



UNITARIAN FELLOWSHIP OF REGINA

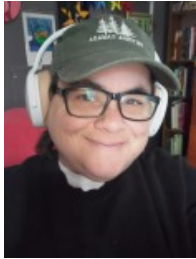
# THE CHALICE

DECEMBER 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 December*



### **December 07, 2025 – Communities of Care**

How do we practice being communities of care? How do we integrate care into our ways of being together? Ilara Stefaniuk-Gaudet speaks to us by video about caring with love and justice.

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



### **December 14, 2025 – Communities of Care: A Discussion**

How do you personally take care for yourself? Do you give care to others? How does the Unitarian Fellowship maintain its caring community? A discussion with ideas for the future.

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



### **December 21, 2025 – Solstice Service and Potluck**

Celebrate the lengthening of days with an indoor solstice spiral walk, readings, and heart-felt solstice singing accompanied by violin/piano. Bring a friend.

***Please join us in person at the Unitarian Centre***

### **December 28, 2025 – No Service**

Enjoy the winter holidays, and we will see you in the new year for our Fire Ceremony!

To add an article or announcement to this newsletter, please contact Mike McCall:

email [reginauu@gmail.com](mailto: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](mailto:reginauu@gmail.com)

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

Podcast:

[unitarianfellowshipregina.podbean.com](http://unitarianfellowshipregina.podbean.com)

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

Instagram:

[https://www.instagram.com/regina\\_unitarians/](https://www.instagram.com/regina_unitarians/)





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

### *UFR Board of Trustees*

Jamie Struthers, Sandi Whitford, Ethel Struthers, Claire Clement, George Garbe, Joanne Green, Jane Knox

### *Committees & Action Groups*

#### STANDING COMMITTEES

**Finance** – Sandi Whitford, Joanne Green

**Lay Chaplain** – Jamie Struthers, Jane Knox

**Membership** – Ethel Struthers, Marena Charron, Jim Hutchings, Jane Knox

**Nominating** – Claire Clement

**Program** – Glenna Ottenbreit-Born, Claire Clement, Jamie Struthers, Sandi Whitford

**Property** – Claire Clement, Jim Hutchings

#### 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, Tanith Perry-Mills, Helmi Uguh

**Social Media** – Sandi Whitford, Jim Hutchings, Jane Knox

**Sparkle and Shine** – Marena Charron, Carol Porter

### *Board Talk*

*By Ethel Struthers, Secretary*

**Season's Greetings.** All the best to you and your loved ones during this Festive time.

The Board met November 13, 2025 and discussed the following topics:

- Financially, the Fellowship continues to receive sufficient income to meet the operating costs. Rental income is up due to the Prairie Revival Rentals paid to the end of December. The Linda van Havre bequest of ( \$10,063) has been divided into funds: \$5,063 will be put into a redeemable one year term deposit and \$5,000 in a nonredeemable two year term deposit. The Board has requested that Committees ask the membership for their input about the use of the Bequest because many current members knew Linda well.
- Committees and the Board are working on the Budget for 2026. If anyone has something to contribute or a question to ask then please contact the Finance Committee.
- The Board is interested in hearing from you and will be sending out a general satisfaction survey requesting feedback.
- The Board reviewed the results of feedback received from members and friends concerning the direction of programming for the Unitarian Fellowship of Regina. These findings have been conveyed to the program and membership committees for consideration and further action.

### *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](mailto:reginauu@gmail.com).

### *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](mailto:reginauu@gmail.com) to make an appointment, or to discuss any other business.

### *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/>



## *Newcomers Always Welcome!*

This month, give a family member or acquaintance the gift of an invitation to join Unitarians on Sunday afternoons throughout the year.

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.

**We invite your attendance, participation, time and talents!**

**Join us Sundays at 1:00 PM**

and subscribe (free) to the newsletter *The Chalice* which highlights the next Sunday's service and community events. <https://reginaunitarians.ca/newsletter/>

## ***ARE YOU READY to be a VOTING DELEGATE for the Canadian Unitarian Council***

### **(CUC annual meeting online on May 23, 2026?)**

Are you intrigued to know about the changes happening at the CUC (new CEO, new staff, new programs)? Would you be interested to vote on CUC motions on behalf of the Unitarian Fellowship of Regina?

The CUC encourages the congregations across Canada to select voting delegates who:

- are interested in congregational and national matters
- would help facilitate conversations within their congregations
- are open to being a delegate for two years for continuity, and
- are comfortable using Zoom or learning to use Zoom, and Google drive.

More on [delegate selection here](#).

Contact Claire or Sandi for more details. They represented the Fellowship in 2025.

## *Call for Nominations!*

**Join us in making a difference!**

Are you ready to:

- share your ideas?
- advocate for Unitarian Principles?
- contribute to informed, balanced decision-making?
- help steward the resources of the Unitarian Fellowship of Regina?

Then *you are ready* to join an operational committee or the Board of Trustees.

Elections will be at the Annual General Meeting in April 2026. You have time to consider how your skills would help achieve the Fellowship's Purpose and Vision.

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

NOW is a great time to talk directly to Claire Clement, Nominating Committee Chair, or speak with Jane Knox, Past President, to learn about options.

We welcome your contributions. 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. The challenges are interesting and the group supportive. Join us!

- Please submit your application by January 15. This ensures you have an opportunity to describe (in writing) why you would be a thoughtful Board member. Your comments would be circulated in the annual meeting package.
- Nominations are also accepted during the Annual General Meeting. For more information, please reach out to [ufr.secretary@sasktel.net](mailto:ufr.secretary@sasktel.net)





## *Reconciliation Ripples*

### **Chief Perry Bellegarde Honoured**

University of Saskatchewan honoured the extraordinary community contributions and leadership of Chief Perry Bellegarde at its Fall Convocation November 12, 2025. A member of Little Black Bear First Nation, Treaty 4 territory, Chief Bellegarde has devoted his life to advancing the rights and well-being of First Nations Peoples. For more than 35 years, he has held leadership roles in Canada, including Chief of the Federation of Saskatchewan Indian Nations and two terms as National Chief of the Assembly of First Nations (2014–2021).

As National Chief, his advocacy led to landmark achievements, including Canada's first national legislation recognizing and protecting Indigenous languages and the federal commitment to implement the United Nations Declaration on the Rights of Indigenous Peoples. Internationally, he elevated First Nations leadership in sustainable development, advancing rights-based climate solutions from the Paris Agreement to the Sustainable Markets Initiative. [Read more.](#)

### **Fishing Lake Saulteaux woman wins prestigious Nelson Mandela award at UN**

A Saskatchewan woman who has been a longtime advocate for Indigenous rights, mental health and trauma-informed care has won a prestigious award from the United Nations.

Brenda Reynolds is one of two people to be given the Nelson Mandela Award, which is only handed out every five years to recipients who reflect the South African leader's legacy. It is given to one man and one woman, but one of them must be from Africa.

"I was just completely, completely honoured to be selected and, for a prize under his name. To be awarded it and being from a reserve in Saskatchewan, from Fishing Lake, is just absolutely unbelievable and extraordinary," said Reynolds. She first became known for her advocacy in 1988, when she helped 17 teenage girls in the first residential school sexual abuse case in Saskatchewan at George Gordon First Nation.

[More details HERE.](#)





## *Dismantling Oppression*

### 5Ds OF BYSTANDER INTERVENTION

The HOLIDAY TABLE Edition (for awkward moments) by Right to Be

#### Distract

A classic way to distract (which is de-escalating the situation with a separate conversation topic or action) is to refocus with something like "Let's go around and hear what everyone is grateful for? I'll start."

Another way to be supportive and refocus without adding fuel to the fire is to ask the person facing pressure for help setting up the table or finishing off a dish, giving them a chance to step away and take a breath.

#### Delegate

You likely know who your closest allies are at the table. Send each other signals or ask for their help creating space for joy instead of harm, and keep in mind the ways they could feel comfortable speaking up when you can't.

Sometimes our best allies are our elders, so don't be afraid of asking for help, especially when cultural norms make it hard for some of us to hold our older family members accountable.

#### Document

This one is for those of you with family members who say, "I never said that!" Skip right over the gaslighting by writing down the stuff they say.

On a personal level, documenting their words can be grounding. It will help you to stop the awful self-questioning that can happen later. Did they really just say that? Yes, and I wrote down the exact words.

#### Delay

Don't let anyone feel alone or like their experience didn't matter. Reach out with a hug, a word of comfort, even a text message during dinner. You can ask them to help you with something in another room for a check-in, or also wait until the night is over for a full conversation.

#### Direct

Often, when we ask folks to consider directly addressing the person causing harm, we ask you to assess your safety. And in this case, unlike in most other settings, odds are you may feel more comfortable directly addressing the harm. Truth is, you have a unique opportunity when you know the person causing harm. You can offer them a chance to right their wrongs. "I'm not sure if you mean it to be, but that's really hurtful." Or if that's too on the nose, try instead, "What did you mean by that?"

With any luck, they will self-correct. If that fails, you've begun to make them accountable by naming the harm, and you've created a way for others to jump in and de-escalate the situation.

Everyone should have the right to be their full self this holiday season, and your actions, big and small, will set the tone and make a better world (and holiday dinner) possible.



### Awareness – Human Rights Month

[Read more here](#)

The [Universal Declaration of Human Rights \(UDHR\)](#) was first passed at the United Nations General Assembly in December of 1948. It is a milestone document in the history of human rights. It begins:

“Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world, ...”

Article 1: All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.” (You can see where the first Unitarian Principle comes from.)

It sets out, for the first time, fundamental human rights to be universally protected and it has been translated into over [500 languages](#).

[This video](#) honours the 75 years achieved in 2023 and recognizes there is more work to do.

### Wisdom from Humanism

*Submitted by Pam Bocking*

Kahlil Gibran

#### On Giving



An islander asks the prophet, “Speak to us of giving.” The prophet responds by stating what the best kind of gift is: “It is when you give of yourself that you truly give.”

He then goes on to say that the motive of giving is important: “There are those who give little of the much which they have — and they give it for recognition, and their hidden desire makes their gifts unwholesome.”

In contrast, “There are those who give with joy, and that joy is their reward.” And to some the act of giving is a completely natural act, just as “ in yonder valley the myrtle breathes its fragrance into space.”

As we enter the season of giving, the messages from the prophet can help to moderate the effect of the commercialization of the coming holiday period.

### Books to Bash Barriers

*Submitted by Jane Knox*

[Seasonal suggestions from the Public Library](#)

[The Return of the Light: Twelve Tales from Around the World for the Winter Solstice](#) by Carolyn McVickar Edwards

Stories from North America, China, Scandinavia, and more about the day the “sun stands still,” the longest night of the year, on either December 20th or 21st. All about rebirth and the transition from darkness into light. Definitely will put you in that hard-to-capture spiritual mood.

[Pagan Christmas: The Plants, Spirits, and Rituals at the Origins of Yuletide](#) by Christian Rättsch and Claudia Müller-Ebeling

This book explains the evolving nature of yuletide, its origins in pre-Christian rites and the symbolism of plants connected to Christmas.

*For children (and maybe the rest of us too)*

[Everything Changes and that’s OK \(2022\)](#) by Carol Dodd, illustrated by Erin Huybrechts

This is a delightful storybook with rhymes and multicultural images. Ages 1-10.

### Give Us Spirit

#### The Work of Christmas

*By Howard Thurman*

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with their flock,  
The work of Christmas begins:

To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among brothers,  
To make music in the heart.

*Submitted by Marena Charron*



## *Funding Fellowship*

The Unitarian Fellowship of Regina envisions a brighter future if we work together to make our Unitarian Principles come to life. These days I feel we need to activate every one of them. Have you read them lately?

<https://reginaunitarians.ca/what-unitarians-believe/>

We inspire change in our community by connecting people and then supporting and informing them. We empower people to live with greater depth, meaning, and purpose. We are a “Living Tradition” ... continuously changing and growing as a faith group as well as in our individual lives.

A strong, progressive Fellowship creates a positive community that you can lean on when you feel the need for warm support. And when you feel strong and want to contribute your talents, we will find a place that fits you. Giving is the norm!

Thank you for your contributions so far this year. The Board very much appreciates your time, the talents you share, and the dollars that show you care. All are appreciated.

To finish off the year, please donate a little more to the Fellowship:

- to strengthen our community (*select General Fund*)
- to increase our capacity to help others (*select Outreach Fund*)
- to help the Fellowship complete that big roofing project (*select Roof Plus Fund*)

This is a season for giving, and giving strengthens us all. There is also a personal *income tax benefit if your 2025 financial gifts are received before December 31.*

Need help? Ask the Treasurer - [ufr.treasurer@sasktel.net](mailto:ufr.treasurer@sasktel.net)

## *Community Events*

### **From Belém to Canada: Cop30, Promises and Realities**

*December 6, 12:30 PM*

[Click HERE for more information](#)

### **Building Safer, Welcoming Spaces for Trans and Queer People**

*December 2, 4, and 9 from 8:00 – 7:30PM CST*

Curious? Join Unitarians across Canada on Zoom. Participation is free

REGISTER NOW! To learn more now, [follow this link.](#)

[Trans Spaces of Safety & Belonging: Transforming Hearts Collective 3-Session Program](#)

*... all at 6:00 PM – 7:30 PM CST*

- A. Tuesday, December 2: 6:00 pm Central (90 minutes)
- B. Thursday, December 4 - 6:00 pm Central (90 minutes)
- C. Tuesday, December 9: 6:00 pm Central (90 minutes)
- D. *Q&A: Saturday December 13 at 11:55 AM CST* for follow up discussion (90 minutes)

When anti-trans legislation and hostility are on the rise, how do we create positive space? This is a 3-part “Responding to the Anti-Trans Movement” online course. It has 25-35 minute videos by Alex Kapitan, accompanied by reflections and resources. CUC staff will play the video and facilitate the reflections

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](https://reginaunitarians.ca) to learn more,  
or visit us in-person at  
**2700 College Avenue, Regina.**