

Connecting,
Inspiring,
Transforming!

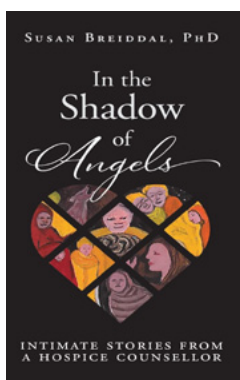
Welcome to Beacon Unitarian Church! Our vision is to connect with compassion and respect; inspire learning and spiritual growth; and transform through joy and justice. Our Sunday services are multi-platform: in-person at Sapperton Hall (318 Keary St. in New Westminster) and broadcasted live via the internet. Services start at 10:30 am and end approximately one hour later. There is time for socializing after the service, both in person and online. You are invited to fill out the [Beacon Connecting Form](#) for more information. We look forward to connecting with you and getting to know you!

November & December Service Descriptions

NOV 6 Dwelling in the Realm of Death

Dr. Susan Breiddal

Join us for conversations around grief and loss, with Dr. Susan Breiddal. In this service Dr. Breiddal, who was a Victoria Hospice counsellor for the past twenty years, will use storytelling to present a picture of what it is like to work in hospice care and serve the dying and their families. She will be available for questions and discussion after the service. Her main motivation in promoting her book is the thought that some might be inspired to open discussion with others about death,



and that people will learn it is not so scary to say what really needs to be said. Dr. Breiddal's book, *In the Shadow of Angels: Intimate Stories from a Hospice*

Counsellor (2021 FriesenPress) is available at [Friesen Press](#) or [amazon.ca](#).

NOV 13 How Can I Not Feel Like That Again?!

Rev. Meg Roberts

When I'm feeling frustrated, angry, or sad, and someone tells me "Cheer up!" I just want to slug them! How can I help myself when I'm feeling things that I don't want to feel? There are lessons from mindfulness practices and science that can help us find a way forward in working with our emotions.

I will also host a conversation table during the coffee hour, starting 15 minutes after the service, where we can share practices that have helped us work with our emotions.

NOV 20 "Who Was This Jesus Guy Anyway?"

Rev Brian Kiely

A lot of UUs have trouble with Jesus because his story has been weaponized, fictionalized (well it's mostly

fiction) and turned into a tool for keeping people in line. And that's just wrong! Today I will try to peel back some of the bad PR and try to explore what we actually know with the help of John Shelby Spong's writings.

NOV 27 The Nourishing Dark

Rev. Meg Roberts

On this first Sunday of the advent season, let's consider how to find spiritual nourishment within the Unitarian perspective for this time of the year. How can we find what nourishes us during this time of the waning light and the waxing night?

DEC 4 Having the Holiday Blues

Rev. Meg Roberts

Come hear stories, readings and music to help us explore how we are feeling about this month's winter holidays. What will support our spiritual growth and our emotional health? We will use ritual and sharing in community as part of weaving our web of connection.

Service Descriptions (Continued)

DEC
11

Joy To The World

Rev. Debra Faulk

We will use the lyrics of this the well-known Christmas carol, written more than 300 years ago, as inspiration to explore some of the deeper meanings of joy. *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.*

DEC
18

Beacon's Annual Christmas Pageant

Join us for our annual all-ages pageant. More details will be coming so watch for the *Beacon This Week* updates!

DEC
24

Christmas Eve Service, 7 pm on Zoom

Rev. Meg Roberts

With inspiring stories and music of the season, we reflect on what it means to connect and be in community. What does this holiday mean to you? Invite friends and family to this online service as well as anyone else who might like to be in a community on this holiday eve. We hope you'll stay after the service for a zoom social time and enjoy this time of conversation and connecting. We'll even have breakout rooms for carol singing and other games. Have your favourite treat and drink on hand to enjoy!

DEC
25

Christmas Day – Online Hosted Conversations (no service)

In lieu of a service, we will be offering three times during the day when you can connect with a host and others online (as we've done in the past couple of years). Look for more information in December's *Beacon This Week* and on the website for details as to times and the Zoom registration connection.



Musings by Meg

I was talking to someone recently about ways we can support one another at Beacon. The topic of pastoral care came up. For those who don't really know what I mean by that, it is compassionate support offered within our Beacon community. Our pastoral support team offers supportive listening when something may be troubling you. We also visit people at home or in hospital. If you are struggling and need some practical support with errands during a challenging time, you can let us know.

In addition to this type of support, as your minister, I also am here to be with you when you may be struggling with emotional and spiritual issues: when you are trying to figure out how to make sense of something that has happened; or you want to explore how you make meaning in the world; or you're trying to discern what happens next in your life. Whatever your theological beliefs, I can offer support. Pastoral care isn't counseling or therapy but is care focused on your emotional and spiritual wellbeing. It is about listening and helping you come up with your own solutions and finding networks of support, instead of giving directive advice.

During November and December, as the days get shorter and the nights get longer, we are offered an opportunity to look inward. We can go a bit deeper into things that may be hindering us from living the kind of life we want to live. The holiday season can also bring up its own challenges. So, please remember that members of the pastoral care team and I are here for you: pastoralcare@beaconunitarian.org and minister@beaconunitarian.org



Rev. Meg Roberts

As your minister,
I also am here to be
with you when you
may be struggling
with emotional and
spiritual issues.

—Rev. Meg Roberts

BEACON'S VISION

Connect with Compassion & Respect

Inspire Learning & Spiritual Growth

Transform through Joy & Justice

Board Bitz (from the September & October Board Meetings)

- **Return to Sapperton & Multiplatform services.** This return to in-person services has been a huge project for the tech side of things (Deepak, Tyler & David), the Worship Services Team and the Connecting Team. We have been thrilled with the results, with Zoom participants being able to see the service and to contribute as well. Thank you to everyone for their passion & commitment in making this work!
- **Welcome back to Meg!** Reverend Meg Roberts is partway through a graduated return to work, and we are immensely pleased to welcome her back to Beacon. The plan is for Meg to return to her full duties in November.
- **Appreciation to Brian!** We have been so fortunate in having Reverend Brian Kiely's support and wisdom

during Meg's absence, and he is working closely with Meg during the transition.

A new committee is being established where the members examine how to make the most of our multi-platform services and how to share our Unitarian light with the community at large.

- **Pledge Drive.** Pledge Drive is being held on three Sundays in October (16, 23, 30), featuring testimonials and specialized sermons. It is our opportunity reflect on the gifts that Beacon brings to our lives and the ways in which we can support our beloved community. Our thanks go

to our fabulous Pledge Team!

- **Communication & Marketing.** A new committee is being established by the board and there will be plenty of work to be done as the members examine how to make the most of our multi-platform services and how to share our Unitarian light with the community at large.
- **Retreat.** The Beacon Board will have its annual retreat on the 29th of October and will be exploring our vision for the coming year in the life of the church.

—Teresa Morton, Board Secretary



Teresa Morton

CONNECT – INSPIRE – TRANSFORM Putting our values to work at Beacon

It takes a bunch of people to make a church happen week after week. And it takes each of us doing what we can to deepen our relationships with one another and put our values into practice.

The first work in the Beacon vision statement is “connect”. How do you connect? Could you stretch yourself to connect in another way? How about signing up for one of the Sunday activities? You could help set up the coffee hour. You could help collect the offering and count it and record the donations. You could help welcome people at the door. You could help set up the room or clean up afterwards. You could help by reading a passage during the worship service. You could help by hosting the

Zoom portion of our Sunday gatherings. And you could do any of these together with other people.

Once you're connected you will definitely inspire and be inspired, and once you're inspired, transformation is inevitable!

These are but a few of the ways to deepen your connections with other Beaconites.

If your heart resonates with any of these activities, if you might like to do something but you don't know how or what or how often, I invite you to

“connect” with the Connecting Committee and talk about it. Send an email or phone Sue Sparlin, Chair of the Connecting Committee or contact Joyce Gudaitis if you're curious about Coffee Hosting (contact info can be found in Beacon's online directory, email adminsupport@beaconunitarian.org if you need help).

Once you're connected you will definitely inspire and be inspired, and once you're inspired, transformation is inevitable! Together we build the common good and make our own days glad.

—Sue Sparlin, Chair,
Connecting Committee



Sue Sparlin

Family Ministry

We're happy to announce that the Family Ministry Team is back to work and part of Reverend Meg's area of focus in November as she gradually returns to her former hours.

Rather than hire a Director of Religious Education, we've decided to develop a job description for a Director of Lifespan Learning (DLL) who will work with Reverend Meg to develop programs for all ages, including children, youth and adults. Some programs will be delivered by Reverend Meg and some by the DLL, hired contractors and volunteers.

In the meantime, we have a family activity table at the back of the church that includes puzzles, colouring projects and other art supplies to keep young people entertained. We are also setting up toys in the

nursery every Sunday and have a teen volunteer who will interact with your little ones. You will need to be present in the nursery with your child but can listen to the sermon via headphones.

We are sending a special invitation to families past and future to attend an intergenerational service on November 27th. The Family Ministry Team will be preparing a special welcome. Check *Beacon This Week* for details. We encourage you to pass this invitation along to any families you know who might be interested in being part of a warm and welcoming community that shares their values.

— Joyce Gauditis



Joyce Gauditis

Countless Ways

Talking to Beacon members, I am humbled by the countless ways they

are making changes to their lives to live more sustainably: using shower water to flush the toilet; making a pledge to not fly for five years; using only natural fibre clothing; poking holes into the soil so that the water can soak in for the trees; checking with local candidates for their position on climate and the environment; researching food sustainability; and many more!

One way to recognize our impact (and the impact of our BC Unitarians) has been to participate in the Peoples Ecochallenge in October. Halfway through the 3-week challenge, our team has 16 members from various Unitarian Churches and has accumulated 2338 points! The Challenge recognizes actions already taken, such as eating meatless meals, as well as encouraging us to establish new habits. For example, the team has already saved 255 gallons of water and has taken 17 advocacy actions. Visit <https://peoples.ecochallenge.org/> for more info.

'Envirobees' (discussions about all things environmental) will take place after the church service on November 6th and December 11th. I will be leading the gathering at Sapperton and we are planning to have someone on Zoom to lead a breakout room as well.

Let me know what is on your mind or what questions you have!

Teresa Morton

(Check in Breeze for my contact info!)



Teresa Morton

'Sharing the Plate' Reminder

Every year, the congregation chooses a local charity to support through our weekly collection. This year (2022–23) the *Sharing the Plate* recipient is the Maida Duncan Women's Drop-in Centre in New Westminster. In January, the *Sharing the Plate* Committee will be asking for your nominations of who we should support for the coming year! Keep your eyes peeled in your community and look for a group that is providing important services in the Lower Mainland.

The committee is also looking for an additional 2 or 3 people to meet several times in February to review the nominations and prepare for the congregational vote in April.

The *Sharing the Plate* Committee will be guided by the following criteria

when developing the short list of potential *Sharing the Plate* recipients. Each charity:

- must be registered with the Canadian Revenue Agency (i.e. have a charitable tax number);
- have its principle activities in the Lower Mainland;
- be a "smaller" charitable organization – one which will be positively impacted by the amount of the *Sharing the Plate* contribution;
- must do work which furthers the realization of Beacon's mission to "strive for justice, equity, and compassion among all peoples, and harmony with our environment".
- must be willing to come to Beacon to share who they are;
- must not have a formal affiliation with a religious organization.

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.

On November 27th, John Hagen will facilitate a discussion on the topic of 'Tolerance'. There will not be a meeting in December. 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.



Soul Matters Sharing Circles

Are you interested in joining either an afternoon or an evening group once a month to reflect on your spiritual life? Led by Rev. Meg Roberts, we'd like to know whether there is interest in starting up these groups again in the New Year.

Likely we'd offer the groups the first Wednesday of each month, one meeting in the afternoon from 1-3pm, and another from 6:30-8:30pm. We can discuss whether we meet in-person, on zoom, or offer a multiplatform option.

If you would like to join a group or want to know more, please contact Rev. Meg Roberts to let her know:

- Afternoon or evening group?
- In-person, online, or both?

You can send your responses to minister@BeaconUnitarian.org. All are welcome.



Please Support the Share Food Bank!

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

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 November

Nov. 4: Karen Hamilton presents *Legends of the Fall* with Brad Pitt and Anthony Hopkins

Nov. 11: Rose Matovich presents *Just Mercy*

Nov. 18: Rhea Kikkert presents *Bohemian Rhapsody*

Nov. 25: Elizabeth Campbell presents *Slumdog Millionaire* in English



Movies in December

Dec. 4: Marilyn Medén presents *Call Me By Your Name*

Dec. 11: Pauline Atwood presents *Dr. Zhivago*

Dec. 18: John Hagen presents *A Man Called Ove*

Beacon Book Club

Thursday, November 24, 2022



Shuggie Bain: a novel by Douglas Stuart. Grove Press, c. 2020. Book: 430 pages. Audio: 17 hrs., 41 min.

Presenter: Gail Thomson

Genre/Subjects: Domestic fiction, Bildungsromans, Mothers and sons, Women alcoholics, Glasgow (Scotland)

Summary: Shuggie Bain is the unforgettable story of young Hugh "Shuggie" Bain, a sweet and lonely boy who spends his 1980s childhood in public housing in Glasgow, Scotland. Shuggie's mother Agnes walks a wayward path: she is Shuggie's guiding light but a burden for his artistic brother and practical sister. Married to a "whoremaster" of a husband, Agnes keeps her pride by looking good—her beehive, make-up, and pearly-white false teeth offer a glamorous image of a Glaswegian Elizabeth Taylor. But under the surface, Agnes finds increasing solace in drink, and she drains away the lion's share of each week's benefits. Agnes's older children find their own ways to get a safe distance from their mother, abandoning Shuggie to look after her as she swings between alcoholic binges and sobriety. He is meanwhile doing all he can to somehow become the normal boy he desperately longs to be, but everyone has realized that Shuggie is "no right," and now Agnes's addiction has the power to eclipse everyone close to her—even and especially her beloved Shuggie.

Thursday, Dec 22, 2022



Ragged Company: a novel by Richard Wagamese, Doubleday Canada, c2008. Book: 376 p. Audio: 15 hrs., 23 min.

Presenter: Carol Woodworth

Genre/Subjects: Fiction, Homeless persons, Friendship, Lottery winners

Summary: Four chronically homeless people: Amelia One Sky; Timber; Double Dick; and Digger, seek refuge in a warm movie theatre when a severe Arctic front descends on the city. During what is supposed to be a one-time event, this temporary refuge transfixes them. They fall in love with this new world, and once the weather clears, continue their trips to the cinema. On one of these outings they meet Granite, a jaded and lonely journalist who has turned his back on writing the same story over and over again in favour of the escapist qualities of film, and an unlikely friendship is struck. A found cigarette package (contents: some unsmoked cigarettes, three \$20 bills, and a lottery ticket) changes the fortune of this struggling set. The ragged company discovers they have won \$13.5 million, but none of them can claim the money for lack of proper identification. Enlisting the help of Granite, their lives and fortunes become forever changed. — Burnaby Library Catalogue

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

Founding member Ivy Hubbard celebrates 95 years!

On September 6th, members of the Lunch Bunch and other Beaconites met in person to celebrate Ivy's 95th birthday. Below is an excerpt from an article that Joan Morris wrote about Ivy several years ago. The whole article can be accessed at <http://beaconunitarian.org/index.php/ivy-hubbard-celebration-of-a-life-well-lived/>.

Photos by L. Ramsay and J. Shoemaker



Ivy Hubbard: Celebration of a Life Well Lived! *(excerpt)*

Prepared by Joan Morris

I sat with Ivy one afternoon in her lovely New West corner apartment on the 11th floor that overlooks the views of New West, the mountains and Fraser River. We covered a lot of territory as I listened to her stories of childhood, teen years, working years, years as a wife and mother, a widow, her travels and more recently her time with Ralph Greer and Beacon.

Ivy has had a long association with Beacon—from its beginning in fact. She was a founding member of Beacon in 1983. Ivy declares she has served on every committee and volunteered in every position at Beacon except for the job of treasurer and making coffee. She has contributed many volunteer hours to Beacon in many capacities; serving on the board as secretary, then a two year term as president in the mid-nineties; helping teach an RE class; chairing the membership committee in the early days; serving and then chairing the worship committee for a lot of years;

and a member of the Care and Concern committee. Other involvement includes attending the Humanist group since the beginning and Lunch Bunch which has been a really great part of the church. When Beacon had no minister Ivy organized a chart and system for all the many volunteers needed on a Sunday morning to produce a worship service.

Ivy says: "Beacon has provided a community, the people who matched my thinking and people I could talk to. It has been my community from the beginning and I have contributed a fair amount and I did grow. Church family is a very important part of my life."

Ivy has been known for her poems about Beacon and here is a snippet of one that she wrote:

*In the beginning a church was born,
And gradually as it took form
A new community came to be.
It was also a new beginning for me.
I needed a place where I could grow
Learn from others, and share things
that I know.*



This poem is from Franci Louann's new manuscript, *PORTUGAL CALLING*, now with the publisher...

ARJAMOLHO for Lurdes

arjamolho is first cousin to gazpacho—
José told me his sister's *ar-zha-MO-yo* was
so good, I'd beg for it every day

tomatoes, cucumber, fresh garlic, onion, oregano, olive oil,
vinegar, salt

large chunks of brown peasant bread drifted in the *arjamolho*
bread baked in giant mounds delivered by little white trucks
drivers beeping horns as they came over hills

it was August in Algarve;
Lurdes put ice cubes in the bowl—
her garden's giant tomatoes had so much flavour
in the end, she just poured in water

it was so good, soon I was expected to have two or three servings;
no matter how much was left, I finished it, then drank the spicy
vinegar

salt pork and chorizo, petite French fries
temptations I ate only at my first meal, were offered every day

after chicken, a taste of sardines, some other seafood, and lots of
arjamolho

I'd be full—and then the melon came—orange, yellow and green
sweet and slippery, it just slid down



Franci Louann



we didn't walk much that visit;
I'd lost twenty pounds before the
trip, kept it off
all that *arjamolho*—
obrigada, Lurdes thank you

Editor's note: Make your own
Arjamolho! <https://tacoandtiramisu.com/arjamolho-recipe/>

Leaders' Roundtables

8th Principle One Year Later

Saturday, November 26, 9 am (Pacific Time, 90 minutes)

In November 2021, the [8th Principle](#) was voted in with the intent to transform our communities into beacons of diversity. Join us, a year later, as Unitarian Universalist (UU) groups share their challenges and successes removing barriers to full inclusion for all peoples. We will look ahead to the coming year and consider how we move forward. More information is available [here](#).

Inclusivity Forum 5:

Welcoming People of All Ages

Wednesday, November 2, 2022, 4 pm (Pacific Time, 2 hrs)

We know you care deeply about the future of Unitarian Universalism (UUism) in Canada. That's why we hope you will attend this forum on ageism—one of the most common, yet least-discussed, barriers to inclusion in society and in our UU communities.

Ageism is one of the main reasons why our UU faith communities fail to grow and thrive. Youth and young adults have told us they are reluctant to bridge into the adult community. Seniors have told us they feel invisible and not valued for their experience and age. People of all ages have told us they long for a more intergenerational UU community.

How can we work together to build the vital, diverse UU communities we all desire? This forum is one opportunity for UUs from across Canada to share ideas and co-create solutions. It is an invitation to imagine new possibilities. We hope you will join us. At the forum, we'll discuss how UU communities can become more inclusive. The CUC's Responsibility Covenant will be used to promote safety for all in attendance. More information and registration is available [here](#).



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Treasurer: Carol Woodworth;

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Connections and

Membership: Sue Sparlin

Religious Exploration

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Beacon Newsletter:

newsletter@beaconunitarian.org
Production: Laura Redmond
Proofreading: Bill Marshall and
Kate Smith.

Deadline for submissions

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

November 2-5, 2022 Dialogue on Death & Dying

Presented by
**New West Hospice Society &
Century House**

November

2

7-8:30pm

Poetry Night

MC - Alan Hill, Poet Laureate Emeritus
Elliot Slinn, New West Poet Laureate &
Candice James, New West Poet Laureate
Emeritus. Open Mic from RCLAS Poets
(Royal City Literary Arts Society)

November

3

7-9:00pm

PEACH Night

Dr. Naheed Dosani, MSC, MD, CCFP (PC),
BSc, Palliative care physician & founder of
Palliative Education And Care for the
Homeless (PEACH). Joining via Zoom & in-
person audience. Eventbrite Registration

November

4

7-8:30pm

Performance Night

Cat Murphy Band, JESTrio, Elliott Slinn
will sing & reflect about death & dying with
words & music

November

5

7-8:30pm

Prose Night

Dr. Susan Breiddal will read from her book "In
the Shadows of Angels". Stories on death and
dying will be shared, and the audience will be
given an opportunity to discuss with each
other their reactions to the readings

November

2-5

Daytime Events

- What is an End of Life Doula?
- Advance Care Planning
- MAiD- Medical Assistance in Dying
- Dance to the End of Love
- Death Care Options & Planning
- Death Conversation Starters
- Volunteer with New West Hospice Society
& Century House Association

All events will be held at Century House in New West
Contact programs@newwesthospice.ca
Contact Century House 604.519.1066
Register online www.centuryhouseassociation.com



NEW WEST
HOSPICE
SOCIETY



NEW WESTMINSTER



CENTURY HOUSE ASSOCIATION
GO! GET! GIVE!
Parks and Recreation