



# UNITARIAN FELLOWSHIP OF REGINA

## THE CHALICE

January 2026



Join us for friendly, informal **Sunday Services at 1:00 PM** in the upper hall followed by coffee in the lower hall.

### *Services for January*

Join Us January 4 - 1pm

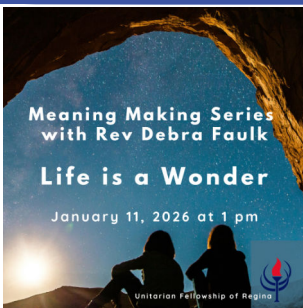


Welcoming the New Year  
Fire Ceremony  
Unitarian Fellowship of Regina

#### January 4, 2026 – Fire Ceremony

It's a new year for new beginnings! The Fire Ceremony invites us to let go of that which we don't wish to bring into the coming year. In a ceremony of the burning bowl, you are invited to write down words, or a phrase that sums up what you wish to release as we enter the New Year.

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



Meaning Making Series  
with Rev Debra Faulk

**Life is a Wonder**

January 11, 2026 at 1 pm

#### January 11, 2026 – Life is a Wonder

*Rev. Debra Faulk*

The practice of awakening wonder: How can mystery and wonder renew our spirits?

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



Winter Potluck and  
Conversation

January 18, 2026  
1:00 pm

#### January 18, 2026 – Potluck and Fellowship

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***



Meaning Making Series  
Discussions

**Life is a Wonder**

January 25, 2026  
at 1 pm

#### January 25, 2026 – Life is a Wonder Discussion

We will gather to discuss the January 11th service on "Wonder" and ponder some questions. Can the cultivation of wonder rejuvenate, inspire, and motivate? Is it a spiritual practice?

***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](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>



**Get involved with the Unitarians!**

**Share your talents and skills.**

*Leaders are in italics*

**UFR Board of Trustees**

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

**Committees & Action Groups**

**STANDING COMMITTEES**

**Finance** – *Sandi Whitford, Philip Muñoz*

**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**

**Policies** – *Jane Knox, Michael FIG,  
Sheryl Avery-Smith*

**Reconciliation** – *Jane Knox,  
Sandra Blenkinsop, Claire Clement,  
Ethel Struthers, Tanith Perry-Mills,  
Helmi Uguh, Deborah Barton*

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

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

**Board Talk**

*By Ethel Stuthers, Secretary*

**Out with the old and in with the new. A very Happy New Year to You!**

As the Near Year fast approaches, so does the anticipation of what a new year can bring. The Board has begun preparations for the upcoming Annual General Meeting on April 12, 2025.

The Board had asked for a survey of the membership and friends on whether or not to continue with services at 1:00 PM Sunday afternoon. A clear majority of respondents and of the Board preferred 1:00 PM. The Board has used this information to continue the contract with the Prairie Revival Church.

**Lay Chaplain Services**

The Fellowship provides non-denomination ceremonies to celebrate rites of passage, including births, weddings, deaths, and name changes. Lay Chaplains serve the public as trained, legal officiants to provide services or ceremonies as requested. Please 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 rental opportunities.

**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/>



## Books to Bash Barriers

### For your Future

These have been selected as inspiring books by the named Unitarian Ministers. All are judged helpful in the context of the current global situation.

Rev. Anne Barker – [\*Imaginable: How to Create a Hopeful Future—in Your Own Life, Your Community, the World\*](#) (2023)

Jane McGonigal

Rev. Debra Faulk – [\*Embers: One Ojibway's Meditations\*](#) (2016) Richard Wagamese

Rev. Lynn Harrison – [\*The Eloquence of Silence: Surprising Wisdom in Tales of Emptiness\*](#) (2023) Thomas Moore

Rev. Pat Trudeau – [\*Active Hope: How to Face the Mess We're in with Unexpected Resilience and Creative Power\*](#) (revised 2022) Joanna Macy and Chris Johnstone

Rev. Rosemary Morrison – [\*Beyond Welcome: Building Communities of Love\*](#) (2022) Linnea Nelson

Rev. Samaya Oakley – [\*North of Nowhere: Song of a Truth and Reconciliation Commissioner\*](#) (2024) Marie Wilson



## Reconciliation Ripples

*Book review by Tanith Perry-Mills*

**52 Ways to Reconcile: How to Walk with Indigenous Peoples on the Path to Healing** by David A. Robertson.

As Unitarian Universalists, we know that Reconciliation is vital. We added a whole eighth principle to encapsulate this need to fight racism and systemic injustice. But if you're like me, you're left wondering—just how do I get started?

- If Reconciliation is an action, what actions can I take?
- If I'm not able to protest in person, can I even help?
- Which actions make a meaningful difference and which don't?

That's what David A. Robertson answers with this book. He gives 52 concrete actions to take this year to further Reconciliation. Some of the actions are learning more about the trauma the Canadian government has inflicted upon Indigenous communities, like watching residential school survivor video testimonies and learning about the 60s scoop. But Reconciliation isn't just about acknowledging trauma – it's also about engaging with Indigenous Peoples and their cultures on a much broader level.

Many of the actions are about supporting Indigenous-owned restaurants and Indigenous music artists and writers, or about learning phrases in a local Indigenous language (like Cree).

Wherever you are in your Reconciliation journey, you'll find something new to try.

Even taking just one action out of this book can make a big impact! As Robertson writes, "As individuals, we have considerable influence. If we are complacent and do nothing, other people will do nothing. If we are active and do something, we will inspire other people to do something. And there is much to do."

*What action will you take this week?*

*The Reconciliation Study group meets Tuesday January 13 at 11:00 AM – 1:00PM. Join us online. Contact [ufr.secretary@sasktel.net](mailto:ufr.secretary@sasktel.net).*



## ***Dismantling Oppression***

### **It's About Creating REAL Access**

*"It's not that people are disabled – it's the world that's disabling."*

That's what the Social Model of Disability suggests. For example, it's not that a paraplegic wheelchair user is disabled, it's the world having steps up into shops that is disabling. Many culturally Deaf people don't call themselves disabled, because when they're at home or in a Deaf-friendly space that's set up for sight instead of sound, they have no problems. It's only when they go out into the world that they feel disabled. The Social Model of Disability calls on society to make the world more accessible.

Which is a great call to action. The more accessible the rest of the world is, the easier it is for all people to participate in society. And it's definitely a step up from the medical model of disability we had before, where disability is seen as a terrible thing that must be fixed at all costs by medical professionals, and disabled people had little to no rights or autonomy.

But while an improvement, this model has flaws. Everyone who brings this theory up typically forgets the second part: that people aren't disabled, but they still have impairments. No matter how accessible the world is, a paraplegic wheelchair user or person with an energy-limiting disability will still have impairments.

But ultimately, does making a distinction between disability and impairment even matter? Especially when everyone ultimately forgets the impairment part? This theory also places all the emphasis on changing society, while ignoring individuals and their particular needs.

But while it has its flaws, the disability rights movement has used it to create change and pave the way for laws and protections we have today. Progress toward equitable access for all.

## ***Call for Nominations!***

We are looking for volunteers for operational committees or for the Board of Trustees. We are a small Fellowship and can use any assistance you are able to provide.

Elections for the Board of Trustees will be at the Annual General Meeting Sunday, April 12, 2026.

If you'd like more information, talk to any of the current Board members, or to Claire Clement, Nominating Committee Chair, or reach out to [ufr.secretary@sasktel.net](mailto:ufr.secretary@sasktel.net).

- Please submit your nomination by January 15th
- Nominations will also be accepted during the Annual General Meeting

The challenges are interesting and the group supportive. Join us!!

## ***Cybersecurity***

How will you improve your cybersecurity in 2026? Here are 3 "starter steps."

Follow current advice for preventing fraud and cyber attacks:

1. Protect your personal identity information. Do not expose personal information online (e.g. social media, websites, forums, email lists, group chats, one-to-one chats/DMs, voice or video calls).
2. Avoid all pop-ups and suspicious websites, downloads, and attachments to prevent phishing and malware.
3. Visit [the Canadian Anti-Fraud Centre \(CAFC\) site](#) to get familiar with various scams you could encounter.



## Protect the Planet

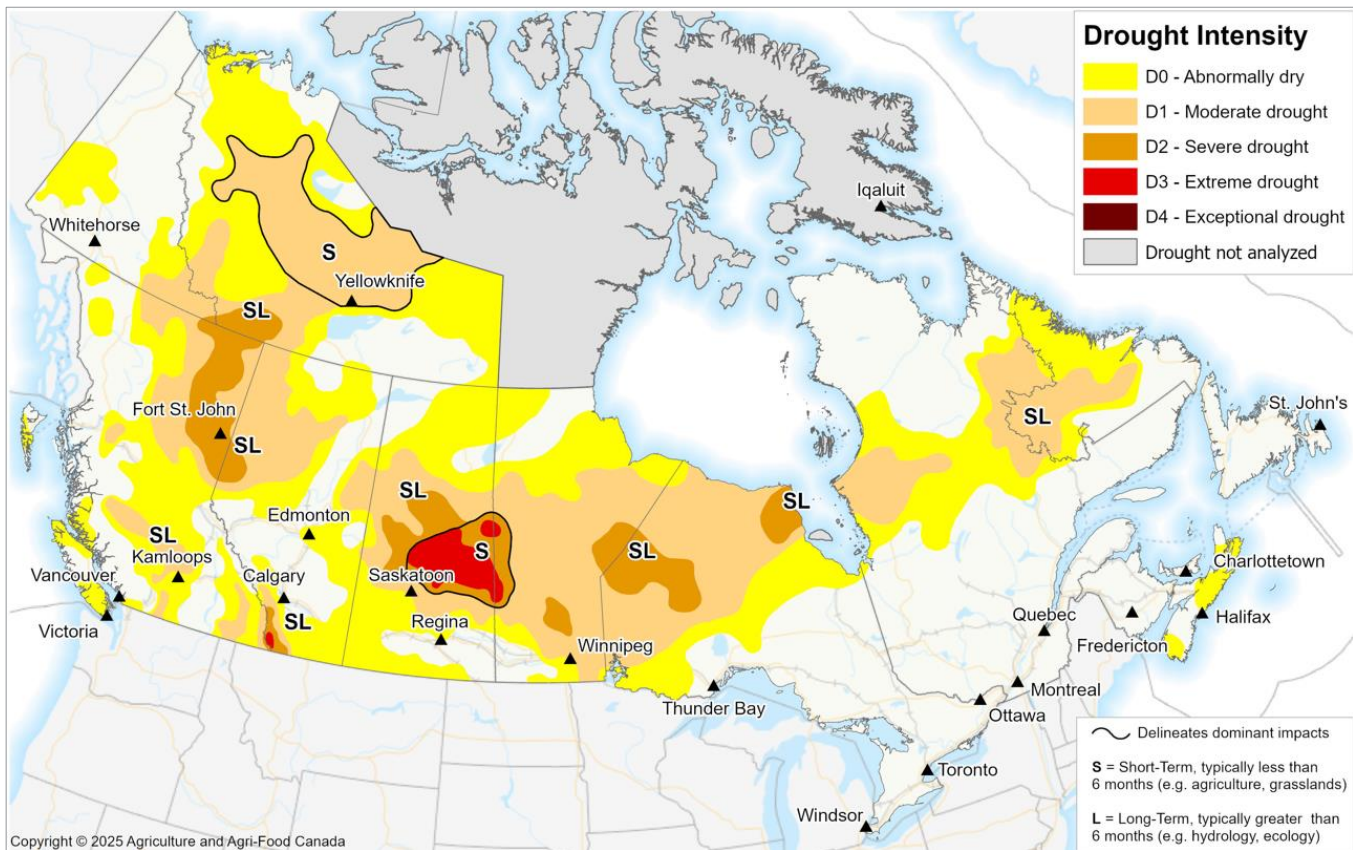
### An Update on WATER before World Water Day

submitted by Jane Knox

Everyone in Canada should have access to safe, clean drinking water. The Government of Canada is working with First Nations communities to [achieve clean drinking water](#) on reserves.

Access to potable water is still out of reach for many. While 148 long term drinking advisories have been lifted since 2015, there are still 38-39 [long term drinking water advisories](#) in 37 communities.

[Achieving clean drinking water in First Nations communities](#)



A 2025 [survey](#) of drought abnormalities across Canada.

Drought is becoming endemic across Canada, and could worsen significantly. Hundreds of thousands of hectares burned due to drought in the Prairies, and [droughts have hit the Okanagan as well](#). If issues like [water levels in the St Lawrence River](#) seem less pressing, it's only because they aren't literally on fire.

As Maude Barlow put it in 2024, "The planet is running out of clean accessible fresh water. One quarter of the world's population is now without adequate access to clean water and one half does not have access to adequate sanitation. For those of us who are blessed to live in a country that still has freshwater supplies, there is a special responsibility to care for it."

We sincerely hope that in 2026, water will be protected from commercialization and shared equitably.

Excerpt from Council of Canadians September 21, 2025 report: [FULL ANALYSIS HERE](#)

[Water First Canada - Clean Water for All](#)



### Wisdom from Humanism

Submitted by Pam Bocking

**Kahlil Gibran**

The Prophet says  
"Farewell."



The last few months have been focused on the wisdom that the prophet imparted to the islanders. This month we say goodbye to the prophet as he bids farewell to them. He speaks from the deck of the ship on which he will be sailing away. Here are some of his final words to them:

" People of Orphalese, the wind bids me leave you. Less hasty am I than the wind, yet I must go. In the stillness of the night I have walked in your streets, and my spirit has entered your houses. And your heartbeats were in my heart, and your breath was upon my face, and I knew you all. Ay, I knew your joy and your pain, and in your sleep your dreams were my dreams."

"Often I was among you, a lake among the mountains. I mirrored the summits in you and the bending slopes, and even the passing flocks of your thoughts and your desires. And to my silence came the laughter of your children in streams, and the longing of your youths in rivers."

" You are not enclosed within your bodies, nor confined to houses or fields. That which is you dwells above the mountain and roves with the wind. It is not a thing that crawls into the sun for warmth or digs holes into darkness for safety, but a thing free, a spirit that envelops the earth and moves in the ether."

"Fare you well, people of Orphalese."

Some of us may find that the prophet's parting words can help to inspire the way we live in 2026.

### Give Us Spirit

Submitted by Marena Charron



Once you realize that the road is the goal and that you are always on the road - not to reach a goal but to enjoy its beauty and its wisdom -

life ceases to be a task and becomes natural and simple, in itself an ecstasy.

*Nisargadatta Maharaj*





### Awareness–Culture and Human Rights

*When we are aware of factual events, it helps us understand.*

#### January 4 – National Ribbon Skirt Day in Canada

In 1884, some Indigenous ceremonies were banned by the Canadian government under the terms of what was known as the Potlatch Law. The clothing and ceremonial items associated with those ceremonies were also banned, including ribbon skirts.

Indigenous ceremonies were not legal again until 1951 when the Indian Act was amended. National Ribbon Skirt Day is an opportunity to showcase the value of all cultures and Indigenous culture in particular. For many people, ribbon skirts are a symbol of resilience.

#### January 15 – Martin Luther King Day

We honor his life and legacy. Martin Luther King was a tireless fighter for the civil rights of African Americans everywhere, especially in North America. He was assassinated in 1968 at age 39. The date is remembered on the 3rd Monday of January, near his January 15 birthday in 1929.

#### January 27 – International Day of Holocaust Remembrance

On January 27, 1945, the Auschwitz-Birkenau concentration camp was liberated. It was a camp where more than one million people were sent to gas chambers and to their agonizing deaths during the Holocaust.

In 2005, the United Nations General Assembly designated that day as the annual International Day of Commemoration in memory of the victims of the Holocaust. It is a reminder that we can prevent genocide in the future by educating society to value human rights for all. In its resolution, the General Assembly condemned ‘without reservation all manifestations of religious intolerance, incitement, harassment, or violence against individuals or communities based on ethnicity or religious belief wherever they may occur’.

#### January 29 – National Day of Action Against Islamophobia

We remember the 2017 attack on a mosque in Quebec City with great sadness. In Canada, we hope for diversity as one of our greatest strengths. Yet discrimination and racism continue at unacceptable levels. There is urgent need to combat all forms of racism including Islamophobia.

Canada has [an anti-racism strategy](#). Do we use it effectively in the Fellowship? and in our wider community?

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



## Events

### Indigenous Perspectives On The Global Critical Minerals Rush

Tuesday January 13, 9 AM

[Register HERE](#)

### Canada's Approach to Critical Minerals at Home and Abroad

Tuesday January 27, 9 AM

[Register HERE](#)

### Buffalo's Favourite Flowers: Restoration, Relationship, and Learning from The Land

Friday January 16, Noon

[More information HERE](#)

### Project of the Heart

Mondays, January 26 to March 23, 6:30-8 PM  
Luther College 207, U of R

In this edition of Project of Heart, participants will learn about the health care that the children detained at the Qu'Appelle Industrial School received. This includes care provided by the school's staff, along with other services and public health initiatives, such as the File Hills Colony Hospital, the Fort Qu'Appelle Sanatorium, and the Fort Qu'Appelle Indian Hospital. They will also hear about the Church's and the State's motivations for providing these services, while actively seeking to suppress local forms of knowledge and healing practices.

[Register HERE](#)

### World Religions for the Senses

Over 4 weeks, discover the many ways we experience the world's religions with our senses. You will encounter soundscapes, sacred spaces, the beauty of sacred texts, and the experiences of key holidays that mark festivities and remembrance. Each talk will explore the richness of many religions, rather than learning about a single tradition.

- **Wed. January 28, 6-7:30 CST** – Sacred Texts that shape art, establish laws, offer poetry
- **Wed. February 4, 6-7:30 CST** – Sacred Spaces - explore the meaning and aesthetics of magnificent buildings and monuments but also consider ordinary spaces in our homes
- **Wed. February 11, 6-7:30 CST** – Religious soundscapes convey emotions, cultures, theology (explore chants, spirituals, anthems)
- **Wed. February 18, 6-7:30 CST** – Sacred Holidays - deeply held traditions, community events and personal rituals give a richness to religions

All are [welcome to register](#) - Fee is \$30 for a single OR \$100 for 4 events. Sponsored by registered Canadian charity "Encounter World Religions" based in Guelph, Ontario