

# How to Get Connected at Cedars

Cedars depends on many volunteers to maintain the health and vitality of our spiritual community. Listed below are some of the many ways that you can get involved with helping others support our Cedars mission statement, make friends, and have fun!



## We Worship with Open Hearts

### Setup and Hospitality Teams

Help us create a warm and welcoming environment for weekly Sunday services by helping with setting up our worship space, preparing refreshments, and greeting visitors with a friendly smile.

If interested, contact David Barnes – [david.barnes.expd@gmail.com](mailto:david.barnes.expd@gmail.com)

### Music

This group of dedicated volunteers promotes, advocates, nurtures, and sustains our music programs at Cedars. They take primary responsibility for music at Sunday services and other church gatherings.

If interested, contact Fran Korten – [fran.korten@gmail.com](mailto:fran.korten@gmail.com).

### Worship Associates

The worship associates work in partnership with our minister to develop and support consistently high-quality worship services. Their goal is to make our services welcoming, accessible, uplifting, and relevant to the lives of everyone seeking a spiritual home with us.

If interested, contact Nancy Philip – [nancyphilip62@gmail.com](mailto:nancyphilip62@gmail.com)

### Tech Team

Help support our Sunday services by setting up and managing our sound system as part of a team, ensuring that everyone—both in-person and online—can fully engage with us each week.

If interested, contact Jeff Phillip – [philip.jeff@gmail.com](mailto:philip.jeff@gmail.com)



## Child Care Helpers

With other volunteers, help provide a safe, caring space for our youngest attendees, allowing parents to participate in worship and programs while their children play and learn.

If interested, contact Sandy Spears – [sandy.spears@att.net](mailto:sandy.spears@att.net)

## We Nurture a Learning Spirit

### Adult Programs

This group coordinates and facilitates discussion groups, spiritual exploration classes, and social gatherings that nurture personal growth and community connection.

If interested, contact Johanna Munson – [johanna.munson7@gmail.com](mailto:johanna.munson7@gmail.com)

### Spirituality Book Group

This group reads and discusses non-fiction books that help in our personal growth—spiritual, philosophical, historical, nature-oriented. They meet about every 2 months.

If interested, contact Mary Romeo – [nmromeo@msn.com](mailto:nmromeo@msn.com)

### Children's and Youth Religious Education

While Cedars currently does not have enough families with children to sustain a weekly program on Sundays, we are hopeful to re-start one that will guide children in exploring UU values through stories, activities, and creative lessons that inspire curiosity, kindness, and a sense of justice.

If interested, contact Rod Kempkes – [rdkempkes@gmail.com](mailto:rdkempkes@gmail.com)

## We Serve Justice with Compassion

### Super Suppers

Cedars, in partnership with the Kol Shalom congregation, as members of the Bainbridge Island Interfaith Council, offers a dinner on the last Tuesday of each month. We have a regular sign-up each month to provide various dishes and to assist with setup, serving, and cleanup.



Look for the sign-up link in the Cedars newsletter (The Beacon)

### Social Action Committee

This group is responsible for programs and activities oriented primarily toward community and secular dimensions of congregational life. Their activities include but are not limited to:

- A monthly special collection for organizations in our community that reflect our values
- Participating in local events such as Bainbridge and Poulsbo Pride
- Helping organize events with the Interfaith Council Climate Circle
- Participating with the Faith Action Network in lobby day in Olympia
- Organizing field trips around the area such as the Tacoma History Museum or the Japanese Exclusion Memorial on Bainbridge Island

If interested in participating, please contact Mike Cox – [toxman57@gmail.com](mailto:toxman57@gmail.com)

### Suquamish Community Kitchen

The Suquamish Community Kitchen offers a free dinner to anyone in the community every Wednesday, 52 weeks a year. A Cedars team prepares and serves these weekly meals at the Suquamish United Church of Christ once every other month. These meals require many helping hands and are a great way to give back to our community.

Look for the signup link in the Cedars newsletter (The Beacon).

## We Love without Judgment

### Men's Group

This group of men meets on Monday evenings once a month, alternating between in-person and Zoom meetings to share experiences and feelings on a specific topic in a confidential setting.

If interested, contact Herb Hethcote – [herbert-hethcote@uiowa.edu](mailto:herbert-hethcote@uiowa.edu)

### Women's Covenant Groups

Covenant groups are an opportunity for committed women to share experiences and feelings on a specific topic in a confidential setting. This group meets on Monday evenings once a month in a member's home.

If interested, contact Fran Korten – [fran.korten@gmail.com](mailto:fran.korten@gmail.com)

### Membership and Community Life Committee

This committee welcomes visitors and makes introductions to other members; connects visitors to affinity groups and other activities; provides orientation classes; manages our membership database; organizes ingathering ceremonies once a year; and facilitates activities to deepen connections among members and friends.

If interested, contact Sally Wilson – [randswilson@msn.com](mailto:randswilson@msn.com)

### Cedars Care Team

The Care Team cherishes and cares for members of our congregation in times of need. They can listen, be present, and can arrange temporary care, such as meals or transportation to Sunday Services, and let people know about wider community resources.

If interested, contact Susan Shaffer – [lasiembra@comcast.net](mailto:lasiembra@comcast.net)

Find a form to submit your interests to us here:

