

SHARE:

[Join Our Email List](#)

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 45/ November 7, 2024

[Website](#)[Contact Us](#)[Join Cedars](#)

This Week At Cedars

Sunday Service, November 10
10:00 am

Early Lessons from Aikido: A Way Toward Peace

Rev. April Frazier, Guest Minister
Johanna Munson, Worship Associate

Aikido is a martial art, as well as a philosophy and a spiritual practice. There are lessons we can take from our training on the mat out into the world. Aikido teaches us to practice centering, while providing a real avenue for choosing peace and impacting both ourselves and the world we live in for the better.



Wednesday, November 13

*****Suquamish Community Kitchen**

*****1:00 - 7:00 pm**

*****Suquamish United Church of Christ**

***Please see below for more details.

*****Meditation Group**

*****5:30 pm**

*****Cedars Center**

***Please see below for more details.

Saturday, November 16

*****Fall Clothing Swap Drop Off**

*****11:00 am - 3:00 pm**

*****Filipino American Hall**

***Please see below for more details

[View detailed calendar here.](#)

Upcoming Service

Sunday Service, November 17

10:00 am

Early Lessons from Aikido: A Way Toward Peace**Rev. Barbara Cornwell, Guest Minister**
Gregory Cook, Worship Associate

In the early 60's Directors of Religious Education were responding to parent and youth requests for help navigating the changing world of sexuality, when they joined forces with the UUA to create a new sexuality curriculum for middle schoolers, called About Your Sexuality (AYS). Today, we have the lifespan sexuality curriculum, Our Whole Lives (OWL), created in collaboration with the good people of the United Church of Christ. You will learn a thing or two!

**News and Announcements****Board News****Staying Connected in Uncertain Times**

These are times that are full of anxiety on so many levels. Specifically, the weeks leading up to and following the national election have significant potential for increased disinformation, chaos, and even violence in our country. We know that many of you are already doing your part to build strong, connected, and resilient communities outside of Cedars. As a religious community, our responsibility in uncertain times is always to move deliberately, grounded in our values and in relationship with the key leaders, partners, and movements who share them.

Also, through our connection to the wider Unitarian Universalist movement, we have access to additional resources offering guidance and support for community resilience in times of instability and fear.



[Resources for Community Resilience](#)

- Cedars Board of Trustees**Helpline House Donations**

Cedars will host a donations drive for the Helpline House every Sunday in November. There will be a collection box at The Island School every Sunday throughout the month of November. You can find their list of requested items [HERE](#). Please consider giving this season. For more information, contact Naomi Gary at Naomiwwgary@gmail.com.



Thank you to the Cedars Community

The Cedars community wrote 230 letters encouraging voters to get out and vote. Naomi Gary initiated this effort for our church, inspired by the UU the Vote initiative.

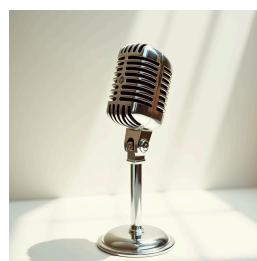


Rev. Bruce Bode Sermon - Approaching Election Concerns & Considerations

Did you miss last week's Sunday Service with Rev. Bruce Bode? He spoke of our election concerns in this presidential race. You can find his sermon [HERE](#).

Audio Recordings

Did you miss a Service, or do you want to listen to a great sermon again? The Tech Team is making audio recordings of our Services and has posted several to our website. You can find them in our Service Archive [HERE](#). They are usually uploaded by the Friday following the Service.



Fall Clothing Swap

Join ReFashion Bainbridge for a Fall Clothing Swap. Bring good-quality clothing, including casual, formal, business, athletic, outerwear, and scarves. Drop off is Saturday, November 16, from 11:00 am to 3:00 pm at Filipino American Hall. The Swap will be held on Sunday, November 17, from 1:00 am to 3:30 pm.

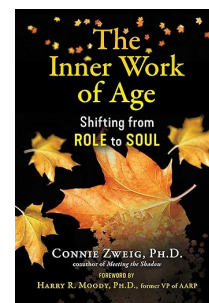


Ongoing Programs

Book Club

The Marvin Evans Book Group will discuss *The Inner Work of Age: Shifting from Role to Soul* by Connie Zweig, on Wednesday, Dec 11 at 1:30 pm, via Zoom. If you would like to be included in our email list, please contact [Mary Romeo](mailto:MaryRomeo@msn.com) at nmromeo@msn.com.

"Instead of simply slipping into old age, Zweig encourages us to mine our lives for all the gold and silver that's there. Dive into this book to find the wisdom within yourself. As you grow old, learn to become an elder filled with vitality and purpose."



Meditation Group

Join us for meditation practice on Wednesdays from 5:30 to 6:30 pm 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](mailto:SandySpears@att.net) at sandy.spears@att.net.

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. You can find the sign-up for Super Suppers [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 [HERE](#) for one of the team member roles on the upcoming date (November 13).

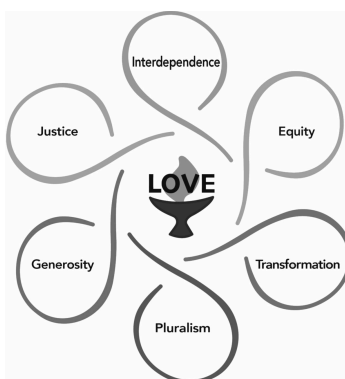
For more information contact **Mike Cox** at 206-799-3725 or toxman57@gmail.com or **Rod Kempkes** at rdkempkes@gmail.com.

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](#).



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

Would you like to subscribe to The Beacon? Email: beacon@cedarsuuchurch.org
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 \(website\)](#)



Cedars Unitarian Universalist Church | 284 Madrona Way NE, #128 | Bainbridge Island, WA
98110 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!