



Sunday Services—Inspiring Learning and Spiritual Growth

Our Sundays include various options and we offer time to connect before and after the service:

- 10:10 am: Approximately twice a month we have a pre-service sing-along and we invite you to sing or just listen. Our next sing-alongs are scheduled for Jan. 19th, Feb. 2nd and Feb. 23rd. On other Sundays you can get a hot beverage and socialize before our service—in person and online.

- 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](#) homepage (on the righthand side of the page): [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). Light refreshments are served in Sapperton hall.

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.

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 questioning community.

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

BEACON'S MISSION

Our mission is to celebrate the worth and dignity of all people and to live in conscious relationship with the earth.

For inspiration, we draw on the world's great scientists, artists, humanists and theologians, as well as on our personal experiences.

So we are inspired to create greater equality, greater justice and greater hope for our world.



**Beacon
Unitarian
Church**

Our services vary from week to week. We list [upcoming service descriptions](#) on our website and in the weekly news update, *Beacon This Week*.* **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 to be put on our emailing list.

Soup Lunches

**Sunday, January 19th
Sunday, February 16th**

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.



The Practice of Active Engagement

How are we working for a just and compassionate society?

From the *Roots of Resilience* Theme Packet, January 2025

“We strive to work joyfully for a just and compassionate society, experimenting with new forms of community.”

Dear Meaning Maker,
Of the five aspirations of Canadian Unitarian Universalism, this is the aspiration that is the biggest stretch for me. Being on the introvert side of things, raised to be quiet and polite, I prefer to be an observer rather than an active participant.

Achieving social change and improving public policy is often a lot of connecting and talking and meetings and events and mulling over details and talking and accepting compromises and then more planning and meetings and details and compromises and... repeat over and over again. Not to mention the failed initiatives and the defeated motions and all the disappointment over and over again.

This is nothing but a painful slog to me! And yet I know that's exactly how slavery was abolished, why there

are weekends and minimum wages, how women got the vote, how same sex couples can marry.

Because people—not the people in power—but ordinary everyday people made it so, fought for these rights over and over and over again until even the powerful had to shift.

So I know it's vital to be actively engaged, particularly for people of the chalice who seek a world of love and justice. This world won't happen without us.

So fortunately for introverted me, our aspiration says we are to work joyfully. I think the joyful part is essential. Being actively engaged isn't a one and done situation, and all the meetings and talking and planning are only part of the task.

I was part of the climate change movement in the nineties, thirty years

ago, and the warnings had already been around for twenty years even then. Striving for a just and compassionate society takes a lifetime, and that means the effort has to be a part of a full joyful life.

As a young woman, Russian anarchist and feminist Emma Goldman insisted that her revolution did not demand the denial of life and joy. She famously insisted on her right to dance and said the revolution must include “freedom, the right to self-expression, everybody's right to beautiful, radiant things.” (<https://www.lib.berkeley.edu/goldman/Features/danceswithfeminists.html>)

Everybody has a right to beautiful, radiant things. As we work for a better world, find the work that brings you joy, expresses yourself, whatever that might look like for you.

—*Blessings, Rev. Fiona Heath*

Sharing the Plate Nominations are OPEN!

Every year, the congregation chooses a local charity to support through our weekly collection. This year (2024/25) the *Sharing the Plate* Recipient is the Century House Association Peer Support (CHAPS) 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 (2025/26)! 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 one or two people to

meet 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.

- Do work which furthers the realization of our mission: ‘Beacon connects with compassion and respect; inspires learning and spiritual growth; and transforms through joy and justice.’
- Be willing to come to Beacon to share who they are.
- Not have a formal affiliation with a religious organization.

The nomination form (along with the *Sharing the Plate* policy) is found on the Beacon website. Nomination forms are to be submitted to Glenn Wooton by February 28th, 2025.

Board Board Bitz

Members of Beacon's Board each take a turn writing this column. For my turn, I will review a few *Board Bitz* articles published over the last year to give us a taste of 2024 from the Beacon Board's perspective, the year that Beacon turned 41 years old.

In last year's March/April edition, **Carol Woodworth** wrote about the many volunteers that make Beacon a thriving organization, including **Peggy Lunderville** and her team that organizes Soup Lunches; **Joyce Gudaitis** who was working on filling the role of memory-keeper/archivist previously done very successfully by **Jane Shoemaker**; the Circle Dinners team organized by **Judy Villett**; and the good work done by the Congregational Conversations Team: **Teresa Morton**, **Peg Hinkley Susan Tarras** and **Phil Campbell**). **Deepak Sahasrabudhe** and **Tyler Ewasiuk** were also mentioned for their efforts in making our Sunday Services available online through their video and audio efforts.

In May/June **Susan Tarras**, then board Co-president first mentioned that coffee would be served upstairs, a plan which has now been implemented successfully and she also announced the election of Beacon's new (and now current) board. Although music remains a high priority, Susan indicated that a new plan without a paid choir director would be needed. A new plan is currently in active development.

In July/August **David Kristjanson** thanked **Regina Ogmundson** and **Susan Tarras** for their contribution as co-presidents of our board. **Janet Pivnick** and **Laura Redmond** were re-affirmed as Lay Chaplains. Purpose Independent School was given a cheque for \$4,600 for last year's *Sharing the Plate* program, and

Century House Association Peer Support (CHAPS) was named this year's recipient at our AGM.

In the September/October article **Joyce Gudaitis** confirmed that the plan to serve coffee and cookies upstairs in the hall before and after the service which will make socializing simpler. She also mentioned our need to engage with a range of communities because of our declining membership.

And finally in November/December **Teresa Morton**, currently our co-President, wrote about our need for good audio in the hall, that we now have eight RF headphones (a type of wireless headphones) that are working well for those that want to use one,

and our plan to add a T-coil hearing loop system for those who use hearing aids. She also mentioned **David Kristjanson** and **Susan Tarras**' who worked as pledge drive co-chairs and the ongoing work of digitizing our archives so they can be stored electronically.

As you can see, there has been a lot going on at Beacon, and we expect that 2025 will be no different. Happy new year.

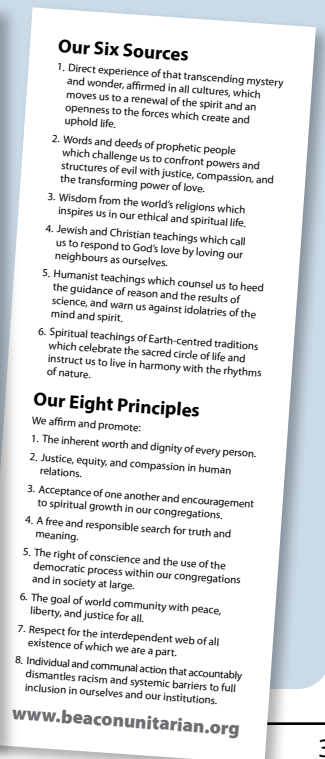
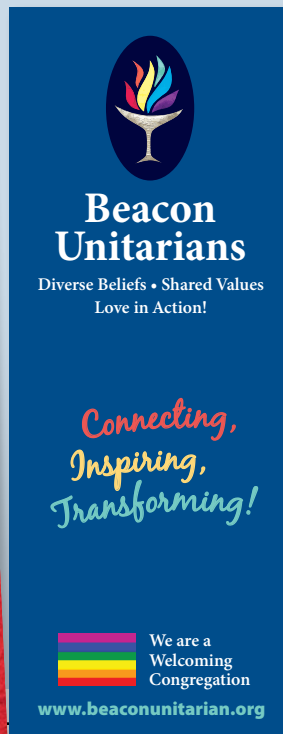
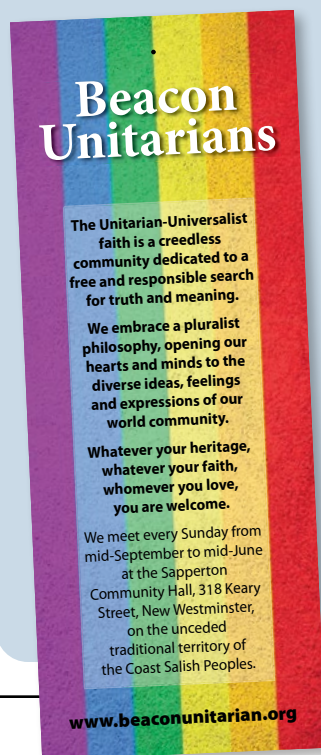
—Deepak Sahasrabudhe
Board Member



Deepak Sahasrabudhe
Board member at large

Spread the Word: Grab a Bookmark and Share our Values!

Beacon has printed bookmarks that you can use and give away to your friends. They come in two styles and have our six wisdom sources and eight principles on the back. Please help yourself from the Greeter's table at the front, or contact Laura Redmond to have them mailed to you. Take as many as you want—we have LOTS!



Eight Ways to Cultivate Hope in the Face of the Environmental Crisis

Our 'Hope Matters' Series, a collaboration between Beacon & Century House Seniors Centre, has now concluded. The four-session series was focused on the eight practices for bolstering hope, as articulated by the 'Hope Matters' author Elin Kelsey. We had between 16 and 21 participants, including Beaconites, Century House members and people from the community at large!

Eight practices for bolstering HOPE

From Elin Kelsey's book *Hope Matters: Why Changing the Way We Think is Critical to Solving the Environmental Crisis*.

1. Welcome Climate Emotions

Allow yourself to feel the angst & anxiety

2. Check the Expiry Date on Information

Things change, quickly! So keep checking on progress in Climate Solutions

3. Immerse Yourself in Solutions Journalism

Only 3% of Climate stories are solutions-based, so focus on those publications that highlight solutions

4. Get Outside

Every moment you can spend outside is a gift

5. Notice Resilience of Other Species

There are remarkable stories of resilience and recovery

6. Expand What You Measure

Look beyond the usual measurements to get a more comprehensive view of your environmental

or sustainability performance. For example, track green financing or the percentage of vehicles that are electric

7. Create Cultures of Belonging

Get together with others who can support you

8. Act from Your Unique Identities

Choose the action that suits YOU.

Envirobees for January & February are January 12th and February 9th.

Join us on Zoom or in person to share your concerns or questions about all things environmental! I also provide a Climate Change update each month.

Teresa M.

president@beaconunitarian.org

How you—specifically YOU—can help with climate solutions:

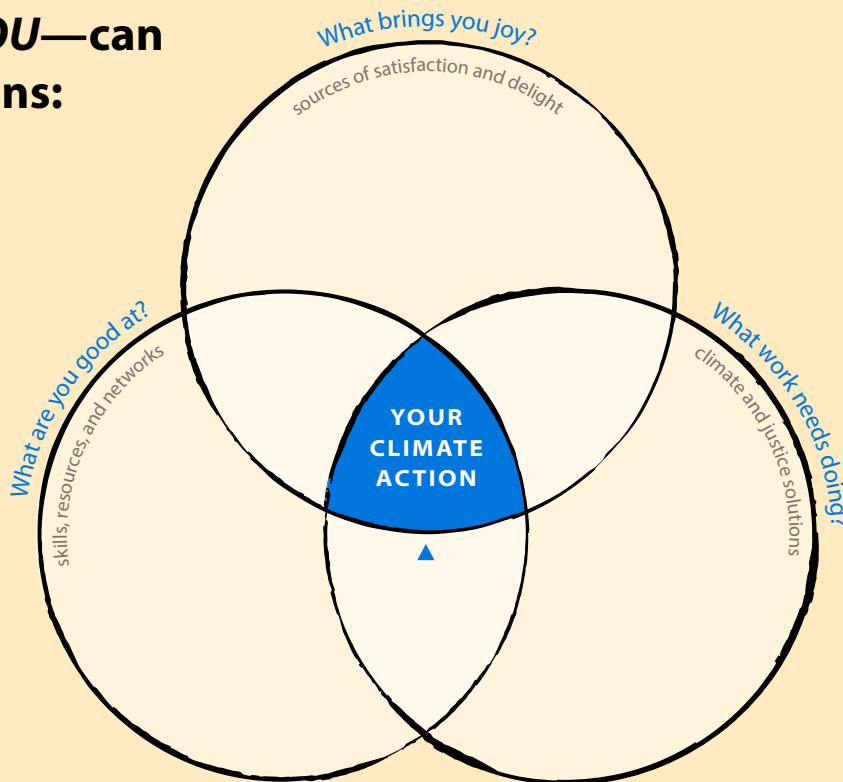
To find your meaningful and bespoke way to help address the climate crisis, draw your own Climate Action Venn Diagram.

What are you good at? What are your areas of expertise? What can you bring to the table? Think about your skills, resources, and networks—you have a lot to offer.

What work needs doing? Are there particular climate and justice solutions you want to focus on? Think about systemic changes and efforts that can be replicated or scaled. There are heaps of options.

What brings you joy? Or perhaps a better word is "satisfaction." What gets you out of bed in the morning? Choose climate actions that energize and enliven you.

For inspiration on social media visit @climatevenn.



By Dr. Ayana Elizabeth Johnson, marine biologist, policy expert, writer, and teacher working to help create the best possible climate future. Source: <https://www.ayanaelizabeth.com/climatevenn>

Introducing Beacon's New Men's Group

We are excited to announce the creation of a new men's group here at Beacon Unitarian! This initiative stems from our shared commitment to fostering spaces where every individual can experience belonging, acceptance, and personal growth.

The men's group will offer a unique opportunity for participants to connect deeply, share openly, and grow together in a supportive and inclusive environment. Rooted in the principles of Unitarian Universalism, the group will focus on exploring what it means to live authentically as men in today's world, while nurturing mind, heart, body, and spirit.

In our diverse community, we recognize that many men seek spaces to:

- Reflect on their personal journeys and spiritual growth.
- Navigate life's challenges in dialogue with others who understand.
- Explore topics such as relationships, identity, vulnerability, and purpose in an atmosphere of mutual respect and acceptance.

- Build meaningful friendships and a sense of community.

By creating this group, we aim to provide a sanctuary where men can:

- Learn from each other's experiences.
- Practice active listening and empathy.
- Experiment with new ideas and practices that encourage creativity and self-expression.

This group is open to all who identify as men, whether members of Beacon or the wider community. We welcome diversity in all forms and encourage participation across generational, cultural, and experiential lines. The group's inclusivity ensures that everyone feels valued and heard.

Since the group has just begun and is still in its infancy, we will continue focusing on getting to know each other better and discussing what we would like to experience in the

group. This might include guided discussions, shared activities, or other creative opportunities that arise from the collective interests of the group. Your voice and input will shape our direction, making it a dynamic and

meaningful space for all involved.

We invite you to be part of this exciting new chapter for our church community. Whether you're seeking a space for self-reflection,

connection, or simply a chance to be heard, this men's group is here for you.

If you're interested in joining or learning more, please talk to Tyler or David on Sundays, or email mensgroup@beaconunitarian.org and your email will be forwarded to one of the organizers—please put "Men's Group" in the subject line. Let's build something meaningful together!

The men's group will offer a unique opportunity for participants to connect deeply, share openly, and grow together in a supportive and inclusive environment.

Update from the Beacon Implementation Team (BIT)

December 12, 2024

The team is meeting every two weeks and has one more meeting prior to the end of the calendar year. Dominique M and Cathy B have agreed to remain on the team into 2025!

We are continuing to make progress in the following areas: improving the audio at Sapperton, parking availability, community building through music, and website / social media upgrades.

We are collaborating with the Worship Services team to facilitate the sing-alongs, using the months

of January through March to assess interest and participation. This will

We've been focused on improving the audio at Sapperton, increasing parking availability, building community through music, and upgrading our website and social media.

allow us to evaluate the program in April and determine whether to

continue with it or try something different.

The feedback forms will be updated for January 2025 and any feedback received will be forwarded to the Worship Services team.

Following a suggestion from Deepak, the position of service director has been established to make sure services run smoothly and on time. David K will be the service director and this role will be re-evaluated in three months' time.

Teresa M.
president@beaconunitarian.org

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.

January 26, 7:30 pm: Topic to be announced. Please check the [web site](#) or the weekly e-newsletter for updates.

February 23, 7:30 pm: Donna Webb will introduce discussion of *Think Again* by Adam Grant.

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

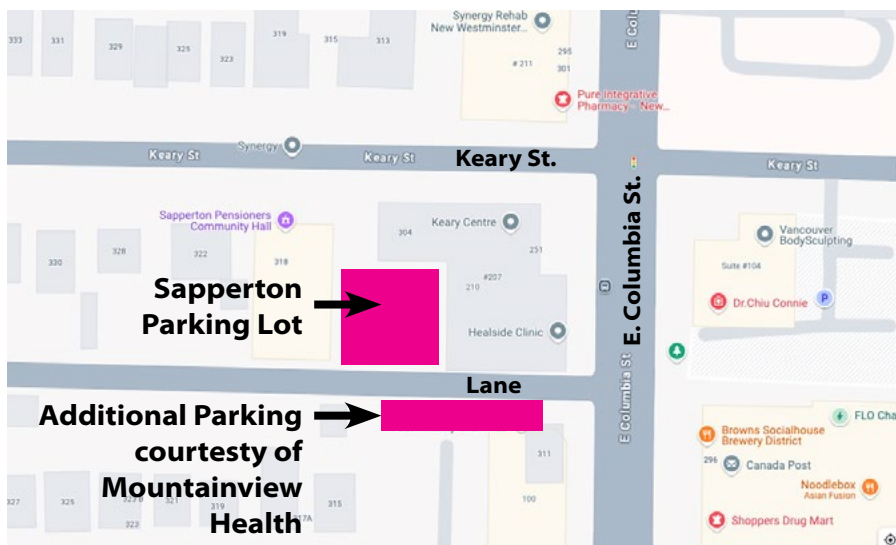
Lunch Bunch (online) meets every Tuesday from noon until 2 pm, year-round, currently via Zoom. Bring your lunch and share in lively and topical conversation. Contact Laura Ramsay at 604-816-5331 for the Zoom link or check the *Beacon This Week* email. Newcomers are welcome!

Book Club (online) meets on fourth Fridays at 7 pm via Zoom. See page 7 for more information. For enquiries, please contact John Hagen 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 page 7 or email Marilyn Medén: filmclub@beaconunitarian.org. The Zoom link is in Thursday's email, *Beacon This Week*.

More Sunday Parking

Peggy Lunderville has received permission from Mountainview Health & Wellness to use their parking spots in our shared alley/lane on Sundays.



Care for the Caregivers Series 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, January 14th. 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/j/744tH9Pmoyoqr4mFhxD9HnW-z09Wy. A Zoom invitation will be emailed prior to each meeting.

If you have any questions contact Peg Hinkley: peggy.hinkley@gmail.com.

New West Community TV recently posted an interview with the workshop facilitators: Peg Hinkley and Lois Brassart. That discussion is both relevant and illuminating. It is available under [Recent Videos](#) at <https://new-west.tv>

Beacon Book Club (online)

Friday, January 24, 7–9 pm



Less by Andrew Sean Greer

Introduced by Gail Thomson

Who says you can't run away from your problems? You are a failed novelist about to turn fifty. A wedding invitation arrives in the mail: your boyfriend of the past nine years is engaged to someone else. You can't say yes—it would be too awkward—and you can't say no—it would look like defeat. On your desk are a series of invitations to half-baked literary events around the world.

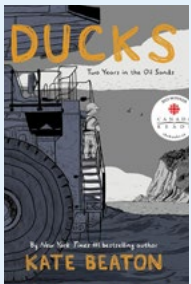
QUESTION: How do you arrange to skip town?

ANSWER: You accept them all.

What would possibly go wrong? Arthur Less will almost fall in love in Paris, almost fall to his death in Berlin, barely escape to a Moroccan ski chalet from a Saharan sandstorm, accidentally book himself as the (only) writer-in-residence at a Christian Retreat Center in Southern India, and encounter, on a desert island in the Arabian Sea, the last person on Earth he wants to face. Somewhere in there: he will turn fifty. Through it all, there is his first love. And there is his last. Because, despite all these mishaps, missteps, misunderstandings and mistakes, *Less* is, above all, a love story.

A scintillating satire of the American abroad, a rumination on time and the human heart, a bittersweet romance of chances lost, by an author *The New York Times* has hailed as “inspired, lyrical,” “elegiac,” “ingenious,” as well as “too sappy by half,” *Less* shows a writer at the peak of his talents raising the curtain on our shared human comedy. (Source: amazon.ca)

Friday, January 24, 7–9 pm



Ducks by Kate Beaton

Introduced by John Hagen

Before there was Kate Beaton, *New York Times* bestselling cartoonist of *Hark! A Vagrant*, there was Katie Beaton of the Cape Breton Beaton, specifically Mabou, a tight-knit seaside community where the lobster is as abundant as beaches, fiddles, and Gaelic folk songs. With the singular goal of paying off her student loans, Katie heads out west to take advantage of Alberta's

oil rush—part of the long tradition of East Coasters who seek gainful employment elsewhere when they can't find it in the homeland they love so much. Katie encounters the harsh reality of life in the oil sands, where trauma is an everyday occurrence yet is never discussed.

Beaton's natural cartooning prowess is on full display as she draws colossal machinery and mammoth vehicles set against a sublime Alaskan backdrop of wildlife, northern lights, and boreal forest. Her first full length graphic narrative, *Ducks: Two Years in the Oil Sands* is an untold story of Canada: a country that prides itself on its egalitarian ethos and natural beauty while simultaneously exploiting both the riches of its land and the humanity of its people. (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. The Zoom link is in Thursday's email, *Beacon This Week*.

January Films

Jan. 3: *Nyad*, a 2023 American biographical sports drama film about swimmer Diana Nyad's multiple attempts in the early 2010s to swim the Straits of Florida. Introduced by Donna Webb (Netflix)

Jan. 17: *Maestro* introduced by Pauline Atwood (Netflix)

February Films

Feb. 7: *The Bank of Dave* introduced by Rhea Kikkert (Netflix)

Feb. 21: TBA





Lunch Bunch celebrates Anne McLeod's 90th Birthday

In December, Laura Ramsay hosted an in-person Lunch Bunch gathering to celebrate both the holiday season and the 90th birthday of long-time Lunch-Buncher Anne McLeod. Congratulations to Anne, and thank you to Laura Ramsay. Find out more about the Lunch Bunch on page 6.

Canadian Unitarian Council News

SAVE THE DATE for our SHARING OUR FAITH LAUNCH EVENT

Online: Sun. Feb. 2 at 1:30 pm PT

The *Sharing Our Faith* program materials will offer opportunities to explore the meaning of belonging (and not belonging) in our own personal lives as well as inviting us to lean into our commitment to dismantle oppression in our communities — our 8th principle.

Rev Karen Fraser Gitlitz will join us as we introduce this new resource format— and honour the many ways we *Share Our Faith* as Canadian UUs. Part Celebration, part Information, biggest part “Belonging”.

Rising Together: Unitarian Universalists of Colour

Wed., Jan. 8 & Feb. 12, 2025: 4:30 pm PT Indigenous folks, Black folks and people of colour (IBPOC) are often in the minority in Unitarian Universalists congregations and communities. Gathering together with others who share similar identities and experiences can reduce isolation and support us in getting our spiritual needs met. *Rising Together* is the place where we can find each other!

Led by Camellia Jahanshahi, the CUC's Dismantling Barriers Lead staff, *Rising Together* meets online bimonthly for worship, discussions, and workshops, with informal check-ins between sessions. Join us to connect with other

IBPOC Unitarian Universalists across Canada, affirm one another, and strengthen our voice in the broader UU community. See cuc.ca/events and email risingtogether@cuc.ca for more information and to register.

Food Bank collection takes place on the first Sunday of each month

In addition, donations can be made online (<https://bcvfd.foodbank.bc.ca/fundraiser/beacon>) or 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.



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info@beaconunitarian.org
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778-870-9015

Lay Chaplains:
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Board Executive:
Co-Presidents:
Teresa Morton,
Peg Hinkley;

Treasurer:
Carol Woodworth;
Co-Secretaries:
Deepak Sahasrabudhe,
Rob Warner;

Members at Large: Jane Day, Dave Kristjanson.
Connections and Membership: TBD

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.