



## Sunday Services – Inspiring Learning and Spiritual Growth

*This is a season of the waning light, the valuing of the dark, and the coming of the light. Please join us for services that welcome it all!*

**Our Sundays include various options. We also offer time to connect before and after the service:**

- 10:15 am: There is time to socialize before our service—in person and online. Some weeks we have a pre-service sing-along as well so check our website for details.
- 10:30 am: Our service starts. In person, we meet at Sapperton Community Hall in New Westminster (318 Keary St.) and online using the Zoom platform. You can register for the Zoom link on our [website](http://www.beaconunitarian.org) homepage (on the righthand side of the page): [beaconunitarian.org](http://www.beaconunitarian.org). The services are 60–70 minutes long.
- After our service, we hope you can stay a while for connection and conversation (in-person and online).

**Our services vary from week to week.** We list [upcoming service descriptions](#) on our website and in the weekly news update, *Beacon This Week*.\* In this season, here are a few of our special services:

**Sundays, at 10:30 am:**

- **November 1:** Honouring Our Ancestors, thinking about what we learned from one special ancestor of yours, and what is one thing that might be your legacy.
- **November 17:** Special guest musician and community song leader, Patty Powell is back again at Beacon to lead the service! Not to be missed....
- **November 24:** Michael Scales explores with us how having “the blues” connects us with each other—misery loves company. And it can help us feel for more empathetic towards each other’s life experiences. Come hear some blues and connect with others....
- **December 1:** In our *Roots of Resilience* series, we will be digging deeper into practising radical hospitality. An important topic to start off the season of get-togethers of family, friends, and community.
- **December 8:** This service celebrates the holiday music from various cultures and religions from our Beacon community
- **December 22:** A special winter solstice ritual with singing. Please join the pre-service sing-along on the themes of Hanukah and Christmas and after the service, a special lunch!

*Continued on page 2*

### Soup Lunch

**Sunday, November 10th**

Please join us after the Sunday service for lunch in the downstairs hall. Suggested donation is \$5 or as you are able—free for newcomers! Last minute participants welcome. Anyone able and willing to bring salads, buns and butter, or desserts please contact Peggy Lunderville.



*Connecting,  
Inspiring,  
Transforming!*



**Beacon  
Unitarian  
Church**

### Services (Continued)

- **Tuesday, December 24, at 4:30 pm,** a special Christmas Eve service with holiday readings and songs.

If you are a newcomer, Sunday service [general information](#) is found under the Services heading at the top of the website. Our services are designed for adults and we welcome all ages! If you would like us to follow

up with you and get more information, you are invited to fill out the [Beacon Connecting Form](#) (on our website homepage).

To receive *Beacon This Week*, our weekly e-news update, please contact [adminsupport@beaconunitarian.org](mailto:adminsupport@beaconunitarian.org) to be put on our emailing list.

**We welcome your feedback** and ideas for songs, discussion topics, and new

things in our services. You can also reach our worship team anytime at [worship@beaconunitarian.org](mailto:worship@beaconunitarian.org).

If you'd like to see past [recordings](#) from our services, they are linked from our website's homepage. Come and be part of our caring and questing community.

**We look forward to connecting to you and getting to know you!**

In the spirit, —Rev. Meg Roberts

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## Musings by Meg

### Our November theme is Deep Connection

In these times, when the news of the world can lead one to feel like things are being pulled apart, it's more than ever important to be in community and create deep connections, with ourselves, with others, with the earth, and for what brings meaning to our lives.

From our theme packet, come these questions,

- What helps you to feel deeply connected to yourself?
- What helps you to feel deeply connected to something larger than yourself? (Loved ones, the earth, a creative force in the universe?)
- What practices do you find most helpful in fostering healthier relationships with all these parts of the web of relations in your life?

World events can cause us to experience tension, and sometimes that tension affects our personal relationships with family and friends and community members. How do we create a little space to hear ourselves more deeply as to how we're feeling and what we're thinking, and do the same for others? In this time of growing darkness in November, and during the holiday season of December, I hope this might be useful to you:

- **Personal Communication Model** by Ben Wong and Jock McQueen

(adapted by Raithby McCartney 2007). [https://drive.google.com/file/d/1WFFBF3lHH\\_3sVNVGRifdIIeVmYdOuKA/view](https://drive.google.com/file/d/1WFFBF3lHH_3sVNVGRifdIIeVmYdOuKA/view)

I like this model because it helps me recognize that there are various aspects to communication: what I perceive someone said, how I interpret it, and how I feel about it. It points out the importance of checking in with the other person about their experience and how they feel. It reminds me to be clear on what is my intention for the communication, and asks if there will there be any action or shared outcome arising from our communication. I have a story in my head about what was said and meant, and that story isn't necessarily the same story as the other person has about our interaction. It's really helped in my personal relationships as well as my work interactions.

### December's theme is Radical Inclusion

This is a fitting theme for this time of year when some of us have a bounty of times to connect with others, and others might feel the lack of connection even more deeply.

Inclusion is an expression of our Unitarian Universalist principles:

- The inherent worth and dignity of every person;

- Justice, equity, and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions

I appreciate what Mark I. Pinski wrote: "Including, accepting, and celebrating the gifts of everyone and the diversity of humankind is... A response that represents the best of religious traditions and beliefs and illustrates the heart of key theological issues."

So, during these months when the nighttime lengthens and the days shorten, remember we at Beacon are here practicing radical inclusion and deep connection. We want to welcome all who come to our Sunday gatherings and our programs and events. You matter to us.

All the best during this time of year and holiday season,

In the spirit,

—Rev. Meg Roberts



Rev. Meg Roberts

## Board Board Bitz – November/December 2024

So much is happening, where to start? Rev. Meg, the board and the Beacon Implementation Team have been looking at the results from the Pulse Survey done in the spring and are working through items identified in the survey. One priority area is good audio in Sapperton Hall—Deepak has researched this and has obtained eight new headsets. Try out a set the next time you attend in person! Deepak and Tyler are also improving the Sunday morning Zoom experience.

The Beacon Implementation Team (BIT, see their report on page 4) is putting in place the ideas and suggestions from the Congregational Conversations process. ‘Getting the (Beacon) Word Out’ is the next priority for the BIT.

There are great things happening with MetroVan Unitarians: representatives from the five Lower Mainland congregations have met three times and are identifying areas where we can collaborate and share resources.

**One priority area is good audio in Sapperton Hall ... try out a headset the next time you attend in person!**

As a result, Tyler is working with the South Fraser congregation to assist them in doing dual platform services.

The board is very grateful to have David Kristianson and Susan Tarras as our pledge drive co-chairs. It is a crucial role, and their dedication is much appreciated.



Teresa Morton

As part of ‘saying what we do, and doing what we say’, the board has been capturing some of our current practices and formatting them as policies. An example is a policy on records and archives, which provides guidance on what records we keep and for how long. We are amid a transition to digital records, so the documents safeguarded by our former archivist, Jane Shoemaker, are being scanned into a digital format. Thank you, Jane, for your careful attention to Beacon’s paper history!

—Teresa M, Co-president,  
Beacon Board



**Beacon Unitarians**

*Be Embraced by Community*



**You Belong Here**

**Thank you for your generous 2025 pledge!**

### Scents & Sensitivities: Our Practice

We want to express our sincere appreciation for the warm and inclusive environment you foster within our community. We are aware of the challenges faced by individuals with sensitivities and allergies to scented products. To ensure that every person feels comfortable and welcomed during our gatherings, we kindly request your support in making our space a fragrance-free space. By being fragrance-free, we can create an inclusive atmosphere that respects the needs and well-being of all individuals. *Please refrain from using scented products such as perfumes, scented hair products, colognes, using scented laundry products or wearing heavily scented lotions while on the premises.* Thank you for your understanding and your consideration.



## ‘Not the End of the World’ by Hannah Ritchie, 2024

Reading this book is providing a welcome antidote to some of the climate news we receive these days!

YES there are terrible storms and floods and YES we are facing very serious climate problems. AND there are MANY indicators that things are shifting for the better. The world is nearing peak population growth, we have passed peak per-capita CO<sub>2</sub> emissions, and many countries have figured out how to have strong economies while decreasing CO<sub>2</sub> emissions. We are (globally) seeing increased crop yields on (more or less) the same amount of land, raising more food with the same amount of fertilizer, and producing enough food to feed our population. Peak Amazon deforestation has passed, and forested area in many countries is slowly increasing.

One of the best parts of this book

is the ‘Things to stress less about’ section in each chapter. In the Climate Change discussion this section includes:

- Recycling plastic bottles (small carbon footprint)\*
- Washing dishes in the dishwasher (doesn’t matter much)
- Eating local food (changing WHAT you eat is more important than where it is produced)

\*Ritchie says: “Why is it that recycling is not quite as impactful as we imagine? Well, recycling doesn’t magically happen on its own. It takes energy, and that energy comes at some cost. This is often a bit less than the energy it takes to make new plastic, so we are still saving something by recycling, but not as much as we would hope or expect. Our expectations of recycling are also too high. We think that our

water bottle becomes another water bottle, and this reincarnation process happens over and over again. It delays plastic going to the dump but it doesn’t stop it,” and “My advice to you, then, is to recycle. It’s a good thing to do. But if it is the only thing you do for the environment, then you need to up your game.”

You may enjoy a recent book ‘Dinner on Mars: The Technologies That Will Feed the Red Planet and Transform Agriculture on Earth’ by [Newman, Lenore, Evan D. G. Fraser](#). When I first heard the title, I wasn’t impressed, but after listening to an interview with the authors, I have put this book on my ‘must read’ list.

*Teresa M.*

[president@beaconunitarian.org](mailto:president@beaconunitarian.org)

**Envirobees are scheduled for Nov. 17th and Dec. 15th.**

## The Beacon Implementation Team (BIT) has been hard at work!

**MEMBERSHIP:** The Team has 6 ‘permanent’ members (Rev. Meg, Peg H., Susan T., Phil C., Deepak S. and Teresa M.) and is welcoming two additional members for three-month assignments. Dominique M. has joined us for July-August-September (and will continue in October & December) and Cathy B. will be attending for October-November-December. Please let Teresa M. or Peg H. know if you want to serve for a three-month stint on the team. Keep in mind that we have FUN and CHOCOLATE at our meetings! (About half our meetings are in-person, half are on Zoom.)

**MUSIC:** We organized September’s Music Planning Gathering on September 5th which had a focus on playing music and opportunities to

increase instrumental music at Beacon, including at our Sunday Services. There will be a fourth Music Planning Gathering on November 14th; watch for details in Beacon This Week!

Beacon musicians and singers will share their skills, and everyone will have a great evening!

### **SUNDAY MORNING:**

The team is considering our Sunday morning parking options and is investigating asking the City (in cooperation with the Sapperton Hall Board) for two disability parking spots on Keary Street.

Deepak has received EIGHT headsets for those needing hearing assistance. Be sure to try them out

on Sunday! We are also investigating ‘Telecoil’ hearing assistance for the Hall.

**PUBLICITY** for Beacon is one of our main tasks and we are gathering

information about how people are currently getting the word out and what support might be needed.

Our website is getting a new format, and Deepak is working on ~10 short videos of ‘WHO is Beacon.’ He

will be working with Susan M., and he hopes to complete these soon.

Please connect with the team through [implement@beaconunitarian.org](mailto:implement@beaconunitarian.org). We want to hear from you!

—Teresa M, Co-president, Beacon Board

**Beacon musicians and singers will share their skills, and everyone will have a great evening!**

## Hugh Morrison, 1946–2024

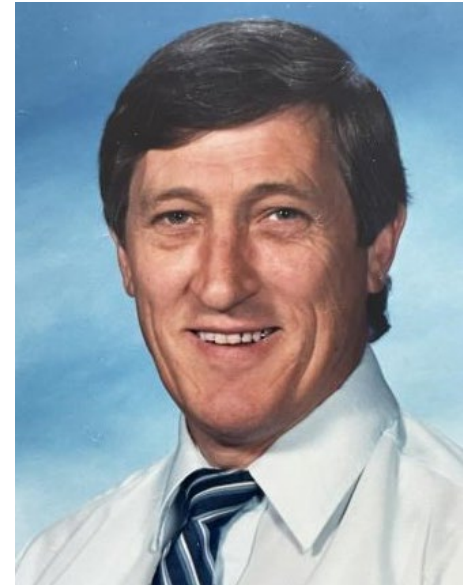
**H**ugh Morrison, former member of Beacon, passed away on the evening of Tuesday, October 22. Hugh died peacefully at home after a long illness, with Anne and his son Trevor and wife Beth at his side.

Hugh was a member of Beacon (along with his wife Anne), the treasurer for many years and active in the choir until he and Anne moved to Chemainus on the Island where they attended and were active in the Nanaimo Unitarian Fellowship.

He was a kind and thoughtful man and will be so missed by family and friends.



Hugh's obituary can be found on the [Times Colonist website dated October 26th](#). His Celebration of Life service will be held in Parksville, at the Knox United Church Friday, November 29th at 1:00 pm.



### Turkey Dinner Sunday, Dec. 22nd

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.



### Getting to Know 'U'

If you've been to a few of our services and want to know more about us please join us for our next gathering this fall (date to be determined). A light lunch is 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 contact the Connecting Committee at [connecting@beaconunitarian.org](mailto:connecting@beaconunitarian.org) so we can let you know about the next upcoming date.



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

In addition, donations can be mailed directly to Share Family and Community Services at 104 - 3020 Lincoln Ave., Coquitlam BC, V3B 6B4. Thank you for supporting your neighbours with your donations.



## Hope Matters: Addressing our Eco-Grief, Sharing our Eco-Joy, and Tooling Up for Action

Remaining Sessions: Fridays, Nov. 22 & Dec. 13, 9:30–11:30 am,  
In person at Century House and on Zoom

Facilitated by Teresa Morton and Rev. Meg Roberts

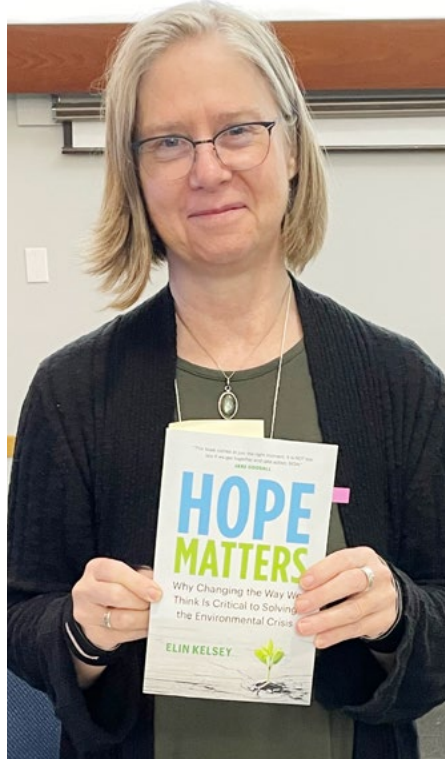
Are you overwhelmed in the face of the climate crisis? Are you seeking a safer place to think about this existential threat and support in deciding how you feel about it? We offer two remaining sessions where we will collectively grapple with how to engage with these challenges, build resilience and explore how hope is nurtured and incorporated into our daily lives. We will be drawing from Elin Kelsey's book *Hope Matters: Why Changing the Way We Think is Critical to Solving the Environmental Crisis*.

These sessions will include:

- Understanding ecological grief through psychology and ritual
- Building strategies for processing our responses
- Experiencing the power of accessing our ecological joy so we can deepen our connections with the natural world
- Sharing hopeful stories of positive environmental action
- Learning how to shift perspectives and cultivate ecological hope
- Providing resources and support for engaging in sustainability efforts

Each session incorporates sharing, learning and experiencing through ritual and creativity. Sessions happen every three weeks to give an opportunity to apply what we are learning and bring back insights to share at the next session.

Questions? Email Teresa at [president@beaconunitarian.org](mailto:president@beaconunitarian.org).



## Workshop Series: Care for the Caregivers

Caregivers Need Help Too



Almost one quarter of Canadian women and close to 20% of men provide unpaid care to adults with long-term conditions or disabilities (StatsCan). The strain can leave those caregivers feeling isolated, exhausted and anxious. But you are not alone. Century House in New Westminster offers series of five workshops, open to caregivers 50+, which will allow you to take a weekly break, share experiences, access information and resources and have fun. Every week there will be a different guest speaker. The next 5-week series starts Tuesday, Nov. 5th. Check in is between 1:00–1:30 pm, and the sessions end at 2:30 pm. This program is offered online using Zoom—please register using this link: [us02web.zoom.us/join/register/tZMtf-6grzssGNajpfLOPPSLUAx84qQ9R6Zy](https://us02web.zoom.us/join/register/tZMtf-6grzssGNajpfLOPPSLUAx84qQ9R6Zy). A Zoom invitation will be emailed prior to each meeting.

If you have any questions contact Peg Hinkley: [peggy.hinkley@gmail.com](mailto:peggy.hinkley@gmail.com), cell: 604 866 4958



## 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.

**November 24th, 7:30 pm:** Luc Beaudoin will lead a discussion based on the question, “What are the implications of Jonathan Haidt’s moral foundation theory for humanism and Unitarianism?” based on Haidt’s book *The Righteous Mind*.

The group will not meet in December. If you would like to receive regular emails from the Humanist Group, please contact Marilyn Medén at [humanist@beaconunitarian.org](mailto:humanist@beaconunitarian.org).

**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!

**Book Club (online)** meets on fourth Fridays at 7 pm via Zoom. See below

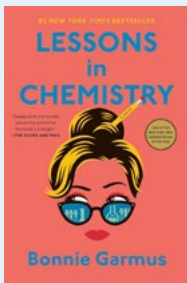
for more information. For enquiries, please contact John Hagen [bookclub@beaconunitarian.org](mailto:bookclub@beaconunitarian.org). The club will not meet in December.

### Film Club (online and in person)

meets 1st and 3rd Fridays at 7 pm via Zoom. Some in-person events are arranged from time to time. For more information see the box below or email Marilyn Medén: [filmclub@beaconunitarian.org](mailto:filmclub@beaconunitarian.org). The Zoom link is in Thursday’s email, *Beacon This Week*.

## Beacon Book Club (online)

Friday, November 22, 7–9 pm



*Lessons in Chemistry* by Bonnie Grams, introduced by Marilyn Medén.

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it’s the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans, the lonely, brilliant, Nobel Prize-nominated grudge holder who falls in love with—of all things—her mind. True chemistry results.

Like science, though, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother but also the reluctant star of America’s most beloved cooking show, *Supper at Six*. Elizabeth’s unusual approach to cooking (“combine one tablespoon acetic acid with a pinch of sodium chloride”) proves revolutionary. But as her following grows, not everyone is happy. Because, as it turns out, Elizabeth Zott isn’t just teaching women how to cook. She’s daring them to change the status quo. (Source: amazon.ca)

## Beacon Film Club

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



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](mailto:filmclub@beaconunitarian.org). The Zoom link is in Thursday’s email, *Beacon This Week*.

### November Films

**Nov. 1:** *Coco* presented by Rev. Meg (YouTube)

**Nov. 15:** *The Prime of Miss Jean Brodie* (in remembrance of Maggie Smith) (YouTube, free, but no closed captioning available)

### December Films

**Dec. 6:** *The Judge* presented by Rhea (NetFlix)

**Dec. 20:** *The Holdovers* presented by Marilyn (YouTube)

## UU Expressions: Love in Real Life



We're thrilled to introduce UU Expressions: Love in Real Life. This groundbreaking 10-episode docu-series takes an inspiring and honest look at how Unitarian Universalism (UU) is evolving across Canada in 2024. This isn't just a celebration—it's an invitation to all of us to reflect on what it means to live our UU values in the diverse communities we call home, from bustling cities to small towns. Your unique perspective is what makes our UU community so vibrant.

About the Series: UU Expressions was born from a bold vision first imagined in May 2013, when young adults at the Canadian Unitarian Council's (CUC) Annual Conference crafted "The Church of Our Imagination" – a dream of a UU community without physical walls. Fast forward to 2024, and this docu-series dives even more profoundly, with interviews from 27 UUs representing 17 unique expressions of UUism. The series shows our faith's thriving moments and challenges today.

The Canadian Unitarian Council staff team has continued to wonder if there is a sustainable way for diverse people to shape diverse expressions of UUism beyond congregations and, if so, what this means for our national identity. Erin Horvath, PhD, and Amber Bellemare from the CUC's Justice and Equity team lead the charge in exploring fresh perspectives, uncovering roadblocks, and envisioning powerful possibilities for the future of UUism. [LISTEN HERE](#).

## The flowering of our intentions

Back in May we celebrated "summer growth" by planting seeds and envisioning our own personal growth by setting an intention for the summer. Pictured here are examples of the beautiful flowers that developed over the summer months as we tended to the needs of our plants. Did you manifest your intention as you tended to your own life and choices? Send an email to Laura Redmond if you want to share your story.



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Peg Hinkley;

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**Co-Secretaries:** Deepak Sahasrabudhe, Rob Warner;  
**Members at Large:** Jane Day, Dave Kristjanson.  
**Connections and Membership:** Sue Sparlin

**Beacon Newsletter:**  
newsletter@beaconunitarian.org  
Production: Laura Redmond  
Proofreading: William Marshall and Catherine Smith.  
**Deadline for submissions** is the 15th of the month preceding Sep. 1, Nov. 1, Jan. 1, Mar. 1, May 1, and July 1.