

# SEPTEMBER SERVICE THEME: Respect for the Interdependent Web of Life

### Water Communion – Beacon Connects within the Web of Life

Rev. Meg Roberts

Beacon's program year starts again with the annual water ceremony service which is for all ages. This ritual symbolizes the re-gathering of this community after a summer break. For this online service, I'll have water to pour on your behalf into a bowl symbolizing Beacon, with the water symbolizing each of you and the gift you are to this spiritual community. (If you want, feel free to have water on hand if you want to do your own pouring into a bowl along with me!) Since many of us were not travelling this summer, rather than pouring in water from summer adventures, I invite you to briefly share what nourishes you about being in community and what you want to offer to the community in the coming year. You may offer a special gift you have (like being a good listener), or contribute through working on a committee, or simply showing up to be at services or be in one of our small group programs. This is a community that belongs to you, whether you are here for the first time or for all of Beacon's 37 years. I look forward to seeing you online and together creating this ritual of belonging.



### Finding our Place in the Interdependent Web

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Service Coordinators: Susan White and Janet Pivnick Speaker: Janet Pivnick Globally, the last six months have been unsettling and filled with uncertainty. As Unitarians, where do we find our ground in difficult times? Today's service will consider the support, comfort and wisdom that our seventh principle can provide.



### How can we be a Healthy Interdependent Web within the Larger Web?

Rev. Meg Roberts

Just as any ecosystem has ways of operating that keep it healthy, so too does any human community. What can we learn to help us function in healthier ways within our family system, within Beacon's, and within the larger web of existence?

# Musings by Meg

Here world and in our lives right now?

We come together and focus our energies on how we can make a difference. We do that in our lives and as a group. Sometimes we are in need of support, sometimes we offer support. We want to go deeper this year into the big issues and do it in ways that reflect who we are. To that end, the Worship Services Committee and I reviewed people's feedback from June's Beacon Pulse survey about what you like to see addressed in Sunday services and other programming. From that, we came up with a yearly theme, framing each month with one of our Unitarian Universalist principles.

Our overarching theme for the 2020–21 program year is: **Imagining a world community with peace, lib**-

erty and justice for all. As Unitarians and Universalists, grounded in our principles, we use our heads to think, hearts to feel, and hands to serve. September is framed by our seventh principle: we affirm and promote respect for the interdependent web of all existence of which we are a part.

The pandemic has clearly brought awareness to how interdependent we humans are within the larger web of existence—intertwined with humans all over the planet and interconnected to all living things on this planet. It can be overwhelming at times to consider the implications. So, how do we affirm the respect we have within that web in our choices—the little ones and the bigger ones? With other humans and with the other beings in the web?

The beauty of being in an intentional community like Beacon is that we each bring a wealth of life

### Come join us at Beacon's Annual Start-Up Gathering Sat. Sept. 5, 9:30–11:30 am on Zoom

A ll are welcome to attend: visitors, newcomers, those who have been around for a while, leaders, and staff. Come and connect after the summer, and put our heads, hearts and hands together to:
Explore what is Beacon's purpose(s), especially given the times in which

- Explore what is Beacon's purpose(s), especially given the times in which we live? Beacon isn't just any UU congregation, it has specific gifts to offer, given who is part of the congregation right now and where we find ourselves in the Lower Mainland.
- Brainstorm ways to meet those purposes in programs, fun family events, and committee-sponsored gatherings.
- Provide safe guidelines and come up with creative approaches to meet needs for Beaconites and those who might be looking for a community like ours.
- Lay out the Beacon event calendar from now until December 2020.

If you know now that you can join us, **please RSVP to Rev. Meg Roberts by Sept. 3** (minister@BeaconUnitarian.org, 778-870-9015). If you don't know until the last minute, come along anyway. Zoom information will be sent to you after you RSVP, as well as be provided in the Beacon This Week update. (Knowing approximately how many are attending helps with planning and there is always room for more!). **Hope to see you there for a rejuvenating and reconnecting time.**  experiences and understandings. As Unitarians and Universalists, we believe in life-long learning within a community of all ages. We can learn



**Rev. Meg Roberts** 

from each other and with each other. I encourage you to engage in what this community offers—on Sundays and on the other days of the week. If you aren't sure how to find what you need, how to make connections, or offer your gifts, please let me know and I'll introduce you to others. No one of us creates this community—we do it together. We create opportunities for our heads to think, our hearts to feel and our hands to serve. It is a privilege to be together with you this year.

—In the spirit, Rev. Meg Roberts

#### How to reach me:

Because I'm working 1/2-time from home, here's how best to reach me:

- My regular Beacon days for meetings are Wednesdays and Thursdays. To support emotional connection and physical distancing, I'm available for appointments via Zoom or phone. (If you would like me to consider an in-person pastoral visit, we can explore if that is possible within both the BC Health Officer's guidelines and Beacon's meeting guidelines for the fall.)
- I also work Fridays and Saturdays of those weekends when I lead the Sunday service—focusing on service preparation those days as well as other work. I will respond to emails and phone calls on those days as well. (This month: Sept. 4–5, Sept. 11–13 and Sept. 25–27.)
- Mondays and Tuesdays are my regular days off.
- I can be reached via email: minister@ BeaconUnitarian.org and on my cell at 778-870-9015. I will respond as soon as I'm able. If it's an emergency, please leave a message on my phone.

I look forward to connecting with you.

## **Board Bitz**

elcome back to a brand new vhurch year. Hope you all had a wonderful summer. It is nice to have a bit of time away but starting up again in the fall always feels so exciting. It just feels like there is way more energy in the air.

While Beacon did not have any Sunday services over the summer, we had many other opportunities to stay connected. We continued to meet online every Sunday morning at 10:30 for Theology Brunch with Franci Louann. Franci kept us all talking for a couple of hours each week with her interesting and exciting topics. Right after that there was a CUC Cross Canada Service at 1:00 where we had a chance to attend a Unitarian Service from a different Canadian community each week. Anne McLeod continued to host Lunch Bunch every Thursday, giving everyone another chance to see each other. The Book Club still met each month and the new weekly Friday Night Film Club continued to be a big success. With COVID-19 keeping us all close to home this summer, it was great to have so many opportunities to connect.

Many thanks to Ashley Cole for creating her list of resources for

### Our World is One World—How we share affects us all!

That's our theme for Beacon's 2021 Pledge Drive. In October the Pledge Drive Team will be

asking for your support so the Board can budget for 2021.



families and children to use during the summer. It was a huge hit. Thankyou as well to Laura Redmond and Judy Villett, Beacon's Pastoral Support Team, for being available for us all summer, and one more big thank-you to Joyce Gudaitis and everyone on the Connecting and Membership Committee for keeping us all in touch by creating the Beacon Phone Tree.

While there were a few dedicated souls who were willing to help with in-person services this coming year, the results of the survey sent out in July made it very clear that the majority of the congregation wanted to keep us all safe by only having online services. With this in mind, the decision was made to continue with online services only from now until the end of December. We will be monitoring the situation through out the fall, and with advice from health officials and in collaboration with the congregation we will make a decision in December on how to proceed in 2021.

Worship Services and Rev. Meg Roberts have already been working very hard creating beautiful online Sunday Services for the fall. The format may be different, but the heart is still there. We are so lucky to have so many creative, thoughtful people to inspire us again this year.

With everything starting up this month we are



David Kristjanson

requesting that all committee chairs submit their 2021 budget by mid September so that our treasurer, Heather Brown, can create a provisional budget by the end of the month. While we do not know if we will be meeting in person in 2021, please budget as if we are. We will be starting our Pledge Drive at the beginning of October this year, just to give us a bit of a head start since this will be the first time doing it all online—another new and exciting thing to learn.

We will be having an online Start-Up Workshop on Saturday, September 5<sup>th</sup>, so keep that date open and keep an eye on *Beacon This Week* for details.

Our first Sunday service will be on September 13. See you all there to once again *Connect with Compassion* & *Respect, Inspire Learning & Spiritual Growth, and Transform through Joy and Justice.* 

— David Kristjanson, President

### **Share Food Bank**

Dear fellow Beaconites, as our beautiful summer marches full-blown towards autumn one would have hoped for some respite from COVID-19, both individually and in the greater community that sustains us. But things are much the same as when, five long months ago, we were all plunged into this dystopian world of anxiety and fear. And with the disruption comes the need to continue to support social agencies such as Share Food Bank. The need is still there: in fact summer is the leanest time of year for food banks. So please take out your chequebook out now and send some money to: SHARE FOOD BANK, care of John Hagen (see directory for house address) OR mail to SHARE Family and Community Services, Number 104, 3020 Lincoln Avenue, Coquitlam BC V6B 6B4 OR go online and make an e-transfer. But however you do it, please donate now. Thank you. —John Hagen, Food Bank Liaison

# Let's Connect: Soul Matters Sharing Circles

oul Matters is an inspiring deepdive into the important themes of our lives. I have an opportunity to really listen to others' beliefs and experiences while also articulating my own. Rev. Meg's facilitating is masterful."

Do you have a time and a place in your days to cultivate conversations that open you to ponder the complexities of living a good life, to find the source of your wisdom, or to wrestle with life's many contradictions? Each Soul Matters Sharing Circle allows those attending time to explore the worship theme of the month in quiet thoughtfulness and time to share the thoughts that may have arisen. It is a safe place to share and to listenwith everyone speaking honestly and offering their deeper thoughts and understandings that pertain to their own lives.

"Soul Matters offers me a time to live my religion, and the chance to have my personal exploration enriched by the wisdom of others."

If this intrigues you, consider joining a Soul Matters Sharing Circle. We meet the 1st Wednesday of each

month with either an afternoon or an evening session from October through June. Please consult the Beacon newsletter for up-to-date information regarding times and directions to connecting (via Zoom for the foreseeable future). An information packet is sent by email each month providing suggested spiritual practices, questions, quotations, and suggested readings-all to awaken your interest and thoughts on the theme. Participants are invited to examine the questions or readings which stimulate their thoughts and curiosity or speak to their own life experiences.

"What I appreciate about Soul Matters is that I am given a topic and a deadline, and that means that eventually I'll have to focus on my experience of that topic. That focus enables me to go to the next level of discovery about that topic. So, to use a gardening analogy, Soul Matters is a way to keep deepening down and growing out."

The meetings last two hours and move from a chalice lighting and check-in time, through guided discussions stemming from the questions and readings in the information packet, to a check-out time with closing words. There is time for everyone to speak, but everyone is also welcome to stay quiet in their thoughts, if so preferred. Rev. Meg guides the participants through the meeting with skill and grace. She models listening with kindness and acceptance.

"Soul Matters discussions allow me to really connect with the worship theme each month. I can hear my thoughts expressed aloud. I benefit from hearing my thoughts spoken."

Lastly, Soul Matter participation allows each participant to connect with the larger Beacon community. It shows each of us that we all are on a journey.

For more information about Soul Matters or to register for one of the groups, please contact Rev. Meg Roberts directly at minister@beaconunitarian.org. The next session is Wednesday, October 7, at either 1:00 – 3:00 pm or 6:30 – 8:30 pm. (See page 6 for more details.)

# Plastic Free July, I mean SEPTEMBER...

Hello everyone, I hope you have enjoyed the summer! As we start the church year again, even in this 'new normal', take a few minutes to review the latest in the fight against Single Use Plastic.

Plastic Free July is a global initiative to reduce the use of plastic and has recruited millions of people worldwide. From their starting point in Western Australia, the Plastic Free Foundation has built up its program since 2011.

Visit their website <u>plasticfreejuly</u>. org to find suggestions for reducing plastics in the home, in schools, at work and at celebrations. Some of the ideas will be familiar to you (use a safety razor for shaving rather than a disposable razor) while others may be new (vegan dental floss is often plastic free).

Plastic Free July also recommends 'Buy Nothing' groups on Facebook, a movement that promotes 'Buy Nothing: Give Freely. Share creatively.' As of January, 2020 the Buy Nothing Project has at least 1.2 million participants in at least 25 countries, led by at least 6,000 volunteers. By the way, I have discovered a brand of deodorant that I like—and no plastic is involved! Check out 'Element Botanicals' and their deodor-

ant in a cardboard applicator at <u>elementbotanicals.ca</u>. And it is a BC company, as well!

—Teresa Morton Living with Less Plastic New West <u>Teresa.a.morton@gmail.com</u>

**Teresa Morton** 

# **Religious Exploration (RE)**

ello everyone! I hope you all had a lovely summer, filled with rejuvenation and joy. Here we are now, in the dog days of summer, and looking towards the fall. In these unprecedented times it is quite a challenge to plan ahead very far. At the beginning of August the coordinating council and the COVID-19 task force met to begin the planning for what September-December will look like. For the children and youth programs, the answers to this planning are still in progress. The Religious Exploration committee will be meeting in the next few weeks to explore all our options and we will provide an update for families once we have decided what will work best for all. Once we have a better sense of what to expect we will share that information in the weekly religious exploration email newsletter. If you have any thoughts or suggestions for what you would like to see for the children and youth programming this year please let me know, as

we will be happy to incorporate these ideas into our planning. And finally,

the religious exploration committee is look-



Ashley Cole

ing for new members! The main role of members is to provide input or feedback on programming ideas as well as events specific to families. The commitment is a two-hour meeting once a month and the occasional project or event as you feel able to volunteer. It would be lovely to grow this group and in so doing, provide new insight and energy into the children and youth programs. Please email me at dre@beaconunitarian.org if you're interested.

Thank you and looking forward to checking in with you all,

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

### **Dave Thomson Update**

This is an open letter to all members of Beacon Church who are friends of Dave Thomson and knew him when he was a vital active and very engaged member of this church. During this time he served in various capacities but I remember him best for his wonderful work on organizing and running the sound system all on his own for many years—for free. He was a valuable and cherished member of our community. In later years he moved to White Rock and gradually relinquished his service and attendance at our church. Now Dave is lonely and ailing. He was recently discharged from Peace Arch Hospital with a bad bout of pneumonia. He has Parkinson's disease which has confined him to a wheelchair and he has attendant cognitive dysfunction with the beginning of Alzheimer's. But he has told me he would welcome phone call visits. His cell phone number is 604 928 0758. Letters and cards can be sent to Dave c/o The Terraces at Evergreen, Rm 827 – 1550 Oxford St. White Rock, V4B 3R5. Please, for old times sake, make the connection.

—John Hagen, ajhagen@telus.net

# Worship Services in the Fall

Your Worship Services Committee (WSC) would like to thank those of you who responded to our request for feedback at the beginning of the summer. We had, using current COVID guidelines, set out the parameters for safely meeting at Sapperton. We then asked whether you would feel comfortable meeting in person and, if so, if you could help with services.

The response was very clear; most people did **not** feel comfortable with in-person services in the fall. It was also very gratifying to get such positive feedback about WSC's spring services on Zoom. Thanks to each of you for taking the time to give us feedback.

We know that having to continue with online-only services makes many of us feel sad, and there are Beacon congregants who do not have the technology to gather with us, which is also a sorrow. Please know that Beacon Unitarian continues to look at ways to bring people together and help everyone connect as much as possible.

### **Waiting Room**

We have decided to try something new in the fall! We will be "opening" the virtual church doors of Zoom at 10:15 am and then putting early arrivers into "breakout rooms" so that they can do a bit of socializing ahead of the service. Note that you do **not have** to arrive early, but other churches have tried this with success, so we thought it might be a nice thing to try!

# **Beacon Programs**

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

# The Humanist Discussion Group (meeting online) likes to think

about and discuss our common humanity, and our place as individuals and collectives in this dance of life. We are a group who welcome different points of view and discuss a wide range of ideas. We meet the last Sundays of the month, via Zoom. On September 27, Earl Morris will lead us in discussing "The BATHE technique, peer counselling and the art of questions." The BATHE technique is a powerful counselling tool taught by psychiatrists for use by family physicians. It is quick, effective and prevents the listener giving advice. B = Background. A = Affect or emotion. T = Trouble.H = Help. E = Empathy.

We will also explore the questions: Can we counsel each other? Can this work for conflict resolution? If you are interested, but have not been receiving emails about the Humanist Group, please contact Marilyn Medén by email (<u>m.j.meden@telus.net</u>) or by phone at 604-469-6797 for information and zoom link.

#### **Soul Matters Sharing Circles**

led by Rev. Meg Roberts. The next session is planned for Wednesday, October 7 on "The Interdependent Web" (September's theme). We have two groups:

- 1:00–3:00 pm
- 6:30-8:30pam

If you could like to come and try it out, please contact Rev. Meg Roberts for Zoom access information and participant info packet (minister@BeaconUnitarian.org, 778-870-9015). You can join via computer/smart phone/tablet or via regular phone. All are welcome.

### **Theology Pub (Online)**

Monthly Theology Pub meet-ups will start again in September. Keep checking BTW and the Beacon Website for information on times and discussion topics. Please contact Franci for more information or to be added to the email list: theologypub@beaconunitarian.org.

**Book Club** meetings are held on the 4th Thursday of each month at 7 pm and are now online. For Zoom details contact John Hagen, <u>ajhagen@telus.net</u>.

**Thursday, Sept. 24:** *A Complicated Kindness* by Miriam Toews. *Facilitator: Marilyn Medén.* See box on page 7 for more information.

### 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 (joanmorris@telus.net) if you are interested in attending the next meeting.

Join the Beacon Choir for musical fun and skill development. Contact <u>choirdirector@beacon</u> <u>unitarian.org</u> for more info. *Note: Choir practices have been suspended until further notice.* 

**Lunch Bunch** meets every Thursday at noon, year-round, currently via Zoom. Bring your own lunch and share in lively and topical conversation. Contact Anne MacLeod at 604-528-8489 for the Zoom link.

# Online Beacon Film Club



Join us for a fun night! Similar to the book club, the procedure is to view the film in advance, and then come to a Zoom meeting to chat about it.

The films selected are all available from YouTube for a rental fee (from \$0 to \$6.99). They may also be available for streaming from other internet sources, so if you have a subscription to a streaming service, do check there first. To rent a film from YouTube, search for the title in YouTube and look for the video that has a blue "Buy or Rent" box beside it.

We will meet to talk about the film at 7 pm on Friday evenings via Zoom. Please email Marilyn Medén (<u>m.j.meden@telus.net</u>) for zoom meeting details. Each week a new person will choose and "host" a film. Bring your popcorn and your opinions.

### Film Line-up for September

Sept. 4: Knives Out, hosted by Franci Louann Sept. 11: The Sting, hosted by John Hagen Sept. 18: The Gentlemen, hosted by David Kristjanson Sept. 25: Incendies, hosted by Marilyn Medén

### Film Line-up for October

Oct. 2: [to be decided] Oct. 9: Florence Foster Jenkins, hosted Judy Villett Oct. 16: The Red Violin, hosted by Donna Webb Oct. 23: The Big Sleep, hosted by Karen Hamilton Oct. 30: First Reformed, hosted by Nancy Rupert

# Beacon has a phone number again!

Beacon has a new phone number. This is mainly meant for people who have limited email access or who prefer talking to typing. The fastest way to get ahold of Rachael is still by email, but feel free to call or text the new number and she will get back to you as soon as possible. Beacon Unitarian cell: 778-791-7952.

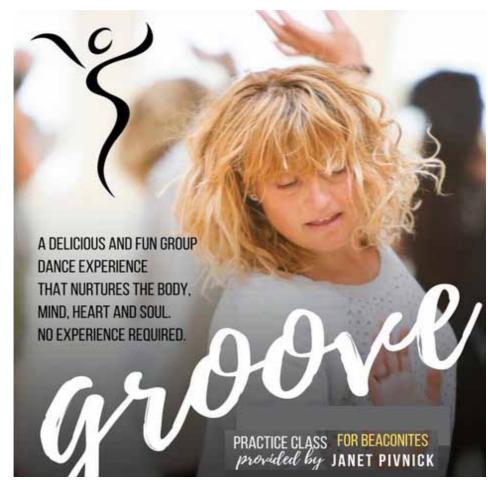
# Fall GROOVE Dance

# Groove dance classes will start up again in September at a new day and time.

Groove dance is a simple and fun way to move your body. You don't need to have any dance experience. You don't need to have a particular fitness level or body type. Groove dance is for EVERYBODY. A facilitator guides you through a few simple moves, helps you to connect to yourself and the music, and the rest is up to you. There's no wrong way to groove. Simply explore and enjoy the pleasure of moving to music your way. See the 3 minute informational video - https://www.bodygroove.com.

Join other Beaconites in this fun form of community dance. Classes will be held Mondays at 5:30 on Zoom, starting September 14.

Please contact Janet Pivnick janpivnick@gmail.com to receive the zoom link or for more information.



### Beacon Book Club Thurs. Sep. 24, 7 pm (Online)

**A Complicated Kindness** by Miriam Toews. Facilitator: Marilvn Medén



Nomi Nickel lives with her father, Ray, in East Village, a small Mennonite town in Manitoba. She dreams of escaping

from a life governed by the strict rules of her faith; no dancing, make-up, temperate climates or staying up past nine o'clock. But since her mother and sister left home, it's hard to imagine leaving her father behind. As Nomi gets to the bottom of her mother's and sister's disappearances, she finds herself on a direct collision course with her uncle and the only community she has ever known. With fierce originality and brilliance, Miriam Toews takes us straight to the centre of Nomi's world and the complicated kindness at the heart of family life. (Source: Burnaby Public Library)

Miriam Toews is a Canadian writer, best known for her novels A Complicated Kindness (2004) and All My Puny Sorrows (2014). She has won a number of literary prizes including the Governor General's Award for Fiction and the Writers' Trust Engel/Findley Award for body of work.

More info about the book club at: <u>http://beaconunitarian.org/</u> index.php/book-club/.

For Zoom meeting details contact John Hagen, bookclub@ beaconunitarian.org.



# Virtual Gatherings recommended by the CUC

### Wed. Sep 23: "Our existences are political": Identity and History as Pathways for Transformation

In 2019, Dr. James Makokis and Anthony Johnson became the first two-spirit Indigenous couple to win *The Amazing Race Canada*. But the real victory for them was raising awareness and shattering stereotypes. The pair used the competition as a platform to tackle topics like gender and sexual identity, racism, mental health and the environment. They did so through an Indigenous lens, naming their team Ahkameyimok, a Cree word that roughly translates to "never give up."

In this talk, Makokis and Johnson will share their personal transformations, from their early years facing adversity around two-spirit and Indigenous identities to a lifetime of education, transforming them into leaders, activists and role models. They will explore what it means to fully connect with our histories and embody the values of our ancestors.

Wednesday, September 23, 2020: 2:30 – 4:00 pm (PT)

Register now for: "Our Existences are Political": Identity and History as Pathways for Transformation with James Makokis and Anthony Johnson

### Fri. Sept 25: The First Unitarian Church of Hamilton hosts 6 Minute Memoir event

**On Friday, September 25, 4:30 pm PT,** 13 storytellers will share their tales on the theme of "Forgiveness" as part of a regular event that challenges presenters to tell a compelling story in 6 minutes or less. The event, which is hosted by the First Unitarian Church of Hamilton raises funds for the congregation and local charities.

"Alexander Pope said that 'To err is human, to forgive is divine' and while it may be noble to offer forgiveness, often it is not easy. And sometimes it can be more difficult to forgive ourselves. I am looking forward to what our presenters will do with this topic," says organizer Anne Bokma, a member of the Hamilton congregation and author of My Year of Living Spiritually.

The line-up for this event includes retired TV journalist Jojo Chintoh and bestselling author Tom Wilson, along with folks from the Hamilton community and members of the First Unitarian Church, including its minister, Rev. Victoria Ingram.

Tickets are \$10 per household and are available at <u>uuhamilton.ca/6mm-</u>tickets/.

Donations above the basic ticket price are gratefully accepted. For more information please visit https:// www.annebokma.com/6-minutememoir-live-events

### Sun. Nov. 15: National Worship Service, 'Sailing Ahead'

We wanted to let you know about an on-line event the CUC is planning for the weekend of November 13–15. In the survey distributed earlier in the year, assessing congregational needs during and post-COVID-19, we learned that many of you value the role the CUC plays in fostering relationships beyond congregations and communities. This prompted us to begin planning an online fall event that will provide a combination of regional gatherings [Nov. 13] and national workshops [Nov. 14].

On Sunday, November 15, we'll top off the weekend with a National Worship Service. Beginning at 10 a.m. (Pacific) and 2 p.m. (Atlantic) we'll have the opportunity to participate in a shared Canada-wide worship service. The theme of the service, "Sailing Ahead" carries forward the theme of our national conference, "Making Waves", and will explore how we are weathering this pandemic and the lessons we take into the future. (Listen to the specially-created version of Making Waves by James Morris and John Lindsay-Botten here.) Details about the weekend are being finalized, and we are looking forward to sharing them with you.



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**Connections & Membership:** Sue Sparlin

Religious Exploration Director: Ashley Cole, dre@beacon unitarian.org Beacon Newsletter: newsletter@ beaconunitarian.org Production: Laura Redmond Proofreading: Jean Donaldson

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