

FEBRUARY'S
SERVICE THEME:

Shadow



**FEB
23**

**What does it mean to
'have a voice?'**

Guest Speaker:

Leah Hokanson

Service Leaders: Heather Brown and Susan White

What does it mean to be a vibrational being living in a vibratory universe, with an innate ability to make sound that can be used consciously? Since time immemorial, Indigenous cultures and spiritual communities have regarded singing, chanting, toning, and other ways of using the voice as integral to individual and communal well-being. Today there is a resurgence of practice and understanding of what these traditions have long known: that the voice is both a portal to presence, and a powerful vibrational medium that can heal and transform. Come and explore—with body, mind and spirit—what it *really* means to 'have a voice.'

From Leah Hokanson's website: I am a music and sound explorer, with over 30 years experience as a vocalist, pianist, conductor, teacher, and facilitator. My work connects the voice with healing, creative expression, and embodied inquiry. My intention here is to share my creative work, to invite participation, and to encourage conversation about the vibrational nature of reality—particularly as it relates to the voice, vocal sounding, and singing!

- Choir sings.

Religious Exploration Program: The children will 'travel' to Pakistan to learn about Sikhism, while the youth continue to study the intersections of social justice and Unitarianism.

**FEB
2**

Justice versus Forgiveness

Nancy Rupert and Marilyn Medén

Do you believe in justice? Is it always, sometimes, or never the answer?

Forgiveness is such an easy word to say but can be very difficult to put into practice. We will watch a powerful video of an extraordinary true story. You will see the people, the conflict, and the result. Come prepared to reflect on your own ideas in a guided group discussion.

Religious Exploration Program: The children will 'travel' to Iran to learn about the Baha'i faith, while the youth continue to study the intersections of social justice and Unitarianism.

**FEB
9**

Stories of Our Elders

Rev. Meg Roberts

Beacon's 37th Anniversary is on February 6th. Today is a chance to hear stories from our elders as well as share special moments of what makes Beacon a special community in our

lives—with both its shadows and its light! To celebrate this anniversary, we'll have a new member ceremony, and a soup lunch after the service.

- Choir sings.
- Beacon Birthday Soup lunch

Religious Exploration Program:

The children will 'travel' to India to learn about Jainism, while the youth continue to study the intersections of social justice and Unitarianism.

**FEB
16**

**Facing Shadow,
Cultivating Hope**

Rev. Meg Roberts

As we face the shadows in ourselves and in our world, how do we face the painful feelings, including despair, and cultivate hope? I'd like to share some things I've learned from my own life as well as from the teachings of Buddhist Joanna Macy.

Religious Exploration Program: The children will 'travel' to Israel to learn about Judaism, while the youth study social justice and Unitarianism.

Musings by Meg

The theme for this month is “shadow.”

February 2nd is Ground Hog day when, according to a Germanic tradition brought over to North America, if the groundhog emerges from its burrow that day and sees its shadow, it will return to its burrow and we will get six more weeks of winter. If it doesn't see its shadow, then spring is on its way. A popular film, “Ground Hog Day,” with actor Bill Murray, tells the story of a man who, no matter what he does, ends up in a time loop waking up on same Ground Hog day. At first, he does things that he thinks he can get away with—binge eating and drinking, reckless driving, and robbery. Then he tries to do things that will better himself and the community—learning how to play piano, speaking Italian, trying to help a homeless man. Still he wakes up in the time loop, repeating the same day. Finally, he comes into the self-

knowledge that he has to share his love for his co-worker, and realize that spending time together is what truly makes him happy.

Psychiatrist, Carl Jung, coined the phrase “shadow” to describe those parts of our personality we don't like

What will you choose this month—to ignore your shadow or try to see it?

and would rather repress into our subconscious so we can ignore them. When we reject those aspects of our personality, we often project them onto others as a way to avoid owning them. Sometimes it comes out in impulsive behaviour like:

- Pointing out the flaws in someone else that we subconsciously don't

like in ourselves

- Judging other people (even though we would hate to be judged that way)

- Unconscious biases and prejudices

Most of us have aspects of ourselves we may not like. If we repress those or try to ignore them, they take on greater power. It is like Bill Murray's character: with self-knowledge comes an opportunity to face those parts of ourselves we may not be proud of and try to change our behaviour and feelings. It isn't always a straight, simple process, and yet it is one that can yield new growth—like the coming of spring.

What will you choose this month—to ignore your shadow or try to see it?

—Rev. Meg Roberts



Rev. Meg Roberts

Would you like to join Beacon as a member?

There are various ways to be involved with Beacon Unitarian Church: as a guest, a newcomer, a friend and a member. For those interested in being a member, on Sunday February 9, we are having a New Member Recognition ceremony as part of our service.

If you are interested in becoming a member of this church—even if you want to join and can't come that Sunday—please contact the chair of Connecting and Membership, Joan Morris ((joan.morris@telus.net) or Rev. Meg Roberts (minister@beaconunitarian.org, 778-870-9015).

We ask that people who want to join will have attended the “Getting to Know You” session, or been a member of a Unitarian congregation elsewhere and had a conversation with Rev. Meg Roberts about the rights and responsibilities of membership in this church.

Please contact us by Monday, February 5 if you'd like to join or want more information. Thank you.

Come “ABoard”!

There are spaces to fill on Beacon's board of Trustees. All kinds of talents are needed for a well-rounded board. Please talk to members of the Nominating Committee about becoming a member of the Beacon Board. You can learn how the Beacon community runs, and help keep it running. **Bonus: Enjoy laughter and friendship too!**

*Beacon's Nominating Committee:
Donna Hamilton (Board rep.), Nancy Rupert,
Rob Warner, Carol Woodworth*



**Beacon
Unitarian
Church**

Board Bitz

Our warm and wet winter got cold and snowy about half-way through January. We had to postpone our Coordinating Council Meeting. We also had to postpone our January Board Meeting until we were back to the wet weather again. Through all the snow, Beaconites made it on Sundays as long as they could get out of their driveways.

We started the new year with an all ages fire communion service on January 5th with Rev. Samaya Oakley. **“Out of the Flames of 2019 We Rise.** We rise for courage and conviction, knowing that being on the side of love and justice is who we are. Out of the flames we rise with hope in our hearts to help heal a broken world. Out of the flames we rise with love in our hearts and celebrate our shared humanity”.

The second service of the year brought us Rev. Meg Roberts with a service about the **Thresholds of Spiritual Life.** Rev. Meg explained how spiritual growth arises from, or influences, various stages in our lives, from infant to old age and asked us how, as adults, we can cross these thresholds in a mindful way—a moving service.

On the third Sunday of the month our Lay Chaplain, Sue Sparlin, asked us **‘What is a Family?’** What makes someone you know ‘family’ instead of ‘good friends? She spoke of being asked to perform a union for a polyamorous family and shared with us what she discovered and talked about with how this might affect our own lives.

We will end the month with another moving service by Rev. Meg Roberts on how **‘We Need Not Think Alike To Love Alike’.** Inspired by the words of Transylvanian Unitarian Minister, Francis David, in 16th century Europe, Rev. Meg will speak of how we, at Beacon Unitarian in the 21st century, can learn from each other’s beliefs, ideas and lives.

From January to June this year **Theology Pub** will be discussing the six Unitarian Sources. We started on January 19th with our first source **‘Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life’.** On Sunday, February 16th we will move on to our second



David Kristjanson



Donna Hamilton

source **‘Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love’.**

January is just a small example of how we at Beacon *Connect with Compassion & Respect, Inspire Learning & Spiritual Growth, and Transform through Joy & Justice.* Where else can you find so many interesting and enlightening ideas and discussions in just one month? Well, Beacon does this month after month, thanks to all the people who find joy in making this little church happen every week. To find out more about what is happening at Beacon Unitarian and about what is coming up next month, check us out at www.beaconunitarian.org.

— David Kristjanson and
Donna Hamilton, Co-Presidents

Sharing the Plate 2020–21: Nominations due Feb. 29

Dear fellow Beaconites. Nominations for next year’s Sharing-the-Plate recipient are due by the end of February to be able to be checked, accepted and circulated to all of you to familiarize yourselves with whom to vote for at the AGM in April. We’re counting on you to find a good, worthy local charity that would be a good fit for Beacon in 2020–21.

Here are some examples of previous choices. In 2015: *It’s On The Street*: training and gainful work for homeless men. In 2016: *Community Integration Services Society*: providing skills training and work experience for people with disabilities. In 2017: *Aunt Leah’s Place–The Link*: providing a range of services and resources to youth transitioning out of care from the Ministry of Child and Family

Development. In 2018: *Camp Kerry Society*: counseling and education for families coping with grief and loss. In 2019: *My Artist’s Corner*: supporting people with mental illness through arts programming.

As you see these have been very worthy recipients of our help in the past. Nomination forms can be obtained from committee members John Hagen, Dan Theal, and Theresa Morton; at <http://beaconunitarian.org/index.php/governance/>; or from the greeter’s table at the back of the hall on Sunday mornings.

—John Hagen, Committee Chair



John Hagen

'Less Plastic' snippets

Newsflash: Vancouver bans foam cups & take-out containers!

The City of Vancouver is requiring restaurants and grocery stores to stop using polystyrene 'styrofoam' cups and containers. Alternatives include; ceramic dishes, plastic containers, steel trays, plates or tiffins, reusable plastic plates, paper containers coated in plastic, aluminum containers and compostable containers made from leaves, paper or plant fibres.

Our 'less plastic' website!

Please take a look at our new website lessplasticnewwest.wixsite.com/lwlp

Thank you to Alison who prepared the site and set it up so that I can add blogs. What else would you like to see on the site?



Living with Less Plastic
NEW WEST



Teresa Morton

Take a look at this site: drawdown.ecochallenge.org

Meg recommends this EcoChallenge program to connect our actions & our knowledge with our goals for reducing climate change. I'm starting a Team; who wants to join me??

Connect with me at lessplasticnewwest@gmail.com

New West's 'Refill Stop'

Just a half block from the New West Skytrain Station, 865 Carnarvon, this refill shop carries cleaning products

and personal care products such as shampoo and cosmetics. You can take your own containers or use some supplied by the Stop. The other day I got a refill on my shampoo and bought an alternative toothpaste. Check it out!

'EnviroBee' on February 9th

After the service, join me downstairs to exchange tips, concerns and hints about our 'less plastic' journey. Bring your tea, coffee or ideas!

—Teresa Morton

Living with Less Plastic New West

Teresa.a.morton@gmail.com

Let's Connect with Beacon programs

A new year, a new decade, and many ways to connect. You will likely be aware that Beaconites meet in members' homes, and other locations during the month for a variety of events. From Board meetings, committee meetings, to Book Club, Lunch Bunch, Soul Matters, Humanist group, Choir, Theology Pub and Youth group, we gather to connect in new ways, deepening our relationships with each other.

Perhaps, you already meet during the month in a Beaconite home or at the restaurant with the Theology Pub or the Choir at Miller Park School, to get to know others better and explore

an area of interest to you. If not, I encourage you to try one out.

Over the next several months each of the groups will share more of what they find meaningful about their gatherings during the month.

I've already had enthusiastic responses with snippets of detail about these special groups.

Some have been meeting since Beacon began 37 years ago and others are new and evolving. Tune in next month as we start with the Theology Pub and learn about some of the interesting discussions members have been having and what keeps them coming back every month.

We gather in small groups to connect, deepening our relationships with each other.

You can find out more details about when and where the groups meet in each week's order of service, the *Beacon This Week* email or the monthly newsletter. Contacts are listed in each of those publications.

Let's find more ways to connect with each other.

Connecting and Membership
Joan Morris, Susan Tarras, Joyce Gudaitis, Phil Campbell, Sue Sparlin, Rev. Meg Roberts. Elizabeth Campbell (Board liaison)



Joan Morris

Religious Exploration (RE) for February

Hello everyone and happy (almost) Valentine's Day! So far, January has been a challenging month—with all the news stories in 2020, it can feel very disheartening, if not down-right devastating, to process our current political and environmental situations. In light of these challenging times I wanted to share some inspiring words from a podcast I listen to called *Secret Feminist Agenda* in which host Hannah McGregor suggests that it is good to practice self care and gentleness towards ourselves and by doing so we are better at practicing gentleness towards others. She says, "Gentleness doesn't stop us from responding to

the urgency of things going on... We can be gentle and radical at the same time. We can be soft and hold firmly to the things we believe in." My wish for all of you as we move through the second month of the new decade is that you hold yourself gently and are gentle with those around you. And I hope that you are all reminded of the good work that we do together in community and individually, and that that inspires us to continue to share our love with those who need it.

Moving on to our plans this month for RE, we are going to dig more in to the *Passport to Spirituality* curriculum as we travel to Iran, India, Israel, and Pakistan to learn about a



Alex Dragan



Ashley Cole

variety of faith traditions. For more information, sign up for the RE email newsletter by contacting me at dre@beaconunitarian.org. Thanks all and stay warm out there!

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

Settlement 2 Refugee Task Force Update



A warm loving welcome to Wissam from Marylke.

We are delighted to announce that a healthy baby boy, Wissam, was born to Heba on January 7. He is the first member of the Al Rbaai family to be a Canadian citizen! We continue to welcome any donations to help with our increased responsibility.

— Peggy Lunderville



We're Celebrating Beacon's 37th Birthday on Feb. 9th!

Join us for a special soup lunch with birthday cake on Sunday, February 9th, downstairs, after the service.

We'll be asking for donations after church on Jan. 26th and Feb. 2nd. We need soup, including vegetarian choices, fruit, veggies, breads or buns and butter and some festive desserts. Other lunch items such as deviled eggs are most welcome! You can reach me with questions, or a lunch offering at 604-812-5939, prlunder@gmail.com. Thanks! — Peggy Lunderville

Traveling Chalice Sign-up Open!

Looking for opportunities to incorporate UU rituals and reflections into your weekly routine? Now is your chance to sign up for the Travelling Chalice that comes complete with instructions for use, a chalice and LED candle, readings and reflections from other users, and much more! For more information or to sign up contact Ashley Cole at dre@beaconunitarian.org.



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 February 29th** Al Sather will lead a discussion on “Do races exit in Homo Sapiens?” How does the term “social/cultural race” apply to this question? For further information please contact Marilyn Medén m.j.meden@telus.net (604 469 6797) 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 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).

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

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.

Settlement 2 Task Force is responsible for the settlement of four refugees who arrived as permanent residents of Canada in July 2019. Those wishing to help as volunteers and/or donate to the settlement fund, please contact Peggy Lunderville, prlunder@gmail.com.

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).

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.

February 27, 2020

Facilitator: Gail Thomson

Accidental Further Adventures of the 109-Year-Old-Man by Jonas Jonasson

What’s next for Allan Karlsson? Turns out this centenarian has a few more adventures in store... it all begins with a hot air balloon trip and three bottles of champagne. Allan and Julius are ready for some spectacular views, but they’re not expecting to land in the sea and be rescued by a North Korean ship, and they could never have imagined that the captain of the ship would be harboring a suitcase full of contraband uranium, on a nuclear weapons mission for Kim Jong-un. Yikes! Needless to say, things are about to get very, very complicated. (Source: New West Public Library catalogue) More info at: <http://beaconunitarian.org/index.php/book-club/>.



Sue Sparlin stars in Murder on the Nile

Come for dinner and a play! February 13–29

Sue Sparlin will be acting in an Agatha Christie play, “Murder on the Nile”, to be staged in Langley at *Theatre in the Country*. She will be playing a snooty, bigoted socialite. This theatre gives you the opportunity to have dinner there and remain at your table to see the show. You can also buy tickets for the show without dinner. The play runs from Feb 13 through Feb 29th with one matinee on Sat Feb 22nd at 2pm. Here’s the link: <https://theatreinthecountry.com>.

Soul Matters Sharing Circles

We meet once a month to deepen our exploration of Beacon's monthly theme, using the theme packet sent out via email at the beginning of each month. The packet includes a couple of options for a spiritual exercise as well as some questions—you choose one exercise to try out that month and one question to ponder.

Led by Rev. Meg Roberts, the next session is on

Wednesday, February 5 on *Threshold* (January's theme).

We have two groups:

- 1:00–3:00 pm in Coquitlam
- 6:30–8:30 pm in Burnaby

If you would like to come and

try it out, please contact Rev. Meg Roberts (minister@BeaconUnitarian.org, 778-870-9015). All are welcome.



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

Beaconites in the Spotlight

Do you have an event or accomplishment that you would like to share with the Beacon congregation? Please submit your information for publication in *The Beacon* by the 15th day of the month, for inclusion in the following month's newsletter. Email: newsletter@beaconunitarian.org.

Theology Pub: Feb. 16 (3rd Sunday)

Our topics for January to June are our Unitarian Sources. On February 16th we will discuss our second source: Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.

We meet in the Back Room of the District Tap-house, at 421 E Columbia, just a few blocks walk up the street. (You need to move your car though.) We have the room from 12:30 to 2 pm & may be welcome to stay later, there or in another part of the establishment. Here is the menu — <https://www.sappertondistricttaphouse.com/food>. Come when you can. We try to have our food orders in and start discussion 'officially' by 1 pm.

Look up our Principles and Sources. Carry them in your wallet? Invite others who may be interested? Remember, third Sundays for Theology Pub.

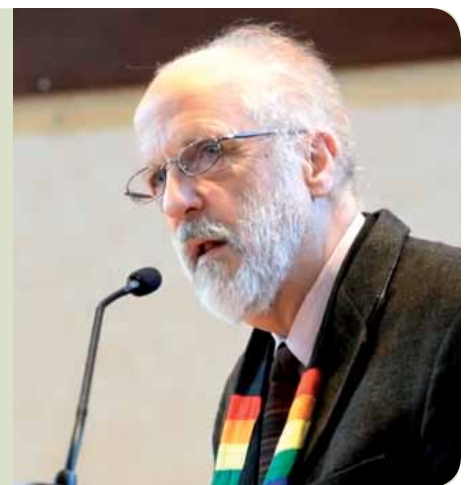
—Franci Louann, "Theology Pub Coordinator"

Best email: francilouann@gmail.com • 604-837-7613



UCV Fundraiser: Book of Rev. Steven Epperson's Sermons for Sale

As a surprise to Steven and to honour his 18 years as a beloved minister at the Unitarian Church of Vancouver, four of the church members (Cole Harris, Louise Bunn, Hanno Pinder and David MacDonald) have compiled 31 of his excellent sermons, in book form. As Steven is retiring at the end of June 2020, this is a chance to celebrate his ministry as well as help UCV congregation raise funds. The price, including tax, is \$20 and all money will go to the church. For copies or more information, please contact: **Hanno Pinder** hannopinder@gmail.com.





Virtual Gatherings c/o the CUC

Connect and Deepen— Virtual Gathering

**2nd Sunday of the month:
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.

What's In a Name?

**Saturday, February 22, 2020,
10:00 – 11:30 p.m. PT. Free!**

A recent discussion on the CUC Leaders list focused on the language we use to describe our Unitarian Universalist communities. A summary of the conversation was compiled and distributed. This Roundtable is an opportunity for us to consider the summary, to review some additional materials and then to share our questions about when renaming would be appropriate and to then learn a bit about what the renaming process might entail.

Gathered Here: Virtual young adult community

The monthly online gathering for young adults (ages 18–35) is on the same schedule as last year, with

gatherings the second Monday evening of each month: February 10, March 9, April 13, June 8, July 13 and August 10. Gatherings begin at 5 p.m. Pacific and last for 75 minutes.

This year we are focusing on getting to know each other. It can be challenging to build trust quickly when there is a different group every month, due to the drop-in nature of *Gathered Here*. To address this, we will be spending more time on each call doing activities that will help us learn about each other. This change is in response to the feedback of young adults who attended *Gathered Here* over the past year.

The feedback we received also confirmed the three main reasons young adults are coming to *Gathered Here*:

- For connection with YA community (to see old friends and meet new people)
- For spiritual grounding (rest and reflection)
- To share what's going on in my life, be witnessed and held

We hope that you'll invite the young adults in your life to join an upcoming *Gathered Here* call. Together, we will find connection and create the opportunity to share what's on our hearts in a spiritually grounded and loving community.

—Casey Stainsby, Youth and Young Adult Program & Events Coordinator



Truth, Healing and Reconciliation Youth Con (Pilot)

Where: Unitarian Church of Vancouver, 949 West 49th Ave, Vancouver, BC, V5Z 2T1

When: Friday, February 28, 6 p.m. to Sunday, March 1, 2020, 10:00 a.m.

Who: For UU youth (ages 13-19, at least grade 8) and advisors (ages 25+) from anywhere in BC

Cost: Sliding scale, \$30, \$40 or \$55

Registration: via the Unitarian Church of Vancouver's website (links below), open until February 17.

Youth Registration: <https://vancouver.breezechms.com/form/THR-youth-con2020-youthReg>

Adult Advisor Registration: <https://vancouver.breezechms.com/form/THR-youth-con2020-AdultReg>

The program uses the CBC's 8th Fire television series and creative activities to explore the many aspects of reconciliation. There will be an opportunity for participants to brainstorm with their youth groups about reconciliation projects that they could take part in their home communities.

Join the experience!



Beacon Unitarian Church

www.beaconunitarian.org
info@beaconunitarian.org

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

Contract Minister:
Rev. Meg Roberts
minister@beaconunitarian.org

Lay Chaplain:
Sue Sparlin, 778 319 7827
ceremonies@beaconunitarian.org

Choir Director:
Sylvia McDonald

choirdirector@beaconunitarian.org

Board Executive:
Co-Presidents:

David Kristjanson and
Donna Hamilton;
Treasurer: Heather Brown;
Secretary: Janet Pivnick;
Members at Large: John Hagen, Elizabeth Campbell,

Karen Greenland.

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.