

The Chalice

February 2026 Newsletter

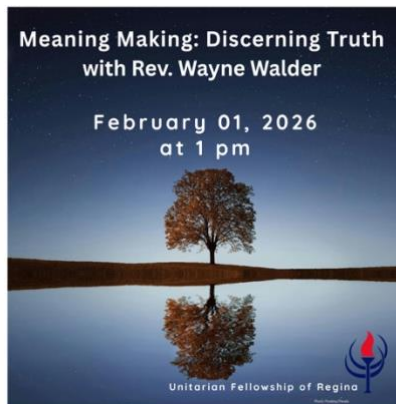
Unitarian Fellowship of Regina

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

Join us for *friendly, informal* **Sunday Services at 1:00 PM** at the **Unitarian Centre** (upper hall) at *2700 College Avenue* followed by coffee in the lower hall.

Almost all Sunday services are **also on Zoom**

February 1, 2026



As part of the 2026 Meaning Making series Rev. Wayne Walder talks about the practice of *Discerning Truth*. How do we recognize truth in the midst of manipulation and disinformation.

February 8, 2026



Part 2 of the February Meaning Making series. Join us for discussions on Rev. Walder's *Discerning Truth*.

February 15, 2026



Join us for our monthly potluck where we enjoy each other's company and share our thoughts on current learnings.

February 22, 2026



Join us as we welcome Jaspal Singh to talk about the Sikh religion, their engagement in social justice initiatives, and the Sikh community in Regina.

LOOKING FOR A JOB?

We are hiring!
Part-time skilled
admin/bookkeeper needed to
join non-profit team



Apply by Feb. 8 - Details in caption

Unitarian Fellowship of Regina

– See page 11 below for more details

Get involved with Unitarians!

Share your talent

Board of Trustees

Jamie Struthers, Sandi Whitford, Claire Clement, Ethel Struthers, George Garbe, Joanne Green, Jane Knox
TWO+ VACANCIES EXPECTED

STANDING COMMITTEES

Finance Committee

Sandi Whitford, Joanne Green, Phillip Muñoz

Lay Chaplain Committee

Jamie Struthers, Jane Knox

Membership Committee

Ethel Struthers, Marena Charron, Jim Hutchings, Jane Knox

Nominating Committee

Claire Clement, assisted by Ethel Struthers

Program Committee

Glenna Ottenbrite-Born, Claire Clement, Jamie Struthers, Sandi Whitford

Property Committee

Claire Clement, Jim Hutchings

ACTION GROUPS

Policies

Jane Knox, Michael FIG, Sheryl Avery-Smith

Social Media

Sandi Whitford, Jim Hutchings, Jane Knox

Reconciliation

Jane Knox, Sandra Blenkinsop, Ethel Struthers, Tanith Perry-Mills, Claire Clement, Helmi Uguh

Sparkle and Shine design team

Marena Charron, Carol Porter

BOARD TALK

by Ethel Struthers, Secretary

The Board met on January 15, 2026. The Board received reports from several committees and deferred others. The focus of the meeting was on the preparation for the upcoming **Annual General Meeting (AGM) on April 12, at 1:00 PM.**

The Board amended and gave preliminary approval to the proposed 2026 Fellowship Budget. It will be presented to members for approval at the AGM. The Board discussed ways the Fellowship could use a bequest of \$10,000 from former member Linda van Havre. The Board intends the bequest to be used for something substantive and that would honour Linda's memory as a well read and informed person who loved reading and world music. Please share ideas you have about how the best use of this bequest with any Board member.

The Nominating Committee (Claire Clement) is looking for members who want to build or share their leadership skills as part of the Fellowship Board whether as a trustee-at-large or as secretary. Your fresh ideas will be welcomed. Orientation and training are available and colleagues are ready to support you.

In addition, the Board is searching for a second voting delegate to represent the Fellowship at the Canadian Unitarian Council's Annual General Meeting May 23, 2026 (online). Please let Claire Clement know of your interest.

The Board thanks Mike McCall, our former Administrative Coordinator for his 13 years of employment with the Unitarian Fellowship of Regina. We wish him all the best in his future endeavors. The Board's priorities have shifted to essential bookkeeping tasks.

Be a VOTING DELEGATE

for the Canadian Unitarian Council

Are you intrigued to know about the changes happening at the CUC? (It is changing leadership, has new staff, and is experimenting with new programs). Would you be interested to vote on motions and making decisions on behalf of the Unitarian Fellowship of Regina?

CUC's ANNUAL GENERAL MEETING will be on [Saturday, May 23](#), 2026 at noon–3:30 pm CT.

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 and Google drive.
- More on [delegate selection here](#).

This Fellowship is entitled to two voting delegates at national meetings. We hope for one experienced and one new delegate each year

For more details, contact Sandi W or Michael F. They are the members who represented the Fellowship in 2025.

Delegates must apply to the Fellowship Board and then REGISTER [here](#). by **May 20, 2026**.

NOTICE OF ANNUAL MEETING of Canadian Unitarian Council (CUC) & proposed method to change Unitarian Principles

Orientation sessions are open to all and are intended to answer questions about the AGM, invite feedback on the motions, and encourage thoughtful curiosity. Three sessions will take place. All sessions will cover the same material. Please choose one time that suits you:

- [Thursday, February 12, 6:00pm CT](#) | (60 minutes) OR
- [Saturday, February 21, 12:00 pm CT](#) (60 minutes) OR
- [Wednesday, February 25, 6:00 pm CT](#) (60 minutes)

All AGM information is available in the [AGM 2026 Public folder](#).

Additional background on the AGM and the proposed motions can be found in the December [eNews article](#).

A proposed motion by the CUC Board of Trustees [is now available](#). The motion proposes an amendment to the CUC's bylaws **regarding changing the Unitarian Principles and similar documents**.

Reconciliation Ripples

Treaties Signed in Saskatchewan

The federal government and First Nations signed **Treaties 4, 6, 8 and 10** between 1871 and 1906 in the area that is now Saskatchewan. Small bits of Treaty 2 (signed in 1871) and Treaty 5 (1875) are also in Saskatchewan along the eastern border with Manitoba. A brief summary:

1874 – Treaty 4 signed – southern Sask

1875 – an adhesion to Treaty 4 was added and signed at Qu'Appelle Lakes

1876 – Treaty 6 signed – central Sask

1876 Canada put into force *The Indian Act* with its many restrictions.

1899 – Treaty 8 signed – north west corner of Saskatchewan

1906 – Treaty 10 signed with the largest Treaty area. This treaty is in north central and north east Saskatchewan

1817 - Selkirk Treaty signed (Manitoba)

The Preservation Centre in Gatineau, Quebec houses these original Treaties in special humidity-controlled vaults. The Treaties are under the care of the Office of the Treaty Commissioner and Library and Archives Canada.

A group of Saskatchewan Indigenous leaders whose ancestors signed the original Treaties visited the Preservation Centre **in December 2025** to view these Treaties.

“What struck me is the distinctness of each of the Treaty parchments” said Commissioner Kathy Walker. “The seals, the type of paper, and even the handwriting indicate different approaches to Treaty-making as time progressed.”

The Selkirk Treaty was of particular interest to participants because Treaty leaders signed with their clan ‘totems’ or their clan symbol to identify themselves, rather than with an ‘x’.

Give Us Spirit

Do not be daunted by
the enormity of the world's grief.

Love mercy now.

Do justly now

Walk humbly now.

You are not obligated to
Complete the work, but
Neither are you free to
Abandon it.

An excerpt from *The Talmud*

Dismantling Racism and Oppression

Significant Events in 2025 – excerpted from a Pflag Canada report

2025 brought both hard-won victories and devastating setbacks for 2SLGBTQIA+ Canadians. On the federal level, we saw continued investment for Women and Gender Equality in Canada. Some funding was for combatting hate across the country (10 projects) and some for security during Pride parades.

The response varied among the provinces and territories. Some provinces moved forward. [Ontario introduced legislation to establish a Gender Affirming Health Care Advisory Committee](#). [Northwestern Ontario expanded virtual gender-affirming health care access](#).

COMMUNITY EVENTS

Advancing Policy & Inclusive Change with Mwila Munganama, Black in Sask
Wednesday February 4, at 6:00 – 8:00 PM:

Sponsored by the Saskatchewan Council for International Cooperation

Bushwacker Brewpub (Arizona Room),
2206 Dewdney Avenue

This is a way to help celebrate Black History Month by recognizing significant achievements.

In Saskatchewan and also Alberta, the situation was different. Saskatchewan

took the lead with a short, narrow piece of legislation which allowed the government to deny access to health care to Saskatchewan children. **To override the Charter Rights of children**, both the Government of Saskatchewan and the [Government of Alberta invoked the notwithstanding clause](#) (Alberta's [Bill 9 passed December 10th](#) 2025).

Alberta shielded three pieces of legislation that restricted trans youth healthcare, forced schools to “out” students to their parents, and banned trans girls from sports. The use of the notwithstanding clause four times in two months sent a chilling message about how far some governments will go to target children. In Alberta, it required a [court injunction](#) to block Alberta's Bill from restricting youth healthcare.

Led by [Mwila Munganama](#), who is the Lead Coordinator at Black in Sask., this event will spotlight the organization's powerful advocacy and community-building work:

- from advancing policy conversations on anti-Black racism
- to championing inclusive change at the municipal level.

It is a small room—please register: <https://www.eventbrite.ca/e/global-connections-stories-culture-and-community-in-conversation-tickets-1977727026776?aff=ebdsoporgprofile>

Books to Bash Barriers

The UFR Reconciliation Library is looking for books. **Please share yours!**

After reading it, have you ever wondered how you could share a book about reconciliation or perhaps a novel by an Indigenous author? Maybe it was a book that helped you change your perspective?

Please donate reconciliation-related books:

- for adults or children
- narratives or poetry
- fiction, historical novels, memoirs, documentaries
- Indigenous spirituality
- seven grandfather teachings or other Indigenous values
- two-spirit or LGBTQIA reflections recognising intersectionality
- where possible by Indigenous authors

Place your donated books in the red basket on the bookcase in the lower hall. Thanks!

If you would like to donate books on other topics, please discuss your idea with Sandra Blenkinsop or Claire Clement. *Think about it*—small space, big topics!

Tax Receipts

The Fellowship Treasurer has prepared your tax receipts for charitable donations made directly to the Fellowship. Ask Sandi when she will hand them out.

Missing donation tax receipts?

Check your [CanadaHelps](#) account which securely stores all your charity tax receipts for donations made through [CanadaHelps.org](#) over the last 7 years

Just [log in](#) using the same email address that was used to make the donation or simply [create an account](#)

Quick links to help self-serve:

- Forgot your password? [Change it here.](#)
- [Download donation tax receipts.](#) *Ensure the email address used and tax year are correct.*

Tip: If you donated in the past and can't locate your tax receipt, try these steps:

- search in your inbox for notifications@canadahelps ...or
- check your promotions / spam folder.

CUC Events

Dismantling Barriers online:

Lessons from the Ontario Railroad Towns

[February 19:](#) 6:00 pm CT
(90 minutes)

Pledge a Monthly Donation. Starting now.

Thank you for your past commitment and for being an important part of our Fellowship. We continue to exist as a Fellowship because you share your time, talents, and passion with each of us. Together we build a supportive community.

Your contribution to regular tasks, projects, committees or the Board is greatly appreciated. This is a perfect time to get involved as a new Board will take charge of key decisions in April 2026.

Your efforts and financial donations make possible a multitude of activities: Sunday service speakers, inspirational programming, communication with YOU (newsletters and weekly emails), website updates, and building maintenance to name just a few.

The Fellowship's proposed 2026 budget recognizes:

- the intent to continue to do outreach work in the community
- the necessity to keep our building and parking spaces in good repair, because they are a source of income for the Fellowship
- the importance of meaningful efforts to dismantle racism and support the disadvantaged
- the creation of a community that provides a positive approach and supports people.

A pledge is an advance commitment to make a donation of a specific size as a minimum.

A Pledge helps the Fellowship ensure it does not stretch beyond its capacity during the year. **Your pledge makes it possible for the Board to plan ahead for bigger expenses.**

During 2026, the Board invites donors to consider adding a little extra to enable the Fellowship to complete work on the Roof of the Unitarian Centre. About \$11,000 remains in the Fund and the Finance Committee estimates another \$10,000 will be required. And yes, inflation happens and sadly the amount required gets a little bigger each year.

Your regular presence at Sunday services and the annual meeting are a big gift too.

Many thanks for your many contributions in a variety of ways.

The Board appreciates YOU!

Awareness

February is national Black History Month in Canada

February is a time for reflection:

- an opportunity to ask ourselves how we are showing up for racial justice, not just this month, but all year long.
- dismantling racism is deeply connected to our faith and values as Unitarians
- this work is important in every one of our principles

This is a time for Unitarian Universalists in Canada to remember that in 1995 it was the work of Dr. Jean Augustine that resulted in Black History Month being officially recognized in Canada.

Dr Augustine was the first African-Canadian and the first Black woman elected to the Canadian Parliament. We honour her contributions in building public knowledge of the contributions of Black communities in all parts of Canada.

We celebrate three decades of Black History Month in Canada and recognize the enduring legacy of Black Canadians, whose leadership, creativity, innovation and resilience have shaped our past, continue to influence our present, and will inspire future generations.

Cybersecurity for ALL of Us

We are all learning how to navigate the digital world and develop safe online

habits. The First Step is to find the path so you can learn how interesting it is.

From age 4 & up: [Download the colouring sheet and maze](#)

From age 7 & up: [Download the word find and match sheet](#)

From age 11 & up: [Download the word find and crossword puzzle](#)

CIRA Canadian Shield

CIRA Canadian Shield blocks malicious websites and links that can steal your data, install malware or trick you into scams. The best part? It's easy to use!

- Protects you from threats wherever they originate
- Keeps your data in Canada, [the Great White North](#)
- Offers multiple levels of protection including blocking adult content
- Available as a mobile app or browser extension
- Free is just free. CIRA will never sell your data or use it to show you ads
- Built for Canadians by CIRA, a national-not-for profit with a mission to build a trusted internet; funded by Net Good by CIRA

Download in the Apple App Store:

<https://apps.apple.com/ca/app/cira-canadian-shield/id6753695349> for iPad

or Download in Google

Play <https://play.google.com/store/apps/details?id=ca.cira.canadianshield>

The [Canadian Internet Registration Authority \(CIRA\)](#) is the organization that manages Canada's .CA domain name registry, develops and implements policies that support Canada's internet community and represents the .CA registry internationally.

In Memoriam: Dr Helen Christiansen, former member Unitarian Fellowship of Regina

Dr Helen Christiansen passed away January 16, 2026 at the age of 85. Helen was a former member of the Unitarian Fellowship of Regina and made significant contributions as chairperson on the Fellowship's Program Committee. She was an avid volunteer at the Regina Public Library, spending many hours supporting newcomers with conversational English.

There will be a **Celebration of Life for Helen on Friday, April 17, 2026 at 1:00PM in Speers Funeral Chapel.**

Helen's husband Bruno Sahut was a Unitarian Lay Chaplain for a time. Photo and details are at

<https://www.speersfuneralchapel.com/obituaries/Helen-Elisabeth-Christiansen?obId=46969659#:~:text=Helen%20Christiansen%2C%20late%20of%20Regina%2C,the%20age%20of%2085%20years>

TO FIND US

Unitarian Centre - 2700 College Ave.,
Regina, SK, S4T 1V1

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

Podcast:
unitarianfellowshipregina.podbean.com

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

Instagram:
https://www.instagram.com/regina_

Unitarian Fellowship of Regina

Purpose: Promoting the teachings and principles of the Unitarian Universalist religion, and bringing together people interested in liberal religion to study religious, moral, philosophical and social questions.

In Memoriam: Rev. Pat Trudeau

Rev. Pat Trudeau passed away following a stroke at the age of 72. It was near midnight on December 27, with her beloved husband, Wilburn Hayden, and her son, Donovan, by her side. A grief circle was held at Neighbourhood Unitarian Universalist Congregation on January 2. Rev. Pat and her son Donovan Hayden have both presented to this Fellowship.



Pat's life was marked by deep commitment to learning, service, and pastoral care. She earned three Masters degrees (Social Work, Adult Education and Counselling, and Master of Divinity).

Throughout her ministry, Pat served as a contract or guest minister for congregations across Southern Ontario and a few western congregations. She leaves behind a legacy of warmth, care, and joyful presence that will always be cherished and remembered.

<https://cuc.ca/enews-january-2026/#pat>

NOTE

To add an article or announcement to this newsletter, please contact us by email reginauu@gmail.com. The deadline for contributions is the 20th of the month.

We look forward to hearing from you.

BOOKKEEPER required

The Unitarian Fellowship of Regina is seeking a part-time person 5-7 hours weekly to do bookkeeping, solicit and coordinate rentals and communications. This position works with the Treasurer to meet the Fellowship's requirements.

Do you love numbers and also like working with people? Do you have a business certificate? You might be the person this job is looking for.

The Fellowship requires:

- a skilled bookkeeper with solid accounting knowledge
- respect for privacy of donations, tax receipt rules
- active outreach for rentals with convenient tours of charming, flexible venue for weddings
- excellent organization to keep secure all digital and paper files
- active role in cybersecurity
- ability to maximize website SEO
- clear, courteous and timely communication
- advanced computer skills
- ability to meet multiple deadlines

Learn more about the Unitarian Fellowship of Regina here: <https://reginaunitarians.ca>

Pay \$23/hr and will vary with qualifications

Apply today!

Apply with resumé to ufr.treasurer@sasktel.net

Applications close noon February 8, 2026

or when the position is filled.

All qualified candidates are encouraged to apply. The Fellowship values respect, trust, and diversity.

At the Unitarian Fellowship of Regina, we affirm and celebrate the diversity of our humanity including age, ethnicity, gender identity, race, sexual orientation and abilities.

We regret that the Unitarian Centre is not wheelchair accessible. There are stairs at both entrances.