



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 on-line. 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 and December Service Descriptions

NOV 5 **Our Dialogue on Death and Dying**
Speakers: Rev. Meg Roberts, Michael Scales, Judy Villett, and Laura Redmond
Special guest musician: Jane Slemon, Director of Care, RN, at Rotary Hospice House in Richmond
 Four Beaconites share experiences on preparing for end of life:
 • What's left behind?

- Will Power!
- To dig or not to dig?
- Celebrating Life in Death

Jane Slemon, member of UCV, has generously agreed to share two of her own songs with us: *Feather and Stone* (about respecting the whole life of the individual and keeping space for who they are regardless of whether they take agency in their passing) and *Breathing August* (about her father's

walk down a country road, as he nears the end of his life, and the preparation of his mind). Join us and reflect on how you want to get prepared and what resources might help.

NOV 12 **In this polarized world... can we just talk?**
Rev. Brian Kiely
 Conversation has become a dangerous ...*Service descriptions continued on page 2*

November and December Service Descriptions *Continued*

thing! Will I offend if I speak? Will I get attacked for voicing an opinion? Speaking is becoming scary. Unitarian Universalists have always prided themselves on personal freedom and rational discourse. I believe it's the only way out of this polarized age.

NOV 19 **Let Your Heart Sing**
Rev. Meg Roberts, Kate Smith, Bill Marshall & Marylke Nieuwenhuis

Using songs from Joyce Poley's compilation, *Let Your Heart Sing*, we will reflect on the power of song and music-making in our lives. Join us in singing these uplifting songs!

NOV 26 **Sounds Great! A service of music, song and poetry**
Glenn Wootton and friends

Come join us for a service of music, song and poetry. Each participant will start with a brief introduction about their piece and then perform it for the rest of us.

DEC 3 **"Love Your Enemy"**
Guest Speaker: Earl Morris
December 3rd is the first Sunday of Advent and my thoughts turn to the wisdom teachings of Jesus.

We will collectively explore the koan-like, short saying of Jesus: "Love Your Enemy" (Matthew 5: 43-45). Then in small groups we will explore the question: After an anger-provoking incident can you recommend loving your enemy?

Earl Morris is a retired physician who last worked as a hospitalist at Eagle Ridge Hospital. The wisdom teachings of Jesus were the subject of the meditative Quaker services held in his home before he left the Quaker religion.

DEC 10 **Holiday Blues**
Rev. Meg Roberts

Feelings of sadness often come up during the winter holiday season—sometimes because we miss people we have lost or because we are feeling lonely. Sometimes we just find the whole bright tinsel commercialism a bit wearying. Through words, songs and ritual, we will offer ways to express how we are feeling. We may even find moments of peace to help us make our way through this time.

Note: Please plan on attending the budget meeting after the service today.

DEC 17 **Unitarianism, Spirituality and the Holiday Season**
Lay Chaplain Janet Pivnick

Many Unitarians have an uncomfortable relationship with the idea of spirituality. But what is spirituality and how does it show up in our lives? As many faiths are preparing to celebrate significant holy days, we'll consider the place that spirituality holds in Unitarian celebrations.

DEC 24 **Christmas Carols and Lessons**
Rev. Meg Roberts and friends

As we gather on the morning of Christmas Eve, we will share the story of this holiday through a Unitarian lens. The choir, under the direction of Faith Veikle, will lead us in carols. We will offer readings about how to find meaning for ourselves this Christmas.

DEC 31 **A Lighter Look at New Year's Resolutions**
Marilyn Medén

Hardly anyone keeps a new year's resolution, but maybe ... if we go about it the right way ... we might! We will ring out the old and ring in the new in a joyful and convivial way, finding joy in the old and the new.

Soup Lunch Sunday, Nov. 19th

Soup lunches take place after the Sunday service in the downstairs hall. Please join us. Suggested donation is \$5 or as you are able.

Anyone able and willing to bring soup, buns and butter, veggie plate, fruit plate, or dessert please contact Peggy Lunderville.



Turkey Dinner Sunday, Dec. 24th

Please join us after the Sunday service for a special turkey dinner in the downstairs hall. Suggested donation is \$5 or as you are able. Last minute participants welcome.

Anyone able and willing to bring side dishes, buns and butter, or desserts please contact Peggy Lunderville.



Musings by Meg

Joy and woe are woven fine.

—William Blake, from the poem
Auguries of Innocence

When November looms comes the darkening of our days. It can also bring a darkening of our moods. With December following, the bright lights of the holiday season may help pick up the spirits of some, but it doesn't for everyone. I hope in our services and programs we can offer you something to meet what you need in the coming two months.

From the Congregational Conversations, an idea emerged that I want to follow up on: the need for a caring place to talk about losses in our lives.

I would like to see if there is

enough interest in a series of four grief support sessions to help people process things like:

- the changes Beacon has gone through and is going through
- personal losses (whether the death of a loved one, ill health, the loss of a relationship or a job, or other losses that come from changes in our life circumstances)
- the ongoing effects of living through a pandemic

The proposed dates are: four Saturday afternoons, 2:30–4:30 pm, Nov. 18 to Dec. 9th. I am also looking for a location to hold these sessions. If I can get a minimum of six people, I will run the series. Please contact me by November 5 if you might be interested in the above program:

minister@beaconunitarian.org
or phone me at
778-870-9015.

If there is enough interest to go ahead, I'll contact participants.

If you are feeling a bit blue during this time of year, please do reach out to me or to anyone on our Pastoral Support Team (Judy Villett and Laura Redmond): pastoralcare@beaconunitarian.org. We all need a listening ear at some point in our lives, so please don't hesitate to contact us.

In the coming two months, I hope you find the care and connection you need to lift your spirits.

—Rev. Meg Roberts



Rev. Meg Roberts

Congregational Conversations Update for November!

The CC Team has been busy compiling the results from Sessions 5 & 6, and developing the materials for **Session 7 (to be held on Nov. 8 in-person, Nov. 13 on Zoom)** and a possible Session 8.

Participation has been great: 150 people so far, representing 25–40% of the congregation, depending on the session. The use of sociocracy-style rounds and voting with “Gradients of Agreement” ensures that we hear all the voices at the table.

Beacon's reality is that:

- Our congregation is aging and volunteer energy is limited.
- Costs are rising and the size of our deficit is increasing rapidly.

The religious landscape has changed dramatically. We need to show our neighbours that we are a values-based spiritual community

that is flexible in meeting the needs of the people.

One thing is clear—this year and next we have a window of opportunity because we have a bit of money and time to experiment with some new strategies. However, after that time the window closes, and we will lose the flexibility (in terms of money and volunteer energy) to try new things. Action-planning groups are being set up to organize your good ideas and ingenuity into a coherent plan. On December 10th, the budget meeting will be held to approve a budget for the first half of 2024.

We learned that there are ‘tricky points’—questions about congregational life which are going to be challenging to resolve.

- Music: Do we continue with a Beacon choir or do we try other more diverse approaches?

- Age: Do we focus on 50+ for 3-5 years, OR focus on all ages for 3-5 years?
- Growing the congregation: Is there energy and interest? Can we muster the resources (financial and human)?
- Pre-COVID model or try new things? If we continue with the Pre-COVID staffing model, we won't have resources to try anything new.

How do we prioritize? We have limited resources and will need to focus on what we CAN do, rather than exhausting our financial reserves, and our volunteers, by trying to do everything.

Be sure to have your say in November and help guide Beacon's path over the next 3 to 5 years.

—Teresa Morton, Susan Tarras, Peg Hinkley, and guest Phil Campbell

Board Bitz

Your board of trustees has been busy in September and October!

We started off with a board retreat which brought together a majority of the board as well as Rev. Meg Roberts. Susan Tarras invited us to explain what we hope to accomplish in this church year. We discussed the main tasks facing the board and Rev. Meg challenged us to think deeply about land acknowledgements when preparing for board meetings. There was also a review of the *Congregational Conversations* and the plan for gathering members' input this fall and winter. (See the article on page 3.)

The board has approved an updated *Personal Information Protection Policy*. It governs the collection, use and protection of personal information collected by the church. You can see this policy on the church website under "governance."

Another policy which received an update is the *Share the Plate* policy. Provisions were modified to reflect the publication schedule of the Beacon newsletter and the *Beacon This Week* email newsletter. Again, the policy is available on the website governance page.

The board applied for a grant to provide a course to support care-givers. The proposed course covers health in its many forms—mental, physical, emotional, and spiritual. The application decision is expected in December.

Each fall the church holds a pledge drive so we know how much money we will have for the following year. A huge thank you goes to David Kristjanson for shepherding our pledge drive 2023 process. It couldn't have happened without him!

On December 10th, Beacon will hold the budget meeting to approve the budget for the first half of 2024. The budget meeting will follow the service and will be both in-person and on-line.

Teresa Morton, Secretary



Changes to Lay Chaplaincy at Beacon

There are some changes taking place in the Lay Chaplaincy Committee. As of October 31, 2023, Sue Sparlin has retired from being a lay chaplain at Beacon. Many years ago she served a full six years as a lay chaplain and then took up the mantle again after the allotted six-year break, when Beacon was experiencing several different stresses, including COVID. In the meantime, Janet Pivnick has been affirmed as a second lay chaplain at Beacon, a role she has managed to weave into her studies for the ministry. Beacon is not required to have two lay chaplains but we may if we choose to do so. Sue has

now recognized an end to this part of her journey and submitted her resignation to the board. She will continue to serve on the Lay Chaplaincy Committee, supporting the program and the further development of Beacon's lay chaplain/s and the offering of this form of outreach to the greater community.

Marilyn Medén will be leaving the committee, after nine years of service: six years as a lay chaplain and a further three years as a committee member and chair.

We invite you to consider joining the Lay Chaplaincy Program. Please talk to Sue or Rev. Meg Roberts or

Janet or Marilyn if you have any questions or think you might be interested in serving on the committee or becoming a lay chaplain. You will be privileged to be present at some of the most critical moments of life: weddings, memorials, child blessings, and transitions of all kinds. Do you dare to be transformed? We have a place for you.



Sue Sparlin

*Sue Sparlin, Chair,
Lay Chaplaincy Committee*

Family Ministries Update

The Family Ministry Committee is focusing on our community mapping project this fall and winter, as a way to strengthen connections both within the Beacon community and with the larger communities where we live and work. This project will extend one of the themes of our pledge drive—“to put Beacon on the map.”

The concepts and methods of community mapping were introduced at a session after our service of September 24 which was well attended. Team member Janet Pivnick shared detailed information on the topic as well as information she collected on her own neighbourhood of Glenbrook North. Several team members attended a talk in New Westminster by Jim Diers, a leading expert on community development and mapping, and we will be

sharing a recording of the talk once it is available.

On November 5, after our service, we'll be displaying a large corkboard with maps of the areas where Beacon folks live. We will ask attendees to pinpoint their locations using numbered pushpins and give online attendees a chance to participate as well. We'll also have a list of the numbers and corresponding names and a way to indicate whether they are interested in participating in the mapping project. This map will be used help organize teams for the mapping project and identify areas for growth.

Family Ministry also participated in a project on October 29 to drastically reduce the amount of items we have stored in the downstairs closet near the elevator, as requested by the Sapperton Hall Board. If we are

able to restart RE programs we can hopefully store supplies in that space in the future. A huge thank you to everyone who participated in the project with special mention to Peggy Lunderville, who is storing our RE library case and large cabinet; and to Jane Day who agreed to store a bin of costumes and props lovingly made for various pageants.

Watch for further Family Ministries updates in *Beacon This Week* and the next newsletter.



Joyce Gudaitis
Member at Large

—Joyce Gudaitis

Lots happening in the Environment-world!

Ecochallenge

The Drawdown Project's challenge is continuing until October 31st and includes actions such as 'I will enjoy (___) meatless or vegan meals each day of the challenge.' or 'I will spend at least (___) minutes learning more about the energy generation potential of micro wind turbines.' Feel free to join in at https://draw-down.ecochallenge.org/participants/join?referral_code=2dc1a6f1-c81e-4aeb-b7fc-cc106b829dad&team_id=metrovanunis. The next Eco-challenge will be in April for Earth Month.

Envirobee

Our monthly discussions about all things environmental will occur on November 12th and December 17th. In October, nine Beaconites discussed

issues such as plastics recycling; water supply in a warmer, dryer climate; composting; oil & gas lobbying; and where to find bar shampoo.

Climate Sharing Circle

Join Unitarians from MetroVancouver with a monthly book-sharing event! The focus is on reading and sharing our thoughts, feelings and experiences about the climate crisis—support in times of uncertainty! Email: climate-sharing-circle@googlegroups.com

AWCS Circles

Another opportunity to join Unitarians dealing with the immense challenges of climate change: *All We Can Save* circles run for 10 sessions and are based on the book *All We Can Save* which Mary Bennett and I presented on Earth Day this past spring.

Connect with me to learn about current sessions.

Plastics Treaty

The United Nations is sponsoring the development of a global Plastics Treaty! The 175 participating countries need to complete the negotiations to address the production and proliferation of plastics in the environment. <https://www.unep.org/news-and-stories/press-release/historic-day-campaign-beat-plastic-pollution-nations-commit-develop>



Teresa Morton

Teresa Morton
(Check in Breeze for my contact info!)

Beacon Programs

We invite you to explore these great ways to connect to the Beacon community and to 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 26th at 7:30 pm Marilyn Medén will introduce further discussion of Will Storr's *The Status Game*, by way of Gabor Maté's *The Myth of Normal*. Status, says Storr, is our life, status implying competition in very many ways, placing others on various levels of different hierarchies, labelling them as good at this and bad at that. Gabor wakes us up to recognition that we are diverse, to be looked at as whole people, not one of us fitting some arbitrary definition of normal, status not defining the person. Can we agree with and follow Maté's ideas??

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

Book Club (Online) The book club meets at 7 pm on the **fourth Friday of each month**. See page 7 for more information. For Zoom meeting details and all enquiries, please contact John Hagen bookclub@beaconunitarian.org.

Film Club (Online and in person) meets online the first and third Fridays at 7 pm. See the box below for more information.

Lunch Bunch (Online) meets every Tuesday from noon until 2 pm, 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: We are a four-part choir and looking for more singers! Please come to one of our choir practices—Thursday nights, 7:30-9 pm at Miller Park Community School on Egmont in Coquitlam—and find out how good it feels to sing with a group. Typically, our choir performs one or two Sundays a month. We sing a variety of music, including inspiring, contemporary songs from around the world. Please contact choirdirector@beaconunitarian.org for more info.

'Getting to Know U'

If you've been to a few of our services and want to know more about us please join us on Sunday, November 5 after the service, from 1–3 pm (light lunch included). Meet with other Beaconites to learn about Unitarianism, our programs, and various ways to be part of this community. We look forward to getting to know you, and you us. Please RSVP by Thursday, November 2 to Rev. Meg Roberts: minister@beaconunitarian.org or 778-870-9015 (cell phone). If you would like us to offer childcare onsite, please RSVP a week ahead, by October 29, so we can make arrangements. Thank you!



'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.

Beacon Film Club

1st and 3rd Fridays, 7 pm (online with occasional in-person screenings)

The Film Club meets on Zoom on first and third Fridays at 7 pm. View the film in advance, then come to the Zoom meeting to chat about it. In addition to our Zoom meetings, we will plan some in-person theatre events.

The Zoom-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. The Zoom link is in Thursday's *Beacon This Week*.



November Films

Nov 3: *Shadow Lands*, introduced by Pauline Atwood
Nov 14: *The Girl With the Pearl Earring*, introduced by Donna Web (free but with commercials)

December Films

Dec 1: *Chicago*, introduced by John Hagen
Dec 15: *Living*, introduced by Marilyn Medén
Dec 27: *Meditation Park*, introduced by Lindsay Udem

Join us at WorshipLab!

One Wednesday evening a month, join Rev. Meg Roberts and the Worship Team for an evening of experimenting with ways to offer worship. Using music, words and ritual, we'll explore different formats from what we usually use on Sunday mornings. There are nine of us signed up so far and more are always welcome!

Here are the dates for this fall: Wednesdays, November 8 and December 13, 7–9 pm.

We'll be meeting in the common room of an apartment building in New Westminster, near the Columbia Street Skytrain station. The evening will look something like this:

- starts with a worship experience offered by someone in the group (Meg will provide first one, possibly two) (30 minutes)
- reflecting on the experience (30 minutes)
- sharing resources about other ways to offer worship (30 minutes)
- planning for the next couple of months (30 minutes)

If you would like to join us—either because you have ideas to share or just want to be part of the group experiencing the worship—please RSVP to Meg by the Sunday prior (Nov. 5 and Dec. 10) so we can send you directions on how to meet up with us: minister@beaconunitarian.org or phone Meg at 778-870-9015 (cellphone).

Beacon's four-part choir is looking for more singers!

The songs we sing will uplift you, make you smile and leave you feeling wonderful.

SOME OF THE BENEFITS OF SINGING:

It's fun and it makes you feel happy
It helps you feel more connected to yourself and the life force that moves through you

It energizes, uplifts and enlivens you
It increases self confidence and self-esteem

It's a natural anti-depressant

It reduces stress and muscle tension

It calms your nervous system and lowers blood pressure

It improves sleep and thinking processes

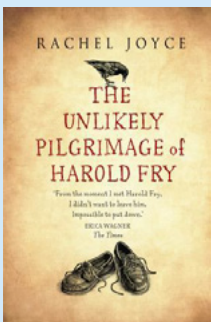
It strengthens your immune system and lungs and more...



Come out and sing with us! OCT–DEC 2023

Beacon Book Club (online)

Friday, Nov. 24, 7–9 pm



Rachel Joyce's novel, *The Unlikely Pilgrimage of Harold Fry*, touches on the themes of love, loss, grief, and the journey of life. When Harold gets word that his old friend, Queenie, has cancer and is in hospice, he decides he has to deliver a letter to her. He sets out on a 600-mile journey on foot to get to Queenie before it is too late.

Along the way, Harold meets many different people who accompany him on his journey. He also confronts his dark past that continues to haunt him. He recalls his marriage before it began to fall apart, and he addresses his feelings of failing as a husband and father. His journey becomes not only physical but spiritual as well.

The Unlikely Pilgrimage of Harold Fry was nominated for the Man Booker Prize and the Desmond

Elliott Prize in 2012. It was also nominated for the Japanese Booksellers Award for Translated Fiction in 2014. (Source: dailyBooks)

Friday, Dec. 22, 7–9 pm



From award-winning actor and food obsessive Stanley Tucci comes an intimate and charming memoir of life in and out of the kitchen. Stanley Tucci grew up in an Italian American family that gathered every evening around the kitchen table. *Taste* is a reflection on the intersection of food and life, filled with anecdotes about his growing up in

Westchester, New York; preparing for and shooting the foodie films *Big Night* and *Julie & Julia*; falling in love over dinner; and teaming up with his wife to create meals for a multitude of children. Each morsel of this gastronomic journey through good times and bad, five-star meals and burned dishes, is as heartfelt and delicious as the last. (Source: BPL)

Our Larger Community



Food Bank collection is taken on the first Sunday of the month at Beacon.

In addition, 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 your neighbours with your donations.

SOS Oct. 26, 2023: Cynthia Boulter, chief operating officer with the Greater Vancouver Food Bank, says more and more people are accessing its services each year, and with greater frequency than in the past as low wages and high rents squeeze people between inflation and other rising costs. (Source: <https://www.cbc.ca/news/canada/british-columbia/food-bank-usage-increase-1.7008145>)

You are cordially invited to a
Community Prayer Breakfast
 -- Building Our Communities With Love --

Saturday November 18, 2023
 8am – 10am (Doors open at 7:30am)
 6869 King George Blvd, Surrey
 (John Volken Academy)

Tickets include a Buffet Breakfast, Program & Discussion
 All tickets are \$25 & are available at [Eventbrite.ca](https://www.eventbrite.ca)

Sponsored by the Multi-faith Summit Council of BC www.miscbc.com
multifaith.summit.council@gmail.com

NOVEMBER AT LOCARNO

By Franci Louann, November 11, 1996

*naked trees
 surprise
 with summer's
 hidden nests*



GATHERED HERE

A Monthly Check-In for UU Young Adults (18-35)

Gathered Here is a monthly online check-in for Unitarian young adults. Join other UU 18–35 year-olds from across Canada 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: Tues. Nov. 14, 5 pm and Fri. Dec. 8, 11 am.



www.beaconunitarian.org
 info@beaconunitarian.org
 Phone: 778-791-7952

Mailing Address:
 #414, 552A Clarke Road,
 Coquitlam, BC V3J 0A3

Contract Minister:
 Rev. Meg Roberts
 minister@beaconunitarian.org;
 778-870-9015

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: Teresa Morton;
Members at Large: Beth Connelly, 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: Jane Shoemaker.

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