



UNITARIAN FELLOWSHIP OF REGINA

THE CHALICE

OCTOBER 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](#).

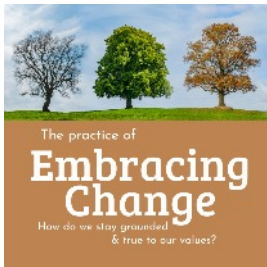
Services for October



October 5, 2025 – Paddling in Uncertain Waters ***Part of the Meaning Making series***

How are we to live – and thrive – when so much is changing around us? When the achievements of the past seem precarious, what, if anything, can we count on? Rev Karen Fraser-Gitlitz 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](#)



October 12, 2025 – Paddling in Uncertain Waters: A Discussion

We will gather to discuss the previous week's service and an opportunity to ponder some questions, like: What helps you to stay grounded in times of change? What is one of your experiences of change, and what did you learn from it?

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



October 19, 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



October 26, 2025 – Vibration ***Speaker: Istvan Sipos***

"The only force that consistently holds the universe together is vibration. What changes constantly is the frequency of that vibration. The way they interact creates energy." Istvan Sipos discusses the interconnectedness we all share.

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.

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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 September 11 and discussed the following topics:

Financially, the Fellowship's total assets continue to increase as our income exceeds expenses.

Half the repairs to the roof were completed August 23, 2025. The shingled area which protects the upper hall and beautiful dome has been reroofed. Congratulations to all who made this project possible and successful!

The Unitarian Fellowship of Regina will be implementing something new this year. Instead of a Children's Program each third Sunday, there will be a Pot Luck open to families and friends at 1:00. There will not be a service that day. Two services a month will be composed of the Meaning Making series created by national ministers and all other remaining services will be presentations made by either members and friends of the Fellowship or from outside the Fellowship.

The Policy Action Group has brought to the Board's attention the need for a policy on cybersecurity for all its members and particularly all those who access the Unitarian Fellowship of Regina documents.

On September 7, the Unitarian Fellowship of Regina sponsored the meal for the Sunday/Funday at Pepsi Park. A collaboration by Heritage Homies, Hawk Principle, and Hampton Project have made these weekly gatherings over the summer possible. 7 members and friends of the Fellowship helped serve the pizza and drinks. Thank you to all the volunteers who helped share in this event.

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.



Farewell to Joanne Green and Wayne Williamson

It's difficult to put into words how much we at the Fellowship are going to miss Joanne Green and Wayne Williamson, long serving members of the Unitarian Fellowship of Regina who will be moving to Winnipeg in October 2025 to be closer to family.

Please join Unitarians on Sunday October 5 to say
Thank You! and Farewell:

a) at 1:00 PM for the regular service. During the service we will honour Joanne and Wayne with the Jim Struthers Award for demonstrating a high level of commitment and selfless service to the Fellowship for three decades.

b) at 2:00 PM when we will have an informal Farewell program with coffee and tea following the service.

Please join us on October 5 in celebrating the many contributions of Joanne and Wayne to our community! All are welcome.

One of the ways we'd like to thank Joanne and Wayne is by asking members to submit stories to be gathered in a memory book. Contact ufr.secretary@sasktel.net with your submission.

Awareness - Islamic History Month Canada (IHMC)

"Islamic History Month Canada (IHMC) in October aims to celebrate, inform, educate, and share with fellow Canadians the rich Muslim heritage and contributions to society: Contributions in sciences, humanities, medicine, astronomy, and other disciplines that have greatly benefited human progress. IHMC believes that through education and sharing positive stories, all Canadians can grow and connect in mutually beneficial ways.

Celebrations take place across Canada in October. IHMC has been proclaimed in the cities of Kingston, Burnaby, and most recently in the province of Manitoba. The recognition of Islamic History Month is an exciting part of Canadian-Muslim history that has been issued to celebrate the diverse fabric of Canadians.

Bridge-building with understanding is one of the goals of IHMC. More importantly, at a time when Muslims are being perceived as the 'other', it's a time dedicated to showcasing Muslims' contributions to humanity many may not be aware of. Previous IHMC themes have included Islamic Art and Architecture; Islamic Banking and Finance; Irrigation and Water systems; Medicine and Pharmacology; and Islam and the Environment. Islamic History Month Canada provides a time to focus on celebrating and educating the Muslim and non-Muslim community on the rich history, heritage and culture of Canadian Muslims and Muslims around the world."

[Read more here.](#)

Children's Program - An Update

For the 2025-26 term, the Fellowship will take a different approach to a Children's Program. Supplies for children of varied ages and interests are available in the credenza at the back of the upper hall. Books, art supplies, and small toys are available. For school-age children, the Reconciliation Action Group has donated books for different age groups.

Children are always welcome at the Unitarian Fellowship of Regina. We treasure their presence.

Submitted by Jane Knox for the Program Committee.

Give Us Spirit

Look and See

This morning, at waterside, a sparrow flew to a water rock and landed, by error, on the back of an eider duck; lightly it fluttered off, amused. The duck, too, was not provoked, but you might say, was laughing.

This afternoon a gull sailing over our house was casually scratching its stomach of white feathers with one pink foot as it flew.

Oh, Lord, how shining and festive is your gift to us, if we only look and see.

Mary Oliver

Submitted by Marena Charron



Books to Bash Barriers

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

On Tyranny: a graphic novel (2021) by Timothy Snyder

A story about how history can help us protect democracy ... This New York Times bestseller uses the darkest moments in twentieth-century history, from Nazism to Communism, to teach twenty lessons ...

The Bookshop (1978) by Penelope Fitzgerald

A kind-hearted widow opens a bookshop and meets interesting, quirky people. This is a story with good descriptions of situations.

The French Chateau Escape (2023) by Gillian Harvey

A gorgeous escapist read.

The Iron Heel (1907) by Jack London.

A political novel in the form of science fiction. It describes the impact of the late 1880s Golden age (written after Sea Wolf).

The Museum Detective (2025) by Maha Khan Philips

Archaeologist Dr. Gul Delani's investigation into a sensational discovery gets complicated—and personal—concerning the culture surrounding women in Pakistan. This is part of a gripping series of mystery adventure stories full of intricate puzzles waiting to be unravelled.

Magazines with good writing and broad world views

The Guardian Weekly; The New Yorker

A children's story for Halloween:

The Secret World of Og (1961) by Pierre Burton.

A goblins book for children, this story was written for the author's children and has been re-published.

Reconciliation Ripples

Indigenous artists asked to contribute to MMIWG2S+ commemorative site in Regina

From CJME – September 7, 2025

"The City of Regina is looking for Indigenous artists to contribute to a commemorative site within [Māmowimīwēyitamōwin Park](#).

The city said it is looking for Indigenous artists, designers and teams to submit their proposals for the site to commemorate [missing and murdered Indigenous women and girls and two-spirited people](#) (MMIWG2S+).

"This commemorative site is intended as a space of truth for Indigenous voices, to acknowledge the injustices experienced by MMIWG2S+ people and their families," Coudtney Domoney, the city's manager of community and cultural development, recreation and cultural services, said in a statement.

"It also reminds us of the human and Indigenous rights violations and their lasting impact."

The city said the project is a community-led initiative developed in response to the [2019 final report from the National Inquiry into Missing and Murdered Indigenous Women and Girls](#).

"Spearheaded by the Indigenous community and supported by Reconciliation Regina in partnership with the City of Regina, the project began with trauma-informed consultations that engaged survivors and families," the city explained in a statement.

"The consultations, which were supported by a panel of Elders, shaped the project vision to commemorate, educate and activate."

[Read more here.](#)





Protecting the Planet

Submitted by Jane Knox

Climate change is world-wide.

In Saskatchewan, sometimes we arrogantly say we are protected. We feel isolated from the problems other parts of the world experience. Nothing to do with us? [Are we experiencing climate change?](#)

4 Hopeful Lessons from WW2 to Confront Climate Change

This hopeful video explains how 4 key lessons for Canada's WW2 mobilization can be used to take action on climate change by Canadian governments and institutions.

Climate change is causing more violent weather and increased risk of forest fires. It could help if we dramatically reduce greenhouse gases immediately. As Unitarians, we value the interconnected web of all existence. We seek to learn, understand, and take action to do our part in protecting the environment.

Climate Change—what can we do? [Here are some ideas](#) to get started.

Biodiversity for a world without hunger

From UN Environment Programme – October 16, 2017

“World Food Day on 16 October is an opportunity to reflect on how healthy ecosystems can help to reduce the number of people who don’t have enough to eat.

Food security is notoriously complex. It is more about world politics, trade, infrastructure and economics, than food waste or meat-eating, important as these elements are.

But food security is also about healthy ecosystems and our ability to maintain the planet’s biodiversity. For instance, without bees and other pollinating insects, we would struggle to get enough to eat – and pollinators’ numbers are already declining around the world.

At the same time, after several years of decline, the number of chronically undernourished people increased in 2016, rising to 815 million, up from 777 million the year before. This recent uptick could signal a worrying reversal of trends – putting the 2030 goal of a world without hunger even further from reach.

Experts say that a return to traditional food values could be part of the solution.”

[Read more here.](#)

Wisdom from Humanism

Submitted by Pam

Bocking

Kahlil Gibran

On Buying and Selling



One of the Islanders, who was a merchant, asked the prophet to speak to them of buying and selling. The prophet responded that any exchange must be carried out “in love and kindly justice” or “it will but lead some to greed and others to hunger.”

This applies to all of the merchants such as “toilers of the sea and fields and vineyards ...the weavers and the potters and the gatherers of spices.” He gives them a practical way of being fair in their dealings: “Invoke then the master spirit of the earth, to come into your midst and sanctify the scales and the reckoning that weighs value against value.”

The prophet points out that love and justice are essential, not only when the buying and selling involves physical commodities, but also when it involves abstract and artistic offerings: “And if there come the singers and the dancers and the flute-players,— buy of their gifts also. For they too are gatherers of fruit and frankincense, and that which they bring, so fashioned of dreams, is raiment and food for your soul.”

“Speaking one language, I submit, is like living in a house with one window” is a quote by Tomson Highway, a Canadian author and playwright, from his work “A Tale of Monstrous Extravagance”. He uses the metaphor to emphasize that monolingualism limits one’s perspective, while learning other languages opens up access to many different viewpoints and ways of understanding the world.



Genocide of Palestinians in Gaza by Israel continues with Impunity.

Submitted by Jim Hutchings

Francesca Albanese is an Italian lawyer and academic and an independent United Nations human rights expert who has served as the United Nations Special Rapporteur on the occupied Palestinian territories since 1 May 2022 initially appointed for a three year term and confirmed for another three year term in April 2025.

At a recent conference, Albanese reported that in 710 days of absolute horror, at least 65,000 Palestinians have been killed of which 75% are women and children. Some scholars and scientists claim that the real death toll is closer to 680,000 in Gaza. If that number is confirmed, that would mean that 380,000 of these are children under the age of 5. 1581 aid workers have been killed in Gaza. 252 journalists have been killed in Gaza. 346 UN staff have been killed in Gaza. 10,000 Palestinians have been detained, mostly arbitrarily by an unlawful occupation which has been starving, torturing and raping inmates including doctors and patients. 75 detainees have been reported killed in custody just in the last 710 days. Images of scores of Palestinians who have been taken from their homes shackled and blindfolded in the middle of the night continue to reach investigators. Homes, shelters, mosques, hospitals continue to be destroyed. Over 85% of Gaza lies in ruins.

The report goes on, but suffice to say evidence of the genocide in Gaza is abundant, and is denied by the US and the UK governments who continue to express unwavering support for the Israeli government.

What can we do? We can pay attention to what is happening and make sure that everyone we know is aware of the war crimes, the apartheid, the genocide that is happening in Palestine. We can attend local demonstrations of support for the Palestinian people. We can also make our MPs aware of our disapproval of any Canadian government support for Israel's atrocities perpetrated against the Palestinian people. Instead of blithely repeating their claim that "Israel has the right to defend itself", we must make ourselves aware of the dark history of the founding of the Israeli state, starting with the Balfour declaration in the UK. We cannot stand by and do nothing as innocents continue to be slaughtered.

Only in America - Laundromat

Submitted by Istvan Sipos

I met a man in a laundromat and for about a year or two, we were laundromat buddies. While our laundry was running, we would go to the nearby Irish pub to have a few pitchers of Guinness, eat some hot wings, and talk about almost everything.

One day, he handed me a cheque for \$5,000 made out to a private college in town. "This is only a loan," he said. "You must go to this college, and you must get and use a legal penname, because with your name you won't be accepted in any decent workplace in this town. If you pass the first year with a grade above 70%, I will give you a loan for the second year." To his surprise, I passed two years at this private college in one shot. He was pleased and only said, "I knew it."

After I got my diploma, he gave me a business card of a top manager at the most advanced electronics manufacturer in town, along with a sample resume with my English legal penname on it. I became a top earner and was happy to pay him back the \$5,000 within three months.

A year later, he helped me again, but differently. This time, it involved the Skills and Development Ministry. He handed over business registration forms and an application for a \$15,000 business startup loan, which he signed as the guarantor. After two years as a special consultant to the ministry, I went on my own path.

This is how I became a successful project planner and manager in Canada. Without the help and guidance of this remarkable man, I would not have been able to build a very successful consulting business at age 27 and retire at age 50. I never knew his full name. Many years later, someone told me his real name, and I am grateful for that. He passed away at age 80 in 2001, and I was able to pay my final respects to him.

Chrly J. Brown



Community Events

Art Gallery of Regina with Theo Pelmus & Kristin Snowbird

Oct 3 - 5, Various Locations

The Art Gallery of Regina is hosting 6 events with artists Theo Pelmus & Kristin Snowbird, including an artists' talk, a workshop on silkscreening with culturally significant Saulteaux words, and interactive performances. Some events require registration. [Learn more here.](#)

Age Friendly Regina Community Gathering

Wednesday, October 22 at 1.30-3.30 In-person; Regina Public Library: Glen Elm Branch, 1601 Dewdney Ave. E

Join Age Friendly Regina for an informal Community Building gathering to share information and activities. We seek to foster a community in which folk of all ages thrive in good health and safety. Looking forward to this time together!

Indigenous Planetary Health and Health Systems

Thursday October 23 at 11:00 AM

Dr. Nicole Redvers emphasizes the importance of ensuring a grounding in the stewardship practices, the relation building, and the innate sense of reciprocity embodied in traditional Indigenous knowledges around the globe. This presentation will discuss Indigenous perspectives on planetary health and how they relate to health systems. Sponsored by the Learning Circle at UBC – Indigenous health sector. [REGISTER HERE.](#)

Amnesty International Bookclub–An Evening with Niigaan Sinclair

Sunday October 5, 7 PM

Join a live online event with Anishinaabe writer, editor and professor, Niigaan Sinclair, the son of the late Honourable Murray Sinclair. He will speak of his father's legacy, the state of Indigenous rights in North America, and long-term resistance in Canada. [REGISTER HERE.](#)

Eyewitness Report on Gaza

Wednesday October 22, 7:00 PM, Knox-Met, 2340 Victoria Ave

Join us to meet Dr. Deidre Nunan, who usually works as a surgeon in Moose Jaw. She will share her experiences working in international humanitarian contexts including nearly two years in Gaza, including three tours of service during 2024-25. Admission is free. No registration.

This event is sponsored by Doctors Against Genocide, Palestine Solidarity Regina, Amnesty International Saskatchewan, Regina Peace Council, Regina Public Interest Research Group, Students for Justice in Palestine, Faculty for Palestine, and Regina Making Peace Vigil.





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](#).

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](#).

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](#).

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](#)

Congregation Conversations with the CUC

11:00 AM CST (90 minutes)

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

Join these important talks about how our churches can learn from each other.

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](#)

