The Chalice

November 2026 Newsletter

Unitarian Fellowship of Regina

Join us for *friendly*, *informal* **Sunday Services at 1:00 PM**
at the Unitarian Centre, *2700 College Avenue* and on Zoom
followed by coffee/tea and conversation in the lower hall.



November 1, 2026, Sunday Service- Journeying in Community: The Unitarian Path

Hear what members of the Unitarian Fellowship say about the richness that being a member of the Fellowship brings to their lives. What brought you to the Fellowship, what keeps you coming back and how do we move forward together?



Change & Stability: Meaning Making with Rev. Lynn Harrison

Join us on Sunday, November 8, 2026, at 1:00 PM for a meaningful service featuring guest speaker Rev. Lynn Harrison. How do we practice adapting to change, especially when change is unexpected or challenging? How do we practice ways of creating stability for ourselves and others in times of profound change?

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*.



November 15, 2026- Change & Stability Discussion with Jamie Struthers

This month we are exploring how we respond to change, both as individuals and within community. As it's often challenging to adapt to unexpected change, what sources of strength and stability are available to us?
What practices will lead us toward stability in times of profound change?



November 22, 2026- Potluck & Fellowship

It's a potluck! Also, an opportunity to share your ideas informally with the Unitarian community. We look forward to meeting you.

Get involved with Unitarians*!*

Share your knowledge & skills.
Deepen your friendships.

"+" means NEW members invited

BOARD OF TRUSTEES
Jamie Struthers, Sandi Whitford, Claire Clement, Ethel Struthers, George Garbe, Istvan Sipos
…+ openings in March 2027

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
Information Technology
Michael Fig, Sandi Whitford, Istvan Sipos, Jim Hutchings

Policies
Jane Knox & others (varies by topic) …+

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

A Message for YOU
from the Nominating Committee

Are you a member? If not now, when?

Share your skills! Join a committee to share your ideas. Make new friends who share your interests. The list in the column to the left identifies the current opportunities with "+".

Already a member? Help guide the Fellowship in the changing world of charities and nonprofit organizations. Volunteer as a Board member to empower others and answer operational questions.

Be part of the Fellowship's strength. Be part of an active community.

Questions? Talk to the Nominating Committee or any current Board member (listed on left).

Each of us has a part to play in making this a wonderful place to be.

Community Awareness

Each year, Internationally, for 16 Days starting November 25th, we aim to raise a willingness to work for the Elimination of Violence Against Women. During these days, we raise awareness of widespread human rights violations and violence that is specifically directed against women.

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Reconciliation Ripples

Restorative Justice Week is recognized (annually 3rd week of November) to acknowledge the impacts and achievements of the Restorative Justice approach and raising more awareness towards this approach.

Restorative Justice refers to "an approach to justice that seeks to repair harm by providing an opportunity for those harmed and those who take responsibility for the harm to communicate about and address their needs in the aftermath of a crime." Footnote1

For example, Restorative Justice:

- is based on principles of respect, compassion and inclusivity
- beyond accountability, it provides an opportunity for healing, reparation and re-integration
- Uses varied processes for all ages, including dialogues and circles, and is guided by skilled facilitators
- Is used in every province and territory and is supported by legislation

Also notice this terrific CBC IDEAS program from 2024. It is about the vanishing Prairie and relates to the sale of Crown Land (e.g., in Saskatchewan).

https://www.cbc.ca/player/play/2164970051851

Remembrance Days

As Remembrance Days approach, please consider wearing a White Poppy: https://vowpeace.org/peace-poppy-campaign/

- To commemorate all victims of war
- To mourn the environmental devastation it causes
- To reject war as a tool for social change
- To call for dialog and peaceful conflict resolution
- To show your commitment to building a better future

November 8 - National Aboriginal Veterans Day – Today we remember and thank the over 12,000 Indigenous Canadians in uniform who contributed to the safety of Canadians in World Wars I and II and in Korea.

Indigenous veterans who "fell through the cracks" after the war, being denied benefits that other veterans received.[1]

In 2000, the Prime Minister apologized that Canada denied Indigenous Veterans the benefits they had earned as soldiers. National Aboriginal Veterans Day was initiated by the City of Winnipeg in 1994.
https://globalnews.ca/news/3053299/national-aboriginal-veterans-day-continues-to-grow-in-size-and-scope/

November 11 is a day of remembrance for all who gave their lives or their well-being to serve their country in any way. Those who serve in the military knowingly put them selves in harms way. They are aware that they are at risk to help keep others safe. It is painful.

Give Us Spirit

A Reflection on Peace
by Julia Saunders

Peace does not come easily.

Peace requires careful discernment to understand what is just,
and courage to speak up, or act when we recognize injustice.

Peace is not an absence of pain; it is solidarity with those who suffer. It is the realization that when one of us is hurt, all of us are wounded.

Peace is not softness and fragility; it is gentle yet fierce; tenacity of hope and resilience of heart.

Peace is not fear of an enemy, but love for the stranger.

Peace does not happen on its own. It requires something of all of us.

www.StRaphaelCentre.org

Books to Build Bridges

The Invisible String by Patrice Karst (2023) – This picture book for all ages is about an unbreakable, unseen, heart-to-heart connection of love that links people together no matter the distance. This can be a gentle way to begin talks about divorce or foster care or military deployment. It can also help young children begin to process death, whether their grief is for a relative or pet.

Protect the Planet

USask tops Canada, reaches top 10 worldwide in water research Oct. 2026

University of Saskatchewan has cracked the top 10 worldwide for water research and scholarship in a prestigious international university ranking. This Sask. University placed ninth globally and first in Canada in the Water Resources area of the annual Shanghai-Global Ranking of Academic Subjects. This achievement recognizes the internationally acclaimed research, scholarly, and artistic works around the world's water taking place at the university. **Read more**.

From the October UofS Newsletter for alumni and submitted by Jane Knox

Cyber Secure?

Have you encountered AI-generated fake content in the past year? You're not alone. Explore CIRA's 2026 Canadian Internet Trends report to read about trends as reported in "*the dot*" Canada's internet newsletter from Canadian Internet Registration Authority (CIRA).

Cyber Aware (see links below)

Many of us feel pressured these days by fake news, fake images and real turmoil.

- Don't be afraid to say no
- Be careful who you share images with
- Don't give out personal information
- Recognize spoofing

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Indigenous News

‘You never gave up the right to your children’: Indigenous minister, STC sign $269 million child welfare reform (The Star Phoenix & Saskatoon Tribal Council)

Community Events

Métis of the Cypress Hills with Royce Pettyjohn, Métis Citizen
November 10, Tues. at 12 – 1:00 P.M. Register **HERE!** – Online at Microsoft Teams.
November 12, Thurs. 6:30 – 8:00 P.M. Register **HERE!** – Interactive online Microsoft Teams.
Gain insight into Métis history and cultural continuity in the Cypress Hills (SW Sask.) See archival materials & photos. Hear Royce Pettyjohn share oral history passed down from his grandfather, Willard A. Dumont, who was raised in the Cypress Hills within a traditional Métis lifestyle.

Caring for Place, Caring for Ourselves

November 17 at 11:00 AM-1230 PM
Free webinar with Amy Charles. By drawing on Indigenous knowledge and storytelling, we will examine how our relationships with water, the environment, and each other can help us cope with the emotional challenges of a changing world. A community centred approach promotes curiosity, connection and encourages action. **Learn more and Register** with UBC Indigenous Health.

Saskatchewan Multicultural Week – November 21-29, 2026

Use this link to find events celebrating Saskatchewan Multicultural Week « MCoS. The theme, **“*Rooted in Reciprocity; Growing in Solidarity*”** calls us to be aware of the land where we have roots, and the people who have made Saskatchewan home since time immemorial.

Indigenous Stewardship webinar – December 2026

Learn about Key Biodiversity Areas (KBAs) that will help to monitor species and ecosystems on the Prairies. KBAs may help prioritize conservation work in Canada, focusing on the prairie provinces. For details see website at www.askiy.usask.ca or email askiy_workshops@usask.ca

Enjoy November’s crisp air!