves and inform others?



## *Protect the Planet*

### COP28

COP28 is the latest global Conference of the Parties (COP), the group of nations that forged the UN Framework Convention on Climate Change in 1992. This framework set out to address levels of global warming that are increasingly dangerous to planetary health.

The theme of COP 28 was *Unite. Act. Deliver*. COP28 is now over. The **Environmental Defense Canada** team outlined what was achieved. Meaningful progress will help ensure a safe future.

- For the first time ever, countries around the world agreed on the need to transition away from fossil fuels.
- A loss and damage fund was established to support countries least responsible for the climate crisis but most affected by climate disasters.
- A Global Methane Pledge launched to reduce methane leaks from oil and gas production to near zero by 2030.
- Canada announced (Dec.7, 2023) its much-awaited framework for creating a plan to reduce oil and gas carbon pollution.
  - The framework proposes a **cap-and-trade system that sets a regulated limit on emissions from the sector (under the *Canadian Environmental Protection Act*)**. For an overview, please refer to the [Backgrounder on Canada's Regulatory Framework for an Oil and Gas Sector Greenhouse Gas Emissions Cap](#).
  - The framework proposes decline in GHG emissions at a pace and scale to meet net-zero by 2050
  - The framework accounts for **technically feasible emissions reductions and forecasted global oil and gas demand**
  - The framework intends to minimize additional administrative requirements to the extent possible.
  - The framework commits to ongoing monitoring and regular reviews of meeting the goal of net-zero GHG emissions by 2050.

Sources and further reading:

- [Canada.ca - 2030 Emissions Reduction Plan](#)
- [Canada.ca - Oil and gas emissions cap](#)
- [Environmental Defence - Reports and Guides](#)
- [UUA.org - Climate Change and Religion](#)



## *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 in April of 2024 even through very unsafe times in Burundi. They want to celebrate in a 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.

Today we in Regina are being asked if we can take a collection within two months to support vulnerable Burundian children and their families.

Please contact Joanne Green at [ufr.treasurer@sasktel.net](mailto:ufr.treasurer@sasktel.net) for more information. Donations can also be made directly to Flaming Chalice International [at this link](#). Please be sure to specify which project is being supported.



## *Wisdom from Marcus Aurelius*

*Submitted by Pam Bocking*



As we begin this new year – 2024 – we would love to see more love and goodness spreading throughout the world. Even though we can't resolve the large problems on our planet, we can start by looking within ourselves. Marcus Aurelius urged himself to nurture his inner light and loving kindness, and then send out rays and streams of love and goodness into the world.

*"Does the light of a lamp shine and keep it glow until its fuel is used up? Why shouldn't your truth, justice, and self-control shine until you are extinguished?"*

*"Dig deep within yourself, for there is a fountain of goodness ever ready to flow if you will keep digging."*

## *CUC Inviting Board Applications*

The CUC is inviting applications for positions on CUC's Board and Nominating Committee:

- the CUC Board of Trustees provides vision and leadership to our national organization, through participation in regular Board meetings, committees, regional gatherings, and at the Annual Meeting and conference. CUC requires new Trustees to represent the Western, BC and Central regions.
- the CUC Nominating Committee seeks people who are committed to Unitarian Universalism and are interested in serving at the national level. CUC requires a new member for the Central/Eastern position on the Nominating Committee.

Please contact [nominations@cuc.ca](mailto:nominations@cuc.ca) if you are interested or would like to suggest potential suitable candidates. Details about the vacant positions are available [here](#) and [here](#).



## Canadian Unitarian Council

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](#).



### Greeting from the Board of Trustees

Board President Kiersten Moore recently invited UUs to lean into rest, joy, and rejuvenation during the holiday season just past. Although January is upon us, the thoughts about making meaningful connections and love apply all year.

*I find December one of the more complicated times of the year. My desire to make Christmas morning magic for my kids with a pile of beautifully wrapped packages tied up with bows competes with my wish to smash the machine of commercial capitalism. What do I do with the stress that these diametrically opposed urges create? I turn to meaning-making, real connections with the people I love, and constant reminders to myself to slow down and pay attention to what enhances joy.*

*I am put in mind of a story that highlights how much more people mean to us than stuff. A couple years after we moved to BC, we flew our family of five to Nebraska to have Christmas with my mom. My brother and his family drove down from Minneapolis and it was the first time we had all been together for Christmas in many years. At that time we were living on one income in Vancouver—so with the added space and money restrictions of flying, presents for the kids were very purposefully thought out, small, and limited in number. However my brother driving down in a minivan was not so limited.*

*In the moment of that week together there were many times that I felt the material discrepancies between our two families. There was indeed a large pile of packages under the tree, and my children finished opening their share of gifts much sooner than their cousins. I felt that my careful weighing of fairness in gift giving between my children was blown to naught and my older two were left feeling disappointed by Christmas morning. I strove to emphasize the gift of spending this time with family we hardly ever get to see, while inwardly feeling devastated that they felt let down.*

*Fast forward to last year and in conversation with my child I discovered that visits to Nebraska ranked high in their positive memories of family and Christmas. They wondered when we would get to go back again. What had stayed in memory were the connections and the gift that I knew all along was most important, the love.*

*My hope for you this December, whatever you celebrate and in whatever way, is that you take time to slow down and identify what is most important to you, what brings you closer to loved ones, what sparks joy together—and lean into those things. Everyone deserves rest, joy, and rejuvenation; these are the things that are life giving.*

### Sharing Our Faith 2024

The Sharing Our Faith program provides funds for congregational initiatives which enhance ministry, aid congregational projects and outreach, and enrich the Unitarian Universalist movement in Canada. The fund consists of these monies, supplemented by a Foundation Fund administered by the First Unitarian Congregation of Toronto. The funds are allocated in the form of grants to congregations for growth projects and initiatives.

In the past 3 years, there were national online services for Sharing Our Faith. In 2024, we are returning to local services. Congregations hold a "Sharing Our Faith" worship service focused on the UU faith in Canada, with a special collection for the Sharing Our Faith fund. The Unitarian Fellowship of Regina will hold a service in early spring with a special collection for Sharing Our Faith.