



Beacon Unitarian Church
Order of Service for April 19, 2026
The Experience of Hope
Teresa Morton

♪ Pre-Service Sing-Along with Kate Smith & Bill Marshall ♪

Blue Boat Home *Peter Mayer* **Gaia** *Joyce Poley* **Turnin' the Tide** *Luke Wallace* **With My Own Two Hands** *Ben Harper* **Give Light** *Terry Leonino & Greg Artzner* **Big Yellow Taxi** *Joni Mitchell*

Welcome to Beacon	Heidi Bells
Chalice Lighting Words by Susan Davison Archer	Lori Holtorf
Opening Words by Rebekah Savage	Teresa Morton
♪ <i>Singing "If Not Now, Tell Me When"</i> Words & Music: Carrie Newcomer	Kate Smith & Bill Marshall
Joys and Sorrows	Dominique Mamisao
Sharing The Plate ♪ <i>Sung Response - For All That Is Our Life (First Verse)</i> Words: Bruce Findlow, Music: Patrick L. Rickey	Glenn Wootton Ming-Xuan Chung
♪ <i>Singing #298 "Wake Now My Senses"</i> Words: Thomas J.S. Mikelson, Music: Traditional Irish Melody; Harmony by Carlton R. Young	Ming-Xuan Chung
"Experience of Hope" Part 1	Teresa Morton
♪ <i>Singing "For the Weaving of Our Lives"</i> Words: Amanda Udis-Kessler, Music: Conrad Kocher	Kate Smith & Bill Marshall
"Experience of Hope" Part 2	Teresa Morton
♪ <i>Singing "Do What You Can"</i> Words & Music: Lynn Harrison	Kate Smith & Bill Marshall
Closing Words by Wayne B. Arnason	Teresa Morton
Chalice Extinguishing Words by Eric Williams	Lori Holtorf
♪ <i>Carry the Flame</i>	Ming-Xuan Chung
♪ <i>Postlude</i>	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: Join us downstairs for our monthly Soup Lunch. Suggested donation \$5.00 or as you are able.

Next Service: Sunday, April 26 @ 10:30 am

Democracy and the Heart of Our Community

Mary Bennett

We'll look at democracy through many viewpoints—including how it relates to Beacon as a congregation. Several Beaconites will offer words and songs on the theme. Mary will give a reflection highlighting ideas from Parker Palmer's 2011 book, *Healing the Heart of Democracy*, where he outlines five habits of the heart that he summarizes as chutzpah and humility.

Mary Bennett has been a Unitarian since 1989 and worked for the Canadian Unitarian Council from 2000–2008. A major focus of her work there was managing the annual conference and meeting which went from approximately 100 to 800 participants during her time. She's been passionate about democracy since childhood where she wanted "a voice and a vote" and equal rights with her two older sisters. She has a blog maryunitarian.wordpress.com where she'll post some of the quotations and links related to this service.

10:10 am: Pre-service Sing-along.

Start your morning with song! Sing along, or just listen. Coffee and tea will be ready. Forever Young by Bob Dylan; If I Were Free by Peter, Paul and Mary; I Can See Clearly Now by Johnny Nash; and Down by the Riverside (traditional).

Supporting Today's Service

In-Person Greeters	Jane Day, Carol Woodworth
Newcomer Host	John Hagen
Counters/Collectors	Jane Day, Rob Warner, John Hagen
Sapperton Coffee Host	Dominique Mamisao
Audio Visual Technician	Tyler Ewasiuk
Camera operator	Deepak Sahasrabudhe
Zoom Greeter/Service Assistant	Regina Ogmundson
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-authorized 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 (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 in person the 4th Thursday of the month at 1 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

'The Experience of HOPE' (online handout)

Teresa Morton, 2026 April 19

Hope and the Life Course: Results from a Longitudinal Study of 25,000 Adults

[Hope and the Life Course: Results From a Longitudinal Study of 25,000 Adults - Graham - 2026 - Health Economics - Wiley Online Library](#)

Hopeful Sources

Outrage & Optimism (podcast)

Fix the News (podcast, more than climate, twice monthly, Australian)

What on Earth (podcast, climate solutions, CBC, twice weekly)

EarthShot Prize (newsletter)

Hannah Ritchie (newsletter on Substack, more than climate)

Clean Energy Review (newsletter, weekly)

Reasons to be Cheerful (newsletter, more than climate)

Climate Action Now (US, daily update)

Solutions Journalism Network (5 newsletters, one is focused on climate solutions;

Solutions Worth Sharing - Climate)

[Positive News](#)

[The Anti-Doom Initiative](#)

[Future Earth](#) (Instagram)

[Sam Bentley](#) (Instagram, weekly videos of positive climate news)

5 Stances; elin kelsey

- I choose hope
- I reject fatalism
- I am emotional
- I am on a reparative quest of transformation
- I am nature

May Book Series: elin kelsey's recent book 'How to be Hopeful' will be the basis of a new series in May! I will be presenting four Zoom sessions (May 5, 12 & 26, June 2nd) exploring the book and its implications for a HOPEFUL STANCE in CLIMATE. (No session May 19th)

There are five key stances and 27 practices to bolster hope. We will be highlighting the stances and exploring a selection of the 27 practices.

All are welcome!

Hopeful Examples

Cities [How Cities and Regions are Designing a Low Carbon, Climate-Resilient Future](#)

China's emissions (and e-truck batteries)

[A new fully charged EV battery in five minutes: Are China's swap stations the future of electric cars?](#)

Renewables + Batteries!

[Global Electricity Mid-Year Insights 2025 | Ember](#)

[Battery storage is now cheap enough to unleash India's full solar potential | Ember](#)

California renewables & batteries

[From Idea to Reality - Battery Storage Comes of Age on the California Grid](#)

We are not alone!

[Activate climate's 'silent majority' to supercharge action, experts say | Green politics | The Guardian](#)

Amazon rainforest deforestation progress!

[Amazon records a 68% drop in deforestation in 2025, says the Amazon Regional Observatory - OTCA](#)