

# The Beacon

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



**CEDARS CHURCH**  
UNITARIAN UNIVERSALIST

Volume 15 Issue 35/ August 30, 2024

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## This Week At Cedars

**Sunday Service, September 1st**  
**10:00 a.m.**  
**In-Person Service in Webster Hall**

### Regulation

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

What are the best practices for emotional self-regulation? According to Dr. Marc Brackett at the Yale Center for Emotional Intelligence, there is extensive research on emotional self-regulation.

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**Wednesday September 4th**

**Meditation Group** - See below for more information  
**5:30- 6:30 pm**  
**Cedars Center**

[View the detailed Calendar](#)

## Upcoming Service

**Sunday September 8th, In-Person Service in Webster Hall**  
**10:00 am**

### Water Ceremony

**Rev. Jennifer Alvair**  
**Jenny Weaver, Worship Associate**

Join us in celebrating our unity and interconnectedness through the symbolism of water. Participants are encouraged to bring water from their homes to pour into a common vessel to represent the blending of diverse experiences.

## News and Announcements

### Board News

The Board is pleased to announce that we now have a new Office Administrator, Michelle Welsh, working to support the many activities of our Cedars community! Michelle will be a part-time employee working 20 hours per week and will be in the Cedars Center on Tuesdays, Wednesdays, and Thursdays from 9am to 2pm. You can read more about Michelle below. Please stop by the Cedars Center when you're out and about and say "Hello" to her!

The Board is also developing a survey that we are planning to put out to all Cedars members and friends in mid-September that will help inform the Board about how folks feel about various options that the Board could pursue over this coming year of transition. Stay tuned for updates from the Board about opportunities to help us shape the future!

– Cedars Board of Trustees

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Hello everyone,

My name is Michelle, and I'm thrilled to join Cedars UU Church as the new Office Administrator. With a keen eye for detail and a touch of creativity, I am excited to bring my organizational skills and enthusiasm to your vibrant community.

Outside of work, you can find me partaking in a variety of hobbies that fuel my creativity side. I enjoy crafting in all its forms, whether it's soap making, painting, or DIY projects. When I need to recharge, I love hiking in nature, practicing yoga, and diving into a good book.

I am genuinely excited to be here and am looking forward to contributing to the wonderful work and mission of Cedars UU Church. Thank you for the warm welcome—I can't wait to get to know each of you and make a positive impact together.

With gratitude,  
Michelle Welsh

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## Cedars Facebook Conversations

If you're on Facebook, there is a new Facebook group called Cedars UU Church Community Conversations for members and friends to share events, fun stories, etc. Let's keep the coffee hour going all week long! Join the group [here](#).

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## 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](mailto:sandy.spears@att.net).



## 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 [attoxman57@gmail.com](mailto:attoxman57@gmail.com).

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

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## 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](mailto:toxman57@gmail.com) or **Naomi Gray** at [naomiwwwgray@gmail.com](mailto: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.



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 [here](#) for one of the team member roles on one or more of the upcoming dates (September 11 and November 13).

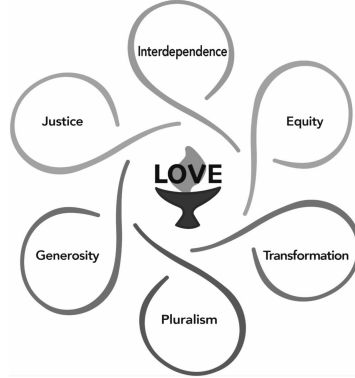
For more information contact **Mike Cox** at 206-799-3725 or [toxman57@gmail.com](mailto:toxman57@gmail.com) or **Rod Kempkes** at [rdkempkes@gmail.com](mailto:rdkempkes@gmail.com).



Cedars UU Church is a  
Welcoming Congregation

## Our Congregational Mission

*Worship with open hearts  
Nurture a learning spirit  
Serve justice with  
compassion*



### 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 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](mailto:office@cedarsuuchurch.org)

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Do you have an article, event, or announcement?  
Send it to The Beacon **by Friday at 11:00 a.m. ONE WEEK BEFORE** the next Friday's newsletter (7 days in advance). See our [submission guidelines](#).

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



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