



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 May 18th, June 1st and June 8th. 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. Each Sunday offers something a little different—sometimes thought-provoking and reflective, sometimes creative and hands-on. We invite you to join us for a few services and experience the full spectrum of what Beacon has to offer.

- 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 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.

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!



Soup Lunches

Sunday, May 18th
Sunday, June 15th (Picnic, see page 3)

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 Cultivating Joy

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

This month we are ending our *Roots of Resilience* services with a focus on joy. It is a difficult time for many to turn to joy with so much uncertainty, suffering, and injustice in the world right now. However, withholding joy will not ease the suffering of ourselves or anyone else. Feeling moments of joy does not discount the pain or suffering we or others may feel, or show disregard for the injustice in the world. In the words of Christina Rivera: “Joy doesn’t mean forgetting what’s broken; it means remembering what’s beautiful. It reminds us we are alive, connected, and capable of delight even as we fight for liberation.”

It is not something we can plan for, schedule, or force. There might be times we expect to feel joy, a birthday or other celebration for example, and don’t. And other times when we feel like we will never feel joy again, when we are heartbroken, and are caught by surprise by a moment of joy that arises as if from nowhere. Joy, like other emotions, will not surrender to times we decide are ‘appropriate’ to feel (or not feel) it.

While we can’t plan or force joy, we can invite, acknowledge, and appreciate joy when it arises. In the [theme packet for this month](#) we have included practices to invite more joy and reduce our resistance to it (see [Brene Brown’s discussion of ‘foreboding joy’](#)). We will also explore the importance of bringing joy into our work to bring our values alive in the world and to work for the liberation of all.

One of the many ways we can bring more joy into social justice movements, is to engage in it in ways that work for you. It can be easy to overvalue one kind of social justice work, such as protesting in the streets

or advocating for policy change. For some, they overvalue the types they are not good at or involved in, for others they overvalue the work they are directly involved in and discount others. Frequently, I meet people who think they are not ‘activists’ or engaged in social change work because they are not engaged in one particular way. There are many ways to be involved and support this work, and all are important. See [Deepta Iyer’s social change ecosystem framework](#) and reflect on what you are doing and what would bring you most joy at this time... Maybe it’s time for a change?

This month I invite you to look at your life and work (paid and/or unpaid) through the lens of joy. What would you change if you centre joy in each area?

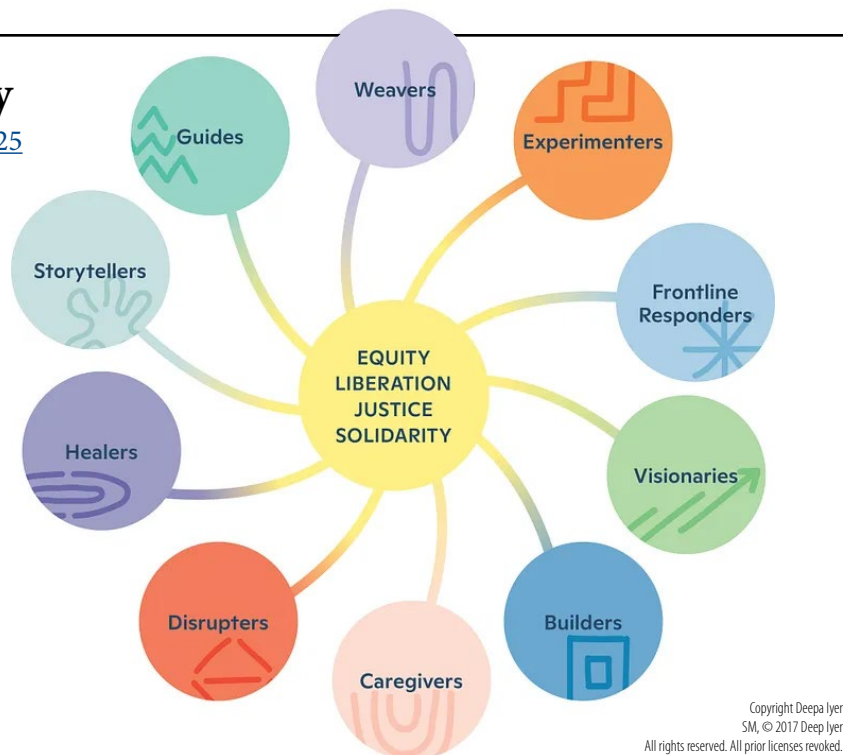
In joy and justice,
—Rev. Arran Morton

More Thoughts on Joy

Joy derives from whatever one finds good or harmonious. We feel joy when body, psyche, and the world around

us are in tune, when we can affirm existence, especially under the aspect of increase and intensification of being. We are joyful when something grows, when we have the feeling that new areas of life are becoming available to us, when we become freer and more daring. We experience these situations as an intensification of being, but also as a surprising gift. The same joy can grip us when persons we are connected with or close to open new vistas and cover new ground on their path through life. There are lots of occasions for joy, but we can think of joy as a way of feeling, of being that underlies our particular responses and which we tap into when the occasion offers itself. I think it is important not only to recognize when we are in a joyful mood, but also to perceive that we are beings of joy. We can do this when we take continual notice of situations that stimulate joy, when we search for them as far as we are able. We experience ourselves most clearly as joyful beings when we construct our biographies of joy.

—Verna Kast



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Deepta Iyer's social change ecosystem framework

Board Bitz: The 2024/25 Church Year in Review

In May 2024 the incumbent board members included Teresa Morton (Co-President), Peg Hinkley (Co-President), Jane Day, Deepak Sahasrabudhe (Co-Secretary), Rob Warner (Co-Secretary), David Kristjanson, and Joyce Gudaitis (Treasurer). Joyce stepped down from the board in 2024 due to health challenges. Treasurer liaison Carol Woodworth graciously stepped in to carry on Joyce's work as treasurer.

As we reflect on the year, we'd like to extend heartfelt thanks to the dedicated members of the board:

- A big thank you to Peg, who did a wonderful job keeping our meetings on time and on track as chair.
- And to Jane, whose thoughtful questions always helped us get straight to the heart of the matter—thank you for your clarity and insight.

In April 2025 the following people joined the Board: Richard Hollins as Treasurer, Susan Tarras as Co-President, and Lauren Casalis as a Member at Large.

Rev. Meg Roberts has been on health leave since Dec. 2024. We have missed her and wish her all the best.

The Worship Team (David Kristjanson & Glenn Wootton) is doing a great job in Meg's absence. As well, the Pastoral Care Team (Judy Villett, Laura Redmond, Beth Connelly and Dominique Mamisao) deserve a big thank you for stepping up and doing hospital visits etc. while Meg is away.

At a recent "Welcome to Beacon" gathering, we had ELEVEN shiny new faces—what a joy to behold!

At a recent "Welcome to Beacon" gathering, we had ELEVEN shiny new faces—what a joy to behold! Thanks to Marilyn and John for hosting.

The men's group (aka BS) is meeting every second Tuesday with an average of six guys per meeting. Most of what happens at those meetings is confidential. Tyler Ewasiuk started this group and chaired the first few meetings.

Women's groups are now meeting as well—there are two in-person groups and one Zoom group. Thanks go to Cathy Burpee and Beth Connelly for getting this show on the road!

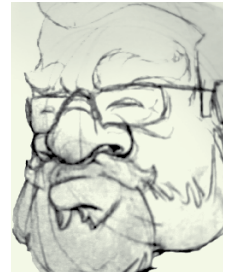
Thanks to the coffee crew (organized by Judy Villett and Beth Connelly) for keeping us going before AND after the services.

Soup lunches (very popular monthly gatherings) have been organized by Peggy Lunderville for several years. Augusta Hamilton is taking over the organizing next year.

On June 15th we will hold our annual picnic (for more info see below). That will be Beacon's last regular Sunday until the fall. Services will resume on Sept. 7th.

Our congregation is finishing strong in June 2025!

—Rob Warner
Board member at large



Rob Warner
Board member at large

Hold the Date for Beacon's End of the Year Picnic

After the service on June 15th, we look forward to holding our annual all-ages picnic. Bring food to share and a drink of your choice. We will provide hotdogs (meat

and vegetarian). If good weather is predicted for that day, we will meet in Sapperton Park playground (corner of Sherbrooke St. and East Columbia in New Westminster). If the weather is rainy, we have booked the lower level of Sapperton Hall and can gather

there instead. It is a wonderful way to finish off our Sunday services program for the year. Then we take a break from Sapperton services until September 7 (the Sunday after Labour Day). We hope you can join us!

SAVE THE DATE!
Reserve Sunday, June 15th for a Beacon picnic in the park.



We Mourn the Loss of Franci Louann



Franci Louann
March 5, 1946–April 19, 2025

Franci Louann, a cherished member of our congregation, passed away on Saturday, April 19th.

Last year, Franci chose not to continue with aggressive treatment for her cancer. She lived her last six months as fully as possible, spending time with friends whenever she could. Last week, her health deteriorated rapidly and she was admitted to

the hospital. Her partner Joe and her sister Mariann were with her when she passed.

Franci was a gifted poet, author, and visual artist whose creative spirit and vibrant presence touched many. Her writing—especially her unique “poemoirs”—reflected her love of life, travel, and the beauty in everyday moments.

At Beacon’s annual general meeting on April 13th Franci was honoured for her role in organizing Theology Pub and for her poetry. A card of thanks was signed by many of those present that day. Pastoral Care member Laura Redmond was able to visit Franci before she passed and read aloud all the notes and names in the card.

We celebrate her life with gratitude and hold her memory close in our hearts. We can also connect with her memory via her books:

Argentina poesía: A vivid poetic travelogue capturing the essence of Argentina through bilingual (English and Spanish) poems. This collection delves into the country’s culture,

politics, and everyday life.

Argentina Two / Uruguay Too / Cuba Tambien: A sequel to *Argentina poesía*, this book continues Louann’s exploration of Latin America, offering “poemoirs” that intertwine travel experiences with reflections on culture, politics, and personal encounters. ***Portugal Calling:*** *Poemoirs: A collection that transforms everyday experiences in Portugal into profound poetic expressions, highlighting the country’s landscapes, culture, and the author’s introspections.*

Beach Cardiology: Published in 2010 by Lipstick Press, this chapbook offers a series of short poems reflecting on themes of love, nature, and the human heart.

Details for her celebration of life service will be made available as they emerge. If you find yourself needing support at this time please reach out to a member of the pastoral care team, or to a trusted friend, to share what is on your heart.

With gratitude for Franci,
*Beacon’s Pastoral Care Team
and Co-presidents*

Beacon Implementation Team: Report for May & June!

The Team consists of Peg Hinkley, Susan Tarras, Phil Campbell, Deepak Sahasrabudhe and Teresa Morton, with Rev. Meg Roberts (who is currently on health leave). Guests Dominique Mamisao and Cathy Burpee have agreed to remain on the team through June.

The team frequently refers to the Action Plan that the congregation prepared last year, to make sure our activities are consistent with the plans for community, spirituality, outreach and music.

We are continuing to make progress in the following areas: improving the audio at Sapperton; working out back-up plans for the service tech team; improving parking availability; building community through music; formalizing feedback processes; and website/social media upgrades.

Our Beacon music jams are on the second Thursday of the month (May 8 and June 12), with 12–15 members taking part. Check *Beacon This Week* for time and location details. All are welcome!

The team is also working with the worship services team to facilitate the pre-service sing-alongs.

Plans are coming together for a Beacon picnic on June 15th, thanks to the Connecting Committee and other helping hands! Also, watch for a new members welcoming ceremony at our service on June 15th.

*Teresa Morton for
Beacon Implementation Team*

Environment News! Assisted Migration

Assisted migration is a new concept for me. It is the human-assisted movement of plants or animals to more climatically suitable habitats. For example, if a tree species is suffering from excessive heat due to climate change, foresters can plant seedlings further north or at higher elevations where the temperature is cooler and closer to the tree's traditional environment. In fact, British Columbia has extended seed transfer zones 200 metres higher in elevation for most species. Similarly, Alberta has expanded seed transfer zones by 200 metres in elevation and two degrees of latitude northward for most species. (Source: <https://natural-resources.canada.ca/climate-change/climate-change-adaptation/assisted-migration>)

I first heard of assisted migration on the *What on Earth* podcast, in an episode about the Monarch butterfly. Monarchs only overwinter on specific

types of conifers found high in the mountains of Mexico, and these trees are now being negatively affected by climate change. To help, scientists are planting seedlings on taller mountains where the climate is cooler and more similar to what the trees are accus-

I first heard of assisted migration on the *What on Earth* podcast, in an episode about the Monarch butterfly.

tomed to. The team working on this project is also developing ways to help Monarch butterflies find and migrate to the new forests once they mature.

This is a new area of conservation practice and there is some controversy around its use. "The current debate on assisted migration primarily focuses

on ecological risks and benefits; however, numerous uncertainties reduce our capacity to quantitatively assess these outcomes. In fact, much of the debate can be traced back to fundamental perspectives on nature, particularly to the ethical question of whether to deliberately manage natural systems or allow them to adapt on their own." <https://doi.org/10.5558/tfc2011-092>



Teresa Morton

EnviroBees

EnviroBees for May & June are May 11th and June 8th. Join us after the service (in-person and on-line) for a discussion of anything environmental!

Teresa M.
president@beaconunitarian.org

Navigating Caregiving

Practical Solutions • Managing Stress • Finding Fulfillment

Approximately 25–30% of Canadian baby boomers are expected to require significant caregiving support as they age. While our healthcare system continues to evolve, one thing remains clear: the bulk of caregiving responsibilities will continue to fall on family members and friends.

Century House will be hosting two workshops in May designed to support caregivers with practical tools and insights. These sessions will focus on:

- Self-care strategies
- Resources available through health authorities

- Caregiving skills and techniques
- Stress management to help reduce symptoms such as anxiety and burnout

There will also be time set aside for participants to connect and learn from one another. Attendees are encouraged to participate in both sessions.

These workshops are open to everyone—whether you're currently providing care or simply interested in learning more about the caregiving role.



Workshop Details:

Session 1: Fri. May 9
1–2:30 pm

Session 2: Fri. May 16, 1–2:30 pm
Location: Century House in New Westminster (also available via Zoom)

Registration: Limited to 25 participants per session. Please register early by calling or visiting the Century House front desk: 604-519-1066

Contact: For more information, email peggy.hinkley@gmail.com

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.

May 25, 7:30 pm: There will be an introduction and discussion of the questions: Are we animals? How are we different from/the same as the other animals? What does being truly human mean? What does this mean about our relationship with the other animals? Does it separate us or connect us?

June 29, 7:30 pm: This humanist meeting will be *held at the home of Luc & Carol* (not on Zoom this time). Email Marilyn Meden or Luc (lucb@cogsciapps.com) for the address. We will discuss Tom Holland's book: *Dominion: How the Christian Revolution Remade the World*. We recommend listening to him interviewed on episode 406 of *Sam Harris's Making Sense podcast*.

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.

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.

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!

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>). 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*.

May Films

May 2: *A Street Cat Named Bob* (You Tube), introduced by Janene White

May 16: *Joy, the Birth of IVF with Bill Nighy* (Net Flix), introduced by John Hagen

June Films

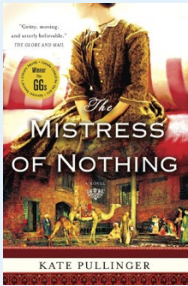
June 6: *Mr. Roberts* (You Tube), introduced by Richard Hollins

June 20: *The Founder* (Net Flix), introduced by Donna Webb



Beacon Book Club (online)

Friday, May 23, 7–9 pm



The *Mistress of Nothing*, introduced by Marilyn Medén, is Kate Pullinger's Governor General's Literary Award-winning novel about a lady, her maid and the man that comes between them.

Lady Duff Gordon is the toast of Victorian London, but when she contracts tuberculosis, she and her devoted maid, Sally, sail to Egypt for a new life. There, they thrive—learning Arabic, adopting native dress, and exploring ancient tombs. Sally quickly adapts to the heady freedom she's never known. But freedom and romance are luxuries a lady's maid can ill afford. When Sally dares to want more than her status allows, she receives a brutal reminder that she is the mistress of nothing.

For meeting details please contact John at book-club@beaconunitarian.org.

Beacon Circle Dinners/Lunches

Circle dinners (or lunches) are happening! Groups of 4–8 people meet in someone's home, with each person contributing part of the meal. It's definitely potluck, but organized by the host.

There will be a Circle Dinner on Saturday, May 10. If you are interested in attending or hosting, please reply to judyvillett@gmail.com as soon as possible.



Sing Out Love: UUA Virtual Hymnal

What's a "virtual hymnal"?

We use the term virtual hymnal to refer to an ever-changing, regularly-expanded online collection of hymns, songs, chants, and other musical resources (for example, slides to project lyrics, and a tool to transpose music to any key). Our virtual hymnal will be an app that can be used on a smartphone, tablet, or computer.

Are you trying to replace the printed UU hymnals?

Absolutely not! This digital resource is intended to supplement our beloved hymnals.

Will *Sing Out Love* include hymns already in our printed hymnals?

Yes—as many as possible, and as many as are reasonable. We've done

a careful survey of *Singing the Living Tradition* and *Singing the Journey* for hymns in the public domain, and for hymns that present no permission or copyright issues.

How much will *Sing Out Love* cost?

The subscription costs of the virtual hymnal reflect an ethic of care and responsibility by covering fair and equitable licensing fees for our artists; staff time to maintain and update the hymnal; and hosting/technology fees. We'll offer [subscriptions](#) at a monthly rate, at a reduced annual rate, and at an even-more-reduced three-year rate.

What content will be included with each hymn?

We plan to offer single user and congregational subscriptions to the

virtual hymnal, described above, which will offer the following content and materials:

- Single user: PDFs of the sheet music (which includes the composer, lyricist, arranger, and meter information), song context, mp3 files for learning (and individual part tracks when applicable to that hymn), braille compatible versions
- Congregational users: Everything the single users will have access to plus PowerPoint slides with lyrics, midi files, Music xml files, MEI scores, and transposed copies of the music. Congregational permissions will be granted for ALL of its hymns, including being livestreamed in worship and posted on your website or social media channel if your congregation's subscription is active. More info [here](#).

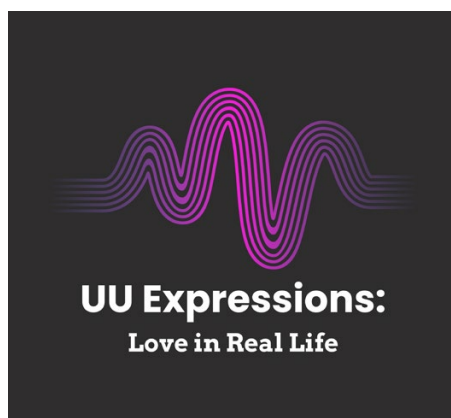


Rising Together: Unitarian Universalists of Colour

Wednesdays, May 14 and June 11, 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.



UU Expressions: Love in Real Life

This 10-episode docu-series offers an inspiring and honest look at Unitarian Universalism across Canada in 2024. It's not just a celebration—it's an invitation to reflect on living our UU values in the diverse communities we call home, from bustling cities to small towns. Featuring interviews with 27 UUs across 17 unique expressions of UUism, the series highlights both our faith's thriving moments and challenges. [Listen here.](#)

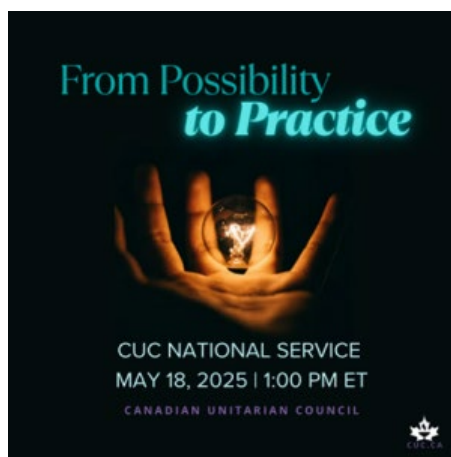


Dismantling Barriers: Talking About Solidarity

Thursday, May 29, 2025 – 4–6pm PT

Join us on May 29th on Zoom for a workshop and conversation around the subject of solidarity.

Facilitated by Camellia Jahanshahi and Amber Bellemare, this 2 hour session will offer an accessible entry point into solidarity work and the many intersections that exist for us to explore this work through. [Register here.](#)



National Worship Sunday Service: From Possibility to Practice

Sunday, May 18, 10–11 am PT

Join Unitarians from across Canada for this live national service, followed by coffee time conversation.

What if sustainability isn't just about how long we last — but about how deeply we belong to each other and to the future? [Register here.](#)



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Treasurer:

Richard Hollins;

Co-Secretaries:

Deepak Sahasrabudhe,
Rob Warner;

Members at Large:

Lauren Casalis, 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.