



Summertime! Beacon Unitarian Church is now on summer hiatus but we offer three in-person gatherings (two of them outdoors, weather permitting) before we restart our regular worship services on Sunday, Sept. 11th. Three of our small-group programs will continue over the summer: Film Club, Book Club and Lunch Bunch. All are welcome to join our programs and gatherings! Fill out the [Beacon Connecting Form](#) for more information.

Informal Summer Services

JUL 12 **11:00 AM**
Poetry, Prose & Music Service: The Advantages of Diversity

Service Coordinator: Marilyn Medèn
At eleven in the morning, on July 10th, in the exuberance of John Hagen's garden, [but inside if necessary], you are invited to enjoy music, prose, poetry and even food to celebrate the advantages of diversity. John Hagen, Marylke Nieuwenhuis and Sue Sparlin will provide inspirational music. (Please check the online directory for John's address, or fill out the [Beacon Connecting Form](#) if you are a newcomer).

AUG 14 **11:00 AM**
Worship in the Park: Celebrating Our Diverse Self-Expression

Service Coordinator: Sue Sparlin (Beacon member and Lay Chaplain)
Please join us for song and celebration on the theme of our diverse self-expression. Bring your own lawn chair and perhaps snacks or a picnic lunch for afterwards. We will meet in Tipperary Park near the New Westminster City Hall. Look for the Beacon Banner.

AUG 28 **10:30 AM**
Summer Singing Service
Service Coordinator:

Peggy Lunderville
All ages are welcome to join us for a morning of singing/playing at Peggy Lunderville's home (please check the on-line directory for contact info, or fill out the [Beacon Connecting Form](#) if you are a newcomer). This gathering is a wonderful opportunity to connect as a community in the summer as we sing our favourite hymns from the charcoal and teal hymnbooks, as well as the "Joyce Poley" songbooks. Bring musical instruments if you wish

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Minister's Message

Thanks to the Pastoral Care Committee for suggesting we send out an update to the congregation about where things are at for me and for plans for next fall.

I'm glad to say that I'm continuing to recover, albeit slowly, with everything moving in the right direction. I'm gradually increasing my capacity to do more things and my neurologist and other health practitioners are very happy with my progress. My energy level is incrementally increasing each month—it's now around 60% of what it used to be (which is a great improvement over when it was at 25–30% last fall). My wrists are generally pain free, and I'm working on increasing my capacity to use them at the computer a bit more each month.

I'm pleased to say that I'm intending to return to Beacon in the fall and the Board and I are presently working on the contract. The plan is for

me to return at the beginning of September, on a graduated return to work over 4–6 weeks.

I'm incredibly grateful to my health team for their encouragement and support, as well as my friends and family. I'm also very thankful that the Board would like me to come back and work with all of you next year. I also offer my deep gratitude to my colleague, Rev. Brian Kiely, for stepping in as Beacon's ½-time minister since February. Having such an experienced minister working

with all of you certainly set my mind at rest that you are in good hands!

I wish you all the best this summer and look forward to reconnecting in the fall.

—Rev. Meg Roberts



Rev. Meg Roberts

I'm glad to say that I'm continuing to recover, albeit slowly, with everything moving in the right direction.

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:

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 Judy Villett at 604-521-1191, or Laura Redmond at 604-939-9310.

*Connecting,
Inspiring,
Transforming!*

BEACON'S VISION

Connect
with Compassion & Respect

Inspire
Learning & Spiritual Growth

Transform
through Joy & Justice



Summer Service Descriptions

(Continued from page 1)

to accompany. If you have a hymn you would like to see included, please contact Peggy Lunderville ahead of time. There will also be room for some requests at the service itself. Potluck lunch to follow (tea, coffee, juice and water will be provided). Our home is wheelchair accessible.



Board Bitz

Summertime at last! As Covid waves recede (hopefully), our plans for the future are blossoming. We'll have several opportunities over the summer to be together at summer services and, in the fall, at long last, we'll be returning to in-person services at Sapperton Hall. We've recently learned that our beloved minister, Meg Roberts is recovering well and is planning a gradual return to work in the fall, with support as needed from our temporary minister, Brian Kiely.

We've learned a lot about technology over the last two and a half years and we are pleased to announce that we are planning to add an online component to our fall services. Those who've moved far away or are unable to attend in person for other reasons will still be able to join us over Zoom. Deepak Saharabudhe and his band of helpers are installing cables at Sapperton Hall and purchasing and testing video equipment during July, thanks to a generous grant from the Cascadia Growth Fund for Unitarian Universalism.

Directory Update

Beacon has produced a directory every few years in the past and many of us are noticing that our old directories are getting tattered and out of date. Soon everyone at Beacon will have access to a real time online directory. You can update your own listing as soon as something changes and do a quick search for other members' contact information—no more crossing out the old and writing in the new in your paper directory. You can watch an online video to see how easy it is to use and sign

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up by filling out the form in *Beacon This Week*. If you have any questions, contact our administrative assistant, Rachael Greenland at adminsupport@beaconunitarian.org.

Our Guiding Principles

Thanks to a collaboration between Reverend Brian and Luc Beaudoin, we have a new introduction to our eight principles that clarifies the role of these principles (values) under *What We Believe* on our website. You

can check it out at <http://beaconunitarian.org/index.php/principles-and-sources/>



Joyce Gudaitis
Member at Large

Expanded Board

Our 2022–23 Beacon Board met for the first time on May 18 as we welcomed new members Beth Connelly, Teresa Morton, and Deepak Saharabudhe. Special thanks to Teresa who agreed to step up immediately to serve as Secretary. The board now stands at eleven members with an impressive range of skills and experience which will help us address a number of issues.

The board is planning a retreat in late summer and will be laying the groundwork to deal with some these issues, including the thorny issue of copyright protection which has kept us from sharing Sunday services on our website in the past. Other issues include reimagining the role of the Director of Religious Education, updating our Sharing the Plate policies, expanding our congregation to make it sustainable in the future, and much more.

In the meantime, the Board wishes everyone a relaxing and rejuvenating summer and is looking forward to seeing many of you in-person, in the fall.

—Joyce Gudaitis, Member at Large

Enjoying in-person community at the outdoor choir party held in June.

(Photos courtesy of Susan White)



An International Plastics Pollution Treaty

The United Nations Environment Assembly agreed to establish a binding plastic pollution treaty on March 2nd, 2022. The UN considers it the most important environment initiative since the 2015 Paris Accord.

Members of the Environment Assembly met in Nairobi for a week to set the parameters for the treaty, which is due to be completed in 2024.

The intergovernmental taskforce responsible for negotiating the terms of the treaty will have their hands

full; although there is strong public support for such an agreement the oil producers and plastics manufacturers are likely to be strongly opposed.

The Canadian government, along with the provinces, is setting goals of achieving zero plastic waste by 2030. One aspect of the plan is the restriction of plastic single-use items; such as plastic bags, straws, cutlery, plates, and stir sticks. It will be interesting to see how the Canadian plan dovetails with the international treaty!

A complicating factor is the fact that plastics, worldwide, include an estimated 10,000 additives, some of which render the plastic difficult, if not impossible, to recycle. In addition, the health effects of these additives have rarely been elucidated.

Meanwhile, the Metro-Vancouver Unitarian Zero-Waste circle is putting a focus on plastics, including providing information for the congregations (Beacon's experience is being shared with the other churches). The four congregations will participate in the October Ecochallenge emphasizing the actions that deal with plastics and zero-waste.

I am looking for an additional person to represent Beacon on the Zero-Waste circle, which meets by Zoom at 4:30 pm on the last Sunday of the month. Please connect with me to explore this possibility!

—Teresa Morton

lessplasticnewwest@gmail.com



Teresa Morton

The Canadian government, along with the provinces, is setting goals of achieving zero plastic waste by 2030.



John Hagen's 90th Birthday Party Celebration!

It's hard to believe that 5 years have passed since my 85th birthday celebration, which many of you attended. But time passes quickly when you are living in the senior's fast lane and my 90th is just over the horizon. This time it'll be even bigger and **you are invited!** So drop in on **Friday, August 19th** to partake of fellowship, food and libations to your taste. We are still determining the location (there are too many people to host it at my house), but it will be somewhere in New Westminster. We're still sorting out the timing as well, but it will be somewhere between 3 and 7 pm. How's that for precision?

You may have already received an RSVP request in the *Beacon This Week* e-newsletter, but if not, please **RSVP to Joel (one of my sons) at info@greatdivide.ca or at 403-522-2735 by July 15.** Once you're on this list, you'll get updates and information about the location and timing of the party.

Oh and no gifts please (well, a cheque for the Share food bank or the Ukraine campaign of the Canadian Red Cross would not be refused).

Thanks, and I hope to see you there. —John



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. As a group we welcome different points of view and discuss a wide range of ideas. We meet the last Sunday of the month at 7:30 pm, via Zoom, but we take a summer break. Our next meeting will be on September 25th.

If you would like to receive regular emails from the Humanist Group, please contact Marilyn Medén at humanist@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 enquiries, please contact John

Hagen bookclub@beaconunitarian.org. 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 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? Join members of the Connecting Committee for a one-hour short introduction. You can ask questions and meet other newcomers. 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. Join fellow Beaconites to learn about Unitarianism and various ways to be part of this community. Contact our Connecting Committee at connecting@beaconunitarian.org.



Please Support the Share Food Bank!

During the summertime, 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.

Rising Together
A space for UU's of Colour
Ages 14-24

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.

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.

For more information, please connect with Marilyn Medén: filmclub@beaconunitarian.org.

Movies in July

July 1: *Life of Pi*, introduced by Pauline Atwood

July 8: *Cabaret*, introduced by John Hagen

July 15: *Best in Show*, introduced by Lindsay Udem

July 22: *Shirley Valentine*, introduced by Susan Tarras

July 29: *The Imitation Game*, introduced by Janene W.

Movies in August

August 5: *The Color Purple*, introduced by Marilyn M.

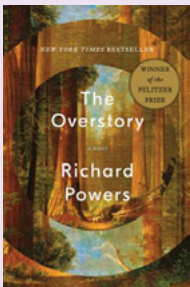
August 12: *Bohemian Rhapsody*, introduced by Michael Scales

August 19: *The Art of Running in the Rain*, introduced by Donna Webb

August 26: *Legends of the Fall* with Brad Pitt and Anthony Hopkins, introduced by Karen Hamilton

Beacon Book Club

July 28, 2022



The Overstory by Richard Powers, published by W. Norton & Company, c. 2018, 502 p.

Facilitator: John Hagen

Subject and Genre: Fiction, Trees, Forest conservation, Forests and forestry

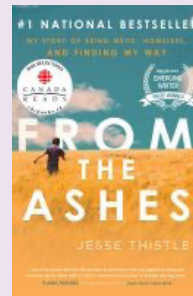
Awards: Winner of the Pulitzer Prize in Fiction (and many others).

Reviews and Endorsements: "Monumental... The Overstory accomplishes what few living writers from either camp, art or science, could attempt. Using the tools of the story, he pulls readers heart-first into a perspective so much longer-lived and more subtly developed than the human purview that we gain glimpses of a vast, primordial sensibility, while watching our own kind get whittled down to size.... A gigantic fable of genuine truths." — Barbara Kingsolver, The New York Times Book Review (cover review)

Summary: A novel of activism and natural-world power presents interlocking fables about nine remarkable strangers who are summoned in different ways by trees for an ultimate, brutal stand to save the continent's few remaining acres of virgin forest (Source: Burnaby Public Library catalogue).

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

August 25, 2022



From the Ashes: My Story of Being Métis, Homeless, and Finding My Way by Jesse Thistle, published by Simon & Schuster Canada, 2019, 354 pp.

Facilitator: Marilyn Medén

Subject and genre: Métis, Homeless persons, Addicts, Indigenous peoples, Autobiographies

Summary: *From the Ashes* is a remarkable memoir about hope and resilience, and a revelatory look into the life of a Métis-Cree man who refused to give up. Abandoned by his parents as a toddler, Jesse Thistle briefly found himself in the foster-care system with his two brothers, cut off from all they had known. Struggling, Jesse succumbed to a self-destructive cycle of drug and alcohol addiction and petty crime, spending more than a decade on and off the streets, often homeless. One day, he finally realized he would die unless he turned his life around. In this heartwarming and heartbreaking memoir, Jesse Thistle writes honestly and fearlessly about his painful experiences with abuse, uncovering the truth about his parents, and how he found his way back into the circle of his Indigenous culture and family through education. *From the Ashes* is, in the end, about how love and support can help one find happiness despite the odds. — Provided by publisher (Source: BPL Catalogue).

Beacon Poet Sita Gaia's Book: *Knocking on the Body's Door: Poems to Read on the Bathroom Floor*

While continuing to face seizures into adulthood, Sita Gaia had to find a way to express from the soul. The honest portrayal of this poet's life will keep the reader enthralled. Imagine what it would be like to believe you are going to have a simple cup of coffee only to end up with severe burns. At what point would some people find this to be too much? Gaia tells how it is not just for oneself, but to show others that they are not alone.

A trained social worker, Gaia continues to help others. She is a TEDx alumnae, and her talk "The Hell of Chronic Illness" has been used across North America in universities as a resource. This performance received a standing ovation.

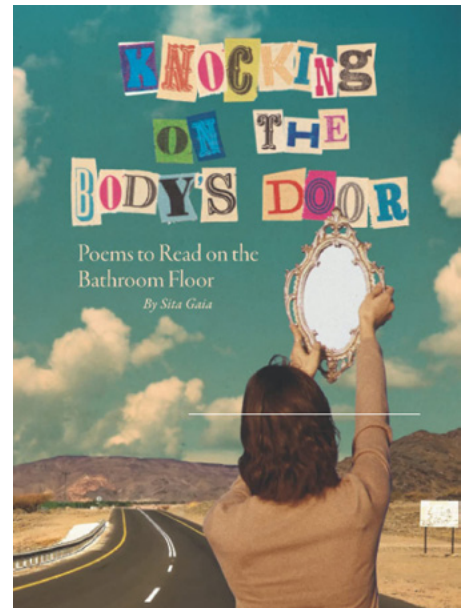
Sita Gaia (she/they) is a Social Artist, and a queer chronic illness warrior. She loves Owls and drinks way

too much coffee. You can find them on Instagram at @sitagaia_poetry.

Review:

Sita Gaia's *Knocking on the Body's Door* serves purposes beyond poetry. It is a patient and generous education for those who have not experienced chronic or invisible illness, as well as (what I imagine will be) a hug, a hallelujah, and a haven for those who have. The literal impending and unpredictable anticipation of a seizure (which greets the author anywhere from a coffee shop to a Zumba class) simultaneously acts as a metaphor for death—which will get any reader in the guts. And as all texts that try to prepare us for death will do, this book also reminds us how to live: with resilience, curiosity, humor, community, and of course, with love.

—Megan Falley, author of *Drive Here and Devastate Me*, Write Bloody Publishing (2018)



How to order:

Beacon Price: \$20. Please e-transfer payment to me at chronicwarriors365@gmail.com and contact Susan Millar for pick-up information. All the writing is by me and the graphic art throughout the book is by Johana Bartels.



Sita Gaia



I'll Have a Seizure With my Coffee on the Side

I love the coffee shop down the street.
The grinders,
how people hide behind their laptops
drowning out the world with their head-
phones—whales
under the sea don't care how far down they are.

The awe of how fast
the baristas punch in my order—
or how some of them have it memorized.
I like consistency.

It amazes me how then
can work while conversation
pours out of me like the coffee
they pour for their patrons.

How they smile at me
because they're friendly,
or just paid to do it,
I don't care.

Did you know that the coffee shop
is the best place
out in the world to have a seizure?
My seizures don't leave me staring
off in one direction.

One time I treated my Mum and I to a
coffee,
& I felt the heavy pull
of fatigue from my meds,
collapsed to the ground.

After I 'came to', my mom
wiped up hot coffee from my chest,
using her favourite navy scarf.

What was my one name?
Where was I and why were people
taking pictures of me?
The smell of coffee
reeked all over my body.

The floor was cold, clean,
but too hard to fall on, right?
Is any floor good to fall on?

No,
I fall without warning
and my head smacks the floor so hard,
I feel my skull move.



Survey: Help the CUC Review Decision-making Processes

The Canadian Unitarian Council's (CUC's) Board of Trustees recently established a Decision-making Exploration Team to look at the process we use to make decisions in CUC general meetings and special meetings. The team is tasked with recommending whether this process should change and, if so, how it should change.

Unitarian Universalists across Canada have considerable experience, knowledge, and expertise in this area. We want to hear your perspective on the principles that are most important in how the CUC makes collective decisions, and we want to learn from any experience you have with different decision-making systems.

We want to hear your perspective on the principles that are most important in how the CUC makes collective decisions.

We invite you to respond to this survey before June 30, 2022. We expect it will take five to 30 minutes to complete the survey, depending on how much time you spend answering the open-ended questions.

All questions are optional. We strongly encourage you to complete the demographic questions at the end of the survey to help us understand who is responding to these questions.

The survey is the start of our consultation, not the end. As noted by Robbie Brydon, the Chair of the Decision-making Exploration Team, "our goals here are to: a) tap the (qualitative) knowledge of our membership to expand the set of options under consideration and b) take the pulse of where we're collectively starting from in terms of how we relate to the existing system and to some of the alternatives we're aware of already."

Thank you in advance for your time and attention. It is greatly appreciated.

Share Your Story in Upcoming Inclusivity Forums

The CUC Social Justice Team is making documentary-style videos for the next two Inclusivity Forums. One forum will focus on welcoming folks of all gender identities and expressions, while the other will look at welcoming people of all ages.

If you are a Unitarian Universalist who has experienced exclusion due to your age, gender identity or gender expression please consider sharing your story.

If you are a Unitarian Universalist who has experienced exclusion due to your age, gender identity or gender expression, and you would like to share your experience through video, audio, or text, please contact Amber Bellemare and Erin Horvath via email: socialjustice@cuc.ca. **They plan to complete all interviews by Friday, July 8.**

Unhurried Reflection

Although the CUC is slowing down this summer, we are launching a weekly reflection series. We want to keep the national conversation going about how we live out the 8th Principle, personally and collectively. Every Monday in July and August, we will send eNews subscribers a reflection, thought or question related to this. Think about it while you go out with the dog, share your thoughts with a friend over coffee, journal about it, or write about it on social media. We invite you to reflect on the question in whatever way you choose.

Be well friends,

—Vyda Ng, Executive Director, CUC, vyda.ng@cuc.ca



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(on health leave)

Lay Chaplain:
Janet Pivnick,
604-880-7907
ceremonies@beaconunitarian.org

Administrative Support:
Rachael Greenland,
778-791-7952 adminsUPPORT@beaconunitarian.org

Board Executive:
Co-Presidents:
Susan Tarras,
Regina Ogmundson;
Treasurer: Carol Woodworth;

Secretary: Karen Greenland;
Members at Large: Jane Day,
Joyce Gudaitis, Peg Hinkley.

Connections and Membership: Sue Sparlin
Religious Exploration Director:
dre@beaconunitarian.org

Beacon Newsletter:
newsletter@beaconunitarian.org
Production: Laura Redmond
Proofreading: Catherine Smith and William Marshall.

Deadline for submissions is the 15th of the month preceding Sep. 1, Nov. 1, Jan. 1, Mar. 1, May 1, and July 1.