

# The Chalice

## October 2026 Newsletter

### Unitarian Fellowship of Regina

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



#### October 4 – Agency and Acceptance

How do we practice agency today, whether in our personal circumstances or as groups in society? What systemic factors make our agency possible (or limit it)? What does acceptance of others look like, and how can it be life-giving?



#### Sunday, October 11 — Agency and Acceptance: Discussion

Join us at **1:00 PM** as we continue exploring our October theme of **Agency and Acceptance** through conversation and reflection.

This discussion will offer an opportunity to share perspectives, listen to one another, and consider what agency and acceptance mean in our own lives and in our relationships with others.

**Service Leader:** Clair, Sandy & Archibauld

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.*



### 🍽️ **Sunday, October 18 —Potluck**

Come together for an afternoon of **good food, warm conversation, and community!**

Bring a **favourite dish to share** and enjoy a relaxed potluck with friends at the Unitarian Fellowship of Regina. Whether you bring something homemade or pick up a favourite treat, everyone is welcome at the table.

🕒 **1:00 PM**

📅 **Sunday, October 18**

Bring your appetite and come share the joy! 🥗 🍞 🥤



### **Sunday, October 25 — Presentism with George Garbe**

Are you truly **present**, or are you simply *in the chair*?

Join us at **1:00 PM** as **George Garbe** explores the idea of **Presentism** and invites us to reflect on how we can give more of our attention to the people around us.

Come ready to listen, reflect, and consider what it means to be genuinely present in our everyday lives and relationship.

**Service Leader: Ethel**

Everyone is welcome! ❤️

*& God is love*

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## 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*

#### Inclusivity

*Jane Knox, Zoë Sargent, ...+*

#### 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

Do you attend the Unitarian Fellowship?  
**All are welcome!** Join us as we support  
each other and maintain a safe space in  
the community.

All you need is a smile. Come and  
welcome people on Sunday afternoon.  
Help make the coffee, set up 5 chairs.

*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.

Already a member? Join others  
interested to learn and lead. The Board  
of the Unitarian Fellowship has a place  
for you. Help guide the Fellowship in the  
changing world of charities and nonprofit  
organizations.

Join us as we support Fellowship  
members and the wider community. It  
feels good to be part of an active  
community.

Questions? Talk to Claire or Jane  
(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.**

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## Community Awareness

[World Mental Health Day](#) October 10th raises awareness of mental health issues around the world. Prevention:

The first step is to LISTEN. Create a pause so that individuals can voice their stories. ASK them what needs to be done going forward.

ENGAGE people in a meaningful way beyond simply being heard. INVITE people with lived experience to:

- a) influence decisions
- b) help to design services
- c) assist with key tasks.

CHALLENGE STIGMA in ourselves and in others. Ask polite questions. Try not to assume anything.

Self-assess Fellowship progress: Do we offer meaningful engagement to all?

- a) Do members deliberately engage newcomers in important tasks?
- b) Do committees invite newcomers to join as volunteers?
- c) What more can we do to go beyond a basic “Welcome.”

## Reconciliation Ripples

The ripples are spreading ... progress! Here are two local examples. Take a moment to read about progress at Cowessess First Nation. The reserve is just 1.5 hours from us and 60% of band members live in Regina and walk in two worlds successfully.

[Cowessess First Nation receives \\$440M settlement offer tied to 1907 land claim](#) (MBC Radio)

[Cowessess First Nation creates renewable clean energy in ... Canada.ca](#)

The **Cowessess Renewable Energy Storage Facility** is on reserve land southeast of Regina, Saskatchewan. It is the country's first hybrid renewable energy system. It takes food waste and turns it into soil in an amazingly short time using modern science. [Read more](#)

## Books to Build Bridges

Early readers – Thornton W Burgess wrote a delightful series of animal stories that can be enjoyed at any age. Ask your local librarian for *Johnny Woodchuck*, *Reddy Fox*, or any others in the series.

*The Poet is a Dog* - about Art, philosophy and friends... [for children.](#)

*Joyous People* by Nadine Gordimer  
This Nobel-award winning South African author depicts a political landscape of racism and exploitation.

*Burger's Daughter* by Nadine Gordimer  
This historical novel tells the story of a young woman, a revolutionary trying to uphold a heritage handed on by martyred parents while carving out a sense of self.

*Journey through the Night* (1950s) by [Anne de Vries](#) This novel presents the [Second World War](#) in Netherlands.

[Every Moment Is a Life: Gaza in the Time of Genocide](#) (2026). Compiled by Susan Abulhawa, this is an Arabic-English bilingual anthology of true stories from eighteen teenagers. They are Palestinian writers trying to survive in a violent homeland where access to water and food is not certain and “home” is a tent.

## Protect the Planet

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

The September **Chalice** introduced this National Strategy. It provides a framework to manage climate risks and build long-term climate resilience. It recognizes that Canada needs collective action across governments, Indigenous Peoples, businesses, civil society, institutions, and individuals.

In 2025, Canada became the first country to embed future climate design values within the National Building Code. We are strengthening Heat Alert / Response systems and taking steps to strengthen expertise to control infectious diseases.

At the same time, Canada is warming twice as fast as the global average, and about three times as fast in northern Canada. We need to work together to move ahead with speed.

Emerging priorities include: food and water security, defence and national security, displacement of people, financial and economic resilience, housing, and artificial intelligence. By acting together, we can improve

resilience in the face of rapid climate change.

Let's continue to take action:

√ - check in on elders during extreme heat or cold

√ - consider our aging building in the context of climate risks

√ - continue to share information so we can learn and take action together

<https://www.canada.ca/en/services/environment/weather/climatechange/climate-plan/national-adaptation-strategy/2026-nas-report.html#toc1>

Submitted by Jane Knox

## Cyber Secure?

Many people now shop online with Canadian retailers. How about you? Concerned about your personal data leaving the country? 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).

## Give Us Spirit

### We Give Thanks

Oh, we give thanks, for this precious day  
For those gathered here and those far away

For the food we share  
With love and care

Oh, we give thanks, for this precious day.

*Singing the Journey* - Hymn 1010  
© 2004 Wendy Luella Perkins

## Community Events

### Wildlife Friendly Fall Garden Care

**October 6, Tuesday at 6:00 PM**

[https://us02web.zoom.us/webinar/register/WN\\_6t7Zh-RETWODHRzZhSCH-g](https://us02web.zoom.us/webinar/register/WN_6t7Zh-RETWODHRzZhSCH-g)

**Book launch:** [\*The Lost Reserve: The Taking And Remaking of the Chacachas Treaty Nation\*](#) (historian Kenton Storey)

**October 7, Wednesday at 7:00 PM** at the Riddell Centre University of Regina

Details: <https://uofrpress.ca/Books/T/The-Lost-Reserve>

### Talking Esperanto while Travelling

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

Sunrise Library in the Sandra Schmirler Leisure Centre - 3130 E. Woodhams Dr. Regina. Join David and Sherri who invite YOU to come and see their slide presentation about travelling the world with the help of a shared language:

***Esperanto!***

### Rally to Support Children's Rights: Repeal Bill 137

**October 10, Saturday at 1:00 pm**

Saskatchewan Legislative Building  
Bill 137 discriminates against youth. It threatens the safety of queer and trans kids and their families. Should it be criminal to use a nickname at school? Show your support for youth exploring their identity. Show up for youth Oct.10.

### Community Resilience to Escalating Climate Threats with David Suzuki

**Thursday October 27** at 3:00 PM

[https://us02web.zoom.us/webinar/register/WN\\_5BOU6rH2QFeMnR9dZvN9mw](https://us02web.zoom.us/webinar/register/WN_5BOU6rH2QFeMnR9dZvN9mw)

## Celebrating the life of Pam Bocking

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

**October 10, 2026: Saturday 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>

### *What do I need to be Happy?*

As I go through all kinds of feelings and experiences in my journey through life — delight, surprise, chagrin, dismay — I hold this question as a guiding light: “What do I really need right now to be happy?”

What I come to over and over again is that only qualities as vast and deep as love, connection, and kindness will really make me happy in any sort of enduring way.

~ Sharon Salzberg

*Have a happy October!*