

January service themes:

World Religions... Wisdom... Fire...

In our September newsletter Rev. Meg wrote: "Inspired by our Unitarian Universalist sources and by the elements of water, fire, earth, and air, we will explore what grounds us, what we value, and how we want to be together this year." For January, the element theme continues as "fire", the value theme is "wisdom", and the wisdom sources we are highlighting are world religions.

Please join us online!

All services are online at this time. We meet at 10:30 am on Sundays unless otherwise noted. [Please register to attend on Zoom](#)—enter your name and email address, and the Zoom link will be emailed directly to you. We are using the same Zoom link from week to week, so you only have to register once to be able to attend all the Sunday morning services.

Many of our small groups meet via Zoom. For those Beacon groups and events that want to meet in person, please follow the link below to learn about how to do that within Beacon's updated Communicable Disease plan (effective as of Sept. 10, 2021): <http://beaconunitarian.org/index.php/covid-protocols/>. If you would prefer the PDF be emailed to you as an attachment, email Rachael at adminsupport@beaconunitarian.org.

**JAN
2**

Welcome to 2022

Service Leaders: Worship Services Committee

Join Beacon's Worship Services Committee for a social hour on Zoom to share our good wishes for the new year. Bring snacks and beverages of your choice—egg nog and fruitcake anyone? Bring poetry, readings and songs to share as you feel moved.

**JAN
9**

Is it a bird, is it a plane, or ...

Guest Minister:

Rev Debra Faulk
The superheroes of each generation inform us in unique ways about which values are being focussed on during their time. This morning let us explore differences, and let us open avenues of deeper intergenerational understanding and communication.



Bio: Debra Faulk, Minister Emerita, recently retired after serving Calgary Unitarians

for eleven years. She is a life-long Unitarian Universalist and has served the wider denomination since her youth. She has degrees in Psychology and Anthropology from UVic and a Masters degree from the Vancouver School of Theology. Her passions include interfaith collaboration, community organizing, and gardening. She is now into a new venture of home co-ownership in Victoria.

Service descriptions continued on page 2.

JAN 16

Eat/Pray/Love: What would a sabbatical year look like in your life?

Service Leader: Janet Pivnick

The Old Testament designates every seventh year as a Sabbatical Year also known as Shmita. The observance of Shmita has seen a resurgence in recent years. 2021-2022 is a Shmita year and I have been engaged in a year-long exploration of “sabbatical” purposes and practices. Today, we’ll look at the theological roots, the modern practices and what a sabbatical year could look like in your life.

JAN 23

Who are we called to be?

Presenter: Connie Waterman

The sacred writings of the Bahá’í faith say that from the struggles of humanity must arise a new race of people, one that will emerge from its present stage of adolescence to adulthood and maturity. What does this mean? Who are we called to be?



Bio: Connie is a certified fitness consultant now retired and living in Comox. She is a member of the Bahá’í Faith, serving for almost 50 years as an elected member of her local Spiritual Assembly. Connie was a founding member of the Surrey Interfaith Council and is the past president of the board of the Multifaith Action

Society (MAS), the oldest interfaith group in the province.

JAN 30

Guest Speaker: TBA

The speaker and the topic for this service will be posted on the website closer to the service date.



Join with us for a Community Sing-along!
January 22, 7 pm

The Beacon Music Committee is inviting you to join us in another Beacon sing-along! Volunteer song leaders are welcome. Email choir@beaconunitarian.org.

We really enjoyed ourselves last spring and we’ll invite South Fraser again. Please mark your calendars!



Coffee Hour

After the Sunday services, we are pleased to offer an online coffee hour (as we did last year). We hope you can stay to join us for small group conversation: the **first round** is a brief check-in; a **second round** allows you to choose to be in general conversation in the main room, or be in a separate conversation room as a follow up to the Sunday service topic so that there is time to deepen into that exploration and how it applies to our lives. We are looking for people who might like to learn how to host or co-host a coffee hour from time to time. If you’re interested and want to learn more, please contact worship@beaconunitarian.org. Training will be provided.

Dear Beaconites,

The Beacon Board appreciates the support and fellowship of our community during our recent challenging times. Our supportive community and 'church in a box' continues to sustain us, even when it is difficult to plan far ahead into the future.

Reverend Meg has advised us that she will not be able to return as our minister on January 5, 2022. Her medical leave will continue; her return to work date is not yet known. Rev. Meg has good medical practitioners and her family and friends have surrounded her with support. She has one of our wonderful Beacon caring quilts which gives her much comfort.

We are in communication to organize ministerial support for worship services, administrative and pastoral needs during this upcoming extension of Meg's time away. Please keep in mind that we have a wonderful pastoral support team and we have Reverend Debra Faulk until January.

The board encourages Rev. Meg to focus on her health and wishes her all the best on her road back to full health. We look forward to her return when she feels able.

Meg has given permission to share her letter to the board with the congregation, and we include it at the end of this note. Thank you, again, for the marvelous pulling together of our community during this time. Peace,
Regina Ogmundson and Susan Tarras,
Co-Presidents

Dear Beacon Board,

I hope this finds each of you well and that you are getting support for what's happening in your lives and in the life of the congregation. I'm glad you have each other to help work things through as they come up.

I've been in contact with Carol, my liaison to the board concerning my

medical leave. As she knows from our recent conversations, after consulting with my health practitioners, I am notifying you that I will not be able to return to work

as Beacon's minister on January 5, as previously proposed. At this time, the date of my return is not known.

I am getting good support from my health practitioners, family and friends. While my heart and spirit are good, my body's recovery is slower than originally hoped for. I still am trusting that my body is healing and it needs more time, patience and medical assistance to help it along that path. I will continue to give updates to Carol as needed.

I trust your leadership, your other staff and leaders, and Beacon's members and friends, to continue living out Beacon's vision of connecting, inspiring, and transforming. I encourage you as always to be doing that in ways that are sustainable to you all at this time.

I imagine this update will impact the community and some people may be concerned about me and wonder what they can do. Please let them know that I have one of Beacon's wonderful caring quilts with me still and I can feel their care for me. I invite you all now to turn your energies towards yourselves, each other, and your dear ones. May you have faith in yourselves and each other, act in ways that foster healing and hope, and offer loving kindness (to each other and especially to yourselves) through these ups and downs of life. That's the best gift anyone could give me at this time.

All the best during this season of returning light and nourishing darkness.



Rev. Meg Roberts

For assistance with Beacon matters during this time:

- **For practical and administrative matters**, please contact Rachael Greenland, Beacon's admin support person: admin-support@beaconunitarian.org.
- **For congregational matters**, please contact the board co-presidents Susan Tarras and Regina Ogmundson, president@beaconunitarian.org.

For pastoral care:

In addition to Beacon's pastoral support team, Rev. Debra Faulk is available and willing to offer pastoral support virtually. To set up either a phone or Zoom appointment with her, please call 403-702-6486 (long distance) or email (dfaulk@uuma.org).

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
- needing help with errands
- if you, or someone you know, would like us to drop off one of the Beacon Caring Quilts

We will do our best to be of use in ways that meet Beacon's Communicable Disease Plan protocols as well as being within BC's Provincial Health Officer's guidelines for social contact. To reach the whole team:

pastoralcare@beaconunitarian.org or phone one of us directly:
Judy Villett: 604-521-1191,
Laura Redmond: 604-939-9310.

—Rev. Meg Roberts

Board Bitz

Change and challenge.

Looking back at 2021 that's a lot of what we experienced. There was the ebb and flow of COVID: optimism in the spring as vaccines rolled out and we expected that life would return more to normal in the fall—and then having to learn another letter of the Greek alphabet as Omicron began to race across the globe in early winter. There was a heat dome in the summer, followed by an atmospheric river in the fall. 2021 was certainly a year of changes.

That extended into November when the CUC passed an 8th principle. Beacon was split on the need for it. It was not split, however, on the desire to remove racism and barriers to full inclusion within ourselves and our community. Beacon's open and welcoming community will remain just that as we move forward. We will continue to listen deeply and respectfully to the different views on the 8th principle, and forge a way forward that resonates with us all.

March will be the second anniversary of beginning virtual services and meetings on Zoom. Two years ago most of us thought zoom meant 'to move rapidly.' Lots of learning has gone into becoming tech-savvy enough to manoeuvre seamlessly through Zoom but we've done it. Zoom has been a lifesaver for Beacon. It allows us to remain safe, and to maintain our connections and community with each other virtually. Some in our community find meeting virtually on Zoom meets their needs for connection. Others find connection more difficult without in-person meetings. Meeting both those needs is a challenge to address for this year.

We budgeted for a return to 'in-person' Sunday services in March. The uncertainty surrounding Omi-

cron makes that a bit of a moving target. With the booster shots being rolled out over the next couple of months, and the hopeful ebb of Omicron over the next months as well, we're remaining optimistic it will be possible in the spring. We'll reach out to the community to get more information about what you would like, and how such a move might be made

Beacon was split on the need for the 8th principle. It was not split, however, on the desire to remove racism and barriers to full inclusion within ourselves and our community.

to meet the needs of our community. COVID has changed our world at least in the medium term, and a move back to in-person will need to include a way to connect virtually as well. Keeping it simple, as well as safe, will be very important given the degree of COVID-fatigue that most of us are feeling.

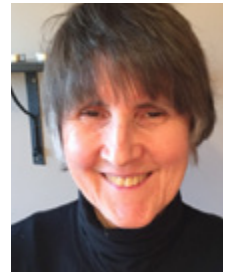
Last month we received a grant to help fund a family ministry outreach

project, which will assist the Family Ministry Team in reaching out to families beyond our community.

Outreach into the community is a goal the team has been working on so this is very exciting. Many thanks to Joyce Gudaitis and Peg Hinkley for their work on the grant, and helping to make outreach possible this year.

Outreach through upgrading our online presence is also an important opportunity and challenge for this year. Beacon can become more visible. We need your creative minds to chart the path towards that. We want to let people know about our caring and welcoming community, and make it easier for them to connect with us. If you are interested in investigating how we can use social media and the internet to let people know what Beacon has to offer, please let David Kristjanson or myself know. We are looking for your creativity and enthusiasm. We are looking at keeping Beacon strong and vibrant.

Susan Tarras, Board Co-President



Susan Tarras
Co-President



Please Support the Share Food Bank!

During this time of pandemic, donations to the food bank can be 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.

Food Waste in Restaurants

I am in the middle of a 31-day Eco-challenge focused on food waste. Since I eat out frequently, I have checked into food waste in restaurants. There are specific programs to help restaurants reduce food waste, which is estimated at 26% of all food wasted globally. In Canada this translates to about 800,000 metric tonnes annually. That is a lot of food that could be used to feed our population!

Food waste in restaurants has two main components; pre-consumer waste (overpurchasing, inventory spoilage and inefficient food preparation) and post-consumer waste (food that is left on the plates or in take-out containers).

Advice to restaurants includes: 1) know how much waste you create (take a photo & weigh the food waste); 2) create specific recipes and

stick to them; 3) review how the staff are preparing food to improve efficiency of vegetable preparation, for example; 4) partner with a food recycling program; and 5) closely monitor inventory and food storage conditions to eliminate spoilage.

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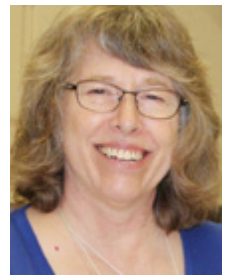
For the consumer side of restaurant related food waste, advice includes: 1) ask for smaller portions if you won't eat the normal serving; 2) take home the excess to eat later;

and 3) check out a restaurant's food waste practices when choosing where to eat!

And as an example from local chains:

“Starbucks

Canada announced it will further expand Starbucks FoodShare food rescue program nationally in partnership with Second Harvest, Canada's largest food rescue organization. The company has also reinforced its commitment to rescue 100% of food available for donation to provide people in need with ready-to-eat meals, while helping to eliminate food waste from Starbucks stores.”



Teresa Morton

—Teresa Morton
lessplasticnewwest@gmail.com

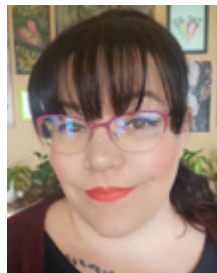
Children and Youth Religious Exploration (CYRE)

Hello Beacon families and friends, happy new year! Thank you to everyone who helped support the all-ages pageant. It was so much fun and a great success! Also thanks to all those who were able to attend the rescheduled night tree party, it was so great to see everyone and enjoy a well-loved Beacon tradition.

As we look into the new year we continue to provide monthly mail out kits which will include content to engage with based on the monthly theme. For January the theme is the 3rd source of Unitarian wisdom and spirituality which is “wisdom from the world's religions which inspires us in our ethical and spiritual life.”

As we await the return of the sun and warmer weather, I wish you all well.

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



Ashley Cole

**Rising Together
Connects Black,
Indigenous, and People
of Colour (BIPOC)
UU Youth (14–19 yrs)
and Emerging Adults
(18–24 yrs)**



This group gathers every two months for themed worship, discussions, and workshop-style activities. Join us for a chance to meet other BIPOC Unitarian Universalists across Canada and nurture our community with the aim of affirming each other and ensuring we have a confident voice in the broader UU community. See cuc.ca/events and email risingtogether@cuc.ca for more information or meeting dates and times. Registration is ongoing and the cost is free. If you have registered for one iteration of this program, you do not need to register again. However, your RSVP for each event to risingtogether@cuc.ca would be appreciated!

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 Sunday of the month at 7:30 pm, via Zoom. On January 30th Donna Webb and Gunnar Jonsson will present what they have learned from the book *Thinking Fast and Slow* by Daniel Kahneman. They will expand our understanding with the examples from the book, share personal accounts, and encourage participants to share their own experiences of the two systems. Please come ready to build your critical thinking. If you would like to receive regular emails from the Humanist Group, please contact Marilyn Medén at humanist@beaconunitarian.org.

Theology Pub (Online) continues to meet by Zoom on third Sundays at 1 pm—January 16th for this month. Members of our email list receive a reminder a week before the meeting, including topic information. If you would like to join the group, contact Franci Louann or David Kristjanson at 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. See box on page 7 for more information.

Film Club (Online) meets every Friday at 7 pm. See the box on page 7 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 or

check the *Beacon This Week* email. Newcomers are welcome!

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

'Getting to Know Beacon' New to this community? Want to learn about our Sunday services and other programs? In the new year, you can join members of the Connecting Committee for a one-hour short introduction. You can ask questions and meet other newcomers. In January, contact the Connecting Committee chair, Sue Sparlin at connecting@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. In the new year, join fellow Beaconites to learn about Unitarianism and various ways to be part of this community. Contact our Connecting Committee at connecting@beaconunitarian.org.

Let's Connect: Soul Matters Sharing Circles

Soul Matters is an inspiring deep-dive into the important themes of our lives. I have an opportunity to really listen to others' beliefs and experiences while also articulating my own."

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 listen—

with 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 the Soul Matters Sharing Circle. 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.

"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 a time for sharing our responses to 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. Please see page 7 for more information on this month's meeting.

Soul Matters Sharing Circles



Soul Matters is a small group that meets once a month (virtually at the moment) during our program year to explore and experience how Beacon's monthly theme can be woven into the tapestry of our days. For December the service themes were Christianity & Judaism; Love; and Fire. Our group will meet on January 5th, 1-3 pm, and we will explore the previous month's theme. Newcomers are always welcome! Interested? Contact Laura Redmond to receive the theme packet that we use as the starting point for our reflections: soulmatters@beaconunitarian.org. (Laura will be facilitating the January afternoon circle.)

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: filmclub@beaconunitarian.org.

Jan. 7: *Snow Falling on Cedars*, introduced by Donna Webb

Jan. 14: *The Swimmer 1968* starring Burt Lancaster, introduced by Michael Scales

Jan. 21: *Ordinary People*, introduced by Pauline Atwood

Jan. 28: *Little Miss Sunshine*, introduced by Susan Tarras

Beacon Book Club

Thurs, Jan. 27, 7 pm (Online)



Foregone by Russell Banks (2021, 320 p.)

Moderator: Marilyn Meden

Genres: American Fiction, Psychological Fiction

Summary: "In his late seventies and dying of cancer, acclaimed Canadian-American documentary filmmaker Leonard Fife, one of sixty thousand draft dodgers and deserters who fled to Canada to avoid the

Vietnam War, agrees to a final interview conducted by his acolyte and former student. But unbeknownst to Malcolm, who imagines his portrait of the master will cement his own reputation, Fife has his own plans: an astonishing, dark confession that reaches back to his young adulthood across the border and beyond, witnessed by his wife and the filmmaker's crew, who struggle to make sense of the dying man's long-held secrets. Alternating between Fife's private memories and his efforts to relate them to his listeners, *Foregone* is a brilliantly structured examination of memory, destiny, and truth." (Source: BPL Catalogue)

For Zoom meeting details and all enquires, please contact John Hagen bookclub@beaconunitarian.org.



[Gathered Here](#) is a monthly online check-in for Canadian Unitarian Universalist young adults. Join other UU 18-35 year-olds on Zoom for sharing joys and sorrows, deeper check-ins, prayerful reflections, and an opportunity to process the events of our lives with a spiritually grounded community. Next meeting: Mon. Jan. 10, 5 pm PT.

Sandy Burpee named Coquitlam's new *Freedom of the City* recipient



Beacon congratulates Sandy Burpee on receiving the prestigious *Freedom of the City* award from the city of Coquitlam.

Reflecting on Sandy's long-time involvement with Beacon, Jane Shoemaker notes that in the early days of the SHARE Food Bank, Sandy organized Beaconites to help run the program: "We had no building, so Como Lake United Church donated their basement to be the distribution centre, and Beacon volunteers ran the show every other week (volunteers from Como Lake United Church covered the alternate weeks). This was a big Beacon activity for several years. Several current Beaconites were regular volunteers and Beacon's involvement with the food bank continues to this day."

Jane notes that Sandy is the second Beaconite to be named a Freeman of the City. In 2004, Crosby Johnston was given that award.

The following is an excerpt from the Dec. 16th edition of the Tri-City News.

Burpee honoured with city's highest award

Coquitlam has a new Freedom of the City recipient. On Tuesday, Dec. 14th, the city announced that homelessness and anti-poverty advocate Sandy Burpee will be the 12th municipal honouree.

The award — **the highest accolade that a Coquitlam resident can receive from the city** — will be officially bestowed on him in the new year.

"It's certainly an honour," Burpee told the *Tri-City News* this morning. "I'm at the stage of my life now where, looking back, it's nice to feel good about what you've accomplished. It's

just something nice to hold dear."

After he retired, Burpee became heavily involved in the community. He was named the founding chair of the Tri-Cities Housing Coalition and chaired the Tri-Cities Homelessness Task Group for a dozen years while also serving as the interim chair of the Metro Vancouver Regional Steering Committee on Homelessness. Burpee worked to get the permanent shelter at 3030 Gordon Ave. built and he volunteered with the temporary winter shelters at Tri-City churches.

A volunteer coordinator for the SHARE food bank for a decade, Burpee also spent more than a decade with Coquitlam Search and Rescue.

In addition, Burpee was a founding chair of the Fraser-Burrard Community Justice Society—now called Communities Embracing Restorative Action (CERA)—and also founded a local Together Against Violence committee.



From the Beacon archives: A photo of Crosby Johnston (right) at his award ceremony in 2004.



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following month's newsletter.