



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

MAY 2025



Reminder - Beginning in May, Sunday Services will begin at 1:00 PM.

Join us for *friendly, informal* Sunday Services at 1:00 PM.
Services will be held in-person at 2700 College Avenue (the Unitarian Centre), AND on Zoom.

Services for May



May 4 – Roots of the Unitarian Fellowship in Regina

How did the Fellowship get started in Regina? Who were the leaders? Jamie Struthers will describe the early days of Unitarianism in Regina.

Hybrid Service – In-Person and on Zoom



May 11 – Joy and Justice, Part 1

Recorded Presentation by Arran Morton

As Canadian Unitarian Universalists, one of our aspirations is to ‘strive to work joyfully for a just and compassionate society, experimenting with new forms of community.’ In this service we will explore what our active engagement with joy can teach us and how we can cultivate joy that will guide and fuel us in creating the communities and world we seek.

This pre-recorded sermon is part of the Roots of Resilience series.

Hybrid Service – In-Person and on Zoom



May 18 – Roots of Joy and Justice, Part 2

How do we cultivate joy to guide and fuel us as we seek a more just world?

Reflections on Joy & Justice – Roots of Resilience series ([Theme Packet here](#))

Hybrid Service – In-Person and on Zoom. Potluck to follow service.



May 25 – From Possibility to Practice

Re-imagine Sustainability: What if sustainability isn't just about how long we last — but about how deeply we belong to each other and to the future? National Unitarian service from the Canadian Unitarian Council.

Hybrid Service – In-Person and on Zoom.

Sunday Zoom Information

[Join Sunday Service Zoom here](#)

Meeting ID: 864 9808 0299

Passcode: 832134

To add an article or announcement 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

email reginauu@gmail.com

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

Podcast: unitarianfellowshipregina.podbean.com

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

Instagram: https://www.instagram.com/regina_unitarians/



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

UFR Board of Trustees

President	Jamie Struthers
Past President	Jane Knox
Vice-President	Sandi Whitford
Secretary	Ethel Struthers
Treasurer	Joanne Green
Members-at-Large	Claire Clement, George Garbe

Committees & Action Groups

STANDING COMMITTEES

Finance – Joanne Green, Sandi Whitford

Lay Chaplain – Wayne Williamson, Chair

Membership – Ethel Struthers, Marena Charron,
Jim Hutchings

Program – Julie Mitchell, Jamie Struthers, Glenna
Ottenbreit-Born, Claire Clement

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

Nominating – Claire Clement, Julie Mitchell

ACTION GROUPS

Policies – Julie Mitchell, Jane Knox

Reconciliation – Claire Clement, Sandra
Blenkinsop, Julie Mitchell, Ethel
Struthers, Helmi Uguh, Jane Knox

Social Media – Sandi Whitford, Joanne Green,
Jim Hutchings, Jane Knox

Lay Chaplain Services

The Fellowship provides non-denomination services to celebrate rites of passage, including births, weddings and deaths. *Our Lay Chaplains are available to the public to provide services.* Please feel free to contact us at (306)522-7357 or reginauu@gmail.com.

Board Talk

By Ethel Struthers, Secretary

The Board met April 9, 2024. The Board welcomes both new (Jamie Struthers, president) and returning members.

The Board welcomes our new renters, Prairie Revival Church, who will be renting the upper hall from 9:00-12:30 Sunday mornings. We're looking forward to this new agreement. The Unitarian Sunday service will be held at the new time of 1:00 PM, starting May 4.

May 4, after the service, is also the day of the Volunteer Appreciation Celebration. This year's theme is Volunteers Make Waves. Together, we create ripples of change. Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

The Board discussed objectives for the upcoming Council Meeting June 1 taking place after the Sunday service. This will be an opportunity for all interested to discuss strategic planning: identifying our priorities.

This is the time of year when the Board welcomes new members to all of its committees and tasks. What interests you? What are you passionate about? See the list of committees in the left-hand column. For more information and to volunteer, contact Ethel at ufr.secretary@sasktel.net.

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,

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/>



Sunday services at the Unitarian Centre will begin at 1:00 PM starting May 1st

After receiving the required notice of a Special Meeting, on February 23, two-thirds of Fellowship members gathered at the Unitarian Centre to discuss an opportunity to rent the upper hall during Sunday mornings. Information was provided in advance, and the issues actively explored.

The possibility to hold services Saturday mornings, late Sunday afternoon and Sunday evening were all rejected. The 22 members present voted unanimously to move Sunday services to about 1:00 PM on Sundays. Members encouraged the Board to establish an experimental time-period before signing a long-term contract with renters.

During a Board meeting March 13, the Board agreed to begin this arrangement on May 4th.

Please let your friends and neighbours know about this change.

Making Donations to the Unitarian Fellowship of Regina

For many years, the Unitarian Fellowship has been accepting e-Transfers to an email address used by the treasurer. Everything worked well until it didn't. Using electronic means to send money does have risks, and recently the Fellowship learned about an attempt to divert e-Transfers to a different bank account!

Fortunately, we found the mistake quickly and with the help of Conexus Credit Union, a new email has been set up for e-Transfers. Please send an email to Administrator, Mike McCall at reginauu@gmail.com for the new address.

Community Events

Human Rights and Forced Displacement

Friday, May 9 at 12 pm (noon) CST

Join the conversation with Ketty Nivyabandi, Secretary General for Amnesty International Canada's English-Speaking section.

[Register HERE](#)

Child Welfare through a Community Centered Lens

Wednesday May 14 at 9-10 AM CST

True recovery from trauma relies on fostering trust, security, and loving connections within a supportive community. Caring relationships are especially important for children. Hear a panel of experts discuss ways that a community led approach helps children heal.

[Register HERE](#)

National Moose Hide Campaign: Take a stand against violence.

May 15, 2025

Join the 2025 Moose Hide Campaign by wearing a moose hide pin to show your support. Every action matters. (See Moose Hide pins on table in lower hall at Unitarian Centre).

Sponsored by STOPS to Violence to help spread awareness, healing, and action across our province.

[Click HERE for Details.](#)

Community perceptions of sustainability: (Re)framing what matters for more just, ethical, and liveable municipalities

By [Kathryn Riley](#), [Mariia Iakovleva](#), [Erin Dueck](#), [Heather O'Watch](#), [Margot Hurlbert](#), and [Candice Minott](#).

Alternative stories of sustainability often become marginalised. In response, this article positions diverse, contrasting, and often conflicting perceptions of sustainability within a local governance contexts of Saskatchewan.

[Here](#) is another way of looking at building sustainable communities.



Books to Bash Barriers

Sometimes fear and despair are the barriers we must overcome to live as our best selves ...

Love's Braided Dance: Hope in a Time of Crisis (2024)
by Norman Wirzba

In this series of meditations, Norman Wirzba recasts hope not as something people have, like a vaccine to prevent pain and trouble, but as something people do.

Almost Everything: Notes on Hope (2018) by Anne Lamott

Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined.

Poems of hope and resilience from the Poetry Foundation

<https://www.poetryfoundation.org/collections/142028/poems-of-hope-and-resilience>

Give Us Spirit

Spring Rain

Heaven's refreshment
Rains down
Big juicy drops
Feeding nutrition and
Moisture to plants
Animals and birds.
Fueling the soil
Cooling the air
Filling the birdbath
With Nature's wetness.
Birds chirp
Plants stretch out
Receiving the rain's goodness,
Robins patrol for worms,
And we rejoice
Feeling the rain on our
Faces-
Delicious!

Gifts - Mary MacGougan

Awareness-Stop the Violence!

May 5 is Canada's National Day of Awareness for Missing, Murdered Indigenous Women, Girls, Two Spirit and LGBTQ people (MMIWG2S). It is also known as "Red Dress Day."

The report *Reclaiming Power and Place* includes 231 Calls for Justice that "represent important ways to end the genocide and to transform systemic and societal values that have worked to maintain colonial violence" (*Final Report, volume 1B*, p. 168). The Inquiry also released an engagement guide, *Their voices will guide us*, which will "introduce the value of Indigenous women's and girls' lives..."

May 5 is about building understanding of ongoing violent harms and honouring those we have lost and their families. Saskatchewan has the highest level of interpersonal violence among all the Canadian provinces. Please mark the day in a way that might inspire you to take action:

- **Watch this stunning, emotional video:** *Performance for Murdered Missing Indigenous Women*. In October 2016, Canada's unions staged this unique and powerful performance with music by A Tribe Called Red, video, holograms and dance to honour Canada's missing and murdered Indigenous women. The dancing, music and videography are all spectacular: **3.44 minutes with skilled Canadians**. You will want to watch it more than once! *Selected for YOU by Jane—it gives her goosebumps.*
- **Wear red**, take a photo, and post it to social media. Use hashtags such as: #MMIWG, #MMIWG2S, #RedDressDay, #WhyWeWearRed, and #NoMoreStolenSisters and/or hang a red dress in your window or your yard.
- **Write a letter** to your local MP and MLA to ask for:
 - action to prevent violence including more transition shelters:
 - support for struggling families, including mental health workers, social housing
 - basic income/social assistance that is sufficient to pay the rent, provide food and school supplies for the children and medications to those in need
 - access to timely health care without discrimination.

Quote by Diane Mariechild

"A woman is the full circle. Within her is the power to create, nurture and transform."



Protecting the Planet

Canada's Environmental Protection Act (CEPA)

For context: In CEPA, the term "healthy environment" is defined as an environment that is clean, healthy, and sustainable. The United Nations' [*Information Note on What is the Right to a Healthy Environment*](#), includes safe climate, clean air, healthy ecosystems and biodiversity, safe and sufficient water, healthy and sustainably produced food, and a non-toxic environment.

The Canadian Environmental Protection Act, 1999, is Canada's cornerstone environmental law. CEPA provides the legislative framework for protecting human health and the environment from pollution and toxic substances. It covers various aspects such as air and water quality, toxic ingredients in consumer products, movement of hazardous waste, protection of biodiversity, climate action, and plastic pollution.

Bill S-5, the **Strengthening Environmental Protection for a Healthier Canada Act**, represented a crucial step toward modernizing CEPA, 1999. Bill S-5 signifies important progress in recognizing the right to a healthy environment and updating Canada's legislative framework for assessing and managing toxic substances. *The Bill received Royal Assent June 2023.*

Bill S-5 requires that decisions made under CEPA *respect the right to a healthy environment*. After drafting a Framework, the Government received many comments. Common themes were: Balancing flexibility and predictability, *interconnectedness, transparency, reconciliation, representation and inclusion, accountability, human-rights*.

The framework will address key principles such as:

- **Environmental Justice:** Ensuring that environmental protection does not disproportionately affect vulnerable populations.
- **Intergenerational Equity:** Meeting the needs of the present generation without compromising the ability of future generations to meet their own needs.
- **Non-Regression:** Ensuring continuous improvement in environmental protection.

By June 2025, the Government intended to communicate how the right to a healthy environment could be considered in administering the Environmental Protection Act. The timing has changed.

For further details see [Government of Canada website](#), and [explore](#).

Wisdom from Humanism

Submitted by Pam
Bocking

Bertrand Russell

Hope for the world



Bertrand Russell

wrote the following words that were published in 1954. How relevant do you think they are in the world today?

"I allow myself to hope that the world will emerge from its present troubles, that it will one day learn to give the direction of its affairs, not to cruel swindlers and scoundrels, but to men possessed of wisdom and courage. I see before me a shining vision: a world where none are hungry, where few are ill, where work is pleasant and not excessive, where kindly feeling is common, and where minds released from fear create delight for eye, ear and heart. Do not say this is impossible. It is not impossible. I do not say it can be done tomorrow, but I do say that it could be done within a thousand years, if only men would bend their minds to the achievement of the kind of happiness that should be distinctive of man."

Of course, nowadays, some of us would say "men and women" or "women and men" but using the single word "man" was common at the time he wrote this.

"Sometimes hope is a radical act,
sometimes a quietly merciful response,
sometimes a second wind,
or just an increased awareness of goodness
and beauty."

Anne Lamott



Reconciliation Ripples

Measuring Cultural Safety ...or how to be welcoming

By Jane Knox

In Canada and specifically in Saskatchewan, there is concern about discrimination against Indigenous Peoples and others in the health care system. I have been wondering how discrimination gets measured and how care is described when it does not include discrimination. I am learning that a large part of preventing discrimination rests in cultural safety. Research tells us that what we measure gets reported; what is reported gets attention and resources.

Researchers are getting closer to consistently measuring cultural safety. In April 2025, I attended a webinar about measuring cultural safety that was produced by the UBC Learning Circle. The UBC Learning Circle is a partnership between the [Centre for Excellence in Indigenous Health](#) and the [First Nations Health Authority](#). Presenters included Dr Jenny Morgan, BSW, MSW, PhD Educ. Dr Morgan is from the Gitksan First Nation: Lax Gibuu (Wolf clan) from the House of Wii Muk'willixw. The second presenter was Alison Hill, representing the British Columbia Office of Patient-Centred Measurement where she has been a staff member since 2024. Her role is to support the integration of Indigenous approaches into healthcare measurement. These two presenters are part of a research team that focuses on cultural safety.

UBC measures five aspects of culturally safe care:

- 1) Relationship-Based Care (based on building trust with a long-term perspective)
- 2) Identity
- 3) Respect (of people and Indigenous knowledge and processes)
- 4) Self-Determination and Equity in the context of access to care and being able to accept or refuse care based on cultural beliefs, and
- 5) Discrimination.

As we study the meaning of the 8th Unitarian Principle, we learn more about cultural safety. Understanding how to measure cultural safety will help us enhance it in churches as well as healthcare settings. I was pleased to discover that cultural safety includes two elements of the Covenant we use in this Fellowship: Trust and Respect (the other two are empathy and diversity). It is very interesting to see how these can be measured. Food for thought!

For further details, see:

- Indigenous Patient Centered Measurement – BC Patient-Centred Measurement: [Website](#)
- Resources/publications mentioned in webinar – [PDF resource](#) In particular, see the final reference for greater understanding of what can be measured.

[Watch the Webinar](#)

[Review Slides](#)

The Reconciliation Library is looking for books– share yours!

*(See the collection on the east wall
of the Unitarian Centre lower hall.)*

After reading it, have you ever wondered what to do with a book about reconciliation? Maybe it was one that helped you change your perspective? Or perhaps a book that built your understanding of the lived experience of Indigenous Peoples. And now you have moved on

Please donate reconciliation-related books:

- for adults or children
- narratives or poetry
- fiction, historical novels, memoirs, documentaries
- Indigenous spirituality or the meaning of “all my relations”
- seven grandfather teachings / other Indigenous values
- two-spirit or LGBTQIA reflections including recognition of intersectionality (a person or group simultaneously experiences multiple types of discrimination (e.g., due to gender, race, ethnicity, religion, physical or mental attributes)
- where possible by Indigenous authors

If you would like to donate books on other topics, please discuss your idea with Sandra Blenkinsop or Claire Clement. Think—small space, big topics!

Place your donated books in the red basket on the bookcase in the lower hall.

Thanks!



Dismantling Racism and Oppression

Excerpted from a Right To Be newsletter

Today, we want to lean on the wisdom of feminist writer and civil rights activist Audre Lorde, who has deeply inspired our work at Right To Be. She believed in the power of collective effort and solidarity to create lasting change.

Our inspiration can best be summarized by this quote:



Although we each walk different paths, we share a fundamental right: the right to be who we are without fear. In times of uncertainty, it is more important than ever to uplift one another, take action, find our community, and build solidarity through small and meaningful acts.

Canadian Unitarian Council

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.](#)

The Canadian Unitarian Council has a number of events happening, and welcomes everyone to join in their online events. For a full listing, go to their [Events web page](#).

