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The Beacon

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



CEDARS CHURCH
UNITARIAN UNIVERSALIST

Volume 16 Issue 5/ January 30, 2025

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This Week At Cedars

**Sunday Service, February 2
10:00 am**

Becoming Midwives to a Changing World

**Kathryn LaFond, Guest Speaker
Johanna Munson, Worship Associate**

In the Celtic world this is a time called Imbolc, known to bring the gift of insight and inspiration. It is a time to bring our curiosity, our questioner forward, to act as midwives for what brings justice and truth to a world badly in need. How might we discern between how we live currently and what the world is asking of us? And how can we keep our own hearth-fires alive in the midst of a changing world?

Kathryn Lafond, Intuitive Energy Healer/Health coach, Author, and Wise Woman Herbalist, trained in ancient wisdom traditions, is a life-long seeker who brings spiritual guidance from innumerable mentors. She is devoted to helping us remember the sacred in everyday life.



Childcare will be offered during this service. Click [HERE](#) for details.

Saturday, February 1

**Climate Cafe
9:00 - 11:00 am
The Island School
Click [HERE](#) for details**

Sunday, February 2

**New to Cedars Conversation
11:15 am
The Island Church
Please see below for more details**

Wednesday, February 5

**Meditation Group
5:30 - 6:30 pm**

Cedars Center
Please see below for more details

[View detailed calendar here.](#)

Upcoming Service

**Sunday Service, February 9
10:00 am**

Small Things

**Madeline Ostrander, Guest Speaker
Gregory Cook, Worship Associate**

Reflecting on the power of community and the potential for small actions to have larger impacts and ripple effects, and about mindfulness and the importance of paying attention to details.



Madeline Ostrander is a science journalist and writer whose work has appeared in NewYorker.com, The Nation, Sierra magazine, PBS's NOVA Next, Slate, and numerous other outlets. Her reporting on climate change and environmental justice has taken her to locations such as the Alaskan Arctic and the Australian outback. She is the former senior editor of YES! magazine and holds a master's degree in environmental science from the University of Wisconsin–Madison.

Childcare will be offered during this service. Click [HERE](#) for details.

News and Announcements

Interfaith Advocacy Day

The Faith Action Network organizes an annual Interfaith Advocacy Day with our State legislature at the Washington State Capitol. This event will be held on Thursday, February 20. The Faith Action Network is a multi-faith, non-profit organization through which thousands of people and over 160 faith communities across Washington State partner for the common good.



You can find more information, including registration [HERE](#).

Spiritual Odyssey Potluck February 22, 6:00 pm at the Cedars Center

"Living in the Middle East: Respecting a Country's Values which Contradict Your Own."

Please come to our next Spiritual Odyssey Potluck when Cedars members Keri Schmit and Rick Blythe will join us from Abu Dhabi, the capital of the United Arab Emirates, where Keri is teaching middle school English at the American International School and Rick is working remotely.



Please bring a dish to share and your curiosity about life in the Middle East. We'll have our meal from 6:00-7:00 pm, and the Zoom session with Rick and Keri will start at 7:00 pm.

Space is limited at the Cedars Center, so please sign up by clicking [HERE](#).

New to Cedars Conversation

Are you new to Cedars and wonder what Unitarian Universalism is all about? Do you want to know more about this community? Do you want to know how and when to become a member and what that means for you? If you have questions about Cedars, this is the time and place to ask them!

Come to our New to Cedars Conversation on February 2, in the library at The Island School from 11:15 am to 12:15 pm following the service. Fill your coffee cup and join the conversation! Please let us know if you would like us to provide childcare by emailing office@cedarsuuchurch.org.



Childcare on Sunday Mornings!

Good news! We are now offering childcare for families with young children during our Sunday services! Thanks to our volunteers, Sandy Spears, Rebecca Kim, Susan Shaffer, and Mary Romeo, along with our newly hired childcare assistant, Marcus Stroman, we are able to offer Sunday morning childcare again after a nearly five-year absence. If a family you know of has not been able to attend any of our Sunday services because of a lack of childcare, please let them know about this new development! We look forward to welcoming some new faces that otherwise have not been able to come and be with us on Sunday mornings!

For details about how childcare will be provided, click [HERE](#).

Welcome New Members

Liz and Marty Springer joined our community in the summer of 2024. They moved to Bainbridge Island in August of 2020 from Seattle. Their previous UU community was at East Shore Unitarian Church in Bellevue.

Marty is a software engineer and started his own consulting company this year. His main client is Tiller, a personal finance company. Liz is a technology contracts and procurement professional and currently works for UW Medicine. Marty is fully remote, and Liz commutes 1 day a week via ferry, rail and bus to reach her office.



They enjoy camping and hiking. Liz walks their dogs Buck and Bean in the various parks on the Island. Marty is a cyclist; he has participated in the Chilly Hilly ride a few times and other organized rides. They also enjoy attending concerts, - rock and blues are Marty's favorites, and they continue to go through Liz's bucket list of 80's bands, having crossed Depeche Mode and Duran Duran off their lists so far.

Their Havanese furry kids, Buck (10 yrs) and Bean (5 yrs), keep them busy and laughing.

Marty joined the Bainbridge Rotary in 2024 and is building his community there, while also volunteering during the Rotary Auction. Liz hopes to engage more with the community and Cedars once her job settles down.

Cedars on Social Media

Cedars now has a podcast! We will be posting our Sunday Services on [Spotify HERE](#), on the [Apple Podcast](#) app [HERE](#), on Amazon Music [HERE](#), and on [iHeartRadio HERE](#) for easier access to our audio recordings. Our podcast is called "Sunday Mornings at Cedars."

We are also now on [Instagram!](#) Find us [HERE](#).



And as usual, find us on our Church **Facebook** page [HERE](#) and our **Community Facebook** page [HERE](#).

Be sure to “Like” us and “Follow” us on each one!

You can also still find audio recordings of our Services on our website [HERE](#).

Beacon Article Deadline

The new deadline for submitting content for The Beacon is now Mondays by the end of the day. If you would like to add an article, please send it to the Cedars Office at Office@cedarsuuchurch.org.

Ongoing Programs

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** 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 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, Wednesday, March 12.

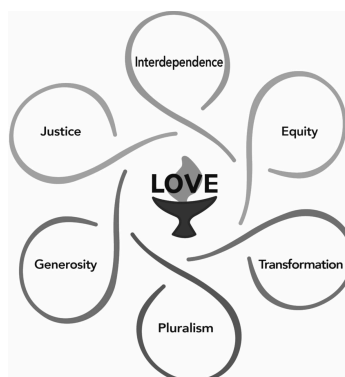
For more information, contact **Mike Cox** at 206-799-3725. or toxman57@gmail.com or **Rod Kempkes** at rdkempkes@gmail.com.

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*

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

Pastoral Care

Rev. Jessica Star Rockers
revjessicastar@gmail.com

Office at Cedars

Michelle Welsh, Office Administrator
Tuesday - Thursday, 9 am - 2 pm
284 Madrona Way, NE #128
Bainbridge Island WA 98110
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[Cedars UU Church \(website\)](#)



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