



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

SEPTEMBER 2025



Join us for friendly, informal **Sunday Services at 1:00 PM** in the upper hall followed by coffee in the lower hall. Sunday services are in-person at 2700 College Avenue (the Unitarian Centre), and also available online [on Zoom](#).

Services for September



September 7, 2025 – Water Ceremony

The water ceremony is our “coming together again” fall tradition. It’s a way of symbolizing that many are one, and a way of getting reacquainted. Bring a small amount of water to Sunday service. One by one, people will pour their water together into a large bowl and explain why the water is special to them. The combined water is also symbolic of our shared Unitarian Universalist faith coming from many different sources.

Please join us in person at the Unitarian Centre or [on Zoom](#)



September 14, 2025 – World Cleanup Day

September 16th is World Cleanup Day. What is our role?

Please join us in person at the Unitarian Centre or [on Zoom](#)



September 21, 2025 – Potluck and Fellowship

No Service. All ages are welcome to a time for sharing food and conversation. This year, there will be a potluck and conversation *every 3rd Sunday*.

Please join us in person at the Unitarian Centre



September 28, 2025 – National Day of Reconciliation

Speaker: Tanya Huber

Tanya Huber will speak about the Fort Qu’Appelle All-Nations Healing Hospital, her role there and how they provide integrated and holistic health care. All Nations’ Healing Hospital is owned and operated by File Hills Qu’Appelle Tribal Council.

Please join us in person at the Unitarian Centre or [on Zoom](#)

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
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Treasurer	Joanne Green
Members-at-Large	Claire Clement, George Garbe

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 – Jane Knox, Michael FIG,
Sheryl Avery-Smith

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.

Board Talk

By Ethel Struthers, Secretary

Welcome Back! It's always good to see familiar faces and meet new ones.

The Board met July 24, 2025. It heard from the standing committees, action groups and others who led discussions on a variety of topics.

Joanne Green and Wayne Williamson will be receiving the Jim Struthers's award on October 5. Save the date and more details to follow.

Informal discussions about the use of a \$10,000 bequest received in the spring. How would you like to see the bequest benefit the community?

The Board was presented with the response by Jane Knox to the CUC survey which asked congregations to document their Reconciliation Activities. The Board was able to read the list of activities undertaken by the Reconciliation Action Group and the Fellowship since the group's inception in 2013. Congratulations!

The Program Committee is planning for the year ahead. The third Sunday of each month will be a potluck and informal gathering. The Meaning Making series will be part of our services from October to May. The sign up sheet for service leaders and greeters can be found on the wall in the basement of the centre and requires people to sign up if services are to be held. If you are interested but haven't signed up, please talk to an experienced person to team up! If you are interested in planning for upcoming services and programming, please consider joining the Program Committee!

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.



CUC Board Member Visits the Unitarian Fellowship of Regina-August 2025

On August 24, 2025, Ilara Stfaniuk-Gaudet visited the Fellowship as the Western Representative to the Board of the Canadian Unitarian Council. Ilara is from Saskatchewan and now lives in Edmonton where she is studying theology and art therapy.

Ilara explained that in recent years, larger numbers of Unitarians associate online and in informal groups rather than in formal congregations. The CUC is grappling with how this could change the national organization.

At present, the CUC is using the metaphor of an ecosystem in which all parts function independently while supporting each other. The ecosystem metaphor helps to explain all the different ways in which Unitarians relate to each other. This approach might strengthen our ability to support each other as we align our actions with our Unitarian Principles. The focus of the CUC Board is on Principle 7:

"Respect for the interdependent web of all existence of which we are a part."

Ilara led us to consider how our local Fellowship functions as a caring community that can achieve more together than individuals can achieve separately. It was a heart-warming exercise that left those attending with a greater appreciation of this caring community.

Thanks Ilara for a meaningful visit. We enjoyed getting to know you.

Submitted by Jane Knox

Big News - Roof Campaign Update!



Three years ago, the Unitarian Fellowship of Regina began a campaign to re-roof the Unitarian Centre. The campaign has raised over \$22,000 so far, thanks to many generous donors and year-end surpluses. The shingles on the peaked roof in the centre have deteriorated quite a bit in the last two years. A decision was made to re-roof the shingled area which protects the upper hall and the beautiful dome in the centre of the space.

The time has come, the rain has let up and Cathedral Roofing & Exteriors INC. started on site Friday, August 22nd and work was completed on Saturday, August 23rd. The Unitarian Fellowship is thankful for volunteers that will be checking on the work including Joanne Green. If people have questions, please contact Joanne 306-533-7477.



The UNITARIAN FELLOWSHIP OF REGINA
is a Welcoming Congregation
We welcome you regardless of gender identity or
sexual orientation.
Visit our website at reginaunitarians.ca to learn more,
or visit us in-person at
2700 College Avenue, Regina.



Community Events

Fire Weather: The Making of a Beast with author John Vaillant

Tuesday September 9, 4:30 Pm:

Presented by Seniors for Climate. [REGISTER HERE](#) to obtain link.

Raising the Peace Flag to mark International Peace Day

Friday September 19 at 10 AM, Regina City Hall

Join others at City Hall to show this city cares about
PEACE.

Blackcellance-4th Annual Gala!

Saturday, September 20, 2025 (5:30 – 11:30 PM)

Delta Hotel Regina, free parking in parkade

The 4th Annual Blackcellence Gala is an inspiring evening dedicated to celebrating the success of Black young people in mentorship, leadership and community impact.

This year, proceeds go to Big Brothers/Big Sisters

Tickets \$150 – See www.eventbrite.ca (scroll down)

For group ticket inquiries, contact
info@blackcellencenetwork.com

Give Us Spirit

I offer you peace.

I offer you love.

I offer you friendship.

I see your beauty.

I hear your need.

I feel your feelings.

My wisdom flows from the highest
Source.

I salute that Source in you.

Let us work together. For unity and peace.

- Ghandi

Submitted by Marena Charron

Wisdom from Humanism

Submitted by Pam
Bocking

Kahlil Gibran

On Friendship



In the Summer edition of

The Chalice, "I explained who the prophet is in Kahlil Gibran's book *The Prophet* and why the prophet is imparting his wisdom to the people of the island before he leaves them.

This month, I am focusing on the Prophet's view on one particular topic. A young man asks him, "Speak to us of friendship." The prophet replies extensively on what friendship is, but he also speaks briefly of what friendship is not: "What is your friend that you should seek him with hours to kill?" He immediately continues that you should "seek him always with hours to live, for it is his to fill your need, but not your emptiness."

The prophet then states that there is work and reward in cultivating friendship: "He is your field, which you sow with love and reap with thanksgiving."

He stresses that you do not have to agree with everything your friend says: "When your friend speaks his mind, you fear not the 'nay' in your own mind, nor do you withhold the 'ay'."

Friends do not always have to be together: "When you part from your friend, you grieve not; for that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain."

You should not just share your problems with your friend, but also your excitement and ecstasy: "If he must know the ebb of your tide, let him know its flood also."

Fun and happiness are also important in friendship: "And in the sweetness of friendship, let there be laughter and sharing of pleasures. For in the dew of little things, the heart finds its morning and is refreshed."



Awareness- Women's History Month

In September, we are reminded of the Unitarian Universalist Principle 2: Justice, equity and compassion in human relations.

September is Women's History Month and recognizes the need for progress toward gender equity. It is an opportunity to highlight the contributions that women and gender-diverse people have made contributions to the character and identity of Canada. Here are a few to whet your appetite...some favourites of mine and several related to democracy. Submitted by Jane Knox.

1645 – Jeanne Mance founds the first Canadian hospital

1867 – Emily Stowe, a Unitarian is the first woman licensed to practice medicine in Canada

1916 – Manitoba is the province in which women first gained the right to vote

1921 – Agnes McPhail is the first Canadian woman elected to the House of Commons

1960 – All Canadian women, including Indigenous women, given the right to vote

1993 – Jean Augustine is the first Black Canadian woman elected to the House of Commons

For more, [see here](#).

Remembering Gord Barnes

It is with great sadness that we share the news of the passing of our dear friend, board member, lifelong human rights activist, and friend to many, Gord.

His tireless dedication to Amnesty International and his unwavering belief in justice and humanity inspired countless activists across Canada. Gord was a voice of reason, a calming presence, and a guiding star whose integrity, compassion, and commitment will continue to light the way for all of us. He truly made the world a better place.

We invite you to [read his obituary](#) and join us in honouring his remarkable life devoted to human rights and social justice.



Protecting the Planet

Fire and smoke have been on our minds and in the air this summer. And for some it has meant the destruction of their health, home, and a way of life. Learning more could benefit us all. Here are a few references that you might find of interest.

- For a central source of wildfire information, try the Canadian government site '[wildfires](#)'. This includes links to the provincial wildfire maps, information on wildfire smoke distribution, and background data.
- For fire prevention and mitigation, Firesmart programs are front & centre. [FireSmart - At Home](#) has prevention and mitigation measures for homeowners and communities.
- A Canadian perspective can be found in the book *Fire Weather: A True Story from a Hotter World*. Also published as *Fire Weather: On the Front Lines of a Burning World*. This is a 2023 book by Canadian-American journalist John Vaillant. The book details the 2016 Fort McMurray wildfire which led to the evacuation of more than 88,000 residents of Fort McMurray and the destruction of much of the town. (Source: Wikipedia)

And the root cause? Burning fossil fuels. How could we accelerate the transition to clean energy in Saskatchewan? ... How can we achieve a balance of progress to do our part to achieve cleaner air and also consider the transition needs of communities like Estevan that host coal power plants? Are we paying equal attention to wind and solar to achieve some clean energy?

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/>



About Istvan!

If I could describe myself with just one word, it would be: adventurer. I am always on a quest, wandering like a nomad, finding happiness in different places, and seeking answers to the questions I subconsciously ask myself.

However, it's important to remember, "Not all those who wander are lost." ;)

The only thing I truly desire in this life is freedom. The freedom to roam this planet as I please. The freedom to pursue my passions wholeheartedly. The freedom to unconditionally love a select few. The freedom from anything that brings me down or holds me back. And the freedom to be exactly who I want to be and become exactly who I want to become.

European Unitarian Church (UUC)

As a family tradition all male members were Unitarians, and all female members got baptized as Roman Catholic. This tradition has nothing to do with religion. It was a clever, rational solution for navigating the often fatal religious conflicts for centuries. This was to do with marriage. A Unitarian man could take any religious, antagonistic or atheist woman as a wife. The women weren't that lucky with the dominant Roman Catholics in Europe. Although conversion was an option, I am not aware of any religious dominance in the Jewish and Catholic spheres which fully accepted converted members. Especially when extreme hatred was the major tool for political powers from time to time in the European continent. The formation of UUC in the sixties America really comforted me by recognizing my philosophy as I aforementioned. I firmly believe all humans are evolving within, if able to.

Let's get to know each other

Please see my video (<https://youtu.be/OX4xGN1y8yg>) about me and a Member's Digital Album project I propose to all of you. I am offering to create a profile video with everyone in UFR as a digital landmark to place this membership into the digital reality of our time as deserving so. During this process I will meet every one of you personally, giving us a chance to know each other and find ways we will be able to enhance our lives. The format and a sample of a digital profile I suggest is in my video.

Istvan Sipos, City of Regina, August 14, 2025.

PS: Feedback is extremely important in a two-way communication, thus please use [the comments section In YouTube](#) to share your thoughts and opinions.

Have you spread it?

Misinformation, that is. If you're on the internet, you've definitely seen it. The third season of CIRA's award-winning podcast, "What's up with the internet?" is out now, and host Takara Small is investigating the rise of online misinformation. [Stream the first few episodes](#).

The [Canadian Internet Registration Authority \(CIRA\)](#) is the organization that

- a) manages Canada's .CA domain name registry,
- b) develops and implements policies that support Canada's internet community and
- c) represents the .CA registry internationally.



Ripples

by Pat Smekal 2023

When you create
a difference
in someone's life,
you not only impact
their life,
you impact everyone
influenced by them
throughout their entire
lifetime.

Go create waves.



Books to Bash Barriers

This list includes many of the books recommended by members during the Book Share event July 2025. Others will be listed in the October Chalice.

All the Quiet Places: A Novel (2021) by Brian Thomas Issac

Based in rural BC, Syilx tribe. "... Eddie Toma's passage through the truly ugly parts of this world is met, like an antidote, or perhaps a compensation, by his remarkable awareness of its beauty. This is a writer who understands youth, and how to tell a story." —Gil Adamson. *All the Quiet Places* is the story of what can happen when every adult in a person's life has been affected by colonialism. Winner of the 2022 Indigenous Voices Awards. Published Prose in English Prize. Shortlisted for the 2022 Amazon Canada First Novel Award and many other awards

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

Raised speaking Dene, Inuktitut, and Latin, as an adult Highway has learned many languages including music as a way of communicating. This is a rollicking read through the renowned playwright, author and performer's life through the lens of the languages.

Bad Pharma (2012) by Ben Goldmaker

This book explains that much information is withheld by drug companies. For example, even doctors are not made aware of all drug side effects.

Depletion and Abundance (2008) by Sharon Astik

This book explores how to build resilient homes and communities with a focus on the "informal economy" of family and local community, emphasizing self-reliance, sustainable living ... with actions to give you hope.

Illusions: The Adventures of a Reluctant Messiah (1989) by Richard Bach.

If you take to the air, you might discover the ageless truths that give our souls wings: that people don't need airplanes to soar... It is about letting go to see what is around the corner.

Killers of a Certain Age (2022) by Deanna Raybourn

Fun with aging female assassins.

One Day Everyone Will Always Have Been Against This (2025) by Omar El Akkad.

This book is a respected exploration of racism, genocide, and Gaza. New York Times Bestseller

The No. 1 Ladies' Detective Agency Series. (25 novels written 1998 to 2024) by Alexander McCall Smith.

These novels draw you in to a peaceful, slow pace. Set in Botswana and featuring the character Mma Precious Ramotswe.

YouTube webinar

The Making of Modern Ukraine (2022) by Timothy Snyder, Yale

This is part of 21 lectures of geographic and military history across Europe. It explains Ukraine was a cultural center and explores interconnection with Christianity and commercial slavery.





Reconciliation Ripples

Congratulations to Cadmus Delorme

(B.Admin, MPA, ICD.D) on being named the 10th Chancellor of the University of Regina. His three-year term begins on July 1, 2025.

Delorme has been affiliated with the University of Regina for more than 15 years in various capacities—undergraduate student (through First Nations University of Canada), Master's student (2013), and most recently the Chair of the Board of Governors.

In addition to his academic and professional accomplishments, Delorme is the former Chief of the Cowessess First Nation and founder of OneHoop Advisory Services where he contributes significantly to community development, economic growth, and reconciliation initiatives. [See more here.](#)

Congratulations to the Honourable Russ Mirasty who received an honorary Doctor of Laws honoris causa (LLD) during Spring 2025 Convocation, University of Regina. Although best known as the first Indigenous Lieutenant Governor of Saskatchewan, Mr. Mirasty also made a lasting impact in policing and community service. He is a fluent Cree speaker, member of the Lac La Ronge Indian Band, and has contributed a lifetime to public service, leadership, and community dedication. [More information here.](#)

Congratulations to the Honourable Dr. Lillian Eva Quan Dyck, O.C. who received an honorary Doctor of Science honoris causa (DSc) from the University of Regina at the Spring 2025 Convocation. Born in North Battleford, Dr. Dyck is of Cree and Chinese heritage and is a member of the George Gordon First Nation. She pursued higher education with determination, earning a BA in chemistry in 1966, an honours degree in biochemistry in 1968, a master's in science in 1970, and a PhD in biological psychiatry in 1981—each from the University of Saskatchewan. She also holds honorary doctorates from Cape Breton University and Trent University. Dr Dyck retired from the Senate in 2020. [See more here.](#)

Exciting News

The Fellowship's Reconciliation Action Group is learning more about First Nations near us. We are on high alert to learn about exciting events like the one described here. The Muscowpetung Saulteaux Nation is located 60 km north of Regina and 40 km west of Fort Qu'Appelle. [Here is a story](#) about what it looks like when we strive together toward reconciliation.

July 25, 2025, Chief Melissa Tavita of the Muscowpetung Saulteaux Nation and the Honourable Rebecca Alty, Minister of Crown-Indigenous Relations, announced a settlement agreement resolving the Nation's Agricultural Benefits claim, also known as a Cows and Plows settlement.

Canada will pay nearly \$99 million in compensation to the First Nation for the Government's failure to fulfill its Treaty 4 obligations to provide farming equipment, crop seeds, and livestock.

These agricultural benefits were meant to facilitate Muscowpetung Saulteaux Nation's transition to a strong, self-sustaining community through farming. However, as a result of Canada's failure to meet its Treaty obligations, the Nation did not have the agricultural assistance it needed to support its members.

The funds will be used for various community needs, including housing, infrastructure upgrades, and youth programming. The settlement will be strategically allocated to uplift the Nation and support long-term prosperity. Key investments include:

- **Housing Development:** Significant funding will be dedicated to addressing the Nation's housing backlog. Modern, culturally-aligned homes will be constructed to ensure safe and dignified living conditions for families on-reserve.
- **Infrastructure Upgrades:** Investment in road systems, community facilities, and connectivity will strengthen the Nation's ability to support future development and improve quality of life.
- **Water System Improvements:** Ensuring clean and reliable drinking water remains a top priority. This funding will be used to upgrade water-treatment systems and ensure every home has access to safe water.
- **Youth Programming:** The future of Muscowpetung lies in its youth. New programming will focus on cultural education, sports, leadership development, and mental wellness—empowering the next generation of leaders.
- **Per-Capita Distribution:** Every adult member of Muscowpetung will receive a one-time payment of \$40,000. For Nation members under the age of 18, the funds will be placed in a secure trust account, earning 4% annually, to be accessed once they reach adulthood. This ensures that the benefits of the settlement are shared today and into the future.

Specific claims like this one deal with past wrongs against First Nations and are resolved through alternative dispute resolution processes (Specific Claims Tribunal Act of 2009). Over the past five years (April 1, 2020, to May 31, 2025), 229 claims have been resolved for nearly \$15.1 billion in compensation. To date, 53 agricultural benefits claims have been resolved in Treaties 4, 5, 6, and 10, for more than \$6.9 billion in compensation.



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](#).

Dismantling Barriers: Engaging with Conciliation

Thursday September 25 from 5:00-6:30 pm CST

Join the CUC to talk about conciliation. It's been 10 years since the Truth and Reconciliation report was released. What have we learned? What are we working on? How does un-colonizing and decolonizing fit into the work of creating sustainable faith movements? Let's talk about it!

[REGISTER HERE](#)

Dismantling Barriers: Lessons from Hogan's Alley

Thursday October 23 from 5:00-6:30 pm CST

Join the CUC for our second learning opportunity this year to engage with the hidden histories of Black Canadians. Have you heard of Hogan's Alley? Let's learn about it together! This session has a pre-packet available at the beginning of October. During the session we'll watch some materials together and then engage in discussion based on what we watched and the pre-packet given. We look forward to seeing you there!

[REGISTER HERE](#)

Dismantling Barriers: Engaging with Queer and Trans Solidarity

Thursday November 27 from 5:00-6:30 pm CST

Join the CUC to talk about the changing realities for our queer and trans siblings and how we can be better prepared to support our beloveds in the political landscape ahead. How can we as a faith work to protect and defend our beloveds under attack? Let's talk about it.

[REGISTER HERE](#)

Reclaiming Education: A Conversation with Watsenniiostha Nelson, Director of Education, Kanehsatàke

Wednesday, September 17, 2025 at 5:00 PM CST (2 hours)

Join Unitarians across Canada for a powerful conversation with Watsenniiostha Nelson, Director of Education for the Kanehsatàke Mohawk community, as she shares her vision for transforming education from a tool of assimilation into a pathway of reclamation and empowerment. CUC offers this as part of its commitment to Truth, Healing and Reconciliation.

You are invited to listen, learn, and reflect on how education can heal and bring hope. [REGISTER HERE](#).

Community Conversations about how churches can grow

11:00 AM CST (90 minutes)

- September 24 (Wednesday) & 27 (Saturday)
- October 22 (Wednesday) & 25 (Saturday)
- November 26 (Wednesday) & 29 (Saturday)
- December 10 (Wednesday) & 13 (Saturday)

Join these important talks about how our churches can grow and improve. Could a Regina based Unitarian attend every month? Tea and talk with Jane to share ideas Oct 25 & Dec 13.

Fall Gathering 2025 with CUC–November 21-23

Through immersive workshops, collaborative challenges, and brave conversations, we'll reflect on what Canadian UUs really need right now — and what we're ready to offer. Whether you feel steady, rooted, restless, or ready for something new, this weekend is a chance to gain clarity, dream boldly, and harness our collective values to meet this moment.

- [Friday Potluck](#): At your table or ours
- [Saturday Workshops](#): Full day of opportunity
- [Sunday National Service](#): Turning Toward One Another featuring Rev. Nicoline Guerrier

This gathering launches a longer journey to support you in living out your UU values in ways that are just, sustainable, and connected. Come ready to play, question, build, and belong. For details [SEE HERE](#).