

Embodiment

January's theme is 'Embodiment.' Embodiment means 'to make visible an idea or feeling.' It also means 'to be fully connected to one's body.' How well do you know your own body? What has living in a body taught you about life, death, suffering and ecstasy? Let us be guided by these words from Jungian Analyst, author and poet, Marion Woodman.

*'This is your body,
your greatest gift,
pregnant with wisdom you do not hear,
grief you thought was forgotten,
and joy you have never known.'*



**JAN
6**

This Fire is Love

Rev. Debra Thorne

We begin the new year with our annual Fire Communion. This service is for the whole family and asks 'what do you want to bring into the world this year?' We will sing, dance, drum and share stories about creating a world that we want to live in: a world of justice and joy, a world of truth and creativity.

**JAN
13**

Everything I Know

Rev. Debra Thorne

When I turned 60 I decided to write a book about everything I know. The book is slow in coming but the meditation on what I know has been fruitful. The premise is that life experience is a great university of the soul and everything that happens to us is a lesson. The first lesson is 'living in a body'.

Children & Youth: The children learn about the common Unitarian

Universalist ritual of sharing our joys and concerns, while the youth will be continuing with their lessons on the theology of love.

**JAN
20**

We Have Come To Be Danced

Rev. Debra Thorne,

Guest Speaker: Sheila Langston

This body. Your body. Your particular body. All that this body has lived through, endured, loved—every breath, every beat of the heart—is a dance. We will listen together to what our bodies have to say, and allow each to expand, to speak, to express itself through movement and music. From wheelchairs, from standing, from sitting in a chair—all bodies are welcome.

Sheila is a Jungian Analyst, Body-Voice Specialist and International BodySoul facilitator. Sheila's Website: www.sheilalangston.com

Children & Youth: The children

explore contexts in which they can practice sharing a sign of Unitarian Universalist faith. Youth explore sources, meanings, uses, and expressions of hope.

**JAN
27**

Staying Embodied through Times of Physical Change

*Guest Speaker: Sarah Louise Turner
Service Leaders: Nancy Rupert and Janet Pivnick*

Our bodies both connect us to and give us information about the world around us. How do we learn to heed the spiritual messages that our bodies are telling us and how do we find spiritual equilibrium when, due to illness or pain, those messages aren't trustworthy? Join actress and educator, Sarah Louise Turner, to contemplate the connection between embodiment and spiritual wisdom in an ever-changing body.

Children & Youth: Spirit Jam Sunday.

Minister's Message



Rev. Debra Thorne

THE SEASONS roll along and fall becomes winter and winter becomes spring. The new year is upon us. Some things will stay the same and some things will change. Thus is it ever.

This spring I look forward to exploring the *Grace in Aging* curriculum through a series of three workshops beginning in March. It's been a few years since we offered a practical course on the topic of advanced care planning. I would like to add to the practical aspects of aging the question: What is the wisdom that aging offers us? I look forward to exploring both the practical and the spiritual aspects of aging with you.

This year we are being invited to join in a new spiritual practice for our times. The *One More Light* spiritual practice has been created by my colleagues Samaya Oakley (South Fraser Unitarians) and Marian Stewart (UU Church of Columbus). It is their hope that it will become a daily practice of connecting Unitarians around the world.

For centuries people have placed candles in windows. Sometimes as a symbol of welcome, sometimes as a symbol of resistance, other times as a way of keeping the home fires burning for those who have left home to

fight war or oppression. Our own flaming chalice logo comes from a need to find a symbol to identify the forces of freedom for those fleeing from persecution.

At this time of grave uncertainty it seems each new day has us reeling from the events happening in our neighbourhood, in our communities, in our countries and across the world. In such times ritual is needed. Something tangible, concrete and meaningful as a balm for the soul.

The Edict of Torda, decreed in 1568, was an unprecedented act of religious tolerance.

Along with Unitarians across Canada, the United States and beyond, they invite us to enter into a year of spiritual practice beginning on January 21st, 2019. This is the 451st anniversary of the Edict of Torda, which was the first law of toleration designed by a Unitarian King.

The practice is simple. Light a chalice at the threshold of where you and your family lay your heads, at dusk or before you go to bed. It could be in a window, the dashboard of your car, or at the opening of your tent! Keep the chalice lit throughout the

night as a beacon of love in the rising tide of oppression, hatred, poverty and isolation. You can use an LED candle, or contain the chalice in a glass cylinder for safety.

As you light your chalice each evening, please say aloud this prayer knowing that you will be joining with Unitarians and Unitarian Universalists [across the world] who are doing the same.

As I light this chalice, I center Love in my heart.

May Love be the vantage point from which I see the world clearly; all our wounds, sadness and pain.

While I sleep tonight I send my Love into the world to all who need refuge, hope, and support.

May my Love join the love from others across the world; as we gather strength, determination and resilience.

Here is one more light shining brightly for love.

As we enter 2019 I wish you a year of deepening. Deepening into your own heart, with patience and compassion. Deepening into the relationships that your life brings you; deeper understanding of each person, deeper respect for each life, deeper openness to new people and experiences.

Now is the time for strength and courage to ride the tides of change; holding fast to what is of worth, and releasing what harms.

Warmly, Rev. Debra Thorne



**Beacon
Unitarian
Church**

www.beaconunitarian.org
info@beaconunitarian.org

Mailing Address:
#414, 552A Clarke Road,
Coquitlam, BC V3J 0A3

Consulting Minister:
Rev. Debra Thorne
minister@beaconunitarian.org

Lay Chaplain:
Marilyn Medén, 604-469-6797,
Judith McLean, 604-313-9955,
ceremonies@beaconunitarian.org

Choir Director:
Angela Zhang
choirdirector@beaconunitarian.org

Board Executive:
Co-Presidents: David Kristjanson
and Donna Hamilton; **Treasurer:** Carol
Woodworth; **Secretary:** Gail Thom-
son; **Members at Large:** John Hagen,
Janet Pivnick, Michael Scales, Elizabeth
Campbell

Connections & Membership:
Joan Morris
joanmorris@telus.net

Religious Exploration Director:
Ashley Cole,
dre@beaconunitarian.org

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

Board Bitz

Happy New Year from all of us on the board. We hope you all had a wonderful holiday season.

The final month of 2018 sure set the tone for the coming new year.

After a hugely successful pledge drive in November, we had a great turn out for our annual budget meeting on December 2nd. Thank you all for showing up and unanimously voting to adopt the 2019 budget. Thanks also to our treasurer, Carol Woodworth, for working so hard on creating the budget and answering all of your great questions. Another big thank you goes to Bette Goode for organizing the soup lunch before the meeting, and to all those who brought such a great feast and then stayed

to make sure that everything was cleaned up. We couldn't have done it without you.

On December 16th we had lots of fun participating in the No Prep Solstice Pageant. Even though it was called No Prep, we are sure that it must have taken a lot of planning and hard work to make it so great. A big shout out to Ashley Cole, Eden and PJ Patten and the whole crew who made all the props and painted the beautiful scenery. Everything looked great!

We finished off 2018 with *A Blue Christmas* on the 23rd, *Christmas Eve: Love Reborn* on the 24th and *Tapestry of Our Year* on the 30th. We would like to give a very special thank you to Reverend Debra and Worship Services for all the exciting and inspiring



David Kristjanson



Donna Hamilton

services through out the past year.

The first service of this year will be *This Fire is Love* on January 6th. It is a fire communion where we will recognise the experiences gathered in 2018 and set our intentions for 2019 using the fire of love to heal the world. We are hoping to see you all there to *Connect, Inspire, and Transform*.

— David Kristjanson and
Donna Hamilton, Co-Presidents

Sharing the Plate 2019–2020

As 2018 draws to a close, new challenges and opportunities lie before us for the new year. One such challenge is to name a new recipient for our *Sharing the Plate* program. But, it is also a big opportunity for you to come up with your choice for this important part of our giving. What community charitable group or organization do you know of who would be a good beneficiary of the 2019–2020 sharing the plate largesse (which can top \$2000)? Nomination forms will be available online or from committee members Dan Theal, Teresa Morton and John Hagen shortly. So remember it is up to you to nominate our new *Sharing the Plate* recipient for the coming year. Please ACT SOON!

—John Hagen, Committee Chair

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**



*Travelling Chalice tableau by Cathy Tingskov.
See Ashley Cole, DRE, to borrow the
Travelling Chalice for yourself.*

Start a New Year with New Plastic Intentions!



Teresa Morton

A LOT OF US talk about New Year's Resolutions in January, and then in February we talk about how we 'broke' our resolutions.

Changing our behaviour is

tough, and we often need to restart our plan. Setting an intention is a kinder, gentler approach and is more resilient. If we need to, we can revisit the intention and recommit to making a change. Another aspect of changing behaviour is to make several small changes rather than one drastic change. And a third component is to focus on a new habit for 21 days, thus increasing the likelihood that the new way of doing things will 'stick'.

With these hints in mind, I went again to the site myplasticfreelife.com to browse the multitude of ideas proposed by Beth Terry, the California accountant who runs the site. She has come up with a set of 100 possible steps towards a Plastic-Free Life. No one would implement all 100 ideas at once, that would be too tough! But I decided to set intentions for three new habits for 2019.

So here are my Three Living with Less Plastic Intentions for 2019: 1. Find a natural deodorant that suits me; 2. Find a plastic-free toothpaste alternative; and 3. Find a deli that will let me use my own containers.

You will notice that all of these need some research, so I'll keep you posted! What will your Plastic-Free Intentions be?? Let me know at teresa.a.morton@gmail.com.

—Teresa Morton

Let's connect: *Will I be welcome here?*

Beacon members have always believed they are a welcoming community. We have warm, friendly greeters and we often hear folks say "I felt so welcome when I arrived at Beacon." Early on, we engaged in the "Welcoming Congregation" workshops that explored LGBTQ and officially became a Welcoming Congregation of LGBTQ people. Yet there are many others who we want to know are welcome at Beacon—we certainly don't want anyone to feel unwelcome. Yet in this time of learning about reconciliation, colonialism, white privilege and antiracism we are learning that there is still much "awareness work" to do. We do not want to create barriers, invisible or visible, that prevent anyone from being fully seen, safe and welcomed at Beacon.

The Connecting and Membership committee is wondering what we will find out if we search more deeply, and ask more questions. Consider a newcomer bravely asking you the following questions. What would be your response and more importantly, do you think the person asking the question would find a comfortable fit in the Beacon community?

- I haven't finished high school, will I be welcome here?
- I believe in God, will I be welcome here?
- I am an atheist, will I be welcome here?
- I am black, will I be welcome here?
- I am indigenous, will I be welcome here?
- I am a member of a conservative political party, will I be welcome here?
- I got laid off work last year, will I be welcome here?
- I am grieving, will I be welcome here?
- I have a neurological disorder, will I be welcome here?
- I have rambunctious children, will we be welcome here?

What do you think?

Are we welcoming despite a person's diverse beliefs, colour, health, income, or education? Let's think about this and talk some more in the new year.

—Connecting and Membership: Joan Morris, Susan Tarras, Joyce Gudaitis, Phil Campbell, Rev. Debra Thorne



Joan Morris



OUR VISION

CONNECT

With Compassion & Respect

INSPIRE

Learning & Spiritual Growth

TRANSFORM

Through Joy & Justice

Beacon Pastoral Care Committee

The Beacon Pastoral Care committee, headed by Rev. Debra Thorne, consists of Judy Villet, Beth Connelly, Stacy Finch, and Laura Redmond. If you or someone you know is in need of pastoral care please let one of these people know.

Religious Explorations

In case you haven't heard this enough already... HAPPY NEW YEAR! I hope you all had a lovely holiday season. In R.E we had a full December! We had our night tree party, hosted our annual pageant (photos below) and had a year end wrap-up party... phew! No wonder we needed a little break! Now we are back in full swing!

On January 6th, we will be joining

together with the adults for a fire ceremony—the first Whole Church fire ceremony in my time with Beacon! Then we will be getting back into our regular scheduled programming, ending January with another Spirit Jam Sunday. Stay tuned for more details!

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



Eden Fine Day Patten



Ashley Cole



Religious Explorations 2018 Pageant – Thank you for your participation and support!

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, Jan. 27, 7 pm:** Al Sather will lead a discussion on “Does Free Will Exist?” If you wish to do a little preparation you might read the article *There’s No Such Thing As Free Will* in the Atlantic Daily, June, 2016. (Depending on Al’s health, a back-up presentation has been arranged: Marilyn Medén will lead a discussion on *The Pros and Cons of Nationalism*.) 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!

Book Club meetings are held on the 4th Thursday of each month at 7 pm. See the sidebar for details on the January 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).

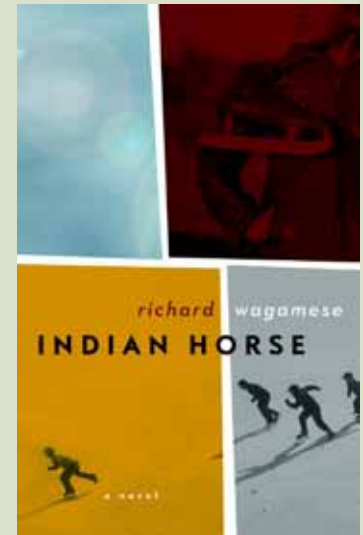
Youth Group: Contact Ashley Cole, dre@beaconunitarian.org, for more information.

Book Club Pick for January: *Indian Horse* by Richard Wagamese, 2012

- “An unforgettable work of art.”
—National Post
- A 2012 Globe and Mail Top 100 Book
- A Canada Reads 2013 Contender
- A Globe and Mail top 100 book of 2012
- 2013–2014 First Nation Communities Read Selection
- CODE’s Burt Award for First Nations, Métis, and Inuit Literature

Saul Indian Horse has hit bottom. His last binge almost killed him, and now he’s a reluctant resident in a treatment centre for alcoholics, surrounded by people he’s sure will never understand him. But Saul wants peace, and he grudgingly comes to see that he’ll find it only through telling his story. With him, readers embark on a journey back through the life he’s led as a northern Ojibway, with all its joys and sorrows. With compassion and insight, author Richard Wagamese traces through his fictional characters the decline of a culture and a cultural way. For Saul, taken forcibly from the land and his family when he’s sent to residential school, salvation comes for a while through his incredible gifts as a hockey player. But in the harsh realities of 1960s Canada, he battles obdurate racism and the spirit-destroying effects of cultural alienation and displacement. *Indian Horse* unfolds against the bleak loveliness of northern Ontario, all rock, marsh, bog and cedar. Wagamese writes with a spare beauty, penetrating the heart of a remarkable Ojibway man. ERAC Evaluated and Approved (Source: Publisher)

Book club meets on **Thursday, Jan. 24 at 7 pm**. Contact John Hagen at ajhagen@telus.net.



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

Connecting,
Inspiring,
Transforming!

Photography as Spiritual Practice



Have you ever considered taking photographs as a spiritual practice? If so, here is something that might interest you. Reflecting on Beacon's monthly themes for your inspiration, look around you as you go about your life, and when your eye finds an image that speaks to you or reveals something about the theme, pull out your phone or your camera and catch the moment.

On the 15th of the month, upload your best pictures to Rev. Debra via her email, [minister@](mailto:minister@beaconunitarian.com)

beaconunitarian.com. Please limit your 'best' to no more than three. The next Sunday you'll see your photos during the Sunday service meditation. The best photos will also be uploaded to the Beacon FB page.

The themes for the remainder of the year are: Water (February) Freedom (March) Wholeness (April) Curiosity (May) Celebration (June). Enjoy the process!

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.



National Book Club

Hello, Unitarians from across the country. You may have read in the CUC e-news that Mary Maler from UCMontreal proposed a book club using the CUC's zoom platform. Keith Wilkinson and Mary Bennett joined her to do some planning. It now looks like there could be three or more groups meeting at different times. We anticipate that over time each group will evolve their own guidelines and book choices.

Would you like to be part of a cross-country book club for Unitarians? We are facilitating groups of 6–8 to find each other and agree on a first book and a time frame to meet using zoom technology (provided by the CUC).

More details can be found here: <http://vancouverunitarians.ca/canadian-unitarian-book-group/> or email Mary Maler in Montreal who initiated this idea mmaler@videotron.ca or Mary Bennett in Vancouver maryinvancouver@gmail.com

The January top choice and the times will be voted on till Dec. 28 and announced by Jan. 3.

Upcoming Courses

OWL Facilitator Training

January 11–13, UCV, Vancouver
Become a facilitator for *Our Whole Lives* sexuality education, junior high and high school levels (grades 7–9 and 10–12). Cost: \$250
Registration is open until Friday, January 4th: <https://cuc.ca/events/owl-facilitator-training-grades-7-9-and-10-12/>.

Roundtable: Board Legal Considerations 101

January 26, 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. More info <https://cuc.ca/events/roundtable-board-legal-considerations-101/>

Roundtable: Practical Applications of Social Media

February 9, 9:30–11:00 am PT, facilitated by Margo Ellis, the CUC's Communication and Web Manager.
We'll discuss various social media concerns such as who is doing social

media in your congregation? What social media channels are you using? What are your social media goals? What's working, what's not? More info: <https://cuc.ca/events/roundtable-practical-applications-of-social-media/>

Webinar: Worship as a Beacon for Congregational Growth

Saturday, March 30, 9:30–12:30 PT
Cost: \$35 per session (2 sessions)
In part one, we'll explore ways to create meaningful worship that engages minds, hearts, and spirits. Our presenter is the Rev. Dr. Barbara Wells ten Hove. More info: <https://cuc.ca/events/worship-as-a-beacon-for-congregational-growth/>

Virtual Gathering: Hope in Hard Times

Wednesday, March 6, 4–5:30 PT or Saturday, March 9, 9:30–11 am PT
Arising out of a common concern, voiced by religious professionals, we invite people to join in this time of reflection and sharing – looking at the ways we find Hope in Hard Times. More info: <https://cuc.ca/events/gathering-hope-in-hard-times/>



Gathered Here is 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.

Young adulthood can be a time of upheaval and transition and many of us struggle to maintain and build connections in the places we find ourselves physically.

While there is no substitute for in-person community, we hope that the opportunity to connect online with other young UUs will be a reminder to you that you're not alone. It's also a chance to reconnect with friends who live far away, and witness and cel-

brate the ups and downs of our lives alongside each other.

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: Jan. 14, Feb. 11 and Mar. 11
Spring: April 8, May 6 and June 10
Summer: July 8 and August 12
<https://www.facebook.com/events/1894212357364432/>