

The Beacon

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



CEDARS CHURCH
UNITARIAN UNIVERSALIST

Volume 14 Issue 34/ August 23, 2024

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This Week At Cedars

Sunday Service, August 25th
10:00 a.m.
In-Person Service in Webster Hall

Natural Divina

Rev. William (Bill) Comfort, Guest Minister
Gregory Cook, Worship Associate



The title comes from the name of a meditative way of interacting with scripture called Lectio Divina. In Lectio Divina, a person reads a piece of scripture over several times slowly until a part of the text seems to particularly speak to the person. The scripture in question can come from the Bible, another holy text or a contemporary text. In Natural Divina, the text is the natural world. During the sermon, Rev. Comfort will ask people to share times when they have been moved by their contemplation of something in the natural world.

Tuesday, August 27th

Super Supper - See "Ongoing Programs" below for more information
5:00 p.m.
Eagle Harbor Church

Films for Flourishing - See "News and Announcements" below for more information
7:00 p.m.
Grace Episcopal Church

[View the detailed Calendar](#)

Upcoming Service

The Science and Practice of Self-Regulation: and its Impact on Decision Making

Sunday September 1st, In-Person Service
in Webster Hall

Sandy Spear, Cedars Board Member and Educator
Mike Cox, Worship Associate

We will review best practices for emotional self-regulation. According to Marc Brackett at Yale Center for Emotional Intelligence, extensive research validates these practices.

News and Announcements

Board News

The Trustees wish to say "Thank You!" to everyone who attended the Brunch & Banter service on August 18th. We received lots of great feedback from folks about what they are thinking about our Cedars community that we discussed during our annual retreat that afternoon. Stay tuned for updates from the Board about opportunities to help us shape the future!

– Cedars Board of Trustees

Meditation Group Forming

Starting September 4th, join us for meditation practice on Wednesdays from 5:30 to 6:30p.m. at the Cedars Center. We will use mindfulness or Vipassana Meditation audio recordings from the Insight Meditation Center in Redwood City. For questions, please contact **Sandy Spears** at sandy.spears@att.net.

August Special Collection: StandUp for Kids

Felicia Hord, Director, will join us at our August 25th service to provide information about **StandUp for Kids – Kitsap County**, which is part of a national nonprofit organization dedicated to the mission of ending the cycle of youth homelessness and its economic impact by providing support and resources to youth experiencing hardships beyond their control.



Since 1992, their volunteers in Kitsap County have been assisting unaccompanied, homeless and at-risk youth and young parents ages 12-24 with basic necessities, and partnering with local schools, programs, community partners and nonprofit organizations to connect them with resources in the hopes of helping them transition from surviving to thriving. Find more information on their website [here](#).



Summer Pig Roast Event

Each year, Cedars holds a number of community-building events hosted by individuals in the Congregation. We offer sign-ups through ticket sales in the Spring for these events.

We think this is the best way to get to know people at Cedars Unitarian Universalist Church, and have a great Saturday afternoon! The Pig Roast was hosted by the Philip, Maher and Kempkes families in Poulsbo at the Philips' home on August 17th. The Mahers are experts at open roasting a pig with Cuban spices, which was the feature for dinner.



Films for Flourishing: Closer to Home

Grace Episcopal Church, in collaboration with the BINK Interfaith Climate Circle, is starting a film series called *Films for Flourishing*. The next film is:

Tuesday, August 27th
6:30 p.m.
Grace Episcopal Church
8595 NE Day Road



"Closer to Home" brings together an extraordinary array of thinkers, writers and activists from every continent to make a simple but revolutionary argument: by reducing the scale of the economy, we can not only stop the rush towards social and ecological breakdown but restore damaged ecosystems and increase our own personal well-being.

After the film, there will be a lively discussion about the film and what lessons we can take away for each of us personally and for our congregation.



Bainbridge Island Environmental Conference: Electrification Expo

Join us on **Saturday September 14th from 12- 5 p.m. at Woodward Middle School** for the **Bainbridge Island Environmental Conference and Electrification Expo!**

We need volunteers on the day of the event. If you are interested in volunteering, you can sign up [here](#).

The program includes:

1. Speakers on a wide variety of topics surrounding electrification and conservation.
2. Vendors who will provide information on how to take steps to electrify your home and your life (e.g., solar panels, heat pumps, electric vehicles, electric bikes, landscaping equipment and much more).
3. Homeowners and local organizations will discuss the practicalities of home electrification.
4. Food booths and music.

For more information, please contact Mike Cox at toxman57@gmail.com.

For more information and to register for the event visit the website [here](#).

UU the Vote: Sunday, September 15th after the Service

Come join us as we write postcards to encourage people to come out to vote in the crucial swing states. We will meet right after the service on Sunday, September 15, for about 1 hour to write the postcards. Snacks and drinks provided.



UU the Vote is a bold initiative created by the Unitarian Universalist Association's Side with Love team, providing UUs a thoughtfully crafted "plug-and-play" opportunity to bring our democratic values to life in the crucial struggle to build a genuine multiracial democracy. Find more information [here](#).

For details, please contact **Mike Cox** at toxman57@gmail.com or **Naomi Gray** at naomiwwwgray@gmail.com.

Bainbridge/North Kitsap CROP Hunger Walk-Dance registration is open!



No one in this world should be hungry. That's why the Bainbridge/North Kitsap CROP Hunger Walk-Dance is more than just a gathering of people in one place. It is part of a movement, taking steps and raising funds together to provide meals for those in our own community who need them—and supporting programs that create greater food security in communities all around the world.

Please join our team in the fight against hunger. The steps we take and funds we raise will make a difference in the lives of others. Join our team [here!](#)

Sunday, Sept. 22nd at Eagle Harbor Congregational Church
Registration time is 1:30 p.m. and Dance starts at 2:00 p.m.
Sponsored by Bainbridge Island/North Kitsap Interfaith Council

Ongoing Programs

Do you like trivia? Join other Cedars members and friends at the **Meadowmeer Grill** on Bainbridge Island each Sunday for Trivia



Time! The game starts at 5:00pm. Get there by 4:45pm to form teams. If you want to RSVP, text **Jim Morss**.

Super Supper and Community Kitchen Sign-Ups

Cedars, in partnership with Kol Shalom as members of the Bainbridge Island Interfaith Council, offers Super Supper dinners on the last Tuesday of each month. We have a regular sign-up for you to use each month to provide various dishes and to assist with setup, serving, and cleanup, so that all in our congregation have a chance to participate. Please consider signing up for one or more slots [here](#).



Cedars is also now committed to leading the preparation and serving of a free meal to anyone in the community every other month through the Suquamish Community Kitchen. These meals require many helping hands to prepare, serve, and clean up. Please consider signing up for one of the team member roles on one or more of the upcoming dates (September 11 and November 13) [here](#).

For more information contact **Mike Cox** at 206-799-3725 or toxman57@gmail.com or **Rod Kempkes** at rdkempkes@gmail.com.

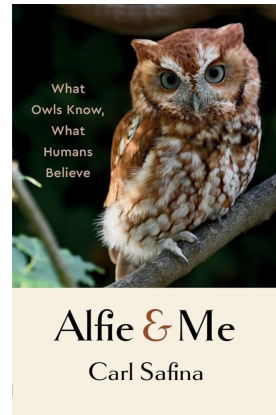
Evans Reading Group

The next reading selection is *Alfie and Me*, by Carl Safina.

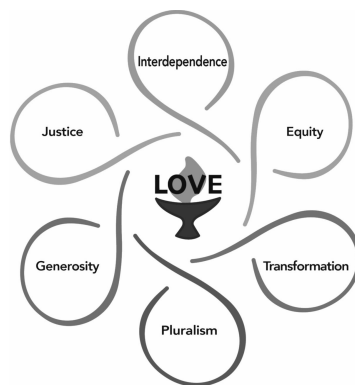
A moving account of raising, then freeing, an orphaned screech owl, whose lasting friendship with the author illuminates humanity's relationship with the world.

Join us for an interesting discussion via Zoom at 1:30 p.m. On Wednesday, August 28th. If you would like to be on our email list, let **Mary Romeo** know.

More information about the Marvin Evans Reading Group can be found on our website [here](#).



Cedars UU Church is a Welcoming Congregation and Green Sanctuary



Our Congregational Mission

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

[Print the Beacon Newsletter](#)

The Beacon is available to download and print each week. Go to www.cedarsuuchurch.org. The newest issue is available on the Cedars website under News after 12:00 p.m. on Fridays.

[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 and [here](#).

Worship Services

Sundays at 10:00 a.m.
The Island School
8553 NE Day Road
Bainbridge Island

Office at Cedars Center

Tuesday - Thursday 9 am - 2 pm
284 Madrona Way, NE #128
Bainbridge Island WA 98110
(206) 780-0373
office@cedarsuuchurch.org

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[Cedars UU Church \(website\)](#)



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