



UNITARIAN FELLOWSHIP OF REGINA

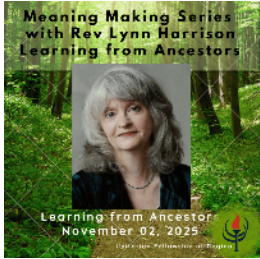
THE CHALICE

NOVEMBER 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 November



November 02, 2025 – Learning from Ancestors

Part of the Meaning Making series

Many of our ancestors lived through times of great upheaval. What can the practice of learning from our ancestors' experiences offer us right now? Lynn speaks to us by video in this year's Meaning Making series, "Meeting this moment with love and justice."

Please join us in person at the Unitarian Centre or on Zoom



November 09, 2025 – Learning from Ancestors: A Discussion

We will gather to discuss the previous week's service and an opportunity to ponder some questions.

Please join us in person at the Unitarian Centre or on Zoom



November 16, 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.

2:00 PM learn key steps to protect yourself online and explore how those steps also protect the Fellowship's information and equipment.

Please join us in person at the Unitarian Centre



November 23, 2025 – A Perspective on Palestine

We are given to believe that Arabs and Jews have always fought and there can be no solution. The problem is communication. One side has been very good at shaping the narrative. Valerie Zink has travelled to Palestine and will tell us from firsthand experience why conflict has continued in Palestine/Israel with a story that spans more than a hundred years.

Please join us in person at the Unitarian Centre or on Zoom



November 30, 2025 – Turning Toward One Another

National Worship Service with Canadian Unitarians

Turning Toward One Another with collective imagination that nourishes visions of what we can grow together. Reverend Nicoline Guerrier and Camellia Jahanshahi chat with Unitarians across Canada. Be part of something big. How we empower each other to live within our values.

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/reginauunitarians/>

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, 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

The Board met October 23 and discussed a variety of topics. After a review of finances and discussion of the recommendations of the Policy Action Group, the Board approved Cybersecurity Policies, Procedures and Best Practices. Implementation will begin immediately, including an assessment of the ways in which the Fellowship is exposed to cybersecurity risks.

A Cybersecurity Education event will take place Sunday November 16 at the Unitarian Centre, immediately following the 1:00 PM Potluck. Together we will learn basic steps we can take to help protect our own online activities and safeguard Fellowship information. *Please plan to attend November 16—your presence is valued!*

The Board met with Rev. Anne Barker, CUC Congregational Lead (west) and transitional Executive Director of the Canadian Unitarian Council. We discussed ways to meet the challenges facing the Fellowship at this time including the best use of available volunteers and finances. Rev. Barker shared insights and facilitated Board decisions about how to engage members and inspire them to use their strengths to serve this supportive community. Please consider the ways you'd like to become more involved in projects, preparing Sunday Services, or getting more active on committees or the Board. Deepen friendships, broaden your perspective, gain new skills, and some days, just have more fun!

Watch for a *Satisfaction Survey* from the Board that you will receive shortly. We want to hear from you!

Have a Happy Fall!

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.



Jim Struthers Award presented to Joanne Green and Wayne Williamson

The Jim Struthers Award was established by the Unitarian Fellowship of Regina over a decade ago. This award has been presented on 4 previous occasions to deserving members and friends of UFR who have gone above and beyond the call of duty in service to this congregation, and in so doing, embody the spirit of volunteerism in service to their community.

This award is named after Jim Struthers, who some will remember. He was an early member of this Fellowship, joining with his wife Olina Struthers soon after its founding in 1955. Both Jim and Olina were active in this congregation from the date they joined the Fellowship in the mid-1950's until Olina's death in 1978. Jim continued to play an active part in this community until nearly the time of his death in 2011.

Although named "the Jim Struthers Award", both Olina and Jim played active roles of many kinds in this congregation, ranging from leadership roles in governance and hands-on programming (for both adults and youths) to Jim's central role in the acquisition of 2700 College Avenue. Jim's routine was to arrive early on winter Sundays to ensure the heat was on (See "Ode to the Beast in the Basement"), drive members and friends to and from service, and prepare one of the true staples of Unitarian Universalism – the strongest coffee in the west!

From the beginning of their involvement with the Fellowship in 1996 until the present, Joanne and Wayne truly exemplify a dedication to serving their community, expressed in their selfless volunteerism. The list of the important services to this faith community by Wayne and Joanne is truly impressive and includes leadership as board members (both locally and nationally) as well as practical hands-on tasks, both vital to the functioning of this congregation.

Both have been treasurers for 8-10 years and kept the finances in order. Both have contributed to Sunday Services by being part of the program committee, as a Zoom host or as speakers, service leaders, or greeters. Finally both have been committed to the care of the Unitarian Centre: designing and supervising major repairs including the roof, supervising the maintenance inside the building and doing the weekly and even daily checks in the winter to ensure that all is working as it should be.

Joanne and Wayne's contribution to every aspect of the Fellowship has kept the finances stable, the services thought-provoking, the building secure and the community thriving. We are truly thankful for Joanne and Wayne's participation and hope that this Award will help them know how much we all appreciate their efforts.

THANK YOU! and best wishes for much joy as you deepen your relationships with your children and grandchildren in the years ahead. (See p. 4)





Farewell to Joanne Green and Wayne Williamson

Goodbyes are hard. It was hard to hear that Joanne and Wayne would be leaving. Now it's hard knowing they have gone. We will miss them a lot! In the days before their departure, members of the Fellowship shared some thoughts about Joanne and Wayne: "How will we manage without them?" "We really enjoyed working with them." "Wonderful friendship and hospitality!" "So welcoming, honest, sincere and hardworking." "Talk about hard work! From the Building Committee to the Mitten Tree, with lots of stops in between, we really enjoyed working with them."

It's difficult to stop talking about all the contributions Joanne and Wayne have made to the Fellowship over the last 29 years. They have played key roles in the renovation, repair and maintenance of our building and in the administration and financial oversight of our affairs. They have also played key roles in program planning and in maintaining a supportive, nurturing community.

Joanne and Wayne have been inspirational and exemplary in the way they have lived their lives within this community. Now, sadly, they are gone. Their shoes will be impossible to fill. We are thankful for their many years of leadership, hard work and friendship. Although they are no longer here with us, we will continue to hold them in our hearts. We hope that they will enjoy the Jim Burbank painting of the Unitarian Centre that we presented at the farewell luncheon and we hope that it will remind them of all the special times we've shared. We wish them good luck in their journey ahead and loads of love, laughter, and joy in their new home.



Call for Board Nominations!

Join us in making a difference!

Nominations for the Fellowship's Board of Trustees are now open for 2025-26. Are you ready to advocate for Unitarian Principles? Would you enjoy helping to steward the resources of the Unitarian Fellowship of Regina?

We welcome applications from members. The skills needed are always varied. Bring yours to the table! Take this opportunity to learn new skills and brush up on your critical thinking.

- Deadline to submit your application is January 15
- Nominations are also accepted during the Annual General Meeting.
- For more information, please reach out to ufr.secretary@sasktel.net

Wisdom from Humanism

Submitted by Pam Bocking

Kahlil Gibran

On Beauty



A poet asks the prophet, "Speak to us of beauty."

The prophet responds that the islanders appreciate the beauty around them in different ways. For example, the tired and weary feel that "beauty is of soft whisperings," whereas the passionate say that "beauty is a thing of might ... like the tempest she shakes the earth beneath us and the sky above us." In the summer heat the reapers say, "We have seen her dancing with the autumn leaves, and we saw a drift of snow in her hair."

He then goes on to tell them about the essence of beauty. He says it is within each individual: "a heart inflamed and a soul enchanted ... People of Orphalese, beauty is life when life unveils her holy face. But you are life and you are the veil. Beauty is eternity gazing at itself in a mirror. But you are eternity and you are the mirror."



Fundraising: Operational and Sustainable

Submitted by Jane Knox

Hello! I wanted to let you know that the Fellowship depends on your donations. Yes, YOU.

The Fellowship's activities and communications are all powered by volunteers. Our writers, our fact checkers, our proofreaders are all volunteers. And you know, the same is true for those creating the Sunday Service, supporting food security, and other activities.

Here is a BIG THANKS! to all the volunteers that keep the Fellowship operational.

With your donations, we pay for everything from office supplies to insurance and a ton of other services we need to heat the building and keep the lights on.

This newsletter carries no advertising. It is readers like you that validate the effort we put into writing or collecting the stories we publish. Your donations and other feedback tell us that our volunteer efforts are worthwhile.

Please consider supporting our volunteer efforts with a tax-deductible donation before the end of the year.

Your donations, whether big or small, are what makes the Fellowship sustainable.

**CYBERSECURITY
INFORMATION
SESSION**

**PROTECT YOURSELF
AND THE FELLOWSHIP**

**NOVEMBER 16,
2025
2 PM**

UNITARIAN CENTRE

Dismantling Oppression

[Welfare in Canada, 2024: Deep poverty remains widespread \(2025\)](#) by Jennefer Laidley and Tania Oliveira

Maytree's latest edition of *Welfare in Canada* reveals that nearly all tracked household types receiving social assistance were living in poverty, 73% in deep poverty. Some actually saw their incomes decline. Welfare income adequacy varied significantly, making geography a determining factor in whether people can meet basic living standards.

[CBC BlueSky](#)

[A discussion about rent control](#) that you might find worth listening to.

[A Fact Sheet About Basic Universal Income](#)

Something to discuss with others.



Is the war in Gaza over?

Submitted by Jim Hutchings

Sadly, no. Thankfully, there is a pause in the bombing and other military activity. Hostages are being released and detained Palestinians are also being released. Aid is slowly starting to find its way to starving Palestinians and many promises are being made with proposals including the word, “redevelopment,” in evidence.

We’ve been here before and there’s a long way to go to establish a full cessation of hostilities. There’s no talk of genocide, apartheid, or war crimes. The cynical among us wonder how beneficial these developments are going to be for Palestinians as President Trump is to chair a committee in charge of the rebuilding of Gaza.

There is much evidence of war crimes on the side of the Israeli military and it is hard to imagine that the Trump plan is going to acknowledge or deal with the well documented misbehaviour of the IDF. It is thought that Benjamin Netanyahu might face legal difficulties in civil court once hostilities are over, so he may be looking for an excuse to resume hostilities.

But at the same time there is a huge amount of pressure from the international community to end the bloodshed. The distressing statistics are well known and much of the mayhem has been livestreamed in real time. Also, Israeli citizens have had enough of this war. International outrage is weighing heavily on life in Israel and they want it to stop.

All this being said, we have reason to be cautiously optimistic, but fairness has eluded the Palestinian people since the Balfour declaration in 1917, the British Mandate for Palestine in 1922, and the Declaration of the State of Israel in 1948.. Hopefully there will be enough fair-minded people involved in the rehabilitation of Palestine to produce a lasting, equitable peace.

Books to Bash Barriers

Submitted by Jane Knox

Whether new or older, these stories not only help us to understand truth, they also support our reconciliation journey.

52 ways to Reconcile: How to Walk with Indigenous Peoples on the Path to Healing (2025) by David A. Robertson.

This is a weekly guide to small steps that we can take towards Reconciliation.

Ally is a Verb: A Guide to Reconciliation with Indigenous Peoples (2025) by Rose LeMay

Here is a roadmap to creating better relationships, equity, and true reconciliation.

Kihiani: A Memoir (2025) by Susan Aglukark and Andrea Warner

Turmoil and joy, devastation and healing—this is Susan Aglukark’s story of discovering her Inuk self. As a Juno Award–winning Inuk singer-songwriter, Susan writes this moving and uplifting book in a profoundly honest way that helps to understand intergenerational trauma and healing.

Re-Storying Education: Decolonizing Your Practice Using a Critical Lens (2024) by Carolyn Roberts.

This is a resource for educators to turn a potential struggle into a hopeful journey of discovery and reconciliation.

Seven Fallen Feathers (2017) by Tanya Talaga (for Grades 10-12 and adult)

A story of racism, death, and hard truths in a northern city. A national best seller.

Stolen Sisters (2018) by Emmanuelle Walter, translated by Susan Ouriou and Christelle Morelli (French to English).

A French-Canadian perspective on the story of two missing girls, their families, and how Canada has failed Indigenous women.

For Children

Not My Girl (2014) by Christy Jordan-Fenton, Margaret Pokiak-Fenton (for Grades 1-3).

This important story fills the need for assisting primary readers to understand the personal impact of residential schools on one family and their beloved daughter.

The Adventures of Jay and Gizmo: Jay and Gizmo Learn About Boys with Braids (2021) by Kristi White (for Grades 1-3).

After Jay gets teased because of his long hair he ponders on whether he should cut his hair or not. With help from those around he finds the decision that's best for him.



Reconciliation Ripples

November 7 is International Inuit Day, also known as International Circumpolar Inuit Day. Established by the Inuit Circumpolar Council in 2006, this day is dedicated to celebrating their unique, rich cultures and bringing awareness to Inuk voices. More than 70,000 Inuit people live in Canada, with 69 percent living within Inuit Nunangat, northern Canada, composed of four distinct regions, Nunatsiavut, Nunavik, Nunavut and Inuvialuit.

- [The Indigenous Peoples Atlas of Canada](#) shares in-depth Inuit history, culture, and concerns from an Inuk perspective.
- UBC Centre for Excellence in Indigenous Health [spotlights Inuk movies and artists](#).
- [Katherine Takpannie shares on Canadian Geographic](#) how she and other Inuit people living in Ottawa are relearning their language Inuktitut, a language shared among Inuit people from Alaska to Greenland.
- In July 2025, [the Inuit Circumpolar Council became the first Indigenous organization to permanently join the International Maritime Organization](#), allowing them to better represent Inuit concerns in everything from maritime shipping to ecosystem protections.

- North of North is a new heartfelt comedy series by Inuk writers following a young Inuk mother who's on a journey to reclaim her life. It's available to stream for free on CBC Gem.

November 8 is National Aboriginal Veterans Day. Initiated in Winnipeg in 1994, this day is dedicated to remembering and thanking the 12,000 Indigenous Canadians in uniform who contributed to the safety of Canadians in World Wars I and II and in Korea. Indigenous veterans returning home "were subjected to the most draconian control through the Indian Act and received not even a fraction of what other veterans received in terms of benefits and if they did, they were administered by an Indian agent," [Richard Vedan, a Secwepemc veteran, told the Global News in 2024](#). In 2000, the prime minister apologized that Canada denied Indigenous veterans the benefits they had earned as soldiers.

- Forgotten Warriors (2017) is a documentary focusing on Indigenous Canadians who signed up for the military during WWII. It's available to [stream for free on the National Film Board website](#).

Awareness - Transgender Awareness Week

November 13 to 19 is Transgender Awareness Week. This week is dedicated to raising the visibility of transgender people and addressing issues members of the trans community face. Transgender people and their allies take action to bring attention to the community by educating the public about who transgender people are, sharing stories and experiences, and advancing advocacy around the issues of prejudice, discrimination, and violence that affect the transgender community.

- [PFLAG offers a free downloadable PDF guide](#) to being an ally to trans and non-binary people.
- In 2014, the Saskatchewan Legislature unanimously voted for transgender rights to be added to the Saskatchewan Human Rights Code. [This 2024 article by the Saskatoon Star Phoenix](#) follows up with some of the trans activists that worked hard for this addition and reflects on what has happened in the 10 years since.
- [Trans Sask](#) is a non-profit organization supporting trans-identified, genderqueer, intersex and gender non-conforming individuals, their spouses, family, friends, and allies here in Saskatchewan.
- The GBH has [a list of great movies by and about trans people](#).
- Momentum has just launched a campaign to Repeal Bill 137 (the anti-trans youth bill that restricts pronoun use, nicknames, and inclusive sex education) here in Saskatchewan. [\[Take action here.\]](#)



Community Events

Canadian UUs Read: A Sharing Our Faith Experiment!

Saturday, November 1, 2 - 3:45pm, Online

A panel of UU ministers will each pitch their book proposal. Audience members (that's you!) will be able to submit questions. At the end of the event, everyone will vote on the book that will help us meet this moment, setting the theme for 2026's Sharing Our Faith packet, and selecting the book that we will read nationally. This experiment in engaging in a national conversation is part of the "Activating the Canadian Ecosystem," a year of connection, experimentation and learning. [REGISTER HERE](#).

Picturing Land: Indigenous Aesthetics on the Flatland

College Avenue Campus, 2155 College Avenue, Room 139, on Nov 6, 7:00pm

The University of Regina's Faculty of Arts is pleased to invite the public to the 2025 annual Stapleford Lecture with guest lecturer Dr. Carmen Robertson, Tier 1 Canada Research Chair in North American Indigenous Visual and Material Culture at Carleton University. Dr. Robertson will be speaking on the topic, Picturing Land: Indigenous Aesthetics on the Flatland. Tickets are free but [must be reserved!](#)

Beverley McLachlin: Book Signing & Speech

Dunlop Gallery @ Central Library on Nov 6 at 5:00pm

The first female and longest-serving Chief Justice, the Right Honorable Beverley McLachlin will share stories from her life and career, including authoring decisions that continue to shape Canadian society. Free event.

Martin Kerr: Banned From The USA Tour

The Exchange on Nov 13, 7:00pm

Martin Kerr is a modern day folk troubadour re-writing classic songs like "God Rest Ye Merry Billionaire" and "Away in Bomb Shelters" that are being adopted as anthems for justice and democracy. Tickets are \$30.

A Talk On Joi T. Arcand: ayâtaskisow

MacKenzie Art Gallery on Nov 14, 2:30 – 3:30pm

ayâtaskisow is an exhibit where Joi T. Arcand reflects on the intersections between Indigenous history and her own father's experience as a farmer on the Muskeg Lake Cree Nation and ponders her father's decision to be a farmer despite the systematic barriers that were set in place nearly 150 years ago to sabotage Indigenous farmers' success in agriculture.

Free Admission Day & Indigenous Art Market

MacKenzie Art gallery on Nov 15, 11am – 5:30pm

In celebration of their newest exhibitions, The Memory of Trees and Joi T. Arcand: ayâtaskisow, the MacKenzie Art Gallery is throwing open their doors with free admission, hourly tours, and hands-on activities. They are also hosting a special one-day only Indigenous Art Market in the Gallery's lobby.

Transgender Day of Remembrance

November 20th, 2025

[Click on link](#) for details

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](#).



Community Events (continued)

SVITLO: Discover the Light Within

U of R Theatre on Nov 23, 4:00pm

SVITLO: Discover the Light Within is a magical journey about self-discovery, the perils of unchecked power, and the enduring truth that true light is not found in the world outside, but within each of us. Join Vohon Ukrainian Dance Ensemble and experience the fire as the stage comes alive with dynamic Ukrainian dance, and an unforgettable story of hope and resilience. Tickets are \$53.15 adults, \$40.99 for 12 & Under.

Aysanabee – The Way We’re Born Tour

The Exchange on Nov 24, 7:30pm

Join two-time JUNO Award-winning Oji-Cree artist Aysanabee (Ace-in-abbey) on the Western Canadian run of his first-ever headlining tour, The Way We’re Born Tour. Tickets are \$30.

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 friends and how we can be better prepared to support them in the political landscape ahead. How can we as a faith work to protect and defend those under attack? Let’s talk about it.

[REGISTER HERE](#)

The Pink Pony Club Experience

The Exchange on Nov 30, 7:00pm

Part drag show, part concert, and all glitter-soaked queer power, this immersive live experience celebrates the unapologetic energy of Chappell Roan. Expect neon lights, dazzling drag performances, fierce vocals, and a community-driven celebration that blurs the line between audience and stage. Tickets are \$30.

16 Days of Activism Against Gender Violence

November 25th - December 10th, 2025

[Click on link](#) for details

Build safer, more welcoming spaces for trans and queer people.

December 2, 4, and 9 from 5:00 – 7:00PM CST

Join CUC staff on on Zoom. AND December 13 for follow up questions and discussion with Teo and Alex. Curious? To learn more now, [follow this link](#). Participation is free – register now!

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.

Give Us Spirit

Praying

It doesn't have to be
 the blue iris, it could be
 weeds in a vacant lot, or a few
 small stones; just
 pay attention , then patch
 a few words together and don't try
 to make them elaborate , this isn't
 a contest but the doorway
 into thanks, and a silence in which
 another voice may speak.

Mary Oliver
 Submitted by *Marena Charron*