



Following are the tentative topics for this month's on-line Zoom meetings. Please check the website closer to the date in case any changes have been necessary. Services take place on Sunday at 10:30 am unless otherwise noted.

APR 4 Working Against Racism: Finding Inspiration Close to Home

Service Leader: Janet Pivnick

When I was asked to offer a service on Martin Luther King on the anniversary of his death, I became curious about the men and women who have fought for civil rights in our own country. What are their stories? Where can we turn for home-grown inspiration as we grapple with anti-black racism in Canada? What lessons do they offer that speak to our context? In this month in which we contemplate the Unitarian Universalist's proposed 8th principle focusing on anti-racism, I will share some of what I have been discovering.

APR 11 How Do You Talk About Racism?

Service Leader: Rev. Meg

Roberts

I believe it is important to speak up when things are said that are racist, including with family and friends. Yet how do I do it in a way that will be effective in helping dismantle racism while still connecting within that relationship? I and a few other Beaconites attended a Canadian Unitarian Council workshop by Dr. David Camppt that gave us some tools to do just that. I will share what I'm learning about how to bring compassion, as well as an effective method to further those conversations.

APR 18

In Praise of Dirt

Service Leaders: Ashley Cole and Susan White

Come join us for an all ages Dirt Ceremony as we celebrate Earth Day by honouring the Earth and the communities of those who care for it. We will take time to reflect on our own personal connection to dirt and explore the resiliency of farmers, activists and Earth defenders around the world. You are invited to bring a small sample of dirt from your backyard, local playground, beach or even a potted plant, bin of compost or simply a memory—any dirt that resonates with you!

APR 25

Joyfully Thankful for All of You

Service Co-leaders: Rev. Meg Roberts & Friends

I appreciate you, all of you—those new to us, those who have been around for years, and especially our families. And all the ways you are part of this community: those who come on Sundays or in small groups, or who are part of our phone web; those who participate in meetings, and the leaders and staff who run them and the many Beacon programs. Without you, this community would not exist. With you, we can thrive. Today is about showing that gratitude and appreciation. We'll have a shorter service today, as our annual general meeting will follow on Zoom after a short break. Join us and celebrate!



**Beacon
Unitarian
Church**

Musings by Meg

Our April theme is a principle that has been considered in many Unitarian Universalist circles over the past couple of years as the 8th principle: *We covenant to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.*

Ours is a living tradition—the principles were meant to evolve over time, not just stick with seven principles. Now is the time to clearly re-commit to what is implied in our other principles but more clearly articulated in this principle. It also adds in “love” which doesn’t appear in our other principles. Here’s some background to this principle from the website <https://www.8thprincipleuu.org/origin>:

- Paula Cole Jones, JPD (Joseph Priestley District—the mid-Atlantic district of the Unitarian Universalist Association, now subsumed into the larger Central East Regional Group, CERG) Director of Racial & Social Justice, developed the idea of the existence of two different paradigms in UU circles: the UU 7 Principles and Beloved Community (deep multiculturalism). After working with congregations on these issues for over 15 years, she realized that a person can believe they are being a “good UU” and following the 7 Principles without thinking about or dealing with racism and other oppressions at the systemic level. Evidence: most UU congregations are primarily European-American in membership, culture (especially music), and leadership, even when located near diverse communities. She realized that an 8th Principle was needed to correct this, and

talked with Bruce Pollack-Johnson about some of the components that should be in it. Bruce put together an initial draft in 2013, and the two of them worked with a group of anti-racist activists in the JPD to refine it. Bruce’s congregation (the UU Church of the Restoration in

I believe in this principle and encourage us to consider it here at Beacon as well as in our Canadian UU movement.

Philadelphia) incorporated it into their Covenant at that time, then in May 2017 formally adopted it for themselves and recommended that the UUA adopt it.

- UUs and the UUA have done very good work in fighting racism, such as during the Civil Rights Movement and in the 1990’s (passing a resolution in 1997 at GA, after a precursor resolution in 1992, to become an Anti-Racist, Anti-Oppression Multi-Cultural, or ARAOMC, Organization), but the funding and support started to wane in the 2000’s—our accountability mechanism failed us.

By adopting this 8th principle, it includes a stronger accountability mechanism to take action and change. It can be adopted by individual Unitarian Universalists, congregations, and by national organizations.

I believe in this principle and encourage us to consider it here at Beacon as well as in our Canadian UU movement. The Canadian Unitarian Council (CUC) struck a task force in May 2019 to do more work and education on racial justice in response to

the conversations in the American UU movement. That CUC task force did the Dismantling Racism Study Group, and here’s a report on their survey of Canadian UU congregations: <https://cuc.ca/dismantling-racism-study-group/>.

When you read it, you’ll see evidence that racism exists in our congregations in Canada as well.

From the events of the last year, we are more strongly reminded that racism exists on both sides of the border and all around the world. We want to build a beloved community that takes the next steps by learning and changing our behaviour as a result of what we are learning. Those working on the 8th principle project developed this description: *Beloved Community happens when people of diverse racial, ethnic, educational, class, gender, sexual orientation backgrounds/identities come together in an interdependent relationship of love, mutual respect, and care that seeks to realize justice within the community and in the broader world.*

I encourage you to read the whole background of this movement for inclusion of this principle: <https://www.8thprincipleuu.org/background> as well as the CUC resources: <https://cuc.ca/racial-justice/>

I invite you to consider materials provided in the April theme packet as well as come to our Sunday services. Our Soul Matters Circles have spiritual exercises and questions to deepen our learning—taken from the theme packet—then we meet to learn and share what we are learning. I hope you’ll engage in this exploration and consider committing to this principle



Rev. Meg Roberts

as well. If not now, when? If not us, then who?

In the spirit of life,

—Rev. Meg Roberts

How to reach me:

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

- Mondays and Tuesdays are my regular days off.
- **My regular Beacon days for meetings are Wednesdays and Thursdays.** To support both emotional connection and physical distancing, I'm available for appointments via Zoom or phone.
- **On weekends when I lead Beacon's Sunday service (this month those are April 9–11 and April 23–25), I also work Fridays, Saturdays and Sundays**—focusing on service preparation those days as well as other work. I will respond to emails and phone calls on those days as well.
- I can be reached via email: min-ister@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 stating just that.)
- **From April 26 – May 4, I will be out of the office**, taking some time off in lieu of extra hours I did in the past. (Thanks to the Board for supporting this as a way to keep me healthy and well!) If you need assistance during that time, please email board@beaconunitarian.org or if you would like pastoral care support, please email pastoralcare@beaconunitarian.org.

I look forward to connecting with you.

Board Bitz

Welcome to spring. It has been a long year of social distancing and self isolation, but there is now a light at the end of the tunnel. Many of us have already received our vaccines and others are on the list. We can't say exactly when we will be back in Sapperton meeting in person, but it is sounding like things will be opening up after everyone has had their vaccines. The Covid-19 Task force has been working hard to keep up to date on how we will progress once things start to open up. Thank you all for keeping us safe.

Although March brought us many wonderful Sunday services and fun meetings it also brought us very sad news. Our much beloved, long time member Denis Probst was diagnosed with cancer and then passed away very quickly after that. Denis was 98 years old. Our thoughts and prayers go out to Denis' wife Mary Kendall and the rest of his family. We will all miss Denis very much. There will be information coming soon about his memorial service.

Beacon's Annual General Meeting is coming up on Sunday April 25th.

There are important things to decide, so please make sure you attend. Please read about the *Sharing the Plate* nominees in this newsletter so you can decide which one of these wonderful local charities you will vote for to be our *Sharing the Plate* recipient for the 2021/22 church year. Many thanks to John Hagen and the *Sharing the Plate* committee for all the hard work they do every year to make this happen.

You will also be voting in a new board of trustees. Please read the bios of the new board members in this month's newsletter to get to know them a little better. Many thanks to all of you for agreeing to serve on the board this year.

Leaving the board this year will be Heather Brown, Rob Warner and myself, David Kristjanson.



David Kristjanson

I have been on the board for as long as our bylaws will allow. Thank you all so much for allowing me to be of service to this amazing community. Heather and Rob both have personal obligations that make it impossible for them to continue being on the board. Thank you, Heather, and Rob, for all your hard work over the last year. Your contributions have been invaluable. All three of us will continue to serve Beacon in other ways during the next year.

Your AGM package will arrive ten days before the meeting so keep an eye out for it. Normally we would be having a soup lunch on that day, but since we are still meeting online maybe you could have a favourite snack ready to eat during the meeting? Does everyone remember soup lunches? Hopefully by the time September rolls around we will be able to start planning them again.

Another thank you goes out to Teresa Morton and Bette Goode for volunteering to be our Beacon delegates for the Canadian Unitarian Council's annual general meeting on May 8th via Zoom. We will be having a discussion during coffee hour on April 18th to find out how the congregation would like them to vote on all the motions. There will be a link in BTW to the CUC's AGM information page where you can read all about this year's motions.

As summer approaches, please remember to stay safe and continue to Connect, Inspire, and Transform.

— David Kristjanson, President

Canadian Plastics Regulations: finally happening this spring?

The federal government has committed to establishing regulations around plastics pollution in the natural environment by 2021. As discussed in a National Observer article, the Minister of Environment and Climate Change said that 'scientific research has concluded plastics are harmful in the environment, and that the government was working on a strategy that would include a ban on some single-use plastics.' There were a lot of questions for Minister Wilkinson, primarily about the timing of such a ban.

The science reviews are complete, and the public consultations have ended, although the Minister still needs some information from those discussions. Minister Wilkinson also needs to work with the provinces, with their responsibility for environmental regulations, to hopefully achieve a consistency in approach across the country.

The plastics industry is concerned about the proposed regulations and

has been lobbying heavily at the federal level. One observer stated that the lobbying intensity is a 'good sign' since it indicates that the regulations would have a significant impact on

Meanwhile there is an estimated 8 million kilograms of plastic waste generated daily in Canada. We need to change the way we manufacture and distribute our goods!

the industry's activities. Read more here: <https://www.nationalobserver.com/2021/03/08/backroom-battle-between-industry-ottawa-and-environmentalists-over-plastics>

Meanwhile there is an estimated 8 million kilograms of plastic waste generated daily in Canada. We need to change the way we manufacture

and distribute our goods!

The next 'Enviro-bee' will be held during the coffee hour after the April 12th service.

Come and hear each others ideas on how to reduce single-use plastics as well as other practices to support a healthy environment—see you there!

—Teresa Morton

lessplasticnewwest@gmail.com

or 778.855.1704



Teresa Morton



**Living with Less Plastic
NEW WEST**

Children and Youth Religious Exploration (CYRE)

Happy April! I hope you have been enjoying the early signs of spring as I have. I love seeing the new blooms on the trees and feeling the warm air and sunlight on my face. Thanks to all those who participated in the Mystery Buddy reveal party. We had a great time playing two truths and a lie and singing along to some fun, participatory tunes. Be sure to join us on April 18th for our all ages Earth Day service where we will have an opportunity to share in small groups about the dirt, soil, or compost that inspires us, and

to celebrate Earth protectors around the world.

As usual, I will continue to send out monthly program newsletters

Be sure to join us on April 18th for our all ages Earth Day service.

to registered families. Each newsletter includes suggested activities and guiding questions for families to

engage in based on the principle highlighted that month. These program newsletters are also available on the Beacon website under the programs tab for children and youth.

Warm regards,

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



Ashley Cole

Beacon Programs

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

The Humanist Discussion Group (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 that welcomes different points of view and discusses a wide range of ideas. We meet the last Sundays of the month at 7:30 pm, via Zoom. **On April 25th** Marilyn Medén will introduce a discussion of Influences: What are the influences in our lives? Reflect on the ones we can't control like our genes, our upbringing, the culture around us, even prenatal exposures, and recognize possibilities from chaos theory. How do these influence our free will? Can we decide the direction of our choices? How does recognition of these facts influence our relationship with ourselves and with others? The Zoom link will be in the *Beacon This Week*.

If you would like to receive emails about the Humanist Group, please contact Marilyn Medén (contact info is in the Beacon directory).

Theology Pub (Online) continues to meet by Zoom on third Sundays at 1 pm—that's April 18 for this month. Members of our email list receive a little inspirational reminder (based on the current monthly service theme) just before our meetings. If you would like to join that list, contact Franci Louann or David Kristjanson at theologypub@beaconunitarian.org.

Book Club (Online) meets the 4th Thursday of each month at 7 pm. For Zoom details contact John Hagen, ajhagen@telus.net. **Thursday, April 22: 1984** by George Orwell. *Facilitator:* David Kristjanson. See box on page 6 for more information.

Film Club (Online) meets every Friday at 7 pm. See the box on page 6 for more information.

Lunch Bunch (Online) meets every Tuesday at noon, year-round, currently via Zoom. Bring your lunch and share in lively and topical conversation. Contact Laura Ramsay at 604-816-5331 for the Zoom link.

The Beacon Choir has been temporarily suspended due to COVID-19. Please contact choirdirector@beaconunitarian.org for more information.

Groove Dance (Online) 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 EVERY BODY. 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. Simply explore and enjoy the pleasure of moving to music your way. See the [three minute informational video](#). Classes will be held Mondays at 5:30 on Zoom. Please contact Janet Pivnick janpivnick@gmail.com to receive the Zoom link or for more information.

'Getting to Know Beacon' New to this community? Want to learn about our Sunday services and other programs? Join Rev. Meg Roberts and a member of the Connecting Committee for a one-hour short introduction. You can ask questions and meet other newcomers. Contact Rev. Meg: minister@beaconunitarian.org.

'Getting to Know You' If you've been to a few of our services and want to take the next steps, we look forward to getting to know you, and you us. Join Rev. Meg Roberts and a member of the Connecting Committee to learn about Unitarianism and various ways to be part of this community. Contact Meg: minister@beaconunitarian.org or 778-870-9015 for more info.

Wisdom Ways of Jesus workshop series

**Monday April 12, 19, 26 and May 3
7:15 to 8:30 pm**

Facilitator: Earl Morris (email ebmorris@telus.net; cell 778-227-7923). Email Earl to obtain the Zoom link. All are welcome. Feel free to drop in on any workshop.

There will be a four week workshop on the wisdom ways of Jesus starting April 12 2021. We will consider and discuss several of the "red" and "pink" parables and sayings from the "The Five Gospels" report by the [Jesus Seminars](#).

The quotes will be available a week before each session and otherwise there is no need for preparation. We will tackle the questions: "Does this saying have meaning for me or for us today?" "Does something else have similar or more meaning?" "Are there any examples from my life which confirm/disconfirm this saying?"

Annual General Meeting (Online) Sunday, April 25

Please join us for this important event after the service on Sunday, April 25. Bring your own lunch!

Save the Date!





Beacon Book Club

Thurs. Apr. 22, 7 pm (Online)



1984 by
George Orwell,
c.1949, 409 p.
Facilitator:
David Krist-
janson
Genres/Sub-
jects: Political
Fiction, Satire,
Dystopian
Fiction

Summary: Portrays a terrifying vision of life in the future when a totalitarian government, considered a “Negative Utopia,” watches over all citizens and directs all activities, becoming more powerful as time goes by. (BPL)

More info about the book club at: <http://beaconunitarian.org/index.php/book-club/>. For Zoom meeting details contact John Hagen, bookclub@beaconunitarian.org.

BEACON'S MISSION

Our mission is to celebrate the worth and dignity of all people and to live in conscious relationship with the earth.

For inspiration, we draw on the world's great scientists, artists, humanists and theologians, as well as on our personal experiences.

So we are inspired to create greater equality, greater justice and greater hope for our world.



**Beacon
Unitarian
Church**

Soul Matters Sharing Circles

Led by Rev. Meg Roberts, during the next session we reflect on our Unitarian principle, “the inherent worth and dignity of every person” (March’s theme). We have two groups to choose from, both meeting on Wednesday April 7th, either from 1:00–3:00 pm or from 6:30–8:30 pm.

Newcomers are always welcome! If you would like to try it out, please contact Rev. Meg Roberts for Zoom access information and participant info packet (minister@beaconunitarian.org, 778-870-9015). The participant info packet is also available on Beacon’s web site ([see resources link at top left](#)). You can join via computer/smart phone/tablet or via regular phone. All are welcome.

Beacon Film Club

Fridays, 7 pm (Online)

The idea behind our club is to view a film in advance, and then come to a Zoom meeting at 7 pm on Fridays to chat about it. The Zoom link is in Thursday’s *Beacon This Week*.

The films selected are all available from YouTube for a rental fee (from free 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, just search for the title in YouTube and look for the video that has a blue “Buy or Rent” box next to it.

Please connect with Marilyn Medén (using the Beacon directory) for more information.

April 2: No meeting on Good Friday.

April 9: *Loving ...* introduced by Lindsay Udem

April 16: *A Streetcar Named Desire ...* introduced by Karen Hamilton

April 23: *The Green Book ...* introduced by Elizabeth Campbell

April 30: *Outland* [with Sean Connery] ... introduced by Richard Hollins

Pastoral Support Team

Beacon’s Pastoral Support Team encourages members and friends to reach out and let us know if you, or someone you know, has a specific need. For example: wanting emotional or physical support of some kind; illness at home or in hospital; in self-isolation and needing help with errands. Also, let us know if you would like us to drop off one of the Beacon Caring Quilts, so that you can wrap yourself in the compassion and care of this community. We can do our best to be of use in ways that meet recommendations around social contact from BC’s Provincial Health Officer. —Rev. Meg Roberts (778-870-9015), [Laura Redmond](mailto:Laura.Redmond@beaconunitarian.org) and [Judy Villett](mailto:Judy.Villett@beaconunitarian.org) pastoralcare@beaconunitarian.org



Nominations for 2021–22 Beacon Board of Trustees

The nominating committee—Nancy Rupert, Carol Woodworth, Peggy Lunderville and David Kristjanson—is pleased to present you with the nominees for the 2021/22 Board. The Annual General Meeting for Beacon Congregation has been set for **April 25th**. Note that the treasurer's position has not been filled—the Nominations Committee and the board are discussing interim solutions.



Susan Tarras
(Co-president)

I have been attending Beacon for about 14 years and been a member for over 12 years. Shortly

after arriving, I joined the Religious Exploration Committee and was part of a small group that tried to get a youth group going; I was one of two or three parents who had children of that age. I began singing with the Beacon choir, which was a leap into the unknown, not having sung in a choir since school. Choir has been something I have very much enjoyed ever since. We work hard and have good fun at Monday evening practices! Over the years I have been part of the pledge drive team, a member of both the Music Committee and the Connecting and Membership Committee, and Beacon's financial reviewer. I enjoy the community and camaraderie of Beacon and I want to help Beacon flourish and grow.



Regina Ogmundson
(Co-president)

I grew up with five brothers and four sisters. My family religion was Catholic

and I continued with that religion until college. Through education and travel I explored different ways to live according to my own values. My Dad's death in 1986 propelled me towards a search for answers to some

of life's big questions. I visited different faith communities and by 1989 I was a regular member at the Vancouver Unitarian congregation. Years later, while living in Surrey, I became a member of the South Fraser Unitarian congregation.

For the last several years I have made my home in New Westminster. I keep busy with long walks, volunteer tutoring, creative writing classes, and yoga classes. I hope to return to my community choir when the pandemic rules have relaxed.

Throughout my Unitarian experience I have been involved in several congregational communities and two congregational boards.

I look forward to continuing my service on the Beacon Board.



Karen Greenland
(Secretary)

I joined Beacon with my daughter, Darcie, around 2006. I have been a previous Beacon

Board member, a coffee hour coordinator and a member of the Connecting and Caring Committee for many years. I have sat on other community boards and was very active in Parent Advisory Councils when my children attended school. I am very interested in children's rights and their well being as a part of our larger society. I look forward to continuing to serve on the board and being part of a collaborative team that supports the Beacon congregation to thrive and enrich the lives of others, as they enrich their

own, through active service to the larger community.



Amalia Mamani
(Member-at-large)

I am a Canadian citizen born in Peru. My religious background has given me an

appreciation for the Unitarian values of openness, tolerance, the pursuit of truth, respect for individual rights, and diversity of spiritual expression.

I believe that my experience as a mother, educator and as an immigrant will continue to be of benefit to the Beacon Board.



Jane Day
(Member-at-large)

Surprisingly, perhaps to some, I've been a long-standing member of Beacon having joined this caring

community more than 20 years ago (give or take a year or two). During the first 10 years I participated in canvass drives and canvass dinners, covenanting circles, workshops, the Hamilton's pie preparation and games nights, the annual ladies' summer gathering, garden plant exchanges, and lunch bunches. More recently I've assisted our precious Syrian family as they navigate life in Canada. Although absent from many Sunday services for the past several years, recently I've been introduced to many 'new-to-me' members during the

Zoom coffee hour, and through the film club.

In my spare time I've been working as a pharmacist at VGH for over 25 years, practicing yoga at the same studio for over 20, and 'hiking' in wooded areas or near the water ever since my move to the Lower Mainland many moons ago.

My commitments in life run deep, and I would be honoured to serve on the Beacon Board.



Joyce Gudaitis
(Member-at-large)

I discovered Beacon in 2014 shortly after the death of my husband and my daughter's

diagnosis of what would become terminal cancer. I desperately needed a caring and supportive community and I found it almost immediately at Beacon. As for my background, I was raised in an Irish Catholic household in a small Ohio rust belt town. My four years at a Jesuit University instilled in me a deep commitment to social justice and taught me to question everything.

My husband and I moved to Vancouver in 1969 and have lived here ever since. Over the years I was active in my children's schools and sports, as well as politics and have served on several non-profit boards.

Since I joined Beacon, I've worked as a coffee hour coordinator and on the Connecting Committee and indulged in my love of small children by helping out in the nursery. I'm looking forward to being on the board and continuing to give back to the community that has given me so much.



Peg Hinkley
(Member-at-large)

I lived and worked in Chilliwack, BC for most of my life except for temporary relocations

for the pursuit of higher education and travel. I grew up in an extended family and later shared 30 years of life with my partner.

I was employed as an Executive Director for a non-profit society for eleven years and served as a supervisor for Home Health Care for the remainder of my working life.

Volunteering and board work has been an enriching part of my life: Citizens on Patrol, AIDS Vancouver, National Organization For Rare Disorders (NORD), Hospice Society, Alzheimer's Society of Canada, Fraser Health, Sweet Adelines and Women Services.

I joined Beacon in December, 2019 and relocated to New Westminster in July, 2020. During 2020 I was asked to be part of the Connecting committee, the COVID Task Force, and a coffee hour host.

I look forward to serving on the Board of Beacon for a variety of reasons. I envision our Beacon community moving forward together in a collective and positive way.



David Kristjanson
(Nominating Committee)

I started attending Beacon in the summer of 2015.

I had just lost my job of 23 years because the business had been sold, and after many years of being a bit of a workaholic, I was looking for a new start. Part of that new start was to find a spiritual com-

munity. Most churches these days are completely accepting of gay people, as most of society is, so I was not too worried about that part of my life, but not many churches are accepting of people who do not believe in god. That took a bit more of a search.

Lucky for me, I stopped by the Beacon booth at the New West Pride Festival and met Sue Sparlin, looking fabulous as always. I don't know where you got that hat Sue, but it was perfect. I attended the Beacon service in the park the next day and was hooked.

I kind of have a thing about labels and will admit that I am still not sure if I am a Unitarian, but I am definitely a Beaconite. I love being a part of this amazing community and love helping out in any way that I can. It was an honour to serve as a member on the Beacon Board of Trustees for the last 5 years and now, as I transition off of the board, I am very pleased that I have been asked to join the Beacon Nominating Committee for the 2021/2022 church year. Thank you all for being so welcoming to me.

Please Support the Share Food Bank!

During COVID, donations to the food bank need to be mailed to John Hagen for forwarding to *Share*, or mailed directly to *Share Family and Community Services* at number 104 - 3020 Lincoln Avenue Coquitlam BC, V3B 6B4. Phone: 604-540-9161. Thank you for supporting neighbours in our community through your donations to our local foodbank.



Sharing the Plate Candidate Organizations for 2021–22

Under Beacon's "Sharing the Plate" [STP] program, one-half of the open collection taken each Sunday service is donated to a local charity. The STP policy requires that the Beacon membership annually select the following year's STP recipient through a vote at the Annual General Meeting in April.

Guidelines for the Sharing the Plate Charity

The charity:

- should have its principal activities in the Lower Mainland, preferably in the New Westminster/Tri-Cities area;
- be a relatively small charitable organization, one which will be positively impacted by the amount of the *Sharing the Plate* contribution;
- should not have a formal affiliation with a religious organization or political party; and
- should be willing and able to come to Beacon in September 2021 to tell us about its work, and come again in May or June 2022 to receive the cheque if it is selected as our new STP recipient.

The STP committee offers the following four charities for selection of the STP recipient for the 2021–22 church year. The charities are listed in alphabetical order. Please familiarize yourself with the information included below, so that you can make an informed decision at the AGM.

ACCESS Youth Outreach Services

www.accessyouth.org

ACCESS Youth Outreach Services provides a mobile youth outreach program called *Project Reach Out* in the Tri City and Ridge Meadows communities that provides direct outreach support to youth who are at risk and/or are homeless. It has a bus that has been transformed into a mobile youth centre and travels through the Tri Cities and Ridge Meadows on Fridays and Saturdays and makes contact with transient youth where they are at, in an effort to engage them in conversation and get them support if appropriate.

ACCESS has three weekly virtual after school programs to keep youth engaged and entertained while managing many COVID restrictions:

1. A cooking program called *Youth Gour-Made* where parcels with the ingredients to complete the 'recipe of the week' are delivered to youth participant's homes, and youth get to cook the recipe for their family.
2. The *Virtual Art Journaling Group* where all art supplies and art journals are provided to youth participants, and teens talk about feelings,

values and relevant issues and then express themselves through art.

3. An after school program called *Just Move!* And *Just Move!* is about just that: getting up out of your computer chair and moving your body around. Youth participants are provided with movement kits that include basket balls, yoga mats, juggling balls, and so much more. This is an effort to get youth engaged with movement after being in a lockdown with no recreation for so long.

The Youth Empowerment Workers (YEWS) work one-to-one with youth to find appropriate supports and counsel them. They also provide the direction and support to our Youth Peer Mentors who are learning valuable work experience skills like building a resume, job hunting, managing your pay cheque, and so much more.

Maida Duncan Women's Drop-in Centre

www.elizabethfry.com

The Maida Duncan Women's Drop-in Centre is located in New Westminster. It provides various supports, resources, and services to disadvantaged women and children struggling with

multiple barriers. Since its beginning, the Drop-In has been solely staffed by hard-working and passionate volunteers with support from the Drop-In program coordinator. The centre is a free, low-barrier service for all women and their children, those who reside in the E. Fry building as well as those who live out in the community. No referrals or appointments are necessary to use this service.

Operated by E. Fry volunteers, the Drop-in Center offers women:

- a safe, clean place to relax and feel included
- community resources, referrals as needed
- empathy and emotional support
- computer use and support in using a computer
- free food and snacks
- free clothing and hygiene donations
- occasional craft and education classes
- free shower
- free laundry facilities

I believe that the work of this organization relates to all of our principles, especially the first—the inherent worth and dignity of each person: the second—justice, equity, and compassion in human relations;

Our Wider Community

the sixth—the goal of world community with peace, liberty, and justice for all; and the seventh—respect for the interdependent web of all existence of which we are a part.

Pacific Assistance Dogs Society

pads.ca
Pacific Assistance Dogs Society breeds, raises and trains fully certified assistance dogs. Their service and hearing dogs provide life-changing independence to those with physical disabilities other than blindness. The accredited facility dogs work with community professionals such as teachers, RCMP and psychologists.

What a great new way to look at the interdependent web of all existence! Not to mention supporting the inherent worth and dignity of every person; and justice, equality, and compassion in human relations.

This charity is the one that Jean Donaldson suggested as part of a memorial to her. As was mentioned during the service, she was noted as the person who attracted dogs by her keenness to give them treats. During her life, she had dogs as pets, and they were extremely important to her. A vote for PADS would be not only a vote for a very worthwhile charity, but also a vote in memory of Jean.

Purpose Independent Secondary School

<https://purposesociety.org/education-programs/purpose-independent-school/>

Purpose Independent Secondary School provides lunch to its students every school day. Our donation would go towards providing these lunches.

I believe that this relates to all of our principles, but especially our first—the inherent worth and dignity of every person: our second—justice, equity, and compassion in human relations; and our fourth—a free and responsible search for truth and meaning.

Students succeed at Purpose Secondary School because they learn in small classes, benefit from a structured environment, work to achieve high academic standards and receive one-on-one instruction when they need it. Successful students will receive the BC Dogwood Diploma.

Purpose Independent Secondary School is dedicated to meeting the needs of students who for a variety of reasons have chosen to pursue their education in a tuition-free, independent school setting. The students benefit from smaller classes in a relationship-based learning environment where students feel both emotionally and physically safe to learn. Each student is supported to address their challenges related to learning, their social and emotional well-being, or their mental health, working towards achieving their potential, taking responsibility for their lives and developing a strong set of learning and life skills.

Mental Health Resources suggested to the Pastoral Care Team:

We know that people have different needs, and will have different experiences, so we ask you to follow what feels appropriate for you and your family. We aren't able to guarantee the quality or experience you will have, or how quickly these agencies can respond to your needs. We do want to offer you some resources that we hope may be of use.

1. "No, How Are You, Really?"

Acceptable answers to this suddenly complicated question," [article by May Pang](#).

2. "How to be Your Best in Times of Crisis" [A TED Talk by psychologist Susan David](#)

(recommended by a therapist). Susan shares wisdom on how to build resilience, courage and joy in the midst of the coronavirus pandemic. She offers ways to talk to your children about their emotions, keep focus during the crisis and help those working on the front lines.

3. [Kelty's Key](#) - a free on-line service funded by Vancouver Coastal Health. You can tailor it for: anxiety, chronic pain, complicated grief, depression, family support, insomnia, panic, substance abuse.

More resources can be found at <http://beaconunitarian.org/index.php/resources-for-covid-19/>.



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Deadline for article

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