

MARCH'S SERVICE THEME: COURAGE

MAR 1 **Loving Someone with Mental Illness**
Guest speaker: Lynne Bonner

From depression to borderline personality disorder, mental illness is often stigmatized in our culture. In this service, Lynne Bonner, First Unitarian Church of Victoria Worship Associate, presents a personal story to shed light on the experience of loving someone who struggles with mental illness, and presents some lessons learned—insights that apply to human relationships in general, as well as relationships affected by mental illness. The service includes a simple ritual that gives all present the option to honour ourselves and our loved ones. In addition, a skilled listening ear will be available throughout and after the service if difficult feelings come up for any of us, or if you wish to find community resources for further support.

Religious Exploration Program: The children will 'travel' to Israel to learn about Judaism.

MAR 8 **Listening to the Wisdom Within**
Rev. Meg Roberts

We reflect on the wisdom that guides our lives—those sources that sustain us, the people in our lives, the wisdom from our bodies and from the earth (the mother who sustains us all). It takes courage in our world to follow the wisdom we cultivate within, so let us support one another along that path. Special thanks to the Canadian Unitarian Universalist Women's Asso-

ciation for the resources they offer us for this service, as we join congregations across Canada celebrating International Women's Day.

• Choir sings
Religious Exploration Program: The children will 'travel' to Pakistan to learn about Sikhism.

MAR 15 **Sustaining Ourselves as We Do Good Work**
Speaker: Janet Pivnick

Service Leader: Heather Brown
Unitarians tend to be passionate about causes of equity, social justice and environmentalism. Sometimes dedicating ourselves to this important work can mean that self-care is put on the back burner and we can even find ourselves in a state of burnout. Janet Pivnick will share some reflections and ideas about how we might keep ourselves healthy and still have the energy required to work on the global issues that we value.

Janet Pivnick is a member of Beacon, chair of the Worship Services Committee and sits on the Beacon Board of Trustees in the role of Secretary.

Religious Exploration Program: The children will 'travel' to Thailand to learn about Buddhism.

MAR 22 **What Calls You to Action?**
Rev. Meg Roberts

Alongside other people of faith, Unitarians have a history of engaging in non-violent civil action—whether it has been against slavery,



for civil and other human rights, or towards eco-justice. What calls you to action? What spiritual practices and courageous soul-searching will ground us in our principles during these times of civil unrest?

• Choir sings
Religious Exploration Program: The children will 'travel' to India to learn about Hinduism.

MAR 29 **Courageous Friends**
Guest Speaker: Rob Hughes, North Burnaby Quaker

Worship Group
Service Leader: Janet Pivnick
Quakers and Unitarians have many values in common and often join hands in social justice work, yet the two groups have divergent histories and their faith practices take different forms. At this service we will learn more about a faith group with which Unitarians have often partnered—the Religious Society of Friends.

Religious Exploration Program: The children will 'travel' to Sadi Arabia to learn about Islam.

Musings by Meg

The theme for this month is “courage.”

I live in a housing coop called “Le Coeur”—French for “the heart.” I was pleased to learn it has a Unitarian connection. The coop website explains:

Le Coeur Housing Co-operative was established in 1981 on the foundations of the co-operative principles: caring, affordable and secure housing for all people regardless of age, income, cultural background, religion or sexual orientation. The original idea to use this land came from a group of Unitarians who dreamed of creating a village based

on liberal religious values. When the project got too big for them, the village idea became a housing cooperative. Le Coeur has grown into a Co-op with individuals and families of many different beliefs that support cooperative living.

That kind of dreaming big takes courage. Over the past 38 years, many people have benefited from their vision and investment of time and energy, and many still do. I’m very grateful to them.

The word “courage” comes from the Latin root *cor* which also means

“heart.” It was thought to be the place of our feelings. Having courage does engage our feelings, our convictions. It also takes courage to stand up for ourselves whether that be in relationships with family, a dear one, at work, or at church. It includes standing up for what you believe in. What have you done in your life that took courage? In what do you invest your heart?

In the spirit, —Rev. Meg Roberts



Rev. Meg Roberts

‘Less Plastic’ snippets

Plastics Pledge, from the Fundy Biosphere Reserve:

REFUSE disposable plastics including packaging. Carry your own bags, containers, and utensils. Say “no straw please!”

REDUCE your plastics footprint by lowering consumption of plastic packaging and parts. If it will leave behind plastic trash, don’t buy it.

REUSE durable, non-toxic straws, utensils, containers, bottles, bags, and everyday items. Choose glass, paper, stainless steel, wood, ceramic and bamboo.

RECYCLE things you can’t refuse, reduce, or reuse. Think about the life cycle of items in your life, from source, manufacturing, distribution to disposal.

Next ‘Envirobee’ is Sunday March 15th, after the Service

Join me downstairs to exchange tips, concerns and hints about our ‘less plastic’ journey, or the environment in general. Bring your tea, coffee or ideas!



Take a look at what Vancouver is doing about single-use items!

<https://vancouver.ca/green-vancouver/single-use-items.aspx>

In addition to the recent ban on foam cups and foam take-out containers, Vancouver has several initiatives beginning on April 22nd.

- Plastic straws will be banned (even

compostable straws, since they can’t be handled well by the Green Bin program). There is an exception

for flexible plastic straws, individually wrapped in paper to be provided for accessibility.

- Effective Apr 22, 2020, businesses cannot automatically include single-use utensils (spoon, fork, knife, or chopstick) in a customer’s order for dine-in, drive-through, take-out, or delivery. These items can only be provided upon customer request.

Also, City of Vancouver is working with Coastal Health Authority to work out some arrangement to let customers bring their own containers for take-out. Until then, customers can bring reusable containers to bring home leftovers from restaurants, provided they transfer the food into the container at the table.



Teresa Morton

—Teresa Morton

Living with Less Plastic New West

Teresa.a.morton@gmail.com

Board Bitz

Last month we celebrated our 37th Birthday on February 9th with a special service. It included stories from church elders **Denis Probst, Ivy Hubbard, and Satya Doerksen** about Beacon's beginnings, and a beautiful sermon from **Rev. Meg Roberts** about Beacon's history and its place in the larger community. There was also a new member ceremony where we welcomed **Peg Hinkley, Karen Hamilton, Richard Hollins, and Marion Orser** to our congregation. Thank you to everyone who brought all the delicious food.

Right after our birthday party we had a coordinating council meeting. Many thanks to **Tom and Peggy Lunderville** for offering their home for this important meeting. Thanks as well to **Nancy Rupert** for her talk on BREEZE, Beacon's new data base. The Beacon calendar was updated, so make sure that you go to www.beaconunitarian.org and click on calendar to find out all the exciting things that are happening at Beacon.

A very special thank you goes out to our Director of Religious Exploration (DRE), Ashley Cole, for keeping everything running smoothly during a very difficult month. Due to filming of the TV show *Supernatural* we were not able to use the lower level of the hall for two Sundays. Without much warning, Ashley had to reconfigure the RE program to fit into the small room next to the stage upstairs. This was made even more difficult by our Religious Exploration Support Teacher (REST), Alex Dragan, leaving to pursue her chosen career. If you know of anyone who would be a good fit for this important position, please let us know. **Until then Ashley will have her hands full, so if any of you are able to help out with the children on Sundays, we can certainly use**

you now. Please talk to Ashley Cole, Donna Hamilton or David Kristjanson if would like to help.

During the two weeks that we were unable to use the lower level, we also had to move our coffee hour upstairs. A group of dedicated people made this all work seamlessly. Thank you all. **We certainly are a church that can turn on a dime when necessary.**

If you have not already submitted your nomination for *Sharing the Plate*, please do so quickly. The deadline is February 29th, but if you have a favorite local charity in mind, we could always consider late submissions. You can print out a nomination form from the Beacon website. Go to www.beaconunitarian.org, then "About Us" and scroll down to "Governance". You will find it under Beacon Documents. Give the completed form to **John Hagen** at church or email it to him at ajhagen@telus.net.

In anticipation of **Beacon's AGM coming up on April 26th** we ask that each committee chair email their year-end report to Beacon's secretary, **Janet Pivnick**, at janpivnick@gmail.com by March 28th. Ideally your report will be ½ a page or less, but definitely not more than ¾ of a page. We know that this may be difficult because of all the work you do over the year, so we thank you in advance for keeping it tight.

Now March brings us more inspiring Sunday Services, more groups to join and more activities to participate in. Please check it all out at www.beaconunitarian.org. Thank you for being a part of this wonderful community and thank you for coming every Sunday to help us **Connect with Compassion & Respect, Inspire Learning & Spiritual Growth, and Transform through Joy & Justice.**

— David Kristjanson and
Donna Hamilton, Co-Presidents



Beacon
Unitarian
Church

Visioning Workshop Saturday March 21

Please join us for this important workshop where we'll look at Beacon's vision and plans for the future. Stay tuned for more details in the weekly Beacon email: Beacon This Week (BTW).

Save the Date!



A big shout out to **Teresa Morton**. Teresa has been appointed for a 2 year term on the City of New Westminster Environmental and Climate Advisory Committee to city council on behalf of the City of New Westminster Environmental Partners. The Environmental Partners is the group that the *Beacon Living with Less Plastic* is now affiliated with. Teresa spoke at the advisory committee in June for the work she and the *Living with Less Plastic* group had been doing. This was in regards to the grocery stores that had been contacted and ways for them to cut back on the plastic they are using. Several members of Beacon were there, supporting Teresa. She gave a wonderful rundown of the enormous amount of work they had been doing and why they were doing it. *The Living with Less Plastic* website is <https://lessplasticnewwest.wixsite.com/lwlp>

— Elizabeth Campbell

Let's Connect with Beacon's Theology Pub

SUNDAY BEST

Let me be...

is why I love Beacon U
it let's me be *me*

*I also pray, said an atheist;
I've read the entire Bible, may read it
again*

said another

we prefer community, to aloneness
we prefer Sundays (said all)
we like "pubs" (said a non-atheist/
person of spirit/fellow-seeker/affiliate/
member)

*beware of the echo chamber
where you hear only your own
thoughts*
said someone

this may be a poem

said the poet
taking notes

by Franci Louann (found in notes
from Beacon's Theology Pub —theme
was "how we use our personal differ-
ent types of energy")

Franci Louann, the current facilitator of Theology Pub, describes in her poem a sampling of the content of their monthly gatherings in the local pub "up the street". (Sapperton District Taphouse at 421 E Columbia St.)

She writes: eight to fifteen "Beaconites" meet for Theology Pub on the third Sunday of the month during the church year. (There are 20+ members on our email list.) Most of us order lunch. We get started by 1 pm and chat for at least an hour. Folks may stay longer.

This year we have been discussing our U-U Principles and Sources. (e.g. March 15th, our topic will be our 3rd source.) We like to talk, think, talk & think some more & maybe change our "personal truths". It seems like a spiritual practice to me. Our core group is very supportive, often expressing appreciation.

Last summer we met every Sunday. I chose restaurants and pubs in



Franci Louann



Joan Morris

"Uptown New West". (The menu must include beer.)

Plan to join the group and experience some great discussions, good pub food and maybe an opportunity to explore your own personal truths! Contact Franci Louann for more information: flouann@gmail.com

—Franci Louann and Joan Morris on behalf of your Beacon Connecting and Membership Team: Joyce Gudaitis, Phil Campbell, Susan Tarras, Sue Sparlin, Rev. Meg Roberts, and Elizabeth Campbell (board liaison).

Notice Board

FREE COACHING: Cyber Security

Beacon youth, Sebastian Rasmussen, is hoping to share his cyber security knowledge with anyone at Beacon who may be interested. Basic and specific advice provided. Call 604-522-4996 or email seb_contact@use.startmail.com.

MOVING HOUSE—Come and see what you might like!

For a donation to Beacon, you can go home with CD's, DVD's, assorted household items, as well as items that Donna has made or dyed (clothing, tote bags, pottery). **Come after church on Sunday, March 15.** If you have something particular you are looking for, or can't make it that day, but still would like to look, please get in touch with Donna: donna-h@telus.net or 604-944-3113

Calling all crafters!

The Pastoral Support Committee is grateful to Donna Hamilton for donating a big box of fabrics left from her various design projects for Beacon.

We are getting ready to make another Caring Quilt and some tote bags. This community building project will begin next fall. Anyone from age 12 and up is invited to participate.

Is anyone interested in preparation and planning? Please contact Judy Villett at jvillett@hotmail.com or 604-329-9792 if you can help.



Religious Exploration (RE) for March

Hello everyone, I hope you are all enjoying the seasonal move towards warmer weather and longer days. As we continue into the church year we are still in search of a new support teacher and youth coordinator. If you, or anyone you know are interested in either position, or in helping out until the position(s) can be filled, please email dre@beaconunitarian.org. Until a replacement is hired youth are welcome to join the younger age programming or join the main service. This month the children will be 'travelling' to Israel to learn about Judaism, Pakistan to learn about Sikhism, Thailand to learn about Buddhism, India to learn about Hinduism, and Sadi Arabia to learn about Islam.

And once again, if you feel inspired to help out in Children and Youth Religious Exploration (CYRE) this year, we gladly welcome your help. 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

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

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 greets four new members

We welcomed with delight, four new members to our Beacon congregation on February 9th. Karen Hamilton, Richard Hollins, Marion Orser and Peg Hinkley received welcoming words from our board co-chairs, David Kristjanson and Donna Hamilton, our Connecting and Membership chair, Joan Morris and from Rev. Meg during the Joining Ceremony. The new members received a red rose, a little book about Unitarianism, a CUC pin (Canadian Unitarian Council) and a handshake and hug of welcome.

Please reach out and get to know our new members, helping them feel welcomed and supported in our Beacon community.



Peg Hinkley

Peg grew up in Chilliwack and lived there until 14 months ago when she relocated to North Surrey.

Peg found Beacon online and decided to try us out. She told me, “it was a fit for me”. With her earth-based faith, Beacon seems to be a fit.

Peg is retired from a management career with the Health Authority. She has extensive experience as a volunteer facilitator with Hospice and Alzheimers Caregivers Support Groups. She continues doing advocacy volunteer work and is involved with a number of online support groups, supporting persons newly diagnosed with rare diseases.

Peg is reinventing her life and is grateful for Beacon. She is active with the Soul Matters group, Book Club, Theology Pub and helps David set up on Sunday mornings. Family and friends are important to Peg and

she is pleased to have made several friends at Beacon. She finds the community warm and inclusive.



Marion Orser

Marion grew up in the United Church, but for many years she attended the “Church of the Cycle” spending all of her Sundays out

on her bike. Recently Marion thought about attending a church as she felt “something lacking” in her life. She had heard about Unitarianism through a good friend as well as experiencing a Unitarian wedding service at her brother’s wedding. As she lives in New Westminster she decided to check out Beacon and has discovered it suits her.

Marion’s interests include reading, walking, supporting her strata council and cycling advocacy. She is also interested in getting involved with Beacon’s Lunch Bunch, Theology Pub and the Book club.

Richard Hollins and Karen Hamilton

Richard and Karen began attending Beacon over a year ago. Richard, an atheist, but raised in the United Church, and Karen raised in the Anglican Church wanted to find a community where they could both be comfortable. Karen knew about Unitarianism through her “spiritual mother”, a very good friend at the Unitarian Fellowship of Nanaimo, and convinced Richard that Beacon might be a fit for them. They have both found Beacon to be very welcoming.

Richard was raised in Chilliwack, attended UBC and became a teacher at the time when there were 1700 unemployed teachers. With no teaching positions available, he got a job

in equipment repair and ended up spending 30 years as a biomedical engineering technician.

He has lived in Coquitlam since 1985 where he raised his daughter with his late wife. Sydney is 31 and lives at home with Richard and Karen.

Richard has joined the Beacon choir and Good Times Band (he plays ukulele and bass clarinet).

Karen is a retired lawyer and mediator. She practised and taught law in Halifax, and also had law practices in Vancouver and Nanaimo.

She was a major fundraiser for the Canadian Human Rights Museum in Winnipeg, has taught art and describes herself as an eclectic painter. Karen will be teaching a class in perspective for MAC (our current *Sharing the Plate* recipient) this month. Karen volunteered with the Beacon Pledge Drive in the fall. Karen belongs to the Coquitlam Writer’s Group and is at the stage of serious editing for her first book (a “true crime” about the justice system through her experience as a lawyer). She and Richard are interested in travelling, plays, and art exhibits.



Community Lunch: Sunday March 29

Community lunches take place after the Sunday service in the downstairs hall. Please join us. Bette Goode (bjgoode@hotmail.com) will appreciate your contributions of food.

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.

March 29: Is progressivism inherently more ethical than conservatism?

I was recently part of a delegation to our local member of parliament. We had a productive conversation and at one point he said that Unitarians were the spiritual wing of the New Democratic Party. It got me thinking. As Unitarians and humanists we are comprised of a very high percentage of people who would consider themselves progressives. But is progressivism really inherently more ethical? Perhaps we shouldn't make assumptions, so let's discuss it and try to put aside our biases. —Phil Campbell

P.S. Although progressivism may be underlined by your spell check, it really is a word!

For further information about the Humanist Group please contact Marilyn Medén m.j.medén@telus.net (604 469 6797) for more details.

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 the 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.

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).

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. **Thurs. March 20:** *The Night Circus* by Erin Morgenstern. Facilitator: Donna Hamilton.

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).



Theology Pub: Mar. 15 (3rd Sundays)

Our topics for January to June are our Unitarian Sources.

On March 15th we will discuss our fourth source: Wisdom from the world's religions which inspires us in our ethical and spiritual life.

We meet in the Back Room of the District Taphouse, 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.sapper-tondistricttaphouse.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, Coordinator
francilouann@gmail.com

604-837-7613



Virtual Gatherings c/o the CUC

Connect and Deepen—Virtual Gathering

2nd Sunday of the month:

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.

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: 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*

How to Mark CUC Month This February

Keep an eye on the [CUC's Facebook page](#) for an A-Z of famous Unitarians appearing daily, thanks to the research of John K. Sproule of the Don Heights Unitarian Congregation. Did you know that famous Unitarians wrote *Little Women*, developed the theory of evolution and helped design the World Wide Web? These are just some of the many feats we'll be focusing on this month.

Snapshots



Founding members Anne McLeod and Denis Probst at Beacon's 37th anniversary lunch.



Founding member Ivy Hubbard telling the Story for all Ages.



Beacon Unitarian Church

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