

# The Beacon

A weekly email newsletter from  
Cedars Unitarian Universalist Church  
Serving Bainbridge Island and Northern Kitsap County



**CEDARS CHURCH**  
UNITARIAN UNIVERSALIST

Volume 10 Issue 39, October 9, 2020

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## Upcoming Services

### When The Walls Come Pressing In

**Sunday, October 11th**  
**10:00 a.m.**

**Virtual Worship Service**

**Rev. Zackrie Vinczen**  
**Johanna Munson, Worship Associate**

I often look at my to do list and find myself feeling a bit overwhelmed, and yet I still have to keep going. In this service, we will consider skills to help keep the walls from pressing in.

To access this service, use this link at 10 a.m.  
[Service link](#)

There will be a Zoom coffee hour following the live stream of this service.  
[Coffee Hour link](#)

### Our Congregational Mission

*Worship with open hearts*  
*Nurture a learning spirit*  
*Serve justice with compassion*  
*Love without judgment*



**Cedars UU Church is a  
Welcoming Congregation  
and Green Sanctuary**

### It Takes Practice

**Sunday, October 18th**  
**10:00 a.m.**

**Virtual Worship Service**

**Kathryn Jay, Speaker**  
**Bryan Baker, Worship Associate**

Faith formation, or what used to be called religious education, isn't just for kids. And it doesn't just happen on Sundays either. In this service, we'll explore how faith takes a lifetime of practice and how we can work together to strengthen our community's faith in love and justice.



**Rev. Zackrie Vinczen**

## Editor's Comment

This week essentially concluded my first month of responsibility for publishing and distributing the Beacon in addition to the writing, reporting, and editing that I've been engaged in for several years. The past few weeks were filled with growing familiarity and comfort with the publishing process, and last week's issue was particularly satisfying. But this week brought a very significant surprise with an apparently irreversible "upgrade" in the software used for production. Suddenly, capabilities and possibilities in page formatting and appearance have been significantly limited (apparently for better presentation on smartphones), and this week's issue is as close to the look of our previous issues as I have been able to get it. Hopefully, with more experience, or perhaps a software change, this disappointment can be overcome.

-- Richard Wilson

## News and Announcements

## Cedars Knitting/Crafting Circle

Cedars knitters and crafters are invited to join a weekly virtual meeting on Wednesdays at 1:30. Bring your current project, tea or coffee, and snack for virtual sharing and connection. If you don't have a current project in mind, you can knit for charity with your favorite organization or [Knitting4Peace.org](http://Knitting4Peace.org).

Topic: Cedars Knitting/Crafting circle

Time: This is a recurring meeting. Meet anytime

[Join Zoom Meeting](#)

**Carol Ann Davidson**

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## Cedars Movie Group Discussion

**The City of Your Final Destination**

**October 23, 7:00 p.m.**

**(6:45 p.m. start-up for check-in)**

The Cedars Movie Group meets monthly for social evenings and discussion of a selected movie that participants have viewed previously. This month the group will meet virtually to discuss *The City of Your Final Destination*.

Twenty-eight-year-old University of Kansas doctoral student Omar Razaghi wins a grant to write a biography of deceased Latin American writer Jules Gund. But Omar's journey to Uruguay seeking family authorization for the work also carries him into a life-changing culture of asylum, intellect, and wealth. The Peter Cameron novel inspiring the film has been described as a wryly humorous, impeccably observed study of the capriciousness of love.

A 2009 Merchant-Ivory drama starring Anthony Hopkins, Laura Linney, Omar Metwally, Charlotte Gainsbourg, and Hiroyuki Sanada, the film is readily available for streaming (Netflix, Prime Video, YouTube, etc.). The discussion will be hosted by **Sally and Richard Wilson**, using the Zoom meeting platform.

For a link and password, email **Joan Spencer** for information, and enjoy the discussion!

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## Meditation Returns

**Cedars Meditation Group**

**Tuesday 7:00 p.m.**

**Virtual Sessions**

Is this the time to start (restart) meditating?

In these times, the practice of sitting quietly, with attention only on the experience of the present moment, can nourish a sense of calm and control.

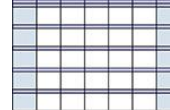
The Tuesday Night Meditation Group will restart its weekly sessions on Tuesday, October 6 at 7:00 p.m. via Zoom. While the Zoom format is not the same as meeting in person, it is a step in committing to a regular meditation practice.

The format will be similar to our prior meetings. After a few minutes of informal chat we will sit for 30 minutes, take a short break to grab a cup of tea and then have a 30-45 minute discussion about a selected reading. Initially, we will read a brief quote or paragraph but as we progress we may select longer readings or books for discussion.

If you are interested in joining this group or if you'd like some information about beginning a meditation practice, please contact **Dawna Kramer** at [raddjk@yahoo.com](mailto:raddjk@yahoo.com) or by phone from the Breeze directory.

[Link to sessions](#)

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## Cedars Calendar

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To view our detailed calendar [click here](#). Then click on the event title to reveal a drop down with more information and an event description. **Links to virtual meetings are in the event description.**

*Taking advantage of online options, your Cedars community invites you to share events, get information, enjoy fellowship, and pause for reflection.*

**October 9 & 10 (virtual) JUJustice Summit sessions**

*See announcement below for link*

**October 10**

**3:00 p.m. (virtual) Harvest the Power session 3**

**October 11**

**10:00 a.m. (virtual) Sunday Worship Service**

*See Link in Upcoming Services.*

**2:00 p.m. Physically distanced family hike at North Kitsap Heritage Park**

**October 13**

**1:30 p.m. (virtual) Marvin Evans Reading Group**

**7:00 p.m. (virtual) Celebrating Life Workshop**

**7:00 p.m. (virtual) Meditation Group**

**October 14**

**1:30 p.m. Cedars Knitting/Crafting Circle**

**7:30 p.m. (virtual) Choir Practice**

[Link to Choir Practice](#)

**October 15**

**10:00 a.m. (virtual) Morning Reflection**

*Link to [Morning Reflection](#) Pass code - 1959*

*Link and Pass Code can be used each week.*

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## Chalice Lighting as a Spiritual Practice

### Faith Formation at Cedars

You may have noticed a number of different folks lighting and extinguishing the chalice each week. It's part of an effort to get more people involved in the service, part of an effort to make sure we "see" each other even when we can't meet in person.

Do you want to light the chalice? Here's how to make it work.

Find a spot in your home or outdoors where there is room for a table and a chalice. It is probably easiest if you use your phone. Record yourself-or have someone record you -- lighting the chalice and saying the traditional Cedars chalice lighting words:

*As we come together to worship, We remind ourselves to treat all people kindly Because they are our brothers and sisters, To take good care of the earth because it is our home, and To live lives full of love and goodness Because that is how we will all become the best that we can be.*

Then, take a pause of several seconds (no need to even stop the video) and blow out the chalice, saying these words:

*We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again .*

That's it! Send the video to me at [faith.formation@cedarsuuchurch.org](mailto:faith.formation@cedarsuuchurch.org)

A couple of small suggestions: Make sure that your location has good light and that you speak loudly

## Morning Reflection

Every Thursday, 10:00 a.m.  
Virtual Meeting on Zoom

During each Morning Reflection session, which is led by **Rev. Zackrie**, participants gather for meditation and discussion of several brief sections from The Prophet by Kahlil Gibran.

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## News from CCBG

### Cross Cultural Book Group

As a black woman in America, I find these to be troubling times. While raising my children, I taught them all to be proud of their African ancestry, regardless of what they learned, heard, or witnessed.

Now I am reading **Caste** by *Isabel Wilkerson*, which tells me that we all have been infected, and it is not enough to inoculate one's own family. There is no mask to protect us against this pandemic of racism. We must eradicate it in this country, this world.

-Barbara Golden

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## Evans Reading Group News

Marvin Evans Reading Group  
Tuesday, October 13, 1:30 p.m.  
Virtual Discussion Using Zoom

The Marvin Evans Reading Group has selected **The Happiness Hypothesis** by *Jonathan Haidt* for its next discussion, scheduled for October 13. This insightful book explores concepts, understandings, and perspectives on happiness and meaningful living espoused by significant thinkers of the past, examining them in the light of contemporary psychological research, and extracting lessons that apply to our modern lives.

Alan suggests that readers might also appreciate a TED talk by author Jonathan Haidt. Search for *Jonathan Haidt on Religion, evolution, and the ecstasy of self-transcendence* on YouTube; a transcript is also available on [www.ted.com](http://www.ted.com).

For more information, contact **Alan Miller** or **Mary Romeo**.

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## Cedars Creativity Fair 2020

### Coping with Social Isolation See What Others Have Been Doing

As first announced months ago, we have organized a Cedars response to the social isolation in which we all now find ourselves. Missing each other, our identity as a congregational community is suffering, although we are coping as individuals.

Our response has been to re-imagine and present a virtual version of the several after-service **Creativity Fairs** that were held in Webster Hall in recent years. Organized to provide opportunities to see and appreciate artful products and demonstrations of the creativity present in our talented and capable congregation, those fairs also helped us get to know each other better.

Now, the **2020 Cedars Creativity Fair** is underway. Presented as an album of photos on our **Cedars Facebook page**, it is open to everyone, but it also is just a beginning. Everyone is invited to share what they've been doing or creating during this time of isolation.

Please join us by sharing what you have been doing,

enough to be captured by the microphone. Also, record your video horizontally rather than vertically so that you will fill the screen.

It doesn't have to be a solo affair either! Families and couples can do this together. We all look forward to seeing you.

**Kathryn Jay**  
**Faith Formation Leader**  
360-559-2381.

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## News for Parents

Cedars will be hosting a physically distanced hike at North Kitsap Heritage Park after church on Sunday, Oct. 11 from 2-3:30pm.

Parents and kids are welcome to join Rev. Zackrie for a not-too-strenuous hike and then a short socially distant hang-out afterwards.

Please wear masks and eat before the hike. If you'd like to join Rev. Zackrie, we'd appreciate letting us know beforehand at [faith.formation@cedarsuuchurch.org](mailto:faith.formation@cedarsuuchurch.org). Though, of course, you can just show up and we will welcome you with a nice wave and a hearty hello!

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## Pastoral Care Concerns

### COVID-19 Symptoms? Get tested now!

Public health officials are urging Kitsap residents to get tested as quickly as possible if they have any COVID symptoms, no matter how mild.

It has taken an average of 3.4 days for positive cases in Kitsap County to get tested for COVID-19 after first experiencing symptoms. This delay increases the potential for spreading the virus to others. People who know they have COVID-19 are more likely to isolate themselves than those who aren't sure.

To reduce this testing delay, Kitsap Public Health is

- Urging community members to seek testing immediately if they experience any COVID-19 symptoms, even if their illness is mild.
- Encouraging local health care providers to test symptomatic patients as quickly as possible.
- Working with the Kitsap County Emergency Operations center to develop a community-based testing site to expand testing options for Kitsap residents.

Kitsap residents are urged to create a plan for how they will get tested if they experience symptoms and how they can separate themselves from others while they are sick.

The Centers for Diseases Control website has more information about COVID-19 symptoms. Check with your primary care provider or call 2- 1-1 for information on testing locations in Kitsap County.

In recent discussion within the Cedars Pastoral Care Team, **Rev. Zackrie** confirmed that he would appreciate being informed if any member of the Cedars community tests positive for Covid-19. The information will remain confidential if the person so wishes, but Rev. Zackrie's awareness could help with contact tracing as well as determining what support and possible services could be offered by Pastoral Care Team members and perhaps the larger Cedars UU community as well.

-The Pastoral Care Team

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## Staying Connected

Learn to Host Zoom

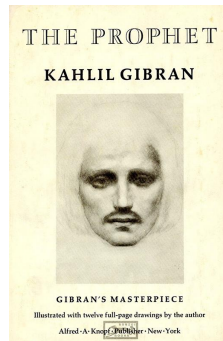
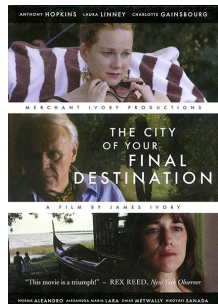
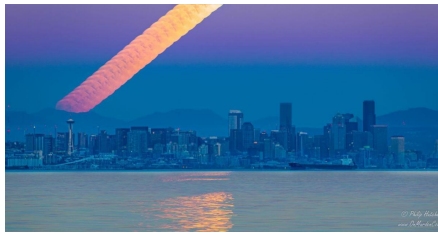
and enjoy the growing show! Use the link below to find the show!

### Cedars Creativity Fair 2020

**Richard Wilson and Bonnie Yocus**  
Facebook Page Administrators

A recent addition to the show:

Color Shift as Moon Rises by Phil Hutcherson



We are doing a lot on Zoom these days and Fran Korten will lead a class on becoming a Zoom host. It's easy to do but a few tips are always helpful. Fran will walk you through some basics -- things she learned in order to function in this strange pandemic time. She'll do a brief introduction, walk you through the setup options, and then take questions.

The class will be on Thursday, October 15th at 7:30pm.

Once you know how to host a Zoom meeting you can use it for meetings with your Cedars groups as well as getting together with family and friends.

Please RSVP to **Sally Wilson** so she can send the link to you the day before the class.

### 2020 Northwest Justice Summit

**JUJustice Washington**  
**October 10 & December 5, 2020**

JUJustice Washington's board and staff are delighted to announce plans for the *2020 Northwest Justice Summit*. In light of the dramatic and tragic events of the past several months, the 2020 summit will be online and split between two weekends: **October 10 and December 5**. **Please save the dates.**

Pre-summit Indigenous events will be offered on the evenings of **October 9 and December 4**.

The theme of the summit will be **Committing Ourselves to the Great Turning**.

*Racial justice, environmental justice, RIMS (Refugee, Immigrant, and Migrant Solidarity), and legislative advocacy* will be the focus of a sequence of plenary sessions on **October 10**. The online format allows us to feature national, regional, and local panelists. This format allows you to attend all of the sessions, or just those of greatest interest to you.

The December 5th sessions, following the 2020 elections, will be geared toward justice organizing and actions for congregations, justice partners, and JUJustice Washington in 2021 and beyond.

For more information and other justice news, go to the JUJustice network website at **JUJusticeWA**

**Summit Registration Link**

**Services and Faith Formation**  
Sundays at 10:00 a.m.  
The Island School  
8553 NE Day Road  
Bainbridge Island

**Cedars Center**  
284 Madrona Way, NE #128  
Bainbridge Island WA 98110  
(206) 780-0373

Closed during COVID-19 Pandemic

**Rev. Zackrie Vinczen, Minister**  
For an appointment, e-mail  
minister@cedarsuuchurch.org  
For an urgent matter, call (360) 930-9339 (Pastoral Care)

**Kathryn Jay, Faith Formation Lead**  
faith.formation@cedarsuuchurch.org

**Office Manager**  
Currently volunteer staff  
office@cedarsuuchurch.org

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