

Delight

The theme for December is **DELIGHT**. What is the cause or source of your great pleasure, your delight? This is the season of the light—when the world gets darker and the lights turn on, when human beings create festivals of light, like Hanukah, Diwali, Solstice and Christmas. How are you the cause or source of delight in the world? How do you turn on de...light?



**DEC
2**

Resistance Never Ends

Guest Speaker: Rabbi Laura Duhan Kaplan

Service Coordinator: Janet Pivnick

The celebration of Chanukah provides an annual reminder of the journey from oppression through war to freedom. This struggle towards freedom is continuously replayed within the Jewish faith and resonates with the Jewish experience today. Rabbi Laura Duhan Kaplan will be leading us in song and story and helping us to unpack the deeper meanings of Chanukah.

- Choir sings.

Children & Youth: The children and youth will be preparing for the solstice pageant happening December 16th.

**DEC
9**

The Light of Taizé

Rev. Debra Thorne, Beacon Singers

In a small village in France near the end of WW2, a group of ecumenical brothers started a movement that has grown into a worldwide phenomenon.

The simple act of singing together surmounted obstacles of language, theology, politics and gender, and uncovered a longing in the hearts of young people to live in kindness, simplicity and reconciliation. We will tell the story of the Taizé Community and sing together in their tradition.

Children & Youth: The children and youth will be preparing for the solstice pageant happening next week.

**DEC
16**

A Solstice Pageant A No-Prep Solstice Pageant

Rev. Debra Thorne, DRE Ashley Cole, the Beacon Choir and all of you!

Come hear an old, old story about the longest, darkest night of the year, when we gather together to stay warm and tell stories about heroes and lovers and a tree! This will be a no-prep readers theatre solstice pageant in which everyone can participate, even the late comers!

- Choir sings.

**DEC
23**

A Blue Christmas Service

Rev. Debra Thorne

When delight goes out of the world and one's heart is heavy... when the seasonal pressures drain the pleasure from your days... when your own life doesn't mesh with the frenzy of consumerism... when good cheer seems distant—these are the times we need each other and the permission to be ourselves, however we are. Let us sing and be real.

Children & Youth: Year end celebration.

**DEC
24**

Christmas Eve: Love Reborn 7 PM

Rev. Debra Thorne, Sue Sparlin, Ming Xuan Chung

The waiting is over! It is the eve of the birth of love. Through inspiring readings and the much loved music of the season we remember unknown lands of the heart, risking everything

Continued on page 2

Minister's Message

I'm sure I am not the only one in mild disbelief that we have reached the end of 2018. And I'm sure that this year is not the first year I have thought 'What a soul challenging, heart wrenching, shocking, inspiring and healing year it has been.' No doubt I might be saying the same thing next year. What is clear to me is that these times we are in, these are our times. This is our life time, our challenges, our sorrow, our delight... our stories to tell.

What are your stories of 2018? Was this a year you looked inward or outward? Did you fulfill your hopes? Did you deepen into your challenges? Did you gain more insight about yourself? Did you live as if you really are part of the interdependent web of all existence? Did you risk love?

Is there a tiny bit more delight in the world because of your words and actions?

In these times when hate, distrust and lies are pushing to become acceptably common, we must push back. I believe it is our call, our purpose in these days, to stand with respect for all beings and trusting in the goodness of all people. I believe the world is asking us to risk our comfortable lives and our shy hearts so that those who need courage, and who need to hear that they are not alone, know we are with them. We need to be speaking up in our families, in our community and in the

wider society for the values we espouse.

Our theme this month is delight, and I'm delighted it is! Let us be delighted by the unexpected. Let us anticipate the renewal of hope and peace and joy and love. We can keep our eyes open and see what is truly happening in the world and we can also keep fear at bay, by recommitting to bringing more truth and more hope into the lives of those who walk beside us.

If these are dark days we'll need de-light to find our way through.

I wish you all a little more hope and a little more light in your life.

—Warmly, Rev Debra Thorne



Rev. Debra Thorne



Order by
Dec. 9th

Calendars sell for **\$15.95**, with \$6/calendar going towards the Beacon Youth Group. To order, please speak to, or email Ashley Cole (dre@beaconunitarian) by December 9th. Pick up your calendar on either Sunday, Dec. 16 or 23.

Sermon Descriptions

(Continued from page 1)

for love, risking everything for peace. This is a service to bring your friends and anyone who might be alone and would rather be with others tonight. Please also bring cookies to share after the service!

**DEC
30**

Tapestry of Our Year

Sue Sparlin and friends

Completing the year together, with readings, sharing and song.

Children & Youth: No Religious Exploration program today.

**JAN
06**

This Fire is Love

Rev Debra Thorne,

The Beacon Choir

On this first service of the New Year we gather together, families and friends, to share in the tradition of a fire communion. We'll recognise the experiences gathered in 2018 and we'll set our intentions for 2019 using the fire of love to heal the world.

Pledge Drive

Flame carriers, again, a big big thanks! You have made this pledge drive a wonderful success. *Without* the addition of funds from a "top up" donor, we, the Beaconites, have secured Rev. Debra for 72% of a full-time position! The pledge team thanks you, and Rev. Debra thanks you, and, you may thank yourselves! —Marilyn Medén



**Beacon
Unitarian
Church**

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Beacon Newsletter:

newsletter@beaconunitarian.org
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Proofreading: Donna Hamilton
Deadline for article submissions is
the 15th of the month, for inclusion
in the following month's newsletter.

Board Bitz

The Board would like to thank each and every one of you for such a successful pledge drive. The final amount pledged for 2019 was \$105,098.00. Many thanks to our 2019 Pledge Drive Team, lead by Nancy Rupert. Their hard work, along with your generosity, means that we will 'Carry the Flame' into the new year with the financial strength and stability to continue being a healthy, vibrant community that changes lives.

Our treasurer, Carol Woodworth, has been working hard crunching the numbers and will be bringing the 2019 budget to our Annual Budget Meeting on Sunday, December 2nd, to be voted on. Please mark that date on your calendar and plan to attend. A copy of the budget will be sent out by email, or mail, so you can have a look at it before the meeting. Carol and the rest of the board will be there to answer any questions you may have. Anyone can ask questions, but only Beacon members will be able to vote. There will be a soup lunch that Sunday as well, so make sure you bring your appetite.

There will be a great volunteer opportunity coming up in the new year, and that is to help us pick our

new *Sharing the Plate* recipient. John Hagen is looking for a few good people to help him find three worthy local charitable organizations to be put on the ballot and voted on at the AGM. Please talk to John at 604-521-1335 or ajhagen@telus.net if you would like to help.

There are always lots of ways to volunteer a bit of your time at Beacon. Have you ever wondered how we make an empty hall into a sacred space every Sunday? If you show up about 9:30 on Sunday mornings, you could find out. We are always looking for some extra creative help with that transformation. We are also always looking for a few more people to help make coffee and help clean up after coffee hour. Volunteering is a great way to make friends at Beacon and become a bigger part of the community. If you would like to become more involved, please email info@beaconunitarian.org for more information.

The last month flew by as usual. One of the highlights was the 'Dreaming A New Way!' workshop with Tandi Rogers on November 17th, which included members of both the Beacon and South Fraser congregations. This highly interactive, reflec-



David Kristjanson



Donna Hamilton

tive and creative workshop gave us new insights, a new perspective, and a dose of new energy for the work we all do to animate and care for our Beacon community.

Circle Dinners will take place on November 24th. We expect that a great night of fun and fellowship will be enjoyed by all who participate.

December will bring us a few extra special events that you won't want to miss, including the children's holiday pageant on Sunday, December 16th and the Christmas Eve service on December 24th.

Thank you all for being here, with us, this year to *Connect, Inspire, and Transform*. From all of us on the Board, we wish you a Happy Holiday Season and a very Happy New Year.

— David Kristjanson and
Donna Hamilton, Co-Presidents



November 17 at the 'Dreaming a New Way' workshop, facilitated by Tandi Rogers, for the South Fraser and Beacon congregations.

Mush-o-foam? NOT Styrofoam



Teresa Morton

We all come into contact with styrofoam as packaging for electronics, furniture or kitchen gadgets. When we are finished using it for packaging

it goes into the recycle bin (if we are lucky) or directly to the landfill—where it can hang around for 10,000 years!

However, there is an alternative that can still protect our computers or TVs in transit but doesn't pollute the land or ocean—MUSHROOM MYCELIUM! Yes, we can grow an eco-friendly packaging material. Mycelium is the fibrous underground part of the mushroom and is an important part of nature's recycling system.

The way it works is: 1) start with an agricultural by-product, like oat husks, 2) prepare the husks by sterilizing them, 3) add mushroom spores that love to digest oat husks, 4) put the husks and the mushroom in a mold in the shape of the final packaging material, 5) wait a week for the mushroom mycelium to grow, 6) take the final packaging product out of the mold. The new material is tough, impact absorbing, fire resistant and light. And it can be thrown into the compost when we are finished using it!

Ikea is using 'Ecocradle' mushroom mycelium packaging materials; check out this short article <https://medium.com/wedonthavetime/ikea-starts-using-biodegradable-mushroom-based-packaging-for-its-products-42d079f98bb1>.

Let's ask all our manufacturers to use mycelium packaging!

—Teresa Morton

Let's Connect: Behind the Scenes

"Twas the Service before Christmas"

Twas hours before church and
all through the halls
Not a thing was stirring, not a
sound of footfalls



Joan Morris

The kitchen was sparkling and ready
to go
In hopes that a coffee crew soon
would show.

David arrived to open the door
Along with Rev. Debra and Ozzie; we
adore
Signs on the street let everyone know
Beacon Unitarian was ready to go.
Readers were practicing lines that
were planned
The choir was rehearsing, their sing-
ing was grand

Then downstairs I turned, to check on
the brew
Looking for helpers who could serve
as crew.
When what to my wondering eyes
should appear
But a full kitchen crew with goodies
and good cheer.

With Joyce in the lead, she called
them by name;
Now, Sherry, Rob, Glenn, Charlotte
and Dan
On Lisa, Susan, Arlette and Anne!

They spoke not a word but went
straight to their work
With coffee and tea made, they
turned with a jerk,
And upstairs they all went to the
service above
To sing and take part in the rituals
we love.

And when it was over and coffee
hour done
The cups put away after all the fun
We could hear them exclaim as we
drove out of sight,

*Happy Christmas to all, and to all a
good night!*

As I'm sure you have noticed, there are many who contribute to making sure our coffee hour happens each Sunday. This fall we invited some of our program groups to 'take on a Sunday' once in the year. The Lunch Bunch, Book Club and Soul Matters groups took turns preparing our refreshments and providing extra snacks and then washing up when we are done. Thank you to each and every one of you!!

In the new year we will continue to have other groups take on a Sunday. Our regular "kitchen crew" volunteer for the other Sundays of the month.

Do consider giving a hand with the clean-up, by clearing coffee cups or washing a few dishes on a Sunday, or offering to be a regular coffee volunteer.

Our coffee hour is a treasured part of the Sunday morning experience and contributes to our Beacon community. It is such a gift to have everyone contributing to the smooth functioning coffee schedule AND helping to build community!

—Joan Morris, for the Connecting and Membership Committee

Religious Explorations

December is one of the busiest times in the calendar year. Back-to-back meetings, parties and other holiday events can be stressful ... My hope for each of you is to take some time to witness the joy of this season, children tobogganing, families gathering for delicious food, and here at Beacon—plenty of holiday themed services! Thank you always for co-creating a place of welcome during the holidays. Here are some of the things happening in our RE community:

Dec 1st: Join us at the Lunderville's for our Night Tree Party where we read the book of the same name, decorate pine cones and thread popcorn & berry chains, then hang them on a neighboring tree while singing holiday songs.

Dec 16th: Join the religious exploration program for their annual pageant. Last year's reader theater was so popular we have decided to bring that drama style back with a whole new tale. Join us as we journey with



Eden Fine Day Patten



Ashley Cole

a tree who goes by many names and experiences the isolation of the long winter nights. You will be invited to participate as the characters in this tale as our very capable youth narrate the journey for us. A feel-good tale for the whole family!

We close out the year with our final Sunday of programming taking place on Dec. 23rd, returning Jan. 6th for a whole-church fire communion service. Looking forward to spending this season together!

—Ashley Cole (she/her pronouns)
Director of Religious Exploration,
Youth Coordinator
dre@beaconunitarian.org

How do you make a community hall into a sacred space?

Every Sunday morning, we have the opportunity to take a blank slate—the upper floor of Sapperton Old Age Pensioners Hall—and make it into a space that welcomes the community and invites worship. Would you like to put your creative talents to use and be part of a team that infuses our space with warmth and touches of beauty?

Contact David Kristjanson:
davidhardy@telus.net.



**Beacon
Unitarian
Church**

NAME TAGS

You may have noticed an emphasis placed on name tags the past few weeks. That's because we've noticed that many people are not wearing them.

Why do we want you to wear name tags? Because we have all agreed that we want Beacon to be a welcoming place for everyone, newcomers included.

It is easier for a newcomer to feel comfortable with the Beacon group, if they can easily see our names as we welcome them to our midst. And if they come back for more Sundays, as we hope they will, they do not have to be worried about remembering people's names—our names will be visible.

Also the Beacon congregation is growing and no longer does everyone know everyone else's name on sight. This is not a problem if everyone who has one, is wearing their name tag.

So, that's why we are placing an emphasis on name tags. Please help us! Let us know if you need a name tag—just send an email to Susan Tarras (starras@telus.net). And wear your name tag each Sunday! —Susan Tarras



Free Christmas Tree!!

6.5 ft Foxtail long-needle pine, with stand. Easy assembly.
Contact donna-h@telus.net or call 604-944-43113.

Beacon Programs

We invite you to explore these great ways to connect to the Beacon community and yourself!

Soul Matters Groups delve into the monthly sermon themes—part personal sharing and part spiritual deepening. Group 1 meets the 3rd Wednesday of each month at 1 pm; and Group 2 meets the 3rd Thursday of each month at 7 pm. Email minister@beaconunitarian.org for more information.

The Humanist Discussion Group meets the last Sunday of the month at *The Astoria Retirement Home* (2245 Kelly Avenue, Port Coquitlam) to discuss a wide range of current topics. **Sunday, Nov. 25, 7 pm:** Luc Beaudoin will present *Pleasure vs. Manifold Motivation*. We will contrast the dominant theory of motivation, according to which human behavior is ultimately driven by expectations of pleasure and pain (hedonism, utilitarianism) with architecture-based motivation (ABM). According to ABM, the human mind produces manifold *top-level* motivators. A summary and readings will be published on CogZest (<http://CogZest.com>) including some by Luc Beaudoin, E. Tory Higgins and Gilbert Ryle.

Please contact Marilyn Medén, 604-469-6797 or m.j.meden@telus.net for more details.

Lunch Bunch meets every Thursday at noon, year-round. Bring your own lunch and share in lively and topical conversation. Contact Anne MacLeod at 604-524-2434.

Join the Beacon Choir for musical fun and skill development. Choir rehearsals are on Tuesday evenings, at 7:30 pm, at Miller Park School. Contact choirdirector@beaconunitarian.org. All voices welcome! (No choir rehearsal Dec. 18, 25th, or Jan. 1st.)

Book Club meetings are held on the 4th Thursday of each month at

7 pm. See the sidebar for details on the December book. For meeting location details contact John Hagen, ajhagen@telus.net.

Settlement 2: The Settlement 2 task force is organizing the sponsorship of four further members of the Al Rbaai family. Please contact Peggy Lunderville for meeting times and dates: prlunder@gmail.com. All are welcome.

Attend a 'Getting to Know U' session to meet other newcomers and deepen your knowledge of how Beacon functions and what Unitarianism is. Please contact Rev. Debra (minister@beaconunitarian.org) if you

are interested in attending the next meeting.

Help out on Sunday mornings as a Coffee Host (contact Joan Morris, joanmorris@telus.net), **or sign-up as a Sunday Morning Greeter** (contact Susan Tarras, starras@telus.net).

Attend a Circle Dinner and connect with other Beaconites in a relaxed setting. For more information contact Donna Hamilton (donna-h@telus.net) or Joan Morris (joanmorris@telus.net).

Youth Group: Contact Ashley Cole, dre@beaconunitarian.org, for more information.

Celebrate New Year's Eve at Winter Eliot

Over the years, I've found that by far the best way to celebrate the New Year is to attend Winter Eliot, at Seabeck, Washington. What is Eliot you say? Part camp, part conference ... all magic! Eliot is an inclusive, all-ages vacation for families, couples, and individuals, for Unitarians and their friends. The five-day Winter Eliot feature interesting speakers for the adults and fun programs for children and teens each morning. For more information about winter Eliot, visit www.eliotinstitute.org.
—Donna Hamilton

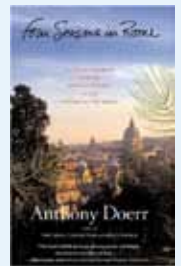
Book Club Pick for December

Four Seasons in Rome: on Twins, Insomnia, and the Biggest Funeral in the History of the World
by Anthony Doerr

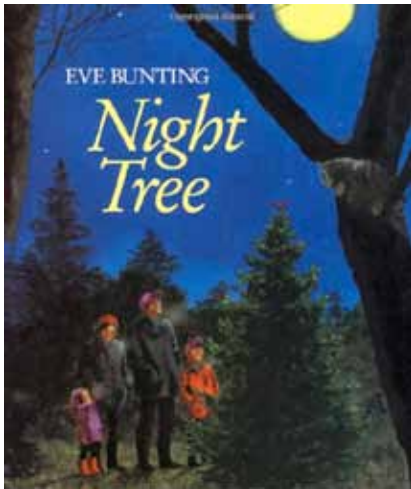
From the author of the acclaimed Pulitzer Prize-winning and #1 New York Times bestseller *All the Light We Cannot See*, a "dazzling" (Azar Nafisi, author of *Reading Lolita in Tehran*) memoir about art and adventures in Rome. Anthony Doerr has received many awards—from the New York Public Library, the National Endowment for the Arts, and the American Library Association. Then came the Rome Prize, one of the most prestigious awards from the American Academy of Arts and Letters, and with it a stipend and a writing studio in Rome for a year. Doerr learned of the award the day he and his wife returned from the hospital with newborn twins.

This intimate and revelatory book is a celebration of Rome, a wondrous look at new parenthood, and a fascinating story of a writer's craft—the process by which he transforms what he sees and experiences into sentences. (Source: Publisher)

Book club meets on **Thursday, Dec. 27 at 7 pm**. Contact John Hagen at ajhagen@telus.net.



Upcoming Events



Night Tree Party & Advent Wreath Social

Date: Saturday, December 1, 2018

Time: 5:30–8:00 pm

Place: Home of Peggy Lunderville (Close to Gaglardi exit on Hwy. 1)

Phone: 604-522-3001

Bring: A contribution of food for the potluck dinner. Warm clothing and a flashlight for decorating an outdoor tree.

Who: *All welcome, all ages.*

RSVP: Peggy Lunderville, 604-522-3001 or prlunder@gmail.com.

If you forget to RSVP, please come anyhow!



Sue Sparlin stars in Merlin Panto

Sue Sparlin will be playing the part of Merlin, a Wizard of Great Power, in the Metro Theatre Panto this Christmas season. The story is that of King Arthur's court. Meet Mrs. Baker who is an awful cook; a handsome and charming demon; two adorable sweethearts, Arthur and Gwen; a group of silly knights; peasants; a good fairy; a dragon; and a dancing bear. Big fun will be had by all. Get tickets from the Metro Theatre website. Dec 14 through Jan 5. There are a few matinees. Metro is located at the foot of Granville near Marine Way in Vancouver.



You're invited to the **Christmas show of the Maple Leaf Singers**, with Jane Shoemaker in the alto section! Saturday, December 15, 2–3:30 pm at Cliff Avenue, 1600 Cliff Avenue, Burnaby. Tickets: \$15. Doors open at 1:30 pm. Bake sale and 50/50.

Curious about energy healing?



Laura Redmond is taking the Integrative Energy Healing program at Langara College and requires volunteers to practise the treatment techniques she is learning. Here is a short description of what to expect:

Integrative Energy Healing (IEH) is a blend of ancient Eastern healing practices with Western scientific discoveries.

Integral, whole-person approaches to wellbeing are the focus of the program. What happens in an IEH session? Student practitioners conduct a short intake interview. The practitioners will do an assessment of your energy field (biofield), noting any imbalances. Then they work with your energy field by way of gentle hand placements on the body (or off the body, as you prefer). The sessions are usually 60 minutes and include a focus, one somatic-energetic holding treatment, and dialogue. Clients can be seated or lying down on a massage table. Most everyone will benefit from a session. Elderly clients have shorter sessions. Contact Laura at lauraredmond2@telus.net to set up an appointment.



Dear Friends,

Might you have heard that this year's Northern Lights project is fully funded? Fake news! In truth, while it has made progress in funding, the funding goal has not yet been met.

Financial support is needed and encouraged for *La Communauté Sans Frontières Unitarienne/Universaliste*. Under the leadership of Rev. Fulgence Ndagijimana, this project responds to the fact that most UU documents are in English and inaccessible to Francophones. It seeks to spread the good news of Unitarian Universalism IN FRENCH (for Canada and the rest of the world) by translating existing documents and centralizing them on a website. (Find out more about this project by re-reading the CUC's July enews.)

You can sign up to be a regular Chalice Lighter at <https://cuc.ca/about-cuc/support-subsidies/northern-lights/>. You will then be invited by the project's hosting organization/congregation (in this case, the Saskatoon Unitarians) to make a donation.

Perhaps the wrong message has been spread because of all the good work that Rev. Fulgence is doing! In May, a Faithify campaign in the United States funded a retreat for UU African Francophones. Read more at <https://faithify.org/projects/faith-beyond-cultures-a-retreat-for-uu-african-francophones/>. And in 2016, another Faithify campaign, again in the US, helped our Saskatoon congregation fund Rev. Fulgence's internship. More at <https://faithify.org/archived-projects/help-rev-fulgence-continue-his-ministry/>.

This Northern Lights project gives CANADIANS (you!) a tax-receipted way to contribute to Rev. Fulgence's ministry here in Canada. We are so blessed to have him among us.

—*The Northern Lights Award Selection Panel:*
Rev. Julie Stoneberg (chair), Chuck Shields,
Rev. Norm Horofker, and Susan Ruttan

CUC Webinars

Church Social Media and Membership Growth

December 8th, 9:30–11:00 am PT

Presentation by Peter Bowden, a Unitarian Universalist consultant specializing in congregational growth, outreach, and media. Peter has trained thousands of leaders across the United States and globally through his online programs.

More information and registration:
<https://peterbowden.mykajabi.com/p/registration-page>

Roundtable: Board Legal Considerations 101

January 26th, 9:30 am PT

In this roundtable we'll discuss insights, and questions arising from the "Serving on a UU board in Canada: legal and practical perspectives" video; prepared for UU congregations. Learn more about what Board members need to know. Check <https://cuc.ca/online-events/> for further information.

Gathered Here

A new monthly online check-in for Canadian Unitarian Universalist young adults.

Join other UU 18–35 year-olds on Zoom (a video-conferencing platform) for sharing of joys and concerns, deeper check-ins, prayerful reflections, and an opportunity to process current events with a spiritually grounded community.

These are drop-in style gatherings, so you don't need to sign up in advance. On the days you want to attend, just get comfy with your internet box, sign in at the scheduled time, and bring your whole self for the hour and a quarter. *Gathered Here* will generally take place on the second Monday evening of each month at 5 pm PT; 6 pm MT; 7 pm CT; 8 pm ET; and 9 pm AT
Winter: December 10, January 14, February 11 and March 11

Spring: April 8, May 6 and June 10

Summer: July 8 and August 12.

Save the Date for the 2019 Annual General Meeting!

The Annual General Meeting (AGM) is scheduled for May 11, 2019 from 10:00 am–1:00 pm PT. Our host will be the Unitarian Congregation in Mississauga. There will be full capability for on-line virtual participation, as well as in-person participation.

Congregations are encouraged to select their online and in-person delegates early—delegates need to be registered by April 1. Congregations should plan to schedule at least one discussion and information session in February each year with their delegates and congregational members so that all are aware of matters going to the CUC AGM.

What's in a motion? Each year, motions (motions don't become resolutions until after they are approved) are proposed for the AGM. Find out how to submit a motion and by when, who can submit motions, why a new motion may not be necessary, and a summary of previously approved motions on the CUC's Resolutions page. If your congregation is considering submitting a motion, consult with the Executive Director BEFORE you submit a motion. This will save you time! Email executive-director@cuc.ca. **Motions are due by December 15.**