



Order of Service for November 9, 2025

Reclaiming Deathcare

Ngaio Davis

Welcome to Beacon

David Kristjanson

Opening Words By Richard S. Gilbert

Teresa Morton

Chalice Lighting Words By Joanne Giannino

Heidi Bells

♪ *Singing - #123 "Spirit of Life"*

Words & Music: Carolyn McDade

Ming-Xuan Chung

Sharing the Plate

Glenn Wooton

♪ *Sung Response - For All That Is Our Life (1st Verse)*

Words: Bruce Findlow, Music Patrick L. Rickey

Ming-Xuan Chung

Meditation For Remembrance Day

John Hagen

♪ *Singing - #95 There is More Love Somewhere*

Words & Music: African American Hymn

Ming-Xuan Chung

Reflection "Reclaiming Deathcare"

Ngaio Davis

♪ *Singing - #1002, Comfort Me*

Words & Music: Mimi Bornstein-Doble

Ming-Xuan Chung

Joys and Sorrows

Laura Redmond

♪ *Singing - #1064 Blue Boat Home*

Words: Peter Mayer, Music: Roland Hugh Prichard, adapted by Peter Mayer

Ming-Xuan Chung

Chalice Extinguishing Words By Sam Trumbore

Heidi Bells

♪ *Carry the Flame*

Ming-Xuan Chung

We invite you to join us for Coffee Hour after the service for fellowship and conversation.

Zoom: Please stay and join us in small group conversation. Just stay online after the service ends.

Sapperton Hall: Please join us for coffee, tea, and snacks at the back of the hall.

Envirobee: Please join Teresa Morton for Beacon's Monthly Envirobee – online and in person.

Next Service: Sunday, November 16th @ 10:30 am

What Are You Carrying?

Heidi Bells

How can we begin to see the things that are weighing on us? Things that we are worrying about, emotions we are holding, things in our hearts that we carry; let us do some work to find ways of letting go, of putting them down. Some are like stones in our pockets, some are like sand in our shoes; others still are boulders on our backs. Let us not become overburdened, and carry only that which we can, and that which we consciously choose to carry.

Heidi Bells was born in North Vancouver and has spent most of her life on the West Coast of BC. She has done a variety of jobs while honing her skills as a writer. She currently works for the Faculty of Science at SFU. Her talk today stems from the two years she spent in New Zealand, working and learning at a meditation retreat centre, studying and being taught by a huge variety of teachers in a vast expanse of understandings and interpretations of life and the ways of our hearts and minds.

Soup Lunch Next Sunday:

Please join us next Sunday for Soup Lunch in the downstairs hall. Suggested donation is \$5 or as you are able, free for newcomers! Last minute participants are welcome. Anyone able and willing to bring a soup, a salad, buns and butter, or a dessert please contact Augusta Hamilton.

Supporting Today's Service

Guest Speaker	Ngaio Davis
In-Person Greeters	Augusta Hamilton, Jane Day
Newcomer Hosts	Marilyn Medén, John Hagen
Counters/Collectors	Jane Day, Dan Theal
Sapperton Coffee Host	Beth Connolly
Camera	Deepak Sahasrabudhe
Audio Visual Technician	Tyler Ewasiuk
Zoom Greeter/Service Assistant	Teresa Morton
Zoom Recording Editor	Tyler Ewasiuk
Set up/Clean up	All of us who can

Our Shared Ministry

Lay Chaplain	Janet Pivnick, Laura Redmond
Administration Support	Rachael Greenland

Note from the Treasurer Beacon gratefully accepts donations via Interac e-transfer to the email below. In the message box, note if you want the funds applied to 1. Beacon Pledge 2. Minister (it will go to the Minister's discretionary fund) or 3. Sharing the Plate (half goes to Beacon, half goes to [Lookout Housing and Health Society](#). If you wish to set up a pre-authorised deposit or need help with e-transfer email treasurer@beaconunitarian.org. Please mail any cheques to: Beacon Unitarian Church/ Box 414 – 552 Clarke Road/ Coquitlam, BC V3J 0A3. Thank you for your continued support.

Stay Connected! We send out a weekly email called Beacon This Week that informs you of all upcoming Beacon activities. Please ask one of the Greeters to sign you up, or email Rachael at adminsUPPORT@beaconunitarian.org

Lunch Bunch meets online every Tuesday at noon.

Film Club meets online the 1st and 3rd Fridays of the month at 7pm

Book Club meets online the 4th Thursday of the month at 7 pm

Humanist Group meets online the last Sunday of the month at 7:30 pm

For support when life is challenging, contact our Pastoral Support Team pastoralcare@beaconunitarian.org

For other Beacon programming please visit our website www.beaconunitarian.org