

October's Service Theme:
Attention



OCT 6 **Picking up the Gauntlet: Extending a Hand in Fellowship to our Christian Neighbours**

On October 6, Sapperton Pensioners' Hall is not available for the Beacon service. The Worship Committee is coordinating excursions to Christian churches within the area that Beacon serves so that we can educate ourselves and reach out in fellowship, building bridges not walls.

Children & Youth: Families are encouraged to sign up, alongside the rest of the Beacon community, to attend a Christian service in place of a service at Beacon.

OCT 13 **Gratitude for this Land: Whole Church Spirit Jam**

Rev. Meg Roberts and Ashley Cole, Religious Exploration Director
Thanksgiving holiday is a time for

folks to gather and say "Thank you!" for what we have received from the earth and each other. Using the Spirit Jam model of multiple exploratory break out stations, this all ages service brings attention to our role as guests on the unceded traditional territories of the Coast Salish peoples. We'll practice showing our gratitude for the gifts of this land and for being alive.

Children & Youth: This morning the children and youth will remain upstairs for the duration of this whole church service.

OCT 20 **The Selfish Act of Giving**
Guest Speaker: Comedian Ryan Guenther

Service Leader: Heather Brown
Charity and volunteering are almost always framed as altruistic actions, with all the focus on how someone else will benefit from our good deed. In fact, we often feel guilty about deriving pleasure from something which is supposed to be selfless. This is completely backwards, doing good should feel good because it's good, and it's okay to admit it. The road to hell is paved with good intentions, but a stairway to heaven can be built from selfish acts.

Ryan Guenther grew up in a log cabin on an island near Prince Rupert. He started attending the Unitarian church at age 10 when his family moved to Victoria, and he's sung in the choir, edited the newsletter, managed the website, and is currently serving as a Sunday Service Associate and on the Board at North Shore Unitarian Church in Vancouver. He started doing stand up comedy in 2010 and has

performed at clubs and festivals from Prince George to Orlando, Florida.

• Choir sings

Children & Youth: This morning the children will visit Vatican City, Rome where they will learn about Catholicism and prayer. The youth are invited to explore the call to understanding and different ways to attempt to understand.

OCT 27 **A Jolt of Currency**
When we work, we get paid for expending our energy.

Money becomes, in some ways, a storehouse of energy. How do we make decisions about where to infuse that energy, both in our personal lives and in our Beacon community? This Sunday kicks off Beacon's annual pledge drive. This year's theme is "Roots hold us close, wings set us free." How can our Unitarian values be our roots, grounding us in making decisions about where to invest that storehouse of energy? Then our dreams can take flight!

• Choir sings

Children & Youth: Join the children and youth for our annual Halloween dress up and festive party.

Our Vision

CONNECT – with compassion and respect

INSPIRE – learning and spiritual growth

TRANSFORM – through joy and justice



Musings by Meg

The theme for this month is attention.

When I meet new people, I try to pay particular attention to their names. Names are an important part of who we are—it is by our names that we are known. I also know as I get older, retaining people's names has gotten harder. I remember a psychology professor explained it can take up to six times hearing something new to make enough connections in your brain to what you already know, for the memory to hold it.

So, how can I pay enough attention to someone's name, and what they are saying, to make those connections? I can try not to split my focus. Sometimes I do not give my full attention to the person who is talking to me. Unconsciously, my mind may be on something I need to do that day, or something that has just happened, and I'm still preoccupied with it. I've split my focus.

Paying attention to the people in front of us is one of the biggest gifts

we can give each other. Undivided attention. Especially to the young people in our lives, including those at Beacon, treating them as the unique, precious beings they are—a gift to our lives and to the life of this planet. Beaconites value our young ones, our youth, as well as our seniors and those of all ages in between. Giving each other our full attention when we share the stories of our lives is a real gift, one not often experienced in the larger world where people are rushing about, absorbed by devices and the dominant fast-paced consumer culture. Beacon offers a counter-cultural experience by slowing down, taking deep breaths and centering ourselves—whether in the small groups we are part of, or on Sunday when we gather. We create space to bring our full attention to each other; things that are of deep worth to us and those dear to us; as well as the ongoing health of the planet of which we are a part.



Rev. Meg Roberts

To what are you paying attention these days? I look forward to hearing your responses when I see you—or drop me a line. So that you know when to best reach me:

- Until Oct. 31, I'm trying out having my regular Beacon days on Wednesdays and Thursdays. On Wednesdays between 2–6 pm, I'll be in the Beacon office, located at 8892 Armstrong Avenue in Burnaby. (I am available to arrange appointments at other times as well).
- Monday is my regular day off and I also have one weekend off a month.
- This month, I'll be away from October 16-24 for the Canadian Unitarian Council's Western Regional Conference followed by a regional ministers' meeting in Edmonton.
- I'm working 2/3-time this month during the busy program start-up time, then will be working 1/2-time in the months after this. I can be reached via email: minister@BeaconUnitarian.org and on my cell is 778-870-9015. I will respond as soon as I'm able.

I look forward to connecting and hearing what helps you pay attention.

In the spirit of life,

—Rev. Meg Roberts

Meet with Meg for lunch and conversation – Sunday, October 13 after the service

I've been lucky to meet with two small groups and have enjoyed lively and engaging conversation, giving me the chance to get to know people better. (Sunday after services is great for a shorter "Hello!" and having a bit more time is even better.)

The next meeting is on Sunday, October 13, after the service. Lunch will be provided at 12:30 pm, with conversation until 2 pm, at the home of Peggy and Tom Lunderville (5 minutes' drive from Sapperton Hall—car-pooling can be arranged). I hope to hear about what drew you to Beacon and what you value about this community. I also want to hear what you envision might happen this coming year—it may be something that Beacon already does and it may be something new. Beacon's vision to *Connect, Inspire and Transform* offers us lots of options!

Interested? Sign-up sheet at the Greeters' table or email Donna Hamilton: donna-h@telus.net. There will be another Meet with Meg session after church on October 27. Can't come and hope to attend a future one? Let Donna know. Thank you!

Love to do research and be creative? Be a Theme Resources Researcher!

I'm looking for poems, TED Talks/videos, and other resources for all ages on Beacon's monthly themes. Contact me to see about being part of a group that suggests theme packets resources: Rev. Meg Roberts, 778-870-9015, minister@BeaconUnitarian.org

Board Bitz

We ended the summer with a very well attended start up workshop on August 31st at the Justice Institute in New Westminster. Our new Minister, Rev. Meg Roberts, created this fun and informative workshop using Beacon's Vision of *'Connect with Compassion and Respect, Inspire Learning and Spiritual Growth, Transform through Joy and Justice'* to guide our planning for the coming year. We talked of transitions at Beacon with our transition from a 7-year shared ministry with Rev. Debra Thorne to a new shared ministry with Rev. Meg Roberts, as well as transitions in our families, our work and in our community. We did some fun *get-to-know-you* activities and came away with a deeper connection to those around us in this beloved community. If you have never attended one of our start up workshops you have really been missing out.

We were back to church on September 8th with our annual water ceremony and our first service with Rev. Meg. We definitely had a full house and actually had to bring in a few extra chairs as more people arrived. This service was 'in the round', with everyone facing each other, making it very intimate.

On Saturday the 14th there was a fundraising dinner for the Al Rbaai family at the hall. We welcomed the new arrivals and their friends and had a wonderful feast. Many thanks to Tom and Peggy Lunderville, and Lisa Girardi (and family), for all the hard work of planning and serving this very successful event.

On Sunday the 15th the Al Rbaai family was welcomed back, and we heard the story of their journey from Syria, to Jordan and then to Canada. Raneem Al Rbaai read a beautiful trib-

ute to her mother that she had written.

Rabbi Laura Duhan-Kaplan joined us on Sunday September 22nd to talk about the 10 days of Teshuvah—Repentance and Return. Rabbi Laura shared with us the meaning of this very holy time of year in the Jewish calendar.

Make sure to attend our last service of the month on the 29th where Rev. Meg Roberts will bring a discussion on our 3rd principle, *'Acceptance of one another and encouragement to spiritual growth in our congregations'*. How can we do this when we each draw from different sources for our inspiration? How can we relate to one another when there are such differences? You will have to show up to find out. Rev. Meg will propose some ideas and methods that may help.

As we move into October, please remember that Sapperton Hall will not be available for our service on Sunday October 6th. In response to Rev. Debra's strong suggestion that we learn more about the Christian faith, (which is one of our sources), and open our hearts to those among us for whom this faith holds importance, the Worship Services team has invited us to visit local Christian churches that morning. We will have sign-up sheets for local area churches so that people can attend as a small group.

October also brings us Pledge drive. Pledge drive Sundays this year are October 27th, November 3rd, and November 10th. Our theme this year is "Roots hold me close, wings set me free." We, as a congregation, make Beacon happen. We urge you to give generously, as you always do, so we can continue to be a community that CONNECTS, INSPIRES, and TRANSFORMS.

— David Kristjanson and
Donna Hamilton, Co-Presidents



David Kristjanson



Donna Hamilton

Submission guide for weekly Beacon email: BTW

Beacon This Week (BTW) will now be sent out on Thursday mornings. The deadline for submissions will be 6 pm on Wednesdays. Please send brief announcements to BTW@beaconunitarian.org, and save longer details for the newsletter. If possible, please send as an attachment, as well as in the body of the email. This will avoid the extra, strange characters that often appear in an email, and take extra time to remove.

Notice Board

Please update your contact info for Ivy Hubbard:

Phone: 604-528-8525

Email: 1927IMH@gmail.com

Curious about energy healing?

Laura Redmond is studying energy healing techniques and is offering free treatments to gain experience and deepen in her knowledge of this field. Sessions are approx. 1 hour in length and the client can sit in a chair or lie on a massage table (fully clothed). Contact lauraredmond2@telus.net to set up a free treatment.

Beacon Pledge Drive

Our Pledge Drive theme this fall was inspired by the line from the hymn, “Spirit of Life”. Our committee felt that this phrase summed up the importance of Beacon in our lives as a place where we find community to hold and nurture us and also as a place that challenges us to do better in our own lives and in the world.

How does Beacon provide us with roots and wings? There are the familiar rhythms of Sunday services, the Religious Exploration program that Ashley and Alex provide to our young people, and programs such as Soul Matters. We have committees, a thriving choir, a part-time minister and a connection to the greater Unitarian community through the CUC.

This is the time of year when we reassess our current financial contribution to Beacon. It may be a time of year when you have had changes that mean you can now give a bit more in your pledge, or you may have had a change in circumstances that require you to give a bit less. You may be a new member who is pledging for the very first time. As Unitarians, however, we are called on to give in order to sustain the congregation we call home.

Our goals this year are simple: we wish to maintain our current levels of funding in order to be able to provide the same services and programs as in the previous church year. We are hoping to fund our half-time minister, and also to provide funding to hire staff to do some of the administrative work that Rev. Debra used to do when she worked at three-quarter time.

You may have some questions about pledging, especially if this is new for you.

For example, you may wonder how much you should pledge. Some people contribute a percentage of



“Roots hold me close, wings set me free...”

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their income (we will provide guidelines in your pledge package if this is something you would like to do).

You may wonder if everyone should pledge the same amount. However, we are a diverse community, and this includes having a diversity of economic circumstances.

You may wonder what happens if you pledge an amount and then your financial circumstances change (such as losing your job). If you need to adjust your pledge in order to make your budget work, just contact our minister (Rev. Meg Roberts) or the Beacon Treasurer (Heather Brown).

Perhaps you wonder about why we pass the collection plate if we also do a pledge drive. Some people place their weekly pledges into the collection plate. Any donation you place in the collection plate that you identify as you (by using a personal cheque

or an envelope with your name on it) will be counted toward your pledge. Others may use a pre-authorized debit and have their pledge deducted from their bank accounts automatically. Some people like to give a little extra cash each Sunday in order to help our *Sharing the Plate* recipient (pledges do not count towards *Sharing the Plate*, as only unidentified donations are split between Beacon and the *Sharing the Plate* charity).

How you choose to give is up to you, but please do pledge. It is very important for the ongoing sustenance of Beacon Unitarian as a place where “roots hold us close” and “wings set us free”. Pledge Drive for the 2020 Church Year runs from Oct. 27th through November 10th.

— *Your Pledge Drive Team: Nancy Rupert, David Kristjanson, Carol Woodworth and Heather Brown*

Religious Exploration Program Update

Hello everyone, thank you to all of you who helped with the fall start-up. As we shift into October we begin to settle back into the rhythm of our community practices and programs. And in that spirit I am happy to share with you the Children and Youth Religious Exploration (CYRE) committee choices for curriculum this year. As in past years, our Sunday morning sessions will be loosely divided into ‘younger’ and ‘older’ groupings. I will teach the younger group and Alex Dragan will teach the older group.

This year the younger group is going to explore a curriculum called *Passport to Spirituality*. Drawing from our UU sources, children will travel the world, visiting different countries while learning about various religions and spiritual practices. At each country visited they will receive passport sticker, reflecting their learning.

The older group will explore a curriculum called *Heeding the Call* focused on social justice. This program explores linked oppressions that occur in our society, but also encourages participants towards personal growth and action. Workshops on empathy, courage, abundance, joy, and other qualities ask participants to recognize how these standards can be tools for justice.

Before I wrap up I just want to add that if you feel inspired to help out in CYRE this year, we gladly welcome your service. We are looking for snack providers, Spirit Jam leaders, a Travelling Chalice coordinator, and committee members. If any of these sing out to you, or you have a completely different idea of how you might help please contact Ashley Cole at dre@beaconunitarian.org.

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



Ashley Cole

Introducing Alex Dragan, Youth Group Leader

Alex, a 4th year Naturopathic Medical student is passionate about wellness, holistic healing and community building. Through various work, she has cultivated her commitment to learning how to foster and grow communities. One of the Naturopathic principles is “Docere” which means Doctor as teacher. She believes this principle can be applied to the coordination of Beacon’s youth group. Last year, she was involved with Beacon as the nursery support and has previously worked with youth in elementary schools as well as summer camps. Teaching the next generation our values and enriching their learning in topics they are interested in is her goal.



Alex Dragan

Living with Less Plastic – New West City Council and Clean BC

At their August meeting, the City Councilors of New Westminster deliberated on the proposal to ban plastic straws, single-use plastic bags and Styrofoam take-out containers. They decided to table the proposal pending 1) the outcome of a similar motion at the upcoming Union of BC Municipalities Conference, and 2) the policies expected to come out of the Provincial review of the single-use plastics situation.

The Councillors are also aware that the disabilities community has raised concerns about a ban on plastic straws, and they want to ensure that consultations include diverse communities. The Council will send a letter to the Province requesting engagement of, especially, the disability community when considering bans on single-use products.

The Province, meanwhile, is running a survey on reducing plastics until September 30th. <https://feedback.engage.gov.bc.ca/129976> They are promising a new regulatory framework in late 2019 or early 2020. You can also make a Stakeholders Submission until September 30th.

Our little group could do with some extra muscle—please email Teresa if you are feeling strong!

Teresa.a.morton@gmail.com



Teresa Morton

Reminder: Family Games Night

Saturday, September 28, 2019 at 5:30 pm
2972 Robson Drive, Coquitlam
amber@strocel.com or 604-613-4532



Let's Connect with Compassion and Respect



Joan Morris

As I sat at the special celebratory dinner for the Al Rbaai family last night I wondered what it would be like for me to be starting life in an entirely new country, community, and culture, with all the foreign customs and language. I know it would be overwhelming and I would want someone by my side to assist me in the process of learning how to live in the newness.

In a much less dramatic situation, new visitors to Beacon likely feel some of the strangeness of a new community. How do we help them to feel welcome and more at home?

What helped you to feel more comfortable in a new community? Did someone special help you get to know your way around? Did they introduce you to someone with shared interests? Were you invited to take part in some way that fit your interests and talents? Did someone offer to be a friend?

Think about what helped you feel at home at Beacon and try some of those ideas as you notice newcomers and visitors among us. Say hello and sit with a newcomer. Suggest they join you for coffee after the service. Introduce them to another few Beaconites. Invite them out for a walk or coffee during the week. Make sure they know about all the groups and ways they can be involved at Beacon. Become friends!

Our Beacon vision states that we as a congregation "Connect with compassion and respect".

We can all do this!

—Joan Morris on behalf of your Beacon Connecting and Membership Team:
Phil Campbell, Joyce Gudaitis, Susan Tarras, Sue Sparlin, Rev. Meg Roberts.

Syrian dinner and refugee update



Peggy Lunderville

On Saturday, September 14 Beacon Task Force 2 hosted a dinner to welcome the four Syrian refugees we sponsored, who arrived in Vancouver on July 4, 2019. This is Beacon's second group of refugees. In 2016 Beacon sponsored Nader and Taghreed Al Rbaai and their youngest children. This year the family was delighted to have their two grown sons join them, along with their daughter-in-law and grandson. Nader expressed that the smile never left Taghreed's face! It was our pleasure as a Task Force and as a congregation to have a part in this.

I wanted to provide an opportunity for the congregation to meet the family and I was delighted that so many were able to come to meet them. At the same time, the Task Force needed contributions to the considerable expenses we have as a sponsoring organization. The dinner on Saturday night has put us on the road to achieve our financial goal, with over \$1300 donated. A sincere thank you goes out for your generosity. This is a good start to our goal of \$10,000 to meet the cost of the airline tickets and some additional expenses beyond our original commitment. Meal ticket sales met the cost of the catering and the hall cleaning. Sapperton Old Age Pensioners Association, who run the hall for the purpose of serving the community, kindly donated the hall rental cost.

Tayybeh was hired to cater Syrian food, supplemented by many delicious donations from the group. Taghreed and the family brought her signature salad, rice dishes and soups to our delight. Lisa Girardi and her son and daughter organized and ran the kitchen without a hitch.

Our new minister, Rev. Meg Roberts, provided the territorial acknowledgement and blessed the food. Translation for this and all announcements was provided by Amr, who has volunteered to help with translation on a volunteer basis. Arabic speaking friends of the family and of the Task Force were invited.

The eight members of the Al Rbaai family have found a home in Coquitlam. The family have received many welcome donations and have the basics of what they need. Some living room furniture, sofa, chairs, coffee and end table, would be welcome. Also a warm winter coat for Heba. They may still need curtains on their lower level.

It has been my pleasure to serve on Task Force 2 with Terry McComas and Tom Lunderville. Terry's heartfelt vision to help this family has inspired me. His tireless pursuit of the paperwork required made it possible and he continues to help the family to negotiate dental and ICBC requirements. Tom is acting as our treasurer. Beth Connelly has been a tireless help to us as volunteer coordinator, always providing encouragement and practical assistance. There are also a host of volunteers, thank you to all of you. I can't imagine carrying out a project like this without all of you. And lastly I must mention the good will of our Al Rbaai family. They have pressed forward under trying conditions. It is such a pleasure to know them.

—Peggy Lunderville

Beacon Programs

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

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. **On October 27th** Luc Beaudoin will introduce the idea that though it is often said that the sophisticated alternative to binary (black and white) thinking is continuous (shades of grey), possible and actual worlds and mind involve multiple discontinuities. This talk draws from the titular chapter of Luc's upcoming book, *Discontinuities: Love, Art, Mind*. Contact Marilyn Meden: m.j.meden@telus.net 604 469 6797.

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 Monday evenings, at 7:30 pm, at Miller Park School. Contact choirdirector@beaconunitarian.org for more info. All voices 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 Joan Morris (joan.morris@telus.net) if you are interested in attending the next meeting.

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).

Help out on Sunday mornings as a Coffee Host contact Joyce Gudaitis

(joyceg@asrsoft.com), **or sign-up as a Sunday Morning Greeter** (contact Susan Tarras, starras@telus.net).

Youth Group: Contact Alex Dragan, youth@beaconunitarian.org, for more information.

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

Book Club meetings are held on the 4th Thursday of each month at 7 pm. For meeting location details contact John Hagen, ajhagen@telus.net.

Thursday, October 24, 2019

Stranger in the Woods: the extraordinary story of the last true hermit by Michael Finkel

Facilitator: Joyanne Landers
A riveting story of survival that asks fundamental questions about solitude, community, and what makes a good life, and a deeply moving portrait of a man who was determined to live his own way, and succeeded.

(Source: New West Public Library) More details at <http://beaconunitarian.org/index.php/book-club/>

Soul Matters Sharing Circles



The Soul Matters Circles are small groups that meet once a month to explore how the congregation's monthly theme can be woven into our lives. Give yourself the gift of time and attention to matters important to your heart and mind and soul – however you understand that....

Our first meeting this program year will be the first week of October and we will be discussing September's theme of Belonging. One group meets first Wednesdays of the month: October 2 from 1–3 pm in Coquitlam. The second group will meet on a weekday evening (date to be announced).

If you are interested in being part of a Soul Matters Sharing Circle this year (whether you've attended many in the past or you are new and want to try it out), please contact me and I can send you more information: Rev. Meg Roberts (mroberts@uuma.org, 778-870-9015).



Third Sundays for Theology Pub

Our Third Sunday space has been booked in the Back Room of the District Taphouse, at 421 E Columbia, just a short walk up the street (unfortunately, you can't stay parked at Sapperton). We have the room from 12:30 to 2 pm & may be welcome to stay later. Here is the menu <https://www.sappertondistricttaphouse.com/food>. Let's try to get our orders in by 1 pm. Our topics this year will be our Unitarian Principles and Sources, one at a time.

—Franci Louann, "T. Pub Coordinator"
604-837-7613, new email: francilouann@gmail.com, .



Invitation to Celebrate the Sabbath

“In a complex and unstable world, if we do not rest, if we do not surrender into some kind of Sabbath, how can we find our way, how can we hear the voices that tell us the right thing to do?” (Wayne Muller, Sabbath, p.7)

In Judaism, the Sabbath (or Shabbat) is celebrated from Friday sundown to Saturday sundown. During this time, for observant Jews, no work is done, no money changes hands, cars aren't used, electrical appliances are turned off. Instead, people rest, turn attention to the spiritual aspect of life, celebrate creation, take pleasure in the simple blessings of life and spend time with loved ones, sharing stories and song, playing games, and sharing food. There is always food.

The Shabbat dinner – on Friday evening – demarcates the time between work and rest, and is a time of great joy and celebration.

Beaconites and friends are invited to a potluck Shabbat dinner on Friday, October 25, 5:30 p.m. at Janet Pivnick's house in New Westminster. Beyond the candles and the challah, this won't be a traditional Shabbat dinner. It will simply be a time to be together in community, to turn off computers and cellphones and to “break bread together”.

Space is limited. Please RSVP janpivnick@gmail.com.

Dismantling Racism and White Privilege: Honouring our First Principle

Friday, October 4 and Saturday, October 5

Unitarian Church of Vancouver, 949 West 49th Avenue, Vancouver, BC

Workshop Overview:

In this workshop, we will examine racism and white privilege in Canada. It will explore strategies for becoming allies in the struggle to dismantle the racial barriers in our congregations and the larger community. The workshop takes an explicit view that in order to transform our society into a racially just place, white folks must engage more robustly. Youth are encouraged to attend.

Participants are welcome to attend any of the three sessions. The workshop objectives are best accomplished by participating in all three sessions. Light refreshments are provided. Participants will need to bring their own lunch.

- Friday, October 4, 7–9 pm: Dismantling Racism and White Privilege: Honouring our First Principle, Part I
- Saturday, October 5 from 9 am–Noon: Part II
- Saturday, October 5, 1–3:30 pm: Part III

Registration is on a sliding scale basis. Please don't let cost be a factor in preventing your attendance. Registration deadline: Wednesday, October 2nd. For registration information or questions please contact Rev. Samaya Oakley, 604-323-4341; soakley@uuma.org. Register [here](#).



Wilburn Hayden has been a university professor and social worker since 1973. He writes from critical race and anti-oppression perspectives. Growing up in the segregated south, he knows of the racial injustice struggle in the USA and Canada first-hand. His practice experiences include being the chief social worker in a state prison, organizing within disadvantaged communities, directing a human services agency, and involvement in political campaigns in North America. His teaching has taken him to South Africa, Kurdistan (Iraq), Nigeria and Guyana. He is the author of a book on Black Appalachia and is currently researching the lives of blacks in Canada (from the past to the present).



Rev. Patricia Trudeau is a UU minister currently serving at the Unitarian Fellowship of Northwest Toronto. She studied at the University of Toronto, Emmanuel College and Meadville Lombard Theological School in Chicago. She will be ordained on October 27th in Toronto. Her passion for racial justice has been inspired by her family and by the study of liberation theology.



Important Social Action Event!

On October 5th, Saturday, at 10 am, there will be a River Walk for Hospice. The walk starts at the River Market at New Westminster and goes west along the river to the Children's Park. The goal is to help raise funds and awareness for the New West Hospice Society. Visit www.newwesthospice.ca for event details.



Michael Scales

Michael Scales, who is on the Board of Directors of the New West Hospice Society, and is a Beacon member, is trying to raise money for the New West Hospice, so he is encouraging his friends at Beacon to donate to the River Walk.

In addition, and just as important, Michael is trying to raise the profile and the name of Beacon Unitarian Church in the community. So, he is trying to get a team of people from the Beacon Church to walk with a sign for our church at the River Walk. Of course, there is also an opportunity for people to donate money to the New West Hospice under the name of the Beacon Unitarian Church.

The New West Hospice Society, founded in 2016, is dedicated to building a grassroots hospice initiative. Their purpose is to acknowledge and affirm that dying, death, and grief are part of life, across the life span. They aim to raise awareness and understanding of the needs—medical, social, practical, spiritual—of people (and their families) living with a life limiting illness.

For more information go to www.newwesthospice.ca or ask Michael Scales.



First-Friday Community Talent Nights

This family-oriented monthly gathering highlights a variety of talented local entertainers and performing artists!

WHEN:

March 1, April 5, May 3, June 7, Oct 4, Nov 1, Dec 6, 2019
at 7 pm

WHERE:

Sunnyside United, 15639 - 24 Avenue, Surrey

www.surreyunitarians.ca

SOUTH FRASER
UNITARIANS

Explore the wonders of Machu Picchu

Dear Fellow Unitarian Universalists,

As a service and not a business, we offer one pilgrimage a year to a sacred site on the earth. Since 2006 we have traveled with a small group (15-20) fellow UU's to; India, Vietnam, Peru, Turkey, Belize, Romania, Italy, Portugal, Cambodia and New Mexico. The pilgrimages are led by Rev. Wayne Walder, a full time minister in Toronto Ontario with his partner Joan Walder. We call them *Mindful Journeys* and each day we meditate and reflect in the presence of beauty.

We invite you to travel with us in April 2020 to Peru and the wonders of Machu Picchu. Over the years Rev. Walder has developed friendships with several of the Shamans in the area. This gives us a unique and often private access to some of the most beautiful places on the planet. These journeys are fully insured and guaranteed by Worldwide Quest, a Toronto licensed travel agent. We still have a few spots available!! For information and a full itinerary contact Joan Walder at: walderj358@gmail.com.



[Worship as a Beacon for Congregational Growth – Part 2](#)
November 9, 9:30–11:30 am PT
 Learn how to create and sustain a strong worship program for both clergy and lay led congregations in this online event. Our presenter is the Rev. Dr. Barbara Wells ten Hove. Registration deadline: October 31.

[Connect and Deep – Virtual Gathering](#)
2nd Sunday of the month: Nov. 10, Dec. 8, Jan. 12, Feb. 9, Mar. 8, 1–2:30 pm PT
 Join us for the opportunity to discuss matters of spiritual and theological significance in small groups and connect with people across the country.

[Serving With Spirit: Stronger Together, Planning for Partnership](#)
Nov. 23, 8:30 am–1:30 pm PT
 Explore our potential for meaningful, creative congregational networking and partnerships. Together, develop strategies to support and sustain



the growing number of small congregations. Rev. Joan Becelaere is the presenter for this event. Registration deadline: November 12.

[Western Region Fall Gathering](#)
October 18–20, Unitarian Church of Edmonton
 The Unitarian Church of Edmonton, the Westwood Unitarian Congregation and the CUC welcome you to imagine our Thriving Future! Gather together to explore new avenues to create welcoming spaces, be re-energized with great music and seek better environmental realities with new allies. Registration deadline: October 7.

[Western Region Youth Con](#)
October 18–Oct 20, Unitarian Church of Edmonton
 Swim on over to the Western Region Youth Con 2019 in Edmonton, Alberta! It will be an amazing weekend filled with fun activities, worship, games, and multigenerational work-

shops and meals. Join junior youth (12–13), youth (14–20) and advisors (25+) from across the Western Region for this annual youth con, which is part of the larger multigenerational Western Regional Fall Gathering. Registration deadline: October 7.

2019 Our Whole Lives – Grades 8/9
 Unitarian Church of Vancouver
 949 West 49th Ave
 Office: 604-261-7204
 Parent Orientations (Required)
 7-9 pm Sept 14th and 28th
 20 Sundays 12:45–2:15 pm
 October 6th through May 24th
From a former participant: “However, what I really absorbed from OWL at the time, and what I have carried with me ever since, is an outlook on sexuality that was strikingly absent from my sex-ed unit in health class: OWL taught me that sexuality is not something to be ashamed of, to be hidden or feared. It is something to be questioned and explored, respected and protected. It is nuanced and complex, and sometimes infuriatingly confusing. Most of all, it is an essential part of the human experience that lasts from birth until death—Our Whole Lives. So, am I bitter that I had to be up by 9 a.m. every Sunday for a year? Yes. Am I glad my parent made me do it? Absolutely.
 (See entire post at <https://www.ourbodiesourselves.org/2009/10/a-real-sex-ed-story-a-teenager-recalls-lessons-from-our-whole-lives/>)



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Deadline for article submissions is the 15th of the month, for inclusion in the following month's newsletter.