



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 March 9th, March 23rd and April 20th. 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](https://www.beaconunitarian.org) homepage (on the righthand side of the page): [beaconunitarian.org](https://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). 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 questing 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 admins@beaconunitarian.org to be put on our emailing list.



Soup Lunches

**Sunday, March 16th
Sunday, April 20th**

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 Beth Connelly (March 16th) or Peggy Lunderville (April 20th).

The Practice of Spiritually Grounding

From the *Roots of Resilience* [Theme Packet, March 2025](#)

When you hear the words ‘Spiritual Practice’, what comes to mind? Does it feel elusive and out of reach? Exciting to find a new way to connect with yourself/the world/the divine? Do you feel a little (or a lot) guilty that you are not doing as much as you believe you should? A sense of calm having a regular practice that works for you? Does it feel like another chore or item on your to-do list? I know I have felt all of the above (and more) at different times.

Spiritual practice does not need to be time consuming and difficult. Anything you do with attention and that you bring a spiritual intention to can become a spiritual practice through repetition and integrating the practice into your life. Doing a small, regular practice can be much easier to integrate and have a bigger impact on your life than doing one ‘big’ thing occasionally, like a weekend long silent retreat once a year.

Whether you are new to spiritual practice or have had a regular routine

for years, this month we encourage you to be creative and try some new practices. We have lots of examples in [this packet](#) or you can make up your own, perhaps around something you do already.

For example, a year into the pandemic, my partner and I adopted our kid. I then found my regular practices were not working for me, but I knew I needed something so I adapted an existing morning routine.

I had quite a few ‘fun’ socks and underwear with designs ranging from favourite animals to the galaxy. Each morning I take a moment to breathe, think about how I am feeling, the day ahead, and set an intention for the day and then pick socks and/or underwear that symbolize that intention.

My sloth socks could be a reminder to slow down, rest, and appreciate what is happening around me. My galaxy underwear could represent needing ‘space’, mystery, or interconnection. Since getting dressed each morning was already part of my routine, adding the attention and intention created a

practice that was easier to integrate...

And seeing a flash of my socks or underwear throughout the day would remind me of my intention. This practice brings regular points of reflection into my days, and feels creative and playful—three experiences I felt were lacking in my life as a new parent in the pandemic. Because this practice centres around something I was already doing, only takes a few minutes, and directly addressed my spiritual needs (for reflection, creativity, and play) it has worked really well for me and I have done it almost every day since I began.

We invite you to reflect on what feels lacking and/or what you want more of as you explore a variety of spiritual practices over the month. See if you find something that complements a practice that is already working for you or a new routine that feels sustainable.

Warmly,

Rev. Arran Morton



Update from the Beacon Implementation Team (BIT)

(February 2025)

The team consists of Peg H., Susan T., Phil C., Deepak S., and Teresa M., with Rev. Meg (who is currently on medical leave). Guests Dominique M. and Cathy B. have agreed to remain on the team through March! The team meets every two weeks (alternating between in-person and Zoom meetings), and chocolate is served at our in-person gatherings!

The team frequently refers to the four Action Plans that the congregation prepared to ensure our activities align with the plans for **Community, Spirituality, Outreach, and Music**.

We continue to make progress in the following areas: improving audio at Sapperton, increasing parking availability, building community through music, and upgrading our website and social media presence.

Our **Beacon Music Jams** take place on the second Thursday of each month at Marylke’s, with 12–15 Beacon members participating! There is plenty of singing, accompanied by guitars, ukuleles, and more. Notices are posted in *Beacon This Week* ahead of each event. Please join us!

We are working with Worship

Services to facilitate the **sing-alongs**, using January through March to assess interest and participation. In April, we will evaluate whether to continue or explore something different. If you enjoy the sing-alongs, please fill out a **feedback form**!

Feedback forms are available for both Zoom and in-person attendees for our Sunday morning experience. We pay close attention to your feedback, so keep it coming!

Teresa M.

president@beaconunitarian.org

Board Board Bitz

Recently, our little congregation has faced a few unexpected challenges, yet we continue to thrive! Last December, Rev. Meg announced that she was experiencing a health setback and needed to take a two-month leave. In January, we learned that her leave would be extended for a few more months. If all goes well, Meg will return in mid-April. While the Worship Committee has arranged for several guest speakers to fill the gap, some initiatives—particularly those stemming from last year's Congregational Conversations (CC) and various committee meetings—are on hold until Meg's return.

With the sudden passing of Sue Sparlin, we lost a dedicated and accomplished member of our community. Sue wore many hats—Zoom host, Lay Chaplaincy Chair, Facebook Administrator, Parliamentarian for our AGM, and Recording Secretary for the Connecting Committee. Her absence, along with Meg's leave, has left significant gaps in our community. The board is deeply grateful to the many volunteers who have stepped in to take on additional responsibilities, demonstrating the strength and commitment of our Beacon community.

Speaking of filling big shoes, we experienced a challenge in January when our AV Technician, Tyler, was unexpectedly unavailable one Sunday. Thanks to David's quick thinking and the use of his personal laptop, we were able to keep Zoom attendees connected in real time. Given the specialized nature of Tyler's role, the board recognizes that finding a replacement for him on short notice is unlikely. Ideally, another member or friend of Beacon could be trained as a back-up technician. Let us know if you'd like to help out in this way.

For those interested in policies (lots of important information there!), the **Policies for Beacon Archival Storage and Recording Sunday Services** have been updated and posted on Beacon's website. Please note that if you do not wish for your image to appear in *The Beacon* newsletter or be recorded during the service, be mindful of the sightlines of all cameras.

Due to budgetary concerns discussed in last year's congregation conversations, we have made some adjustments to our expenses. While we no longer have a choir director or an official choir, music remains an essential part of our community. Old and new songs continue to be sung on Sunday mornings, with the support of our pianist, Ming-Xuan. Monthly music jams are hosted at Marylke's home (usually on the second

Thursday), and twice a month, Beacon members lead a sing-along before the service.

With all the work being done, we are currently seeking additional volunteers for a few key positions: **a new treasurer, a Member-at-Large for the Board of Trustees, and a second CUC delegate.** If you are interested or know someone who might be a great fit, please reach out!

Many years ago, I heard that Unitarians outside our community fondly refer to Beacon as "*The Little Church That Could.*" And we still can!

With Gratitude,

—Jane Day
Board member at large



Jane Day
Board member at large

Beacon Unitarian Church's Annual General Meeting (AGM)

Sunday, April 13, 2025, 11:45 am
In-person and online via Zoom



All are invited to attend, but only members in good standing will be able to vote.

The business of the meeting will include:

- Approval of the agenda and minutes from the 2024 AGM
- Presentation of annual reports
- Election of trustees for the Beacon Board
- Election of members of the Nominating Committee
- Selection of the new *Sharing the Plate* charity
- Reaffirmation of Lay Chaplains
- Acknowledgment of trustees leaving the Board

The official notice of the AGM will be issued on **April 2, 2025.**

Co-Presidents, Beacon Board of Trustees
Teresa Morton & Peg Hinkley

Sustaining Hope

Are you feeling overwhelmed by the devastating fires in California and the news from south of the border? You are not alone! At our February EnviroBee, several people mentioned that climate news is particularly challenging right now.

It's easy to feel discouraged.

Here is some advice I collected from the last session of Hope Matters on how to maintain hope over the long term:

- Stay connected to your supportive community.
- Make sure you are receiving solutions-based information as well as disaster updates!
- Tailor your environmental activity so that it is sustainable: it should bring you joy, be something you're good at, and address a real need.
- Celebrate the wins (even small ones).
- Cherish your sources of eco-joy. (Get outside, enjoy nature, be creative!)

An EnviroBee participant recommended a great source for hopeful stories: fixthenews.com. Don't forget to check out reasonstobecheerful.world, earthhope.org, and sustainabilitybynumbers.com.

AND—more than 100 countries have signed on to the idea of putting

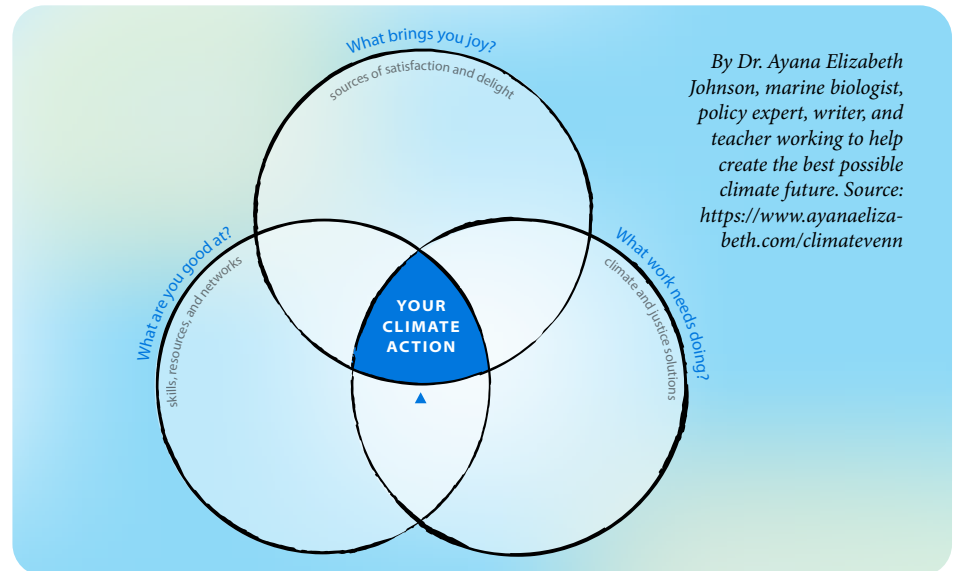
a cap on plastic production! This is tremendous progress.

Upcoming EnviroBee meetings:

- March 9th
- April 6th

Teresa M.

president@beaconunitarian.org



Policies, Policies, Policies...!

Over the last few months, your Board has developed several policies to guide decision-making at Beacon. Policy is important because it ensures consistency in how decisions are made. As we use these policies, we often realize they need revision or updates. All policies can be found on the Beacon website under **Governance**.

Here are snapshots of some recent policy additions:

- **Personal Images:** Outlines where to sit in the Hall at Sapperton to avoid being filmed during a service. Requests that people move out of camera range for casual photos.
- **Archives and Records:** Provides

guidance on which documents to retain and for how long. Some documents (such as the marriage register) must be kept indefinitely, while most have specific regulatory retention requirements. The documents kept by our past archivist, Jane Shoemaker (including newsletters and Orders of Service), have now been scanned and will eventually be available on our website.

- **Recording and Posting Services:** Offers decision-making guidance on when to record and post a service. Almost all services are posted.
- **Privacy:** Modeled after the provincial government's recommended policy, ensuring compliance with

legal requirements for the protection of personal information.

- **Scent Policy:** Requests that members and visitors refrain from using scented products while at Sapperton Hall.
- **Special Donations:** Defines special donations as those targeted for a specific purpose, distinct from pledges, which are pooled together to meet the Church's needs according to the budget. This policy guides decisions about targeted donations and encourages donors to work with the Board before making a donation.

Questions or comments? Please let us know.

—Teresa Morton & Peg Hinkley

In Loving Memory of Sue Sparlin



In early January, with heavy hearts, we acknowledged the profound loss of long-term Beacon member Sue Sparlin, who passed suddenly on December 30th. Her guidance and unwavering commitment to our shared values have been a cornerstone of our community for many years. Sue's presence brought energy and inspired us to live out the principles of love, acceptance, and justice that define our faith.

Her absence leaves a significant hole in the fabric of our congregation. While we mourn her loss deeply, we also hold gratitude for the enduring impact she has had on our lives and the legacy of service she leaves behind. Following are several personal accounts of how Sue touched our lives.

Remembering Sue

"Sue joined Beacon a bit carefully, staying quiet for a while. But her effervescent personality soon emerged—into song, and so much more. Singing was a joy for Sue. Her range was enviable—so low, and so HIGH! She loved funny songs too. Indeed, her sense of humor always livened up any group she was with, whether the board, the choir, or around the table at soup lunch. In the choir, we relied on her pitch and her strength.

Sue was president of Beacon for a while. I saw her grow into the role, learning the ropes and becoming more confident. We collaborated often to talk things out and plan for next steps. It was such a helpful way to operate. Later, she became our lay chaplain. It was so fun to hear her story of her first wedding... in a women's prison. Her inner strength brought her through the uncertainties of that task.

Al and I often attended her acting gigs around the Lower Mainland. It was such fun to see her in so many roles. And we doubly appreciated it when she brought those songs to Beacon talent shows. We will miss her."
— Katie Stein Sather

"Sue presented as knowledgeable in so many areas. I so appreciated her confident presence, whether she was managing Zoom or helping keep us on track with Robert's Rules at meetings. Her attention to detail in every aspect of Beacon kept us functioning smoothly.

On a personal level, Sue appreciated my shoe selection—no one else ever mentioned it!

I am so very sorry to lose her—much too soon for us all, and especially for her daughter. She will be, and is, sorely missed."
— Rose Matovich

"Sue was a bright light. Well known in the acting community, I am sure she was outrageous in auditions. It got her parts in plays and TV shows despite stiff competition.

I laughed with Sue—she was so honest and abrupt that sometimes I couldn't help but laugh. When Phil was letting his hair grow out, it got unruly. She came up to him and asked, 'So what are you going for?' The

unkempt, bedroom-hair look, or just the I don't care look?' He laughed, and so did I. It wasn't long before he finally got his hair cut.

Sue was brave, outgoing, and always fun." — Elizabeth Campbell

"I was impressed with Sue's energy, her boisterousness, and her love of life. I was also struck by her love of family. She loved her daughter, of course, and Percy, but she also frequently spoke about her mom and dad. That shows what a loving family she grew up in.

I also admired how she threw herself into her acting career and her roles at church. I saw her perform a couple of times at the Bernie Legge Theatre. She is missed by her family, colleagues, and friends. She had a big heart and a big presence."
— Dan Theal

"I truly admired Sue's voice—her ability to project and be heard without a microphone. I also admired her

Sue Sparlin's Grand Hurrah

**Sunday, Mar 30, 2025
1:00 – 4:30 pm**

**At the Annex, 823 Seymour St,
Vancouver, BC V6B 3L4**

**Organized by her daughter,
Aura McKay**

**For more info and to reserve
your spot click here.**

**In addition, a Zoom link will be
available for virtual attendees.**

**If you would like to attend and would
like to be part of a carpool, please
contact lay chaplain Janet Pivnick
(janpivnick@gmail.com).**

dedication to volunteerism; she supported Beacon in so many ways. And I loved how she always showed up well-dressed and perfectly coiffed.

I often felt a little ‘less than’ around Sue (due to my own baggage), and no doubt that influenced our relationship. However, during a lay chaplain meeting in March 2024, when I expressed doubt about being “big enough” to officiate a wedding, she encouraged me with, ‘You’ve got this.’ I need to remember that.”

— Laura Redmond

“I loved Sue’s unapologetic big presence. She was totally authentic, a bit zany, and quite unexpected. She kept me on my toes! She never did anything by half measures. She leapt right in and gave it her all. I will never forget her enthusiastic and very funny sound effects for the song, *A Place in the Choir*.

Sue gave me the courage to be myself. I miss her very much.”

— *Kate Smith*

“I was always impressed with Sue’s irrepressible spirit, her ability to show up and—when asked—take center stage like the actor she was to the core. She was always ready, and she looked it.” — *Bill Marshall*

Beacon Circle Dinners



“Here is my favourite Sue story—I had committed to reading poems at Century House but unexpectedly ended up in the hospital. Sue generously agreed to step in if I couldn’t attend. In the end, she read for me, and I heard she did a great job. I was released from RCH the day after the event.” — *Franci Louann*

After Rev. Meg heard the news of Sue's passing, she was reminded of Sue in her role as song leader, and in particular, her unique way of leading our sung response to the weekly offertory:

*For all that is our life,
We sing our thanks and praise,
For all life is a gift
Which we are called to use,
To build the common good
And make our own days glad.*

Rev. Meg noted that Sue was a shining example of doing just that.

In Gratitude and Love

Sue's presence was a gift to us. While her physical absence is deeply felt, the echoes of her voice, laughter, and unwavering spirit remain in our hearts. She lived boldly, loved deeply, and inspired us all to do the same.

We will miss you, Sue.



Care for the Caregivers Series

Caregivers Need Help Too

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, and access resources. Every week there will be a different guest speaker. The next 5-week series starts Tuesday, March 4th. 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/meeting/register/tZEsfu2hrT4tH9Pmoyo-qz4mFhxD9HnWz09Wy](https://us02web.zoom.us/join/zoom-join?from=addon&meetingRef=us02web.zoom.us/meeting/register/tZEsfu2hrT4tH9Pmoyo-qz4mFhxD9HnWz09Wy).

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.

March 30, 7:30 pm: Donna Webb will lead a discussion of the book *Think Again* by Adam Grant. This will be an interesting meeting and may help introduce us to deeper, more thoughtful thinking.

April 27, 7:30 pm: There will be an introduction and discussion of the questions: Is violent behavior a part of human nature? Is there a way to eliminate violence from societies? Please check the weekly e-newsletter for updates and the Zoom link. 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. Newcomers and drop-ins are always welcome! Books chosen will be announced in our weekly e-newsletter, *Beacon This Week*. Please read the book beforehand and then meet online to discuss. For enquiries, please contact John Hagen bookclub@beaconunitarian.org.

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 sidebar or email Marilyn Medén: filmclub@beaconunitarian.org. The Zoom link is in Thursday's email, *Beacon This Week*.

Beacon Men's Group

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.

We meet every second week at 7:00 pm at various locations. If you're interested in joining or learning more about us, please talk to Tyler T. or David K. on Sundays, or email mensgroup@beaconunitarian.org.



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.

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*.

March Films

Mar. 7: *A Little Chaos* (YouTube) introduced by Judy Villet

Mar. 21: *The Public* (a story of homeless people and a library), available on YouTube

April Films

April 4: *The Shawshank Redemption* (Netflix and YouTube)

April 18: *Maria Callas* (Netflix)





WHEN I WAS TWELVE

twelve—I was twelve—
my first poem
was religious

Calvary, not Calgary
not cavalry
though I already loved horses

“Big Savings at Calvary”
was not about
shopping in Alberta

this little Lutheran
thought about
the cross, the nails

she was twelve
soon to be
confirmed...

Franci Louann flouann@telus.net
September 8, 2014
Personal memoir

Canadian Unitarian Council News

Connect and Deepen

Saturday March 15, 1 pm

Host: Linda Thomson

Saturday April 19, 1 pm

Host: Linda Thomson

Connect & Deepen is an online community for adults interested in meaningful reflection, conversation, and shared ideas for living our values. This welcoming space encourages spiritual, philosophical, and practical exploration. The intent is to deepen our experiences of Unitarian Universalism, enriching our own lives with thoughtful meaning-making so that we live grounded in our UU values.

Meetings begin with a time for connection—sharing joys and concerns—before moving into the theme of the day. We examine a wide range of topics, this year leaning into “Intentional Action”. [Register here](#).

Rising Together: Unitarian Universalists of Colour

Wednesdays, March 12 & April 9

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.

UU Expressions: Love in Real Life

This series highlights both the thriving moments and challenges of our faith today. [Listen here](#).



www.beaconunitarian.org
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Rev. Meg Roberts
(on health leave)

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Laura Redmond; ceremonies@beaconunitarian.org

Administrative Support:

Rachael Greenland;

adminsUPPORT@beaconunitarian.org

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.