The Chalice

May 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**

May 3, 2026

Liberating Love: How do we bring love into the world?

How can love liberate us? Rev. Samaya Oakley speaks to us by video in this year's Meaning Making series, "Meeting this moment with love and justice."

May 10, 2026

In this last service of the 2026 meaning making series, we are stepping onto hallowed ground - following in the footsteps of some of our religious and spiritual ancestors.

Now is the time to catch the echoes of our Universalist ancestors and shape their words and actions to fit our century and our problems.

What does liberating love mean to you and how do you put it into practice?

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.

May 17, 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 3ra Sunday of each month.

May 24, 2026

Join Paulina Larreátegui as she talks about her projects and her research and work with Indigenous Clean Energy. The not-for-profit organization advances Indigenous-led capacity building and collective action in Canada's clean energy transition.

Her current research delves into transnational advocacy networks supporting Indigenous women environmental defenders across the Americas.

May 31, 2026

Join us as we listen to Rev. Shawn Gauthier talk on **Unitarians Face a New Age**:

“Everyone wants a village, but not everyone wants to put in the work…unless we take bold action and make real changes in the next few years, I suspect many of our congregations will be gone in a generation if not sooner… Almost 100 years ago our spiritual forebears were faced with the same dilemma and dared to ask *Is there a worthy and compelling purpose for Unitarianism still to exist*.“ Are we up to the challenge?

Get involved with Unitarians*!*

Share your knowledge & skills
Deepen your friendships

BOARD of Trustees
Jamie Struthers, Sandi Whitford, Claire Clement,Ethel Struthers, George Garbe, Istvan Sipos

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

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Nominating Committee
Claire Clement, Jane Knox

ACTION GROUPS
Social Media
Sandi Whitford, Jim Hutchings

Policies
Jane Knox + various folks with insight

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

Cybersecurity Overseer
Michael Fig, Sandi Whitford

Inclusivity
Jane Knox, Zoë Sargent

2025 Annual General Meeting

by Ethel Struthers, Secretary

A huge thank you to all members who were able to attend both in person and online. A total of 24 out of a possible 32 members were in attendance. Thank you for exercising both your vote and your voice.

The members of the Fellowship approved the 2025 Annual Report. A copy will be available soon at https://reginaunitarians.ca/what-unitarians-believe/

Members also approved the budget for 2026.

The membership voted to extend Wybo Ottenbreit-Born and Lisa Taylor's contract as Lay Chaplain as required. We appreciate their availability to serve the Fellowship and the broader community with very special, personalized ceremonies such as weddings and memorials.

Jane Knox and Clair Clement are welcomed as members of the Nominating Committee for terms ending in April 2028 and 2027 respectively. Please speak to them if you are interested in being on the Board in the future.

The Board thanks the ongoing service of both Jane Knox as past president and Joanne Green as Member-at-large and former treasurer for their continuing service to the Fellowship.

The congregation welcomed the new Board of Trustees:

- President – Jamie Struthers
- Vice President – Claire Clement
- Treasurer – Sandi Whitford
- Secretary – Ethel Struthers
- Member-at-Large – George Garbe
- Member-at-Large – Istvan Sipos

A resolution to adopt the Anti-Apartheid pledge was narrowly defeated and an action group will be formed. (More information on next page.)

2025 Annual General Meeting Report continued…

A Resolution brought forward from the floor by Jim Hutchings and seconded by Helmi Uguh that the Unitarian Fellowship of Regina pledge:

WE AFFIRM our commitment to freedom, justice, and equality for the Palestinian people and all people; and

WE OPPOSE all forms of racism, bigotry, discrimination, and oppression; and

WE DECLARE ourselves an apartheid-free community, and to that end

WE PLEDGE to join others in working to end all support to Israel's apartheid regime, settler colonialism, and military occupation.

Discussion

All members and friends present received Apartheid Free Community brochures and Jim Hutchings gave a brief introduction about the organization.

Since the pledge was developed by the Organization for Apartheid Free Communities, it was agreed that no changes could be made to the pledge.

The majority of comments were in favour of the resolution.

Some of the concerns that were raised were:

- whether by agreeing to this pledge that as a community we'd be pledging to work towards opposition actions with a foreign government,
- questioning whether the community would be using any financial resources to oppose a foreign government,
- questioning whether this is the role of this faith group to make public statements,
- wondering if the community would be willing to have more discussion of the issue,
- feeling concerned about the last section of the pledge,
- believing the pledge did indeed cover the concerns of the Unitarian Principles and in particular the 8th principle to actively dismantling racism and other oppressions, and
- taking the pledge as an individual instead of as a group so as not to divide the UFR community.

Vote

Jane Knox raised the issue that this motion, that the Unitarian Fellowship of Regina make the pledge, would constitute the same as making a formal position statement. The chair ruled that was the case. Therefore, the voting regulations required two-thirds of members to pass (2.9 b.), or 15 of 22 present members.

14 people voted in favour, 3 opposed, and 5 abstained. The required majority was not achieved and the resolution was defeated.

Following the vote the question of developing an action group to study the issue further was raised.

Canada continues to sell war materials indirectly to Israel

by Jim Hutchings

Canada continues to sell war materials to Israel during the genocide and apartheid treatment of Gaza and the West Bank. Since 2024, the Canadian government has restricted direct arms export permits to Israel, but these restrictions do not apply to US bound shipments intended for re-export.

Why is the Canadian government allowing this? The pressure from Israeli lobbyists is intense and has been going on for decades. We have been told the false narrative about the righteous Israeli army and the intransigent Palestinians for decades as the Israeli government has systematically disenfranchised Palestinians, driving them from land their ancestors have lived in for centuries and brutally punishing any resistance. This needs to stop. Israeli transgressions against Human Rights and International Law need to be recognized and addressed. This insanity will not stop if we turn a blind eye to the slaughter of innocents.

What can we do?

We must pay attention to the many Human Rights organizations and the brave journalists (Israel killed at least 84 in the past year) and insist that Israeli leaders be held to account. If we look away, we are complicit.

Oppression and Artificial Intelligence

Excerpts from *November 2025 newsletter of UBI Works* (Universal Basic Income) submitted by Jane Knox

Jane: Personally, I think we have to find solutions to the huge demand for energy and water that is typical of the Artificial Intelligence (AI) industry at present. Until we solve those things, AI is another way of disadvantaging some and giving a huge boost to others. In other words, in my view, there is a significant risk that AI will increase inequity and oppression rather than dismantling oppression as the Unitarian 8th Principle urges. So here are some thoughts from others far more knowledgeable than I, excerpted from *UBI Works newsletter*, November 2025.

“We're entering an era when the stuff of science fiction is quickly becoming reality.

In our earlier interview with "AI Godfather" Dr. Geoffrey Hinton, he predicted that *all human occupations could be automatable within 50 years*.

What happens when the cost of labour and intelligence trend to zero? What will happen to labour's bargaining power? How can UBI, sovereign wealth funds, and AI dividends ensure freedom and agency for all citizens?

Recently, we sat down with two leading futurists to dive deep into these questions: David Shapiro, Post-Labour & AI Expert (~200K on YouTube) and Dalibor Petrovic, ex-Deloitte Partner and Harvard Business Review Advisor, hosted by Ken Yang.”

Awareness

National Day of Awareness Missing and Murdered Indigenous Women and Girls

May 5th is the National Day of Awareness or Red Dress Day

We honour the lives of missing and murdered Indigenous women and girls and the 2SLGBTQIA community who also experience oppression, violence, and whose lives are often cut short.

In Canada, more than six in ten (63%) Indigenous women have experienced physical or sexual assault in their lifetime. The impact of these disproportionately high rates of violence is felt in all areas of life. The effects on health and wellness include inequitable access and treatment in health care and underrepresentation in health research.

For more detail:

- Canadian Institutes of Health Research: https://cihr-irsc.gc.ca/e/52964.html
- Crown-Indigenous Relations and Northern Affairs Canada https://www.rcaanc-cirnac.gc.ca/eng/1590523702000/1757436656642

It is past time for Canadians to speak out and call for a stop to violence against Indigenous women, girls, and the 2SLGBTQIA community.

Countless families and communities have been devastated by this national tragedy. The systemic violence that continues to target Indigenous women and girls is disturbing. We seek to change Canadian policies that continue to leave women and children at risk, generation after generation in our own communities.

More Information on MMIWG2S

- Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls
- MMIWG2S Calls for Justice [PDF]

Reconciliation Ripples

Recognizing Indigenous Wisdom

The Dec. 10, 2025 episode of IDEAS IN THE AFTERNOON shared an important Indigenous perspective on earth care. You can listen to it here:

Regrowing Home: Julian Napoleon (54 mins)
https://www.cbc.ca/listen/live-radio/1-23-ideas/clip/16186890-regrowing-home-julian-napoleon

Julian Napoleon's great-grandparents once farmed on the Saulteaux First Nations reserve in northeastern B.C. Over the generations, the farm was replaced by the bush, and the ideas of communal, seasonal living that animated their farm started to fade away. Five years ago, Julian moved home to bring their farm – and their ideas – back to life. IDEAS visits Amisk Farm to learn about rural food security, Indigenous food sovereignty, farming in the north, and what it means to come home and grow a new home in a radically transformed landscape.

Practice Good Password Hygiene

Did you know that bad passwords are the most exploited weaknesses in cyber security?

Password hygiene is a set of rules to make sure that you are using and maintaining passwords the right way so that bad actors can't get into your accounts.

And it can be simple.

1. **Add multifactor authentication to accounts.** It's annoying to have to keep reaching for your phone to log in, but it'll slow hackers down if they have to get access to another account.
2. **Use long, random passwords.** The longer they are, the harder they are to hack. Use passwords 16 characters long that contain lowercase and uppercase letters, numbers, and special characters. For passwords you need to remember, use a string of 4 random words.
3. **Never reuse passwords.** If one company is hacked, your other passwords will be safe.
4. **Use a password manager to remember passwords.** Password managers make it easy to practice good password hygiene. They can generate unique passwords easily and some check passwords against known password leaks.

When working in teams:

1. **Find out who has passwords, sign-in credentials, and who renews domains and software.** Limit who has passwords to just the folks that need them.
2. **Use software that lets you use multiple logins** so everyone maintains their own passwords (when possible). For example, Google Groups lets multiple people maintain one email.
3. **Use secure methods of transferring passwords** (when necessary). Never share passwords by email or document/spreadsheet. You can get a team password manager, share passwords using encrypted messages, or share the password in person.
4. **Update shared passwords regularly,** especially when someone leaves the team.
5. **Require everyone to follow good password hygiene!**

New Admin & Bookkeeper Introduction

My name is Baljeet Kaur, and I recently joined the Unitarian Fellowship as a Bookkeeper and Office Administrator. I grew up in India, where I completed my Bachelor of Commerce, and later moved to Canada to continue building my career. I am proud of completing my education and successfully building experience in administration and bookkeeping across different organizations.

I have worked in roles involving office administration, financial record-keeping, and program coordination, which have strengthened my organizational and communication skills.

I am looking forward to supporting the Unitarian Fellowship in its daily operations, learning more about the community, and contributing to a positive and welcoming environment.

Books to Bash Barriers

Mindset & Empathy

Deep Kindness: A Revolutionary Guide for the Way We Think, Talk, and Act in Kindness (2020) by Houston Kraft — Moves beyond superficial kindness to a deeper, more intentional practice.

Emergent Strategy: Shaping Change, Changing Worlds (2017) by adrienne maree brown — Explores how to navigate change and build complex, resilient systems through cooperation.

Hope for Cynics: The Surprising Science of Human Goodness (2024) by Jamil Zaki — Promotes "hopeful skepticism" to build trust in others.

We Heal Together: Rituals and Practices for Building Community and Connection (2023) by Michelle Cassandra Johnson — A guide to collective healing and finding connection with compassion.

Seek: how curiosity can transform your life and change the world (2023) by Scott Shigeoka. This book teaches readers more than a dozen concrete strategies to bring Deep Curiosity into their lives.

For Young Children

Mrs. Wiggles and the Numbers (2023) by Lisa Konkol
This is a happy, read aloud, rhyming book that delights all ages who enjoy finding things and helping zeros feel belonging. (*2023 Literary Titan Award*)

Planned Giving

Originally published by the Regina Leader-Post and also by the Saskatchewan Community Foundation. *Click here to view the original article.*

"Many Canadians would like to donate to worthy causes but feel restricted by the financial reality of daily living. Regardless of your financial position, you can donate to worthy causes. The answer is a secure, simple strategy called planned giving.

Planned giving means a gift set out in your will. "Anyone can truly give a planned gift because it doesn't affect your day-to-day finances," says Jenna Peoples, legacy giving advisor with the Saskatchewan Community Foundation. Sometimes, the gift is made possible because of a life insurance policy, for example, or from the sale of a major asset such as a home.

Of course, you also want to make sure your loved ones are looked after as well. By including a planned gift through the Foundation in your Will, you can be both a valued donor to an organization and a benefactor to your family. There is no "either-or" decision.

Remember, too, that any donation to a worthy organization is always appreciated and important, regardless of the size of that gift.

From a purely practical perspective, a planned gift is a charitable donation and can generate a tax credit that reduces the final tax bill for your estate. This can be very straightforward and of real benefit for everyone.

A great first step is to contact The Saskatchewan Community Foundation. They can answer your questions about planned giving and then ensure your legacy goes to the charities of your choice. What's more, should you change your mind as to where you want your gift to go, it's as simple as calling the Foundation to make your desired changes — without the cost of changing your Will."

Community Events

Talk: Red Dress Day For MMIWG2S+
Sunday May 3 at 1:00 pm
Mackenzie Art Gallery

Feature guest speakers Jaime Black-Morsette, Tracey George-Heese, Agnes Yellowbear, and Chelsea Nokusis share stories and art that reflect their work around the Red Dress project.

Talk: Rent Control
Wednesday May 6 at 6:00 pm
The Artesian

As part of their Solidarity series, the Hampton Project is hosting a talk by Peter Gilmer & Simon Enoch on rent control.

Book Club: Every Moment Is A Life: Gaza In The Time of Genocide
Sunday May 31, 2:00 – 4:00 pm
Abstractions Café, 2161 Rose St

Join for a discussion of Susan Abulhawa's "Every Moment is a Life," an anthology of short stories by 18 young writers in Gaza whom Abulhawa mentored during the genocide.

CUC Events

Workshop: Navigating Conflict with Necessary Trouble Collective
May 9 - 11:00 am CST (90 min)

CUC Annual General Meeting
May 23 - 11:00 am CST (3.5 hrs)

Dismantling Barriers: Boundaries Are My Love Language
May 28 - 5:00 pm CST (90 min)

Give Us Spirit

Submitted by Marena Charron

I think over again my small adventures,
my fears.
These small ones that seemed so big.
For all the vital things I had to get and
to reach.
And yet there is only one great thing,
The only thing.
To live to see the great day that dawns
And the light that fills the world.

~Inuit Song

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

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.