

The Chalice

September 2026 Newsletter

Unitarian Fellowship of Regina

Join us for *friendly, informal* **Sunday Services at 1:00 PM**
at the Unitarian Centre, 2700 College Avenue followed by coffee/tea.



September 6 – **No Unitarian Service**

Some people must work during Labour Day Weekend.

We thank all workers, and especially those who are working to make our lives easier.



The Annual Water Ceremony

A beautiful tradition of **renewal, reflection, and reconnection**. Our Water Ceremony brings us together to celebrate the many experiences and journeys that make our community unique.



Sunday, September 13 | 1:00 PM
Service Leader: Ethel Struthers

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.

POTLUCK

It's a potluck and an opportunity
to share your ideas and plans for Fall.



— AT 1:00 PM —
20 SEPTEMBER, 2026



UNITARIAN FELLOWSHIP OF REGINA

Fall Potluck – September 20

Join us for good food, great company, and a chance to **share your ideas and plans for the Fall!**



Unitarian Fellowship of Regina

Yom Kippur

A Time for Reflection
A sacred day of
introspection, forgiveness,
and renewal.
We honour the Jewish
community and all who
observe Yom Kippur.

Orange Shirt Day

EVERY CHILD MATTERS
We honour Residential
School Survivors,
remember the children who
never returned home, and
reflect on our shared
commitment to truth and
reconciliation.

Sunday, September 27

🕒 1:00 PM
SUNDAY SERVICE

📍 Unitarian Fellowship
of Regina
3700 Wascana Parkway

👥 SERVICE LEADER
Jamie Struthers

September 27 — Yom Kippur & Orange Shirt Day

Join us at **1:00 PM** for a meaningful time of reflection and remembrance. We will recognize **Yom Kippur**, honouring themes of reflection, forgiveness, and renewal, while also acknowledging **Orange Shirt Day**, honouring Residential School Survivors and remembering the children who never returned home.

❤️ **Every Child Matters**

by grace,
THROUGH FAITH.

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.

Get involved with Unitarians!

**Share your knowledge & skills.
Deepen your friendships.**

“+” means other members invited

BOARD OF TRUSTEES

*Jamie Struthers, Sandi Whitford,
Claire Clement, Ethel Struthers,
George Garbe, Istvan Sipos*

STANDING COMMITTEES

Finance Committee

Sandi Whitford, Phillip Muñoz, Jane Knox

Lay Chaplain Committee

Jamie Struthers ...+

Membership Committee

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

Nominating Committee

Claire Clement, Jane Knox

Program Committee

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

Property Committee

Claire Clement, Jim Hutchings, ...+

ACTION GROUPS

Cybersecurity Overseer

Michael Fig, Sandi Whitford

Inclusivity

Zoë Sargent, Jane Knox, ...+

Policies

Jane Knox & others (varies by topic) ...+

Reconciliation

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

Social Media

Sandi Whitford, Jim Hutchings, ...+

Board Talk

by Jamie Struthers, President

Welcome back!

For the two summer meetings, the Board decided to step back somewhat and take a longer view of the interests of the Fellowship and its membership and the direction going forward. This was both from the internal congregational life including program format and content, as well as our involvement in community outreach and social action.

In terms of congregational life, the Board had discussions concerning such topics as the role of spirituality and social awareness topics, as well as the Meaning Making series of services. Some discussions involved the format of services, particularly concerning the congregational discussion to follow. The role of potluck luncheons and other potential social activities were discussed at some length.

There have also been significant discussions concerning options for involvement of the Regina Unitarian Fellowship or some interested members in various community outreach activities. Many of these discussions involved issues of social justice, both in our local community and those with a wider, sometimes global perspective.

Questions from the Nominating Committee????

Are you getting joy by using your skills?
Are you making new friends, sharing your interests and talents with others?
Is your future on a Unitarian Committee or the Board? Join for the Fellowship!

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.

Awareness

September 30th is National Reconciliation Day. It coincides with Orange Shirt Day which [honours the Indigenous children who were sent away to residential schools in Canada.](#)

Please take a moment to think about people who, as children, were taken away from their home, family, culture and language. Often, they could return home only for a few weeks during summer. Many youth became estranged from their community so that they did not feel they belonged ANYWHERE; not with their family and not in the town neighbouring the residential school. As adults, many could not identify a place of comfort to call “home.”

Remembering Colten Boushie

source: <https://otc.ca/remembering-colten-boushie/>

August 2026 marked 10 years since Colten Boushie was fatally shot on August 9, 2016. His death drew attention from across Canada and sparked a conversation about racism and discrimination in Saskatchewan.

Colten was a son, brother, and friend whose young life was cut short. His story remains a call to action for justice and change. We take time to remember today because we want a better future.

Ten years later there is still the need to battle racism, to learn more about Indigenous culture and worldview, and to bring justice for missing and murdered Indigenous Peoples.

To honour Colten’s memory, we stand in solidarity with his friends and loved ones and with all people facing racism or hate in Saskatchewan.

We work towards a future where all people can live in safety. To learn more about Colten’s story, watch

[nîpawistamâsowin: We Will Stand Up.](#)

History of Orange Shirt Day

Adapted from <https://orangeshirtday.org/>

In September 1973, six-year-old Phyllis Webstad proudly set off to St Joseph Mission residential school. She was wearing the beautiful orange shirt that her loving grandmother had given her in celebration of this happy day in her young life.

“I remember going to Robinson’s store and picking out a shiny orange shirt. It had strings and laces up the front and was so bright and exciting just like I felt to be going to school.”

Phyllis was never to wear her orange shirt at the school. It was taken from her by school officials and she never saw it again.

In 2013, during a Truth and Reconciliation event at Williams Lake, British Columbia, Phyllis told this story of disregard; she profoundly felt that she did not matter. She was to deal with the impact of those sad feelings for many years of her life.

Her very poignant account inspired the establishment of the Orange Shirt Day in 2015, to support residential school survivors and their families and to raise awareness that Every Child Matters. September 30 was designated as the day of significance because it was around this time that children were removed from their homes.

As September 30, 2026 approaches, may we come together in the on-going spirit of reconciliation, always to remember:

Every Child Matters.

Reconciliation Ripples

We are All Treaty People. Treaty Day, (September 15 for Treaty 4) is a day to attend events and a time to learn more.

Treaty Timeline Office Treaty Commissioner

The OTC Treaty Timeline tells the story of Saskatchewan and our Treaty history.
https://otc.ca/pages/treaty_timeline.html

The Crown and Indigenous People

Three videos by the Government of Saskatchewan, distributed by the Office of the Treaty Commissioner:

Treaty: <https://youtu.be/iW-ET0Tf8JI>
17minutes

Residential Schools:
<https://youtu.be/3hZxMXZqvV4>
27minutes

Truth and Reconciliation:
<https://youtu.be/ewXyYIBLc6g>
18minutes

Indigenous News-events from OTC

[Meet the teens who retraced a 150-year-old river route to commemorate Treaty 6](#) (CBC Edmonton)

[Sacred Bundles exhibit honours the grief of residential schools while celebrating the future](#) (Edmonton *Windspeaker News*)

[Knowledge keepers creating inventory of medicinal plants found on land shared by Prairie farmers](#) (CBC Sask)

Need an orange shirt?

<https://mcos.ca/announcements/orange-shirt-day-retailers/> in Saskatchewan.

Books to Build Bridges

RECONCILIATION

[*Here come the aunts!*](#) (2026) by Cynthia Leitch Smith. A read-aloud picture book.

Joyful and warm hearted, this delightful book honors the blessings of every auntie in a child's life. By distinguished author Cynthia Leitch Smith (Muscogee) and illustrator Aphelandra (Oneida).

[*Indigenous Relations: Insights, Tips & Suggestions to Make Reconciliation a Reality*](#) (2019) by Robert P. C. Joseph
We are all Treaty people. But what are the everyday impacts of treaties, and how can we effectively work toward reconciliation if we're worried our words and actions will unintentionally cause harm? Hereditary chief Bob Joseph is your guide to respecting cultural differences and improving your personal relationships and business interactions with Indigenous Peoples.

INCLUSION

[*What I Know About You*](#) by Éric Chacour (2024 – English translation by Pablo Strauss)

An award-winning book, this novel focuses on relations in a Levantine-Egyptian family (post Nasser), and a romantic relationship that strains existing norms, expectations and responsibilities. Set in Cairo and Montreal. This is an opportunity to understand perspectives of others and ourselves.

Protect the Planet

Did you know Canada has a **National Adaptation Strategy** (NAS)?

This National Strategy provides Canada's first whole-of-society framework to **manage climate risks** and **build long-term climate resilience**. It recognizes that climate resilience requires collective action across governments, Indigenous Peoples, businesses, civil society, institutions, and individuals.

In August 2026, the first NAS Progress Report explores how well the Strategy is working and provides an evidence-based snapshot of the state of climate resilience across Canada.

The Strategy sets out an adaptation process that could be applied in any sector: Assess→ Prioritize→ Plan→ Implement→ Adjust (a circular process) <https://www.canada.ca/en/services/environment/weather/climatechange/climate-plan/national-adaptation-strategy/2026-nas-report.html#toc1>

The August 2026 progress report notes that Canada has improved its climate data and tools to collect data (e.g., weather balloons above Saskatoon). Canadians are more likely to consider risk reduction and adaptation. There is more emphasis on prevention, preparedness as well as awareness of flood and wildfire risks.

October's *Chalice* will provide more details about the August 2026 Progress Report. It will also explore how the Fellowship contributes to climate adaptation. What would you add?

Submitted by Jane Knox

Give Us Spirit

Gratitude is the confidence in life itself.....
As gratitude grows, it gives rise to joy. We experience the courage to rejoice in our own good fortune and in the good fortune of others...

We can be joyful for people we love, for moments of goodness, for sunlight and trees, and for the very breath within our lungs. Like an innocent child, we can rejoice in life itself, in being alive.

~ **Jack Kornfield**

Excerpted from *A Meditation on Gratitude and Joy*, published in Jack Kornfield's book: *The Wise Heart*.

[Jack Kornfield | Meditation, Mindfulness & Buddhist Wisdom](#)

Celebrating the life of Pam Bocking

It is with great sadness that we share the recent passing of Pam Bocking, on June 3rd, 2026 at the age of 88.

Saturday October 10, 2026 at 10:30 AM

a celebration of Pam's life will be held at Speers Family Centre, 2333 Cornwall Street, Regina, SK.

<https://www.speersfuneralchapel.com/obituaries/Pamela-Joan-Bocking?obId=48576527>



Community Events

Advancing Re(al)conciliation:

transformative Indigenous cultural awareness sponsored by the First Nations University of Canada and the Royal Bank of Canada.

Learn how the past still defines present realities for Indigenous Peoples.

Actively participate in the reconciliation journey—start today—online.

REGISTER now to participate

at [Advancing Re\(al\)conciliation \[Royal Bank of Canada\]](#)

Climate Conversations Matter.

Let's Get Talking

Wednesday September 9 at 4:30 PM:

https://us06web.zoom.us/webinar/register/WN_aZvI0aGJTIGyw_X37nkRaA

Protecting Prairie Waters, Habitats and Health – Qu'Appelle Valley Association

Sat. September 12: 10 AM - 4 PM

Fort Qu'Appelle in St. Andrew's United Church Hall

Dr. Peter Leavitt will talk about his latest research on the health of prairie waters. There will also be a panel of speakers on drainage regulations, Indigenous land rights, data centres, concentration of ownership of agricultural land, dependence on fossil fuels for our electrical grid, and more. Public Gathering. All are welcome.

Travelling & Talking with Esperanto

Thursday October 8 at 6:30-8:00 PM

Sunrise Library in the Sandra Schmirler Leisure Centre - 3130 E. Woodhams Dr. Regina.

Esperanto—Talk across cultures with a living language

In April 2026, David Yaki and Sherry Wells spoke about Esperanto at the Unitarian Centre. It is an easily learned language that was created to be a practical way for people of different languages to be able to communicate. There is a world-wide movement of people using the language. But the more people who use it, the more useful it will be.

I (Bruce Arthur) learned Esperanto 30 years ago. After the presentation, several people expressed interest in learning it too. Jim and Heather started to study it online using Duolingo. Jim already knows enough to have a simple conversation with me.

We haven't formed a group yet but we might. I write a newsletter for anyone interested in learning more about the progress of Esperanto in Regina.

If you are interested, let's chat on Sunday after the service! All are welcome.

Bruce Arthur, Unitarian

PS – David and Sherri will again be in Regina: **6:30 – 8:00 PM on October 8th at Sunrise Library.**

They invite everyone to attend their slide presentation about travelling the world with the help of a shared language:

Esperanto.

Have a wonderful September!