

The Chalice

April 2026 Newsletter

Unitarian Fellowship of Regina

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

April 5, 2026



Welcome to the April Instalment of the *Meaning Making series*: Fiona Heath presents **Earth Blessings**, the practices of nourishing nature while being nourished by the natural world. How do we live in alignment with the rhythms of the earth.

April 12, 2026



Join us April 12, 2026, for the Unitarian Fellowship's **Annual General Meeting**.

Come and voice your opinion. Use your vote to help guide the Fellowship!

April 19, 2026



Join us for our monthly **Potluck** where we enjoy each other's company and share our thoughts on current learnings. Bring a friend, bring your kids! May this time be one of renewal. Potlucks will take place on the 3rd Sunday of each month.

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.

April 19, 2026, continued



Make it a Lunch and Learn.

Join us to learn about Esperanto with Sherry Wells and David Yaki.

April 26, 2026



Welcome to the April ***Discussions on Nourishing Nature*** as part of our *Meaning Making series*. This month we are exploring our interdependence with nature, how we are nourished by nature and reciprocate by nourishing nature in return.

And watch for...

Liberating Love – May 3 and May 10 - the last in the 2026 Meaning Making series.

The practice of liberating love: How do we bring love into the world? How can love liberate us?

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Get involved with Unitarians!

Share your knowledge & skills
Deepen your friendships

BOARD of Trustees

Jamie Struthers, Sandi Whitford, Claire Clement, + 3-4 folks to be elected April 12, 2026

STANDING COMMITTEES

Program Committee

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

Membership Committee

Ethel Struthers, Marena Charron, Jim Hutchings, + ...

Property Committee

Claire Clement, Jim Hutchings + ...

Finance Committee

Sandi Whitford, Phillip Muñoz + ...

Lay Chaplain Committee

Jamie Struthers +

Nominating Committee

Claire Clement, Jane Knox

ACTION GROUPS

Social Media

Sandi Whitford, Jim Hutchings

Policies

Jane Knox + various folks with insight (What makes an organization work?)

Reconciliation

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

This group is considering shape shifting into a broader anti-racism, anti-oppression role.

Cybersecurity Overseer

Michael Fig, Sandi Whitford

Board Talk

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.

by Ethel Struthers, Secretary

Preparations for the Annual General Meeting are nearing the end. Each member will receive both a digital copy and a paper copy. Any members who haven't received their paper copy will have one ready for them on April 12 at 1:00.

Kudos to all volunteers who have helped



Unitarian Fellowship of Regina

Annual General Meeting

1:00 pm, Sunday April 12, 2026

with the Administrator's Work Interim Plan.

The Property Committee needs people to volunteer on a regular basis to help with the tasks. If this is something that interests you then please contact Claire Clement.

The Board thanked our outgoing past-president Jane Knox and former treasurer Joanne Green for their service on the Board. A huge thank you to both for their deep commitment to the health and wellbeing of the Fellowship and to its growth and stability throughout the years. This was Joanne Green's last Board meeting with the Unitarian Fellowship of Regina. We will miss her and continue to wish her and Wayne continued success in Winnipeg.

Reconciliation Ripples

Treaty No. 6 Leaders met with His Majesty, King Charles III (from <https://otc.ca/> 2026-3-19)

Seven leaders from Treaty 6 First Nations met [early March] with His Majesty, King Charles III during a historic private audience at Buckingham Palace, marking a significant moment in the ongoing Treaty relationship between Treaty 6 First Nations and the Crown.

The meeting was brief, but meaningful, particularly given the historic significance of the Crown meeting with First Nations of Treaty 6 the year of the 150th anniversary of the signing of that Treaty. The 150th Commemoration of Treaty 6 will be at Fort Carlton on August 20 to 23, 2026.

“The visit was quite positive. The King was welcoming and was engaged, asking questions about what is happening on First Nations and how Treaties are being implemented and honoured,” said Mistawasis Nêhiyawak Chief, Daryl Watson. “He is committed to upholding the honour of the Crown under Treaty.”

“The sacred pipe was lifted to signify the sacred Treaties, our Treaties are international law, our Treaties protect our way of life on the land as long as the sun shines, grass grows, and rivers flow,” said FSIN Chief Bobby Cameron.

[Read more here.](#)

[The Crown and Indigenous People: Treaty](#) (17 minute video by Government of Sask. distributed by the Office of the Treaty Commissioner.)

Awareness

April is Sikh Heritage Month

April is Sikh Heritage Month in Canada and in Saskatchewan—celebrating the significant contributions of over 500,000 Sikh Canadians. Sikhism is one of the world's youngest religions. It was founded just over 500 years ago. The first Sikh gurdwara in Canada was established in Vancouver in 1908.

This is an opportunity to learn about the Sikh values of equality, Selfless service, and community. In Regina, the community will celebrate with the Khalsa Parade (Vaisakhi Nagar Kirtan) taking place on May 23, 2026, bringing people together in unity and welcoming everyone to experience the celebration.

Core Philosophy (Equality): Sikhism teaches that God is in all and emphasizes treating everyone with respect, regardless of gender or personal traits. The soul (*Jot*) is considered divine energy, which is genderless and formless.

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**

Awareness

National Volunteer Week

[National Volunteer Week in Canada](#) in 2026 takes place from **April 19–25, 2026**, acting as the centerpiece for celebrating volunteerism across the country. Take the opportunity during April to say “Thanks” to someone who gave your spirit a lift on a tough day.

Volunteering is a win-win situation for volunteers and the Fellowship. We all benefit. That is why 2/3s of the Fellowship’s members get involved and help to create a community.

The [Canadian Mental Health Association of Toronto](#) says volunteering helps to improve a volunteer's health and well-being. It also develops skills—maybe greeting people with a smile or computer skills, or growing your world perspective. And it fosters a sense of purpose which really feels good.

We aim to ensure that every person who enters the Unitarian Centre feels welcomed and supported. We want to be a reliable “Caring Community” and we work together to support each other. Expressing compassion develops community warmth. Caring for others builds rich connections that support us even when we are not together.

Getting involved is the key. We help the Fellowship and the Fellowship helps us.

It’s all about connecting! We share skills with one another too. Everyone has something to share. Patience, kindness, specific knowledge. And it is the connecting part that energizes and gives us more “get-up -and-go!”

Led by [Volunteer Canada](#), this year’s theme, “**Ignite Volunteerism**,” aligns with the 2026 International Year of Volunteers for Sustainable Development to encourage community reconnection.

Protect the Planet

Talk about climate is sometimes about the dangers. Have you heard about the rapid global rise of solar and wind power?

Solar and wind power are now cheaper. Together they will soon be a much larger source of electricity. These solutions are within reach.

In some parts of the world there is lots of momentum. Almost everywhere you travel around the world, you will see greater evidence of use than we see in our back yard. Although Indigenous Bands near us invest in these safe energy sources.

What role can citizens and communities play? Can we help to accelerate the shift away from fossil fuels? Here is a learning opportunity:

Here comes the Sun: Driving a Renewable Energy Revolution With Bill McGibben

Wednesday, April 8 at 4:30 pm CST

[REGISTER HERE](#)

Books to Bash Barriers

Books for little ones before summer

A Family is a Family is a Family

(2016) by Sara O'Leary (Picture book)

Whimsical; shows blended, foster, mixed-race, two-mom, grandma-guided families, etc.

A Friend like You (2021) by F. Murphy & C. Gordon with illust. K. Harren (for ages 4-10)

A perfect story for anyone learning how to make friends and exploring what it means to be a friend ... curious, kind, accepting, thoughtful, forgiving, flexible, an ally.

B is for Bellies (2023) by Rennie Dyball (author) & Mia Saine (illustrator).

A joyous rhyming picture book celebrating every body for kids (about gender expression).

Bodies are Cool (2021) by Tyler Feder (author and illustrator)

This is a cheerful love-your-body picture book for preschoolers. It is an exuberant read-aloud book with bright and friendly illustrations to pore over.

I Love Me from A to Z: A Body Positive ABC Board Book (2025) by Emily Lauren Dick (author) and Mimi Moffie (artist and illustrator).

A book about kindness and autonomy, this book affirms that every child is unique and amazing, inside and out. All children have talents, bodies, and abilities that we can celebrate. With each letter of the alphabet comes a new affirmation encouraging children to use their minds and bodies to experience the

world and love themselves more completely.

The Increase in Anti-Semitism

by Jim Hutchings

One thing that I find particularly concerning these days is the increase in attacks on synagogues reported in Canadian cities. One cause of the increase is, I believe, the long-time apartheid policies now augmented by the ongoing genocide of the Palestinian people by the state of Israel.

Now we add the Israeli/US attack on Iran and Israeli invasion of Lebanon. With the use of today's technology and despite the Israeli government's relentless killing of journalists, we are all too aware of Israel's flouting and disregard of international law and human rights.

Unfortunately, the public is erroneously making a direct connection between Judaism and Israeli government policies and actions. Jewish action groups all over the world are protesting these policies and actions.

The driving force behind the conflict in the Middle East is Zionism and its dedication to driving out Palestinians and appropriating their land while destroying schools, hospitals, universities, libraries, housing, effectively erasing Palestinians from their traditional lands.

The significant up-tick in antisemitism in Canada is one of the results of the public's increased awareness of events in the "Holy Land".

Be Cyber Aware

7 in 10 Canadians experienced cyber security incidents in 2022. The frequency of cyber-attacks has risen dramatically since then.

Canadian Internet Use Survey



THREE KEYS

1. Knowing the 4 P's — Pretend, Problem, Pressure, and Pay — is an easy way to recognize scams before you become a victim. (Source – stories.TD.com)

- **Pretend** (Impersonation): Scammers pretend to be someone you trust, such as a family member, government agency, bank, fireman, or tech support. They use fake emails or phone numbers.
- **Problem** (Urgency): To make you panic, they claim there is a problem with your credit card, your bank account, or a family emergency.
- **Pressure** (High Stakes): They insist on immediate action, ensure you don't have time to verify the story, and warn you not to tell anyone else.
- **Pay** (Unusual Payment Method): They demand payment through untraceable or hard-to-reverse methods, including gift cards, cryptocurrency, wire transfers, or mailing cash.

2. Always verify who is contacting you. Hang up immediately and call your family or bank using their real number, email or text (the one you always use). Do not use the email or

call the number given you by the scammer. Any alternate channel is OK. If you've been scammed, report it immediately both to your bank and the police.

3. Steps to stay safe:

- **Protect** – Safeguard your personal and financial information. DO NOT SHARE IT.
- **Patience** – Take your time; don't let anyone pressure you into quick decisions.
- **Proactive** – Stay informed and watch for unusual activity.
- **Prevent** – Report suspicious behaviour early to help stop fraud before it starts.

Source: [The 4 P's of Fraud - Cybersecurity for Seniors in Canada](#)

Fellowship Bookkeeper & Office Administrator Update

The Board is very pleased to announce that they have hired a person well-qualified for this position.

April is for orientation and essential bookkeeping, then rentals.

Many thanks to all those who kept the ship afloat: Sandi (bookkeeping), Claire (building), Ethel (rentals), Michael Fig (website), Ethel (emails), Jane and Sandi (annual report), Jim and Michael (tech during Sunday services), and Jane and Tanith (Chalice). **Teamwork!**

Community Events

Annual General Meeting — Unitarian Fellowship of Regina

Sunday April 12 at 1:00 pm

Unitarian Centre – This meeting replaces the regular service. Observers welcome.

Here Comes the Sun—Driving a Renewable Energy Revolution with Bill McKibben

Wednesday April 8, 4:30 pm:

Register at:

https://us02web.zoom.us/webinar/register/WN_CaaTWWVrqSlaVfw5L44pMJg

Death Boat and Other Stories: The Kampelmacher Memorial Collection of Indigenous Art On view throughout April and until 2 May 2027

MacKenzie Art Gallery

This is a stunning collection of remarkable art. Plan to visit more than once. Many items call you to study their artistry.

Regina Reads Indigenous 2026!

Wednesday, April 15 at 1:30 pm

Regina Public School Board Office **4th Avenue** (a bit east of Broad on your left). Park at back; use back door. Ron Mitchell Room. Refreshments: bannock and tea

Superannuated Teachers organize a local adaptation of Canada Reads just for fun. Books by Métis and Indigenous authors are featured this year. Enter the draw for one of the books presented! Guest speaker to be announced.

[Reimagining Non-Profits](#)

Friday–Saturday, May 1 & 2, 2026

Luther College, U of R, Regina

Registration required for zoom event:

[Register now!](#)

CUC Events

[Congregational](#)

[Conversations: Shifting from Problem to Opportunity](#)

Saturday April 18 at 11:00 am (90 min)

[Dismantling Barriers: Positionality and Economics](#)

Thursday [April 23](#) at 5:00 pm CST (90 min)

[Workshop: UUism and Social Enterprise with Shaun Loney](#)

Saturday [April 25](#) at 11:00 am CST (90 min)

Give Us Spirit

Submitted by Pam Bocking

WISDOM FROM WILLIAM BLAKE

William Blake (1757-1827) was a visionary, a poet, and an artist. He is best known for his poetry in Songs of Innocence and of Experience.

Most people are aware of the following short poem:

To see a world in a grain of sand
And a heaven in a wild flower
Hold infinity in the palm of your hand
And eternity in an hour.

Another short poem, “Infant Joy”, is worth pondering upon:

“I have no name
I am but two days old”
What shall I call thee?
“I happy am
Joy is my name”
Sweet joy befall thee!

There is a lot of information online about William Blake, who was a very complex person.