

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.

**MAY  
2**

## Companions on the Way

Guest Minister: Rev. Katie Stein Sather

Friends are precious. If we didn't really know it before, the pandemic has given us cause to treasure them all the more. Let's think about our friends, and how we treasure them.

**MAY  
9**

## Principled Living—Our Challenges and Our Joys

Service Leader: Rev. Meg Roberts and Friends

Come hear from fellow Unitarians and Universalists about the challenges and joys they have found in living these principles we affirm. What do these principles mean to you with regards to what you face in your life?

**MAY  
16**

## 10 am Pacific Time (1.5 hrs) National Service Online— Multigenerational

### Worship Service

Now, more than ever we need to be grounded in connection, in hope, and in love. As the cycles of the seasons teach us the gifts of the dark as well as the light, we still need energy—a spark—to fuel living into our aspirations and values no matter the season, the struggle, or the celebration. This Sunday service will celebrate how our UU faith and our connections are crucial to sustaining and amplifying that spark. All are welcome to join us at our Sunday Worship Service.

The Sunday service will be live-streamed on Zoom at <http://bit.ly/>

[NationalWorshipMay16](#) (Meeting ID: 885 0018 9706, Passcode: 595025) and will be closed captioned, and on the [CUC's YouTube Channel](#).

**Please note: Beacon will not be offering a separate service on May 16**, so we hope you'll join us as we connect with other Unitarians and Universalists across this country. Your Pastoral Support Team will be offering a virtual way to post your joys and sorrows at Beacon that weekend, so we can remain in touch. Watch for more details through the e-news Beacon This Week, or contact us at [pastoral-care@beaconunitarian.org](mailto:pastoral-care@beaconunitarian.org).

**MAY  
23**

## True Facts

Guest Speaker: Lea Morris  
Service Coordinator: Susan

White

Most of the facts of life are indisputable. Except in few cases, the truth is open to discussion.

*Speaker Bio: "A great voice singing great songs." That is the simplest way to introduce you to LEA's music. While she often draws comparisons to other female phenoms like Tracy Chapman, Joni Mitchell and Ani DiFranco, LEA's sound seamlessly blends gospel, jazz, country and R&B into her own style—SoulFolk. LEA performs at a far-ranging array of venues, including arts centers, universities, festivals, and places of worship. She is consistently acknowledged by the Washington Area Music Association as one of the region's best vocalists, songwriters and recording artists. More info at [www.thisisLEA.com](http://www.thisisLEA.com).*



May 23rd guest speaker: Lea Morris

**MAY  
30**

## What helps us sustain our light as Unitarian Universalists?

Service Leader: Rev. Meg Roberts

We can feel isolated as a small movement in the religious world. After communing online with other Unitarian Universalists earlier this month, I will share some of the stimulating ideas and heart-lifting moments I gleaned from my experiences at our annual Canadian Unitarian Council's conference. Our light is stronger than we think and we can help it grow even brighter!

## Musings by Meg

**T**his congregational year, we have focused on exploring our Unitarian Universalist principles during our Sunday services and in our monthly theme packets, used by the adult Soul Matters Circle gatherings. Our principles have been the themes of our family-oriented packets as well, offering our families resources to explore at home. I know I haven't memorized our principles yet, so if you haven't either, here they are for reference:

We covenant to affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity, and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

Last month we explored a principle that has been proposed in North American Unitarian Universalist circles about building a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Why are we focusing on principles this year? They ground us during this time of great uncertainty. They can act like a moral compass to give us direction in how to act in our lives.

This month, the worship services committee and I are taking a different perspective: we invite us all to take a few steps back and look at the whole approach of trying to live according to our principles. We're calling **the May**

### theme "Principled Living."

I have been so inspired by hearing people talk over these months about the challenges and the joys of practicing these principles in their daily lives. Talking about who inspires them by their example of living according to their values. The principles are beautiful concepts, and not easy to live up to! So this month, I invite you to spend some time with them—perhaps sitting outside on your balcony, in your garden, or in a park, enjoying May's warmth. Here are some questions to consider:

- Which principle is most challenging for you these days?
- Which principle is giving you the most joy?
- Which principle would you word differently?
- What principle is missing that you would name as important to you?
- Which principles show up in your moral compass this month?

I look forward to our explorations this month as we continue to connect with each other. And, as we continue on in the pandemic, I recognize that people's energies and patience may be feeling depleted. You may be feeling more irritable than usual and snap at those around you. This month in particular, I invite us all to take that extra little bit of time and effort to connect with compassion and respect. And when you are finding this difficult, pause and take three breaths to get a bit of energy—and know you are not alone. Repeat as often as needed. I know people's ropes are wearing thin, so tie a knot in the end of yours and hang on! We're going to get through this together.

—Rev. Meg Roberts



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 emotional connection and physical distancing, I'm available for appointments via Zoom or phone.
- **On weekends when I lead Beacon's Sunday service, I also work Fridays, Saturdays and Sundays (this month those are May 7–9 and May 28–30)**—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: [minister@beaconunitarian.org](mailto:minister@beaconunitarian.org) and on my cell at 778-870-9015 (please leave a message on my phone, and if it's an emergency, please say so). I will respond as soon as I'm able.
- **From April 26—May 4, I will be out of the office**, taking some time off in lieu of extra hours I did working on rites of passage this year. **Also, from May 10—16**, I will be involved in the UU Ministers of Canada Ministry Days, then the Canadian Unitarian Council's Annual Conference and Meeting (see later in the newsletter for more information on that event). During that time, I will be responding to emergencies only, so I can focus on these important national UU events.
- If you need assistance during times I'm unavailable, please email [board@beaconunitarian.org](mailto:board@beaconunitarian.org) or if you would like pastoral care support, please email [pastoralcare@beaconunitarian.org](mailto:pastoralcare@beaconunitarian.org).

I look forward to connecting with you.

## Board Bitz

**T**hank you to all who attended Beacon's second annual online AGM. It was really wonderful to see so many people show up to practice our fifth principle. Although I think it went pretty well, I am really looking forward to next year when we can do it all in person again, and hopefully with a soup lunch!

With the AGM comes a new board of trustees. Stepping down from the board at this time are Heather Brown, Rob Warner and myself, David Kristjanson. I know that I speak for all three of us when I say that it has been an honour to be of service to this wonderful community. All three of us will continue to serve in other areas of Beacon over the next year. There will certainly be a lot to do when we return to Sapperton and start meeting again in person.

Joining the board for 2021-2022 are Jane Day, Joyce Gudaitis, Peg Hinkley, and Carol Woodworth. All four have been very active in the Beacon community and bring a wealth of talent and knowledge to the board. Thank you all for agreeing to take time out of your busy lives to be of service to this wonderful congregation. An extra special thank you to Carol. Carol is a past treasurer and has agreed to serve as interim treasurer, as needed, for one year while the board continues to search for a new person to fill that position.

Remaining on the board for the coming year are trustee Amalia Mamani and secretary Karen Greenland. Susan Tarras will move from being vice president to co-president with Regina Ogmundson. Their first board meeting will be on May 19th and I think that they, along with Rev. Meg Roberts, are going to make a great team.

Thank you as well to everyone who

met up with Teresa Morton and Bette Goode after church on April 18th to advise them of how you would like them to vote on the motions being presented at the Canadian Unitarian Council's AGM on May 8th via Zoom. Thanks again Bette and Teresa for taking on the important role of representing Beacon at the CUC AGM.

At this time, we really don't know when we will be able to meet again in person, but planning is already start-

**As most of you already know, volunteering at Beacon is very rewarding and a great way to meet people and make new friends.**

ing. When we do start meeting again at Sapperton Hall, we will certainly be needing a lot of help. As most of you already know, volunteering at Beacon is very rewarding and a great way to meet people and make new friends. We will be needing people to help set up the hall on Sunday mornings, which is a lot of fun. We will also be needing friendly people to be greeters and others to set up for coffee hour. It has been over a year, but I think that it's kind of like riding a bike. You never really forget how it's done. Please keep an eye out for announcements in *Beacon This Week*, the monthly newsletter, and emails on how you can help. I am really looking forward to start setting up our little 'Church-in-a-Box' again.

Since my time on the Board has come to an end, this will be the last issue of Board Bitz that I will be writing. I started writing them when I became co-president with Donna Hamilton a few years ago and this last

year has been a bit of a struggle getting them done without Donna co-writing with me. That being said, I have really enjoyed writing this column every month. It has always stressed me out a little bit and I have always missed the deadline (thanks Laura!), but it reminds me every month of how really lucky I am to be a part of such a wonderful caring community like Beacon. A community where no matter what is happening in the world, we continue to Connect with Compassion & Respect, Inspire Learning & Spiritual Growth, and Transform through Joy and Justice.

— David Kristjanson, Past President



David Kristjanson

## 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.





## The Chicken AND the Egg...

At our April 11th 'Enviro-bee', the discussion was all about eggs & chickens. Some of us had researched the differences in categories of eggs and were able to explain that

- Free run eggs come from hens that roam the entire barn floor.
- Free range eggs come from hens that roam the barn floor and when weather permits, go outside to pasture. The hens don't necessarily take the opportunity to leave the barn.
- All certified organic eggs in Canada are produced in free range operations and the hens are fed certified organic feed.
- Please see [www.eggs.ca](http://www.eggs.ca) for more information on eggs produced in Canada.

If you are looking for chicken to cook, here are some of the Canadian definitions (please see [www.chicken-farmers.ca](http://www.chicken-farmers.ca)):

- Organic chicken must be raised with a certified organic feed that con-

tains no animal by-products or antibiotics, and any supplements, such as vitamins, must be approved by a certification body.

- Free run is different than free range in that chickens do not necessarily need to be raised outside but they are required to be able to move around freely within the barn. All chickens raised for meat in Canada are considered free run.
- Free range birds must have access to the outdoors. However, since there is no legal definition of free range in Canada, this can vary from farm to farm.

The May Enviro-Bee will take place after the Sunday Service on May 9th! Hope to see you there!



**Living with Less Plastic**  
NEW WEST



Teresa Morton



### May is Asian Heritage Month

Asian Heritage Month is an opportunity for all Canadians to learn more about the many achievements and contributions of Canadians of Asian descent who, throughout our history, have done so much to make Canada the amazing country we share today. There is a long and rich tradition of Canadians of Asian descent who continue to enrich our country and make it a more vibrant, inclusive and compassionate society. Let us celebrate in May the incredible diversity that is our strength. Learn more:

- About our [shared history](#)
- In the Lower Mainland: [explorAsian Festival](#) (25th anniversary)—events, film festival, art shows, and more—starting on May 1 with a virtual opening ceremony at 8 pm.

## Children and Youth Religious Exploration (CYRE)

Over the past eight months the religious exploration program has explored alongside the greater Beacon community, the seven principles of Unitarian Universalism as well as the proposed 8th principle. We explored each principle through the lens of "head, heart, and hands", meaning how we think, feel and act with regards to each principle. This month, we spend some time reflecting on all the principles—how they work together, how they are unique from each other, and how we can apply them to our lives. If you are interested

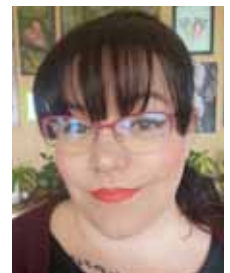
in exploring with us, you can find all the program newsletters on the

**We explored each principle through the lens of "head, heart, and hands", meaning how we think, feel and act with regards to each principle.**

Beacon website here: <http://beaconunitarian.org/index.php/religious-exploration/>.

Also a note of thanks to all who participated in our fun April all-ages service, *In Praise of Dirt* (see page 8 for a picture). Sending you all the best as the weather begins to warm, the flowers bloom, and we find new opportunities for connection. Warm regards,

—Ashley Cole (she/her pronouns),  
Director of Religious Exploration,  
[dre@beaconunitarian.org](mailto: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 **May 30th** Marilyn Medén will present: *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 May 16 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](mailto:theologypub@beaconunitarian.org).

**Book Club (Online)** meets the 4th Thursday of each month at 7 pm. Newcomers and drop-ins are always welcome! For Zoom meeting details and all enquires, please contact John Hagen [bookclub@beaconunitarian.org](mailto:bookclub@beaconunitarian.org). **Thursday, May 27: *Nothing to See Here***, facilitated by Carol Woodworth.

*Genres/Subjects:* Domestic Fiction, Humorous 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](mailto: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](mailto: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](mailto: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

### Sustaining Our Light—the Canadian Unitarian Council National Conference

**May 14–16, 2021**

Now more than ever we need to be grounded in connection, in hope, and in love. We all need to tend to our spirits and our relationships so we can continue to tend to our world.

Our virtual conference will celebrate how our Unitarian Universalist faith and our connections are crucial to *sustaining our light*—through engaging workshops, meaningful connections, and moving worship services.

Join us to renew your spirit, reconnect with friends and celebrate what it means to be a Unitarian Universalist. [Registration opens on March 15 and runs until May 9](#). Conference fees are offered on a sliding scale—or if that's out of your budget, choose the amount you can contribute.

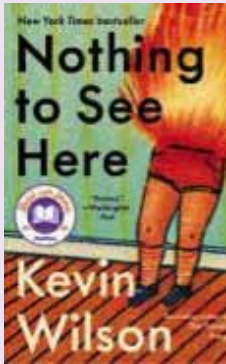


about Unitarianism and various ways to be part of this community. Contact Meg: [minister@beaconunitarian.org](mailto:minister@beaconunitarian.org) or 778-870-9015 for more info.



## Beacon Book Club

Thurs, May 27, 7 pm (Online)



**Nothing to See Here** by Kevin Wilson, c. 2019, 254 p.  
**Facilitator:** Carol Woodworth  
**Genres/Subjects:** Domestic Fiction, Humorous

Fiction, American

**Summary:** Lillian and Madison were unlikely, yet inseparable friends at their boarding school. Then Lillian had to leave the school unexpectedly in the wake of a scandal, and they have barely spoken since. Years later, Lillian gets a letter from Madison pleading for her help. Madison's twin stepkids are moving in, and she wants Lillian to be their caretaker. However, there's a catch: the twins spontaneously combust when they get agitated. Lillian is convinced Madison is pulling her leg, but it's the truth. Thinking of the life that has consistently disappointed her, Lillian figures she has nothing to lose. Over the course of one demanding summer, Lillian and the twins learn to trust each other while also staying out of the way of Madison's uptight husband. Surprised by her intense feelings of protectiveness she feels for them, Lillian ultimately begins to accept that she needs these strange children as much as they need her. Could this be the start of the amazing life she'd always hoped for? (BPL)

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

## Soul Matters Sharing Circles

Led by Rev. Meg Roberts, during the next session we reflect on April's theme, "*build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions*". We have two groups to choose from, both meeting on Wednesday, May 5th: 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](mailto: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.

**May 7: *Perfect Day***, introduced by Jane Day

**May 14: *Body Heat*** (with Kathleen Turner), introduced by Susan Tarras

**May 21: *This Beautiful Fantastic***, introduced by Judy Villett

**May 28th: *The King's Speech***, introduced by Janene White

## 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, please let us know if you or someone you know who is in need of support would like us to drop off one of Beacon Caring Quilts. 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 and Judy Villett](mailto:pastoralcare@beaconunitarian.org) [pastoralcare@beaconunitarian.org](mailto:pastoralcare@beaconunitarian.org)





## A Tribute to Denis Probst (1922–2021)

By Jane Shoemaker

Beacon church meant so much to Denis. When he found the Unitarians, he rejoiced that such a community existed, and he felt blessed to belong to a community that he admired and came to love so much.

And I must say that we were blessed to have him among us.

Denis attended the Vancouver Unitarian Church

for a few years, but when Beacon started up he and Mary were two of the earliest members.

Denis wanted to get to know everybody, and he found ways to become part of the Beacon fabric. He had a background in theatre, so he looked for performance opportunities in skits and pageants. From the beginning he was a staunch member of the Men's Group. The Men's Group met regularly for over a decade, to the satisfaction, enjoyment, and enrichment of all the members.

Denis loved to be a greeter on Sunday mornings, and welcome everyone.

Later Denis was one of the Beacon group who volunteered at the local Food Bank. Twice a month we helped to distribute bags of food to needy clients.

When Ev Morris started a study group called "Lunch Bunch," Denis was a member from the beginning.

The best way to show how much Denis cared for everyone is to read a few excerpts from Denis's monthly newsletter columns.

For several years, Denis wrote a column for every newsletter. He called his column "All in the Family." Before

church and at coffee hour, he lassoed person after person, to ask what new and exciting event had taken place in their lives. The archives hold fifty-two of the columns Denis wrote. Here are a few nuggets from those long-ago columns.

Denis always made sure he included at least one item telling about a child, so the child would have the honour of

seeing his/her name in print.

- *Miriam Stevenson is the president of Burnaby International Folk Dancers and she reports they do many performances all around the Lower Mainland and up the Valley.*
- *Nick Theal is having an interesting introduction to the academic world. Nick attends a French Immersion kindergarten.*
- *Sabrina Nutchey now has eight teeth so her aunt and uncle came up from Philadelphia to see them. It was also Sabrina's first birthday.*
- *Evan Comish has just been given his Canadian citizenship. Sarah says that it is now three years since Evan left Mauritius to become part of the Comish family.*
- *Bill Marshall likes a challenge. He had a big one recently when nine-year-old James asked for an explanation of black holes in space (when Bill has finished telling James, perhaps he will enlighten the readers of this column, or at least this columnist).*
- *Naomi Kerr is a familiar sight in a number of retirement homes in the area. Queen's Park Hospital sees Naomi three times a week reading to residents. Como Lake Residence sees her twice a week doing the same*

**Denis wanted to get to know everybody, and he found ways to become part of the Beacon fabric.**



In November 2020, Denis was a featured performer at *Crossroads Coffeehouse* which Bill Marshall organizes and MCs. Denis did a 15-minute recitation of a variety of his favourite poems and was met at the end with a standing ovation.

*thing. When the weather is OK, she takes the people at Fairhaven walking. Last but not least, once a week she visits and cheers up an old gentleman in the George Derby Home.*

- *Anita and John Hagen have had a wonderful trip to Lake Louise, for their son's wedding in that beautiful location.*
- *Lutina Santing was featured in a Coquitlam newspaper article recently in connection with her volunteer work directing the preparation of Coquitlam's first hospice, near Eagle Ridge Hospital. Lutina's long experience as an interior designer enabled her to do a magnificent job furnishing all the rooms so they will provide a comfortable and home-like environment for the patients.*

This was the family that Denis loved. And this is the family that loved Denis. Denis, thank you for being part of our lives.



**Beacon  
Unitarian  
Church**

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**Board Executive:**

**Co-Presidents:**  
Susan Tarras, Regina  
Ogmundson;

**Treasurer:** Carol  
Woodworth; **Secretary:**

Karen Greenland; **Members**

**at Large:** Amalia Mamani,  
Jane Day, Joyce Gudaitis, Peg  
Hinkley.

**Connections &  
Membership:** Sue Sparlin

**Religious Exploration  
Director:**

Ashley Cole, dre@beacon  
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**Beacon Newsletter:**

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Production: Laura Redmond  
Proofreading: Kate Smith  
and Bill Marshall

**Deadline for article**

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