



Upcoming Services

UU the VOTE

Sunday, October 4th  
10:00 a.m.

Virtual Worship Service

Rev. Zackrie Vinczen  
Penny Brewer, Worship Associate

On Sunday October 4th, we will be postponing our previously scheduled service to participate in the UU the Vote virtual service. This service will be streamed through our YouTube channel and explores issues we are facing as we approach the election as well as ways to connect with other Unitarian Universalists to magnify our impact and protect our democracy.



Join UUA President Susan Frederick-Gray, the UU the Vote team, and a lineup of powerful, prophetic UU voices as we explore the intersections of faith, justice, and democracy in this collective virtual service.

To access this service, use this link at 10am.  
[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



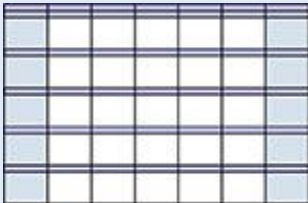
Rev. Zackrie Vinczen

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.



Cedars Calendar

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 3  
3:00 p.m. (virtual) Harvest the Power session 2

News and Announcements

Celebrating Life by Honoring our Dead

An online workshop for individuals and families  
Led by Johanna Munson and Kathryn Jay

Tuesday 7:00 p.m.  
Virtual Sessions

Join us to explore how those who have died have affected our life. How can remembering them help us open up to talk about death? What ways have we learned to cope with the idea of death, and how can we create an affirmative approach?

The workshop begins with choosing a person or an animal to honor, then bringing in memories that call that person close. We'll honor them in the second session by exhibiting creative works made during the intervening week-- sculpture, collage, poetry, music -- anything goes! Images from this session will be recorded and compiled into a video to be shown to a wider audience.

In the third session we'll turn to how to approach the topic of our own death, and reflect on how we'd like to be remembered. The 4th week we'll share our creations in a compilation video, along with the impact of the workshop. All are invited to join in that session.

This online workshop takes place on Zoom in four sessions, 10/6, 10/13, 10/20, and 10/27 (all Tuesdays) from 7:00 p.m. to 8:15 p.m. Please commit to participating in all four sessions. There is a registration fee of \$20 per household, and proceeds go to Cedars UU Church. Registration is limited to 30 participants. You can register by clicking this link:

[Workshop Registration](#)

Continuing Connections Team

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](#)



October 4  
10:00 a.m. (virtual) Sunday Worship Service  
*See Link in Upcoming Services.*

October 6  
7:00 p.m. (virtual) Celebrating Life Workshop  
7:00 p.m. (virtual) Meditation Group

October 7  
7:30 p.m. (virtual) Choir Practice  
Link to [Choir Practice](#)

October 8  
10:00 a.m. (virtual) Morning Reflection  
Link to [Morning Reflection](#) Pass code - **1959**  
*Link and Pass Code can be used each week.*  
7:30 p.m. (virtual) conversation for parents  
*See announcement below for link*

October 9 & 10  
JUJustice Summit (virtual) sessions  
*See announcement below for link*

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 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.

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

News for Parents

How can Cedars Help You?

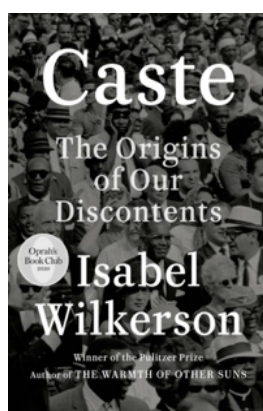
Hi parents, guardians, and caregivers of children,

Helping kids find and maintain their balance, both emotionally and



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



## Poetic Pause

### Haiku for Autumn

Sitting on my porch  
Enjoying the first fall rain --  
This is contentment.

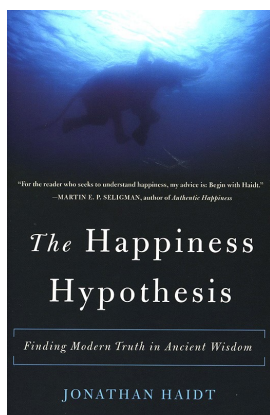
They are what they are  
Mountains, Rivers, the great Earth --  
I watch and wonder.

Alan Miller

## 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**.

## Cedars Creativity Fair 2020

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

As first announced several 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** has opened. 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.

spiritually, is one of life's greatest challenges and life's greatest gift. This is also a starting place for considering how Cedars can help you as parents find and maintain your own balance. How can the church help you? What can we do to help your kids?

**You are invited to a conversation Thursday Oct. 8 at 7:30 p.m.** to explore how to grow and nurture the spiritual and ethical lives of our kids in these days of pandemic and unrest.

We will meet on zoom for one hour. Here is the link to the discussion:  
<https://zoom.us/j/98510919051>.

Rev. Zackrie and I hope to see you there, but if you can't attend and are interested in exploring this more, please do reach out to me (Kathryn Jay) at [faith.formation@cedarsuuchurch.org](mailto:faith.formation@cedarsuuchurch.org).

**In related news, 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 it if you could let 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!

Kathryn Jay  
Faith Formation Leader  
Cedars UU Church  
360-559-2381.

## Leadership Learning

### *Harvest the Power*

Serving in leadership roles within a congregational setting can be a deeply spiritual and rewarding experience. These roles can also require us to develop skills and perspectives that differ from other organizational leadership structures.

Recognizing this, Rev. Zackrie has invited current, past, and future Cedars leaders to join in an exploration of spiritual leadership using the *Harvest the Power* curriculum to develop an understanding of healthy leadership practices within a church setting.

Registration is now closed, but please reach out to Rev. Zackrie with any questions about the program.

**These sessions will continue from 3:00-5:00 p.m. on the following dates: 10/03, 10/10, 10/17, 10/24, and 11/07.**

## 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



Please join us by sharing what you have been doing, and enjoy the growing show! Use the link below to find the show!

[Creativity Fair](#)

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

A recent addition to the show:



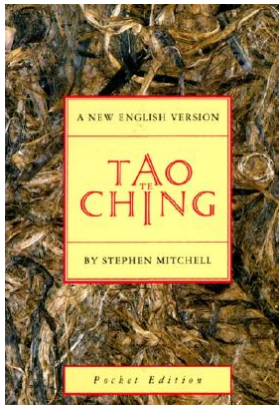
*Another Kind of Music*  
Chris Smellow

**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 Stephen Mitchell's translation of the ***Tao Te Ching***.

After finishing with this inspirational source in a few more weeks, the group will shift its focus to ***The Prophet*** by Kahlil Gibran.



**Staying Connected**

**Learn to Host Zoom**

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.

**Member Directory**

Members and Friends can easily search our online [Church Directory](#) for contact information. The link is located under the Connection Tab of the [Cedars website](#).

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**

**2020 Northwest Justice Summit**

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



JUUSTICE 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 JUUSTICE Washington in 2021 and beyond.

*For more information and other justice news, go to the JUUSTICE network website at [JUUSTICEWA](#) [Summit Registration Link](#)*

**Print the Beacon Newsletter**

*The Beacon* is available to download and print each week. Go to [www.cedarsuuchurch.org](http://www.cedarsuuchurch.org). The newest version is available on the Cedars website under News after 12:00 p.m. on Fridays. Copies also will be available in-person at Sunday Worship Services when they resume.

Connect with Cedars



Services and Children's Religious Education

Sundays at 10 a.m.  
The Island School  
8553 NE Day Road  
Bainbridge Island

Closed during COVID-19 pandemic

Cedars UU Center

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

Parking Hints

Guide to Cedars Center Use

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)

Office Manager

Currently volunteer staff

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