



The Beacon

Beacon Unitarian Church

Volume 32, Number 7, Summer 2014

Regular Sunday Worship Services and Religious Education Classes at **Sapperton Pensioners' Hall, 318 Keary Street in New Westminster, will resume on September 7, 2014.** We offer informal services over the summer.

Sunday July 27, 10:30 a.m.

Music in the Summer

Come join us (at Lundervilles') to sing some new and mostly old favourite hymns, or bring your instrument and play along. There is no audition for singers or players; we welcome you as you are. If you've hungered for more than three hymns at a service and would be just as happy singing as listening to the sermon on a beautiful July morning, this is the service for you. If you don't know all our hymns, it's a wonderful opportunity to get comfortable with a few more of our musical treasures.

Please join us after the service for beverages and conversation and a potluck lunch. Call Peggy Lunderville for any questions, further info, or address: 604-522-3001.

Sunday August 24, 10:30 a.m.

Poetry! Prose! Music!

Listen, read, play at an informal service outside on the patio or inside in the gathering room at The Astoria, Denis Probst's home, in Port Coquitlam. Bring your own writing or someone else's. Entertain us with a musical instrument. If you like, bring a little finger food too.

Just arrive, or, if you can, if you would like to read something, or play, or share some nibbles, please let Marilyn know you're coming, so she can do just a little planning ahead. Call Marilyn Medén for more info, or address of the Astoria, 604-869-6797, m.j.meden@telus.net



Looking Ahead

Fall Happenings:

UU Women's Retreat, Sept 19-21, in Nanaimo

UU Men's Retreat, Oct 3-5, at Camp Sasamat

BC Regional Fall Gathering, Oct 24-25 in Victoria

For more info on these events, see page 7.

What's Inside...

Affinity Groups	page 5
Board Bitz.....	page 3
Calendar.....	page 8
Directory updates.....	page 5
Minister's Words.....	page 2
Recipes.....	page 5
Religious Education	page 4
Sharing the Plate 2013/14.....	page 3
Upcoming Events.....	page 7
Worship Reports	page 6

**Deadline for the September Beacon
Wednesday August 20, 2014**

Please send to:

Newsletter@BeaconUnitarian.org



From the Minister's Desk



Connect *Inspire* Transform are the three suns on the horizon of Beacon's future. They point to your vision of who you want to be for yourselves and in the larger community. When the Vision Team brought to the congregation the culmination of their work to create a new vision for Beacon, it was met with a clear and unambiguous thumbs-up from you. The Team will continue to work toward defining how Beacon can take that vision and create the steps or the mission that will guide future choices.

I have used the term 'connect' for many years, but in a slightly different context. In the actor's work, it is of the utmost importance that two people, two actors, 'connect'. In that context, to connect means to be open to the other, heart and mind open, giving and receiving. It means to breathe together. It means that in order to do the work of telling their story, the two actors must begin by establishing a bond. It is that bond between them that is the foundation of their work. I will suggest that this is true for each of us at Beacon. It is the bonds we create between us that will be the foundation of the future.

In this age of electronic communication to be connected has taken on a whole new meaning. Being connected now means that we are plugged into the net and that we surf, and chat, and text and skype and blog. Twenty years ago I wouldn't have known what you meant if you asked me to skype. Today many of us stay in contact with our families and friends through some or all of these methods of connection. As

Beacon looks into its future we will need to consider what church means in this age of connection.

At the recent Canadian Unitarian Council Annual Meeting in Montreal there were many exciting conversations about the Church of the Future. Young and old were questioning the assumption that church was a building and that services only happened on Sunday mornings in that building. "What?!" you say. Yes!, even this was being questioned and explored. It seems we all spend a huge amount of time and resources creating Sunday services. There is no doubt that we love them, but what else could we do?, was one of the questions being asked.

What else could we do to 'connect' to people who aren't drawn to a Sunday morning church experience? I heard stories of an online Unitarian group, similar to our Chalice Circles, who meet regularly for worship and deep sharing. In Halifax, Rev. Norm Horofker is conducting music services in a local pub on Sunday evenings. These are just two stories of ways that we can 'connect' to each other in new and exciting ways.

I look forward to next year and the interesting conversations that we will have about how we might explore the meaning of connection between us and build new connections.

In the meantime, enjoy your connections this summer to family and friends and the world we love.

Be good to yourselves and those who cross your path.

With respect and gratitude,

Rev Debra Thorne



Beacon Unitarian Church

#414, 552A Clarke Road Coquitlam, B.C. V3J 0A3
info@BeaconUnitarian.org

Consulting Minister 2013-2014:

Rev. Debra Thorne minister@BeaconUnitarian.org

Lay Chaplain: Marilyn Medén

604-469-6797, m.j.medén@telus.net

Choir Director: Charlene Dubrule

604-464-3992, char4myc@shaw.ca

Board Executive:

Terry McComas, Nancy Rupert, Audrey Taylor, Carol Woodworth

Trustees: Peggy Lunderville, Jane Shoemaker, Rob Warner

Connections & Membership Jean Donaldson 604-461-0056,
donaldsj@telus.net

Care & Concerns: Renée Spakowsky 604-463-8086

Beacon Editor: Donna Hamilton newsletter@BeaconUnitarian.org

Beacon Distribution: Tom & Uta Poiker

BeaconUnitarian.org



Board Bitz

From your Board Executive

There isn't much to report at this time, as our June meeting will be taking place after the summer newsletter has been published.

The Board has decided that the entire Board will also act as the Personnel Committee, and we have been meeting with our paid staff to renew contracts for the 2014-2015 church year. Our paid staff for this past year have been Rowan Lipkovits (Sound Technician), Charlene Dubrule (Choir Director), Laura Redmond and Amber Strocel (Religious Education Directors) and Rev. Debra Thorne (Consulting Minister). We thank them for their hard work this year.

On a related note, our current bookkeeper has resigned as of August 2014. We will need to fill this position; pay is \$25 per hour for about six hours of work per month.

Happy summer to everyone!

Report from Sasamat Choral Workshop

The 17 or so people who attended the Sasamat choral workshop with Alison Nixon had a most delightful experience! She was a wonderful director, challenging and affirming and such a warm presence. We sang two of the songs we learned on Saturday at the Worship Service on Sunday morning. The worship service was a fun experience - very much intergenerational, and participatory!

Afterwards, Alison had these words to say about her experience:

Thank you so much for inviting me!!!!

I have thought often of your lovely congregation and in particular the little singing group.

I found myself deeply touched by their tender warmth, enthusiasm, and openness.

The sense of love and spirit among them was palpable.....

Wishing you all the best,

Blessings, Alison

Sharing the Plate 2014



The Importance of Forgiveness

One of the most important things in life is forgiveness.

Freeing yourself of any resentment will not only make the world around you a better place, but it will enable you to live a healthier and more fulfilled life. Anger that is harboured in the heart aims to negatively impact others; however it impacts you much more.

Bitterness can have an immensely adverse impact on an individual, physically, mentally and emotionally.

Fostering the attributes of compassion and forgiveness encourages people to become better individuals and allows

them to gain closure to what instigated the anger to arrive in the first place. Restorative justice plays a fundamental role in achieving this. Restorative justice helps those who have committed harm to accept responsibility and make things right, which in turn paves the way for the victim to find it easier to forgive.

As a society we should motivate people to take accountability and apologize for their actions when they commit a wrongdoing, as this plays such a significant role in assisting others in forgiving them.

Living in a world where there is empathy and forgiveness most definitely makes it a safer and more peaceful place.

Beacon's Religious Education Corner

by Laura Redmond

Creative Play at Camp Sasamat

On June 6-8th, several Beacon children had the chance to attend family camp at Lake Sasamat. The weather was beautiful and the children were outside most of the time. They enjoyed canoeing, archery and climbing — all part of the programming offered at the camp. In addition, the children had lots of free time out of doors. Charlotte related to me how they found the carcasses of two birds and decided to hold a funeral. For bird number one, a grave was dug, a cross was made and an RIP was scratched onto a piece of wood using a charcoal stick. A water lily on top of the grave was the final touch. Funeral number two took place on the lake. The dead bird was placed in a nest, and then brought to the centre of the lake by canoe, where it was laid on two lily pads and set to float free.

Creativity was evident inside the lodge as well — one of the senior campers, Gerald Boyco, had come prepared with several skit ideas for the “No Talent” show, and the children had the chance to take part in his original and wacky productions — 1. The Case of the Cereal Killer (as in rice crispies); 2. The Extraterrestrial; and 3. The Rainbow Girls.

Beacon choir members also had a chance to “play”. Alison Nixon led choir workshop participants in a singing “walk about” for an unusual and uplifting experience of harmony, sound, vibration and movement. In addition, we “waded in the water” of Eastern meditation by singing “Om” together, for several minutes on end.

Toddlers and small children from the four Lower Mainland Unitarian churches happily waded into the cold waters of Lake Sasamat, letting us re-live the wonder and attraction of liquid landscapes. The older children opted for the full immersion program and jumped off the dock.

This was my sixth year at Camp Sasamat, and I appreciate the campers who come back each year, providing us with the opportunity to deepen our knowledge of—and our trust in—each other. Equally important, is the opportunity to meet new campers and create new connections. It is a gift to partake in this creative community.



Flags from the children's program



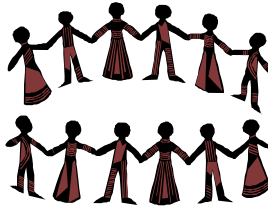
Good buddies

Affinity Groups

Beacon's "Affinity Groups" include several small groups which are always equally welcoming to newcomers and seasoned Beaconites. So, if you'd like to meet with Beaconites in a warm and supportive environment, check out our small groups.

Lunch Bunch - meets every Thursday at noon; for information contact Ivy Hubbard 604-527-9990.

Humanist Group Meeting -The next meeting will be September 28. Look for more information in the September newsletter.



Choir - Choir will begin again in September. 7:30 - 9:00 p.m. at Miller Park School. For more choir info: call Charlene 604-464-3992.

Book Club - Next meeting is 7 p.m., Friday June 20, at Bev Lock's in New Westminster. Love books? Come join us. The book to read for June is *In One Person*, by John Irving. For more info call Bev Lock 604-525-6791.



Peggy had several requests for this recipe after she brought the cake to the choir concert.

Gina's Mom-in-law's Blueberry Cake:

Set aside:

1 1/2 c flour	1 tsp baking powder
1/2 tsp baking soda	1/4 tsp salt
1 1/2 c blueberries coated with flour	

Cream together:

1/2 c butter and 3/4 c sugar	then add
1 egg	1 tsp vanilla
1/2 c plain yoghurt	1 tsp lemon rind

Add the flour mixture and blueberries. Bake in a greased 9" cake pan at 350 for 45 minutes.

Glaze:

1/2 c icing sugar , 1 tbsp Lemon juice, 2 tsp melted butter

Directory Updates

Marnie Jennings has moved to North Vancouver, E of Lonsdale, near Ridgeway. Phone for address. Phone is 604-780-0236.

Jasper Des Roches has:
New phone: 778-245-3944
New Postal Code: V2X 9B5
New email: jaspiness@gmail.com

Donna has had several requests for this recipe after serving them at a few recent meetings.

Rhubarb Oatmeal Muffins

I often make this with fresh or frozen cranberries, if it isn't rhubarb season. Doesn't work with dried cranberries – needs the liquid from fresh fruit. Sometimes I use rhubarb & strawberries, or rhubarb & raspberries.

1 c buttermilk (I use Orange juice)	1 egg
1 tsp vanilla	1/2 c vegetable oil
2 1/2 c flour	1 1/4 c packed brown sugar (I use less)
1 c oats	1T orange zest (I omit, because I use OJ)
1 t. baking soda	1 t. salt
2 c chopped fresh rhubarb (I use more!)	

In medium bowl, whisk together buttermilk, egg, vanilla, oil.
In large bowl, combine dry ingrediends. Add liquid, add rhubarb. (I add the rhubarb first, so it gets coated with flour, so doesn't sink so much.) Mix gently just until flour is mixed in.
Makes about 18 muffins, bake at 350 for 25 – 30 minutes.



Worship News

Did you Know?

Sermons presented throughout the year are posted on our Beacon website. You could listen to sermons you missed, or those you loved and want to hear again. Take a moment during the summer to check out the website; perhaps on one of the Sundays when Beacon is taking its summer sabbatical.

Other Summer worship?

Anyone have an inspiration and would like to have a worship "picnic" or other sort of gathering during the summer? Just get in touch with our Worship Chair, Marilyn Medén, and she'll help you schedule it, and get the word out. m.j.meden@telus.net, 604-469-6797



Experimental Church on Sunday June 8 (while others were at Sasamat)

led by Sue Sparlin

Sunday service went well today. We had 10 of us.

We talked about what are the least you need to have to make church (3 people and a chalice and coffee)

What is church?

- **Connecting Inspiring and Transforming**

- The symbol of the chalice and why it's important and what it does for us.
- Separating the notion of a "service" from the notion of "experiencing church"
- Being moved or inspired seemed important to people.
- We scattered the chairs all around the hall, no greeters table, no order of service.
- I brought a rainbow coloured cloth and cookies and some words
- Somebody brought a wee chalice and matches and some words
- We drew the curtains closed on the stage and served coffee and cookies at the start.
- Everybody welcomed everybody whenever they arrived.
- We talked about being able to share our successes and about celebrating the successes of others in the congregation as being special
- We talked about other "forms" of church, like CLF, beer church, bicycle repair shop church, good sex (Oh God), cyber church
- We talked about growth as being different from increasing numbers of members.
- I shared about my experience at the CUC and being here because Beacon saved me.
- Someone wanted "Carry the Flame" to end the meeting so we sang it.
- It was a good event.

It was a good day.

Unitarian Women's Retreat on September 19-21

The 17th UU Woman's Retreat will be held over the weekend of September 19-21 this year at the Bethlehem Retreat Centre in Nanaimo. The Saturday AM Workshop will be "The Labyrinth - a Metaphor for our Lives" and there is an outdoor labyrinth at the Centre. The workshop begins at 5PM on Friday evening and ends after lunch on Sunday. The cost is \$225.00 and this includes meals. Space is limited to 23 women. If you are interested email Janice Hocking at tjhocking@shaw.ca or Patricia Hofstrand at phofstrand@shaw.ca for further information and/or registration.

Unitarian Men's Retreat on October 3-5, 2014

Join Unitarian men and friends on October 3-5 at Sasamat Outdoor Centre, for a weekend of respect, camaraderie, sharing, good times, shared meals, music, humour, campfires, workshops and strongly connecting with real people. This event is a rare opportunity to reflect on your quality of life, work with and learn from other wise, witty and strong gentlemen, to discover more of yourself, and build relationships both new and old. \$115 for your first time. \$130 (early-bird) to \$180. Maximum 40 men, and we have sold out the last two years. Please register early!

Register and more info at www.heyuu.ca or admin@heyuu.ca

Regional Fall Gathering

Oct 24-26 - BC Regional Fall Gathering - Hosted by the First Unitarian Church of Victoria

Each region (within Canada) hosts a Regional Fall Gathering in a different location each year. To make it easily accessible, we try to ensure that over 3-4 years it's in every part of the region so that everyone has a "drive-to" option on at least one occasion.

These gatherings of Unitarian Universalist congregations celebrate the distinctive qualities and character of their region and enable participants to build and renew friendships across congregations. They provide participants with a unique occasion for spiritual deepening and leadership development.

These have an average attendance of 100 including adults, youth and children. A youth program, often sleeping in the church building, is run, with youth joining the main gathering at key points. Child care, young fun and sometimes junior youth (age 12-14) and/or special young adult (18-35) programming is planned.

The key purposes of Regional Fall Gatherings are opportunities for:

- Training sessions in education, practical congregational leadership topics and spiritual development,
- Gathering regionally to build and renew friendships and to celebrate the distinctive qualities and character of the region,
- Participation in a CUC board "Info and Input" forum where individuals can give direct feedback on present and future CUC business and goals.

The gatherings are planned on a cost-recovery basis with registration fees covering all direct costs of the gatherings.

To assist youth in the region to attend, on your registration form there is the option of giving an additional donation to support youth attendance. Subsidies are also available for others. For more information, please e-mail subsidies@cuc.ca.

There will be more information about the Regional Fall Gathering in the September newsletter, which will be available by the end of August.

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Lunch Bunch	4	5
6	7	8	9	10 Lunch Bunch	11	12 July Eliot starts
13	14	15	16	17 Lunch Bunch	18	19 July Eliot ends
20	21	22	23	24 Lunch Bunch	25	26
27 Music service	28	29	30	31 Lunch Bunch		

**Minister
On
Vacation
For July**

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 August Eliot starts
3	4	5	6	7 Lunch Bunch	8	9 August Eliot ends
10	11	12	13	14 Lunch Bunch		16
17	18	19	20 Newsletter Deadline	21 Music cttee meeting Lunch Bunch	22 Worship meeting	23 R.E. meeting
24 Poetry Service	25	26	27	28 Lunch Bunch	29	30
31	Sept 1 Labour Day					