



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

SUMMER 2025



Reminder - Sunday Services begin at 1:00 PM.

Join us for *friendly, informal* Sunday Services at 1:00 PM.

Summer services will be held in-person at 2700 College Avenue (the Unitarian Centre)

Services for July



July 6, 2025 – You are invited to Shape Sunday Services

Unitarians invite you to consider what makes a satisfying time of fellowship. What topics help sustain you or bring you joy? What themes do you want to explore during Fall and Winter weekly services at the Unitarian Centre? Join us to discuss themes for Sunday Services. Share your thoughts.

Please join us in person at the Unitarian Centre



July 13, 2025 – Potluck and Chat

Potluck and conversation. Topics to be chosen by those attending. For example, outdoor places that feel special.

Please join us in person at the Unitarian Centre



July 20, 2025 – Sharing Books

Come and tell us about a book that brings you joy, moves you, inspires you, or expands your perception of the world. Long or short, funny or sad, stories or poetry. The Knoxes will facilitate informal discussion.

Please join us in person at the Unitarian Centre



July 27, 2025 – To Be Determined

Jamie Struthers will facilitate discussion. Topic to be determined.

Please join us in person at the Unitarian Centre.

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/>

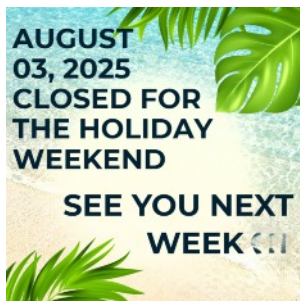
Podcast: unitarianfellowshipregina.podbean.com

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

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



Services for August



August 3, 2025 – Civic Holiday
No Service



August 10, 2025 – Humour Spans Cultures

Chuckle with us as we dip into “Me Funny” by Drew Hayden Taylor. This book is irreverent and insightful.

Please join us in person at the Unitarian Centre.



August 17, 2025 – Favourite Old Maxims

A maxim is a general truth, fundamental principle, or rule of conduct, Mother's favorite maxim was “Don't count your chickens before they hatch.”

Please join us in person at the Unitarian Centre.



August 24, 2025 – Canadian Unitarian Council Priorities and Interdependence

Come visit with Ilara Stefaniuk-Gaudet, the CUC Board liaison for congregations. They will bring greetings from the Canadian Unitarian Council, share national news, and seek input on national priorities. Join Ilara in exploring the national metaphor of UU Ecosystems and how we are interdependent.

Please join us in person at the Unitarian Centre.



August 31, 2025 – Labour Day Weekend
No Service

LABOR DAY



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

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.

Committees & Action Groups

STANDING COMMITTEES

Finance – Joanne Green, Sandi Whitford

Lay Chaplain – Wayne Williamson, Jane Knox

Membership – Ethel Struthers, Marena Charron,
Jim Hutchings

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

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

Nominating – Claire Clement, Ethel Struthers

ACTION GROUPS

Personnel – Sandi Whitford, Jane Knox, Claire
Clement

Policies – Julie Mitchell, Jane Knox

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

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

Sparkle and Shine – Marena Charron, Carol Porter

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.

Newcomers Always Welcome!

Summer is for trying new things, exploring new ideas, and making new friends. During the summer months Unitarians gather informally Sunday afternoons for coffee and conversation. You would be very welcome. Your full participation highly valued. Come join us!

Attending Fellowship services is a heart-warming experience that:

- deepens understanding of ourselves and others,
- inspires us to find positive ways to contribute to our wider community,
- helps restore our faith in the possibility of a harmonious world.

Please join an informal gathering Sundays at 1:00 PM
at the Unitarian Centre
2700 College Avenue, Regina.

- If you would like to get to know us a bit before you come:
- check out <https://reginaunitarians.ca/>
- subscribe to the free newsletter The Chalice
<https://reginaunitarians.ca/newsletter/>

Articles touch on community events, the environment, reconciliation, dismantling racism.

We look forward to welcoming YOU on Sunday afternoons July 8 through August 24 (not Aug 3).

Regular services resume September 7 at 1:00 PM. Please plan to join us then when we will again offer services on-line as well as in person.

Have a great summer!



Brain Storming for Future Unitarian Programming-ALL ideas welcome.

July 6 at 1:00 PM in the Unitarian Centre

Bring your ideas for future presentations at the Unitarian Centre. Which Unitarian Principle interests you most? Would you like to explore what spirituality means in 2025? Do intercultural relationships interest you? Join us to think about what we need to build capacity to live a purposeful and positive life in harmony with others.

Legacy Giving-planning ahead to sustain the Fellowship

Legacy Giving generally involves planning gifts that will benefit the congregation in the future. Such gifts can allow you to make a substantial, long-term financial contribution independent of your current financial needs. The two principal types of legacy gifts are:

1) bequests (gifts by will)

A local example is the 2022 gift of \$5,000 made by Maureen Hawley in her will and which the Board designated to refurbish the stage.

Bequests can be for a specific amount of money, a stock or other investment or specific assets. Or a bequest could be all or a fraction of what remains (the residual) of an estate after other obligations are met (including the care of other beneficiaries).

2) beneficiary designations.

Beneficiary designations (naming the congregation as a beneficiary) can be done for a life insurance policy, or other accounts such as an RRSP or RRIF or TFSA.

A local example is the 2025 gift of over \$10,000 from Linda Van Havre when she named the Unitarian Fellowship of Regina as the beneficiary of her life insurance policy.

Both of these local gifts have made an impact and will continue to be an enduring support that sustains the Fellowship into the future.

If you have questions about making an enduring gift, please:

- speak to your financial advisor or lawyer
- see the Fellowship's website at <https://reginaunitarians.ca/leave-a-legacy/>

Please talk to Jane Knox to explore ideas or obtain more detailed information.

Report on Lay Chaplaincy

In accordance with applicable bylaws of the Fellowship, on Sunday, June 15, 2025, following the service, there was a special meeting convened and those present confirmed Lisa Taylor and Wybo Ottenbreit-Born as the incoming Lay Chaplains for the Fellowship for the upcoming term. Lisa and Wybo have been appointed, and have generously agreed to serve the Fellowship congregation, as well as the larger community, designing and leading services and ceremonies to mark significant life-passages which may include marriages, births/naming, coming-of-age, as well as funeral and memorial services. Lisa and Wybo have both undergone recent training approved by the Canadian Unitarian Council, and have been approved by the CUC as well as by the membership of the Fellowship.

Lisa and Wybo take over these responsibilities from Hilary Craig and Jamie Struthers who served the congregation in this role for the past term.

-Jamie Struthers, Board Chair UFR

Call for Books on Reconciliation or from Indigenous Authors

If you have books on these topics at home, then please consider donating them to the UFR library. Place them in the white basket on the book shelf downstairs. See a title you like, borrow a book anytime.

Interested in Learning Cree?

We're exploring who in the Fellowship is interested in learning Cree.

If you are interested, then contact ufr.secretary@sasktel.net. Please leave your name, email and a phone number.



Community Events

REAL Talk—empathy and communication

July 3 (noon). Also available July 17 (7 PM), August 6 (noon) or Aug 19 (5:30 PM).

REAL Talk is for anyone who supports those experiencing harm in their relationships. Whether you're a concerned friend, family member, or a professional, this program offers practical tools to engage in meaningful conversations. REAL means recognize, empathize, ask, listen.

[Register for REAL Talk](#)

Friendraiser by South Saskatchewan Community Foundation

August 14 at 1:00-3:30 PM; *Conexus Arts Centre, Regina*

Learn about research on the most pressing needs within our community. This event will foster meaningful conversations, connections, and forge new relationships that will help to continue making positive impacts on our community and support how we work together. Whatever your role in our community, you will enjoy attending this event.

For more details [click HERE](#)

Blackcellance Gala

Saturday, September 20, 2025 (evening), *Delta Hotel Regina*

Come celebrate the success of Black young people in sports and mentorship. All proceeds to Big Brothers, Big Sisters.

For more details see Black in Sask on Instagram



Wisdom from Humanism

Submitted by Pam
Bocking

Kahlil Gibran

How to Act with Wisdom



Kahlil Gibran was a Lebanese-American who lived from 1883 to 1931. He was a writer and a visual artist. He wrote a number of books in a variety of Arabic languages and in English. His most loved and widely read book is "The Prophet" which was published in 1923. It has been translated into many different languages and is still being read around the world.

Briefly, the book "The Prophet" develops as follows:

After 12 years, the ship that brought "the prophet" Al Mustafa to an isolated island has returned to convey him back to his homeland. He is much loved and revered by the Islanders who feel bereft at the thought of his leaving them, and they ask him to spend his last day on the island imparting his wisdom to them, and so the main part of the book is made up of the islanders' short questions and the lengthy answers given by Al Mustafa. The first request made to him is however a page long and contains the following:

"In your aloneness you have watched with our days, and in your wakefulness you have listened to the weeping and the laughter of our sleep. Now therefore disclose us to ourselves, and tell us all that has been shown you of that which is between birth and death."

NOTE: In our Unitarian book "Singing the Living Tradition" we include 2 readings from "The Prophet." One is about loving partnerships, and the other is about children.



Peace—What is our role?

As a post-world war baby boomer, I grew up in peace and perhaps peaceful ignorance. Today, the world sometimes alarms me. One thing I feel compelled to do as a Unitarian is to learn to live my Principles, including Unitarian Principles 2 and 6:

- Justice, equity and compassion in human relations
- The goal of world community with peace, liberty and justice for all

It interests me that peace requires justice, and justice requires compassion. Just sayin'. Without compassion, we risk losing justice, and without justice, for certain we risk losing peace.

On June 24, 2020, CBC's Nahlah Ayed produced [an IDEAS program](#) that reflected on the question of identity—who we think we are—and how that impacts our actions toward justice, compassion, and world peace. Based on the writings of civil rights activist James Baldwin and a famous 1965 debate, the IDEAS program had a lot to say about a time very similar to our own, when people rose up and demanded peace (and compassion, and justice for all).

The following excerpts from Nahlah Ayed's introduction can be understood in the context of Canada's treatment of Indigenous Peoples. What do they say about our Unitarian role towards a compassionate and peaceful society? What can we do today to support justice and peace?

In Baldwin's rich bequest of writing, several themes emerge again and again where the question of race is concerned: the importance of recalling history. The role of identity in framing perception of reality. The complicity of those who remain silent on injustice or inequality — and the injury they sustain as a result.

"Part of what Baldwin is saying is that when we become complicit in the world as it is, it affects who we take ourselves to be," says Eddie S. Glaude Jr, chair of the department of African American studies at Princeton University, and author of *Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own*.

"The innocence makes us monstrous."

In effect, he says that "beneath all these layers, there are human beings who are scared and they're scared of change because any change, is a kind of death. Any change is a kind of destruction of the identity that made them feel safe," says Nicholas Buccola, a political science professor and author of "The Fire is Upon Us" (about James Baldwin).

And under it all is a thread of hope and love... strength for moving forward.

[John Lennon's Give Peace a Chance](#)

Submitted by Jane Knox

Give Us Spirit

Anything, Everything

"Find everything you're looking for?" a clerk asks

and I say, "I'm still looking for world peace."

"Can I get you anything else?" a nurse asks

and I say, "Yes, a safe haven for refugees."

For a millisecond, their faces soften as they take a deep breath of imagining then laugh and shake their heads or commiserate. For a few minutes we might even discuss

our planet's highest possibilities.

Maybe that deep breath,
that imagining,
is a starting place.

-Laura Grace Weldon

Submitted by Marena Charron





Books to Bash Barriers

A Tale of Monstrous Extravagance: Imagining Multilingualism (2015) by Tomson Highway

This is a rollicking read through the renowned playwright, author and performer's life through the lens of the languages.

Elderhood (2019) by Louise Aronson

Elderhood will transform how readers think and feel about aging. This intensely compassionate book re-frames "life's third act" in ways both revolutionary and revelatory. Pulitzer Prize Finalist

The Migrant Rain Falls in Reverse (2025) by Vinh Nguyen

An unconventional memoir of conjuring the uncertain past and a long-lost homeland, and a vital document of one family's journey through world history. With the fall of Saigon on April 30, 1975, the U.S. war in Vietnam ended, but the refugee crisis was only beginning. This is a son's search for a father who disappeared without a trace.

The Reason You Walk (2015) by Wab Kinew

An author, musician and journalist, Wab Kinew is also the son of an Anishinaabe chief and wrote movingly about their relationship in this book. He holds a Masters degree in Indigenous governance and grew up around elected leaders, listening to partnerships evolve and learning about collaboration. Take 27 minutes to learn from a great interview with Manitoba Premier Wab Kinew on Canada Files ([Season 5 Episode 9](#))

Value(s): Building a Better World for All (2021) by Mark Carney

Carney cites seven essential values and beliefs: dynamism, resilience, sustainability, fairness, responsibility, solidarity and humility. This book looks at how to align what is valued. Stronger values are required to "Build a Better World for All." National Business Book Award 2021

Housing First

Housing First as an antidote to homelessness and mental illness.

(Excerpts from "[Housing First - What's Next?](#)")

In October 2024, the Mental Health Commission of Canada (MHCC) convened a meeting of 62 experts from across Canada to explore how to advance Housing First (HF) as a key approach to addressing chronic homelessness. Discussions focused on current implementation challenges and opportunities to adapt the model to better fit today's context and diverse needs.

There is a growing need to prioritize flexible, cost-effective, and evidence-informed interventions. Housing First is a proven, evidence-based approach that provides people experiencing homelessness with permanent housing and access to health services.

Housing First—What's Next [Full Report](#)

In a hurry? Check out this: [key takeaways document](#).

To learn more, [read the evidence brief](#). Research shows that 95% of those supported with Housing First continue to stay housed for the long-term. However, there are too few spaces to fulfill the needs and transition houses too are over-crowded. The current society is slowly learning to value care of the homeless and the mentally ill.

To learn about the recommendations in this report, the Canadian Housing First Network (CHRN) in partnership with the Mental Health Commission of Canada (MHCC) offers a 1.5 hour experience of policy and practice in [this webinar](#). Discussion of recommendations begins at about the 25-minute point.



Protecting the Planet

Water and its uses

More than 20% of the world's freshwater is found in Canada—yes, we know that. However, less than half of that is actually renewable. That is concerning because Canada's freshwater is also threatened by climate change, invasive species, toxic algae blooms, excessive use of salts and unwise development.

Canadians depend on freshwater for:

- drinking water and other household needs
- bird, animal and fish habitat (not to mention insects, minnows, etc.),
- growing sufficient food for ourselves and others
- recreation.

What we seldom think about though is that 90% of North American water is used by agriculture and industrial purposes like pulp and paper production, iron and steel manufacturing and power production (e.g., thermal power plants, nuclear power plants). See [United Nations World Water Development Report of 2018](#).

The textile industry world-wide is highly water intensive. For example, [creating a single pair of jeans requires about 2,866 gallons of water](#) (Water Footprint Network and UNESCO).

Some food crops require more water than others. "Thirsty cash crops include wheat, corn, rice, cotton, and sugarcane" [or sugar beets]. For example, producing a 5-pound bag of refined sugar uses 88 gallons of water). And think about what you are drinking. [According to the Water Footprint Network](#) it takes between 180 and 328 gallons of water to produce a 2-liter bottle of soda in the beverage sector, 20 gallons of water to make a pint of beer, and nearly 37 gallons of water to produce the ingredients to make a single cup of coffee. See [this link](#).

Defending freshwater and ensuring it is healthy, sustainable, and resilient for future generations is more critical than ever. If you would like to ask the government to protect and restore freshwater, and the thriving ecosystems it is a part of, consider writing a letter or two, try using the link below:

[Take Action](#)

Doug Cuthand—River delta in danger of depleting, felt by First Nations communities

There are three hydro dams on the river and a major irrigation project is planned using water from Lake Diefenbaker.

Star Phoenix June 14, 2025

Excerpts:

The reason for this travelogue is that the Saskatchewan river system is [a gift from the Rocky Mountains](#), and for centuries, it has served the Prairies with life-saving water. Now climate change is affecting it like no other time in the past. The winter snowpack is less, and the summers are warmer.

This change is especially noticeable in the Cumberland delta. This historic delta is North America's largest inland delta and, according to members of the Cumberland House First Nation, it is in danger of getting smaller.

To read the whole article [click here](#).



The South Saskatchewan River flows past Batoche National Historic Site.

Photo by David Stanley



Reconciliation Ripples

Cuthand: Indigenous oral history vastly different than what history books say

Doug Cuthand • [Saskatoon StarPhoenix Jun 21, 2025 excerpts](#)

Before European contact, the continent was a vibrant place with nations and language groups spread about the land. The Americas were well ordered and consisted of nations with alliances, peace treaties ... a transportation network, inter-tribal commerce and diplomacy.

The glue that bound the nations together were the [languages](#), culture and beliefs they held in common. One of the largest language groups was the Algonquin language group that existed from the eastern woodlands to the Rocky Mountains.

The two greatest nations were the Nehiyaw and the Anishinaabe. The Nehiyaw became the Cree when the French arrived, and we extended from northern Quebec to the Rocky Mountains. We occupied the northern woodlands and the Hudson Bay watershed.

South of the Cree was the Anishinaabe nation, which was called different names by the European settlers. In Quebec, they were the Algonquin. Further west, they were the Ojibway. In the United States, they were the Chippewa. When they moved to the Plains, they were called Saukteaux. **Today all the nations refer to themselves as Anishinaabe.**

This entire article is fascinating. Over the summer, set aside 30 minutes to read and absorb it.

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 on-line events. For a full listing, go to their [Events web page](#).

