

The Beacon

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



CEDARS CHURCH
UNITARIAN UNIVERSALIST

Volume 13 Issue 44 / November 3, 2023

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Upcoming Services

Holding Joy and Sorrow

Sunday November 5th
10:00 a.m.
In-Person Service in Webster Hall

Eve Palay, Service Leader
Gregory Cook, Worship Associate

We can't let the troubles we all have overcome the joy that moves us forward. Trans folk are not the only ones to hold this to be true, but we are the most visible these days. People know our troubles, and we need to let them know our joy.

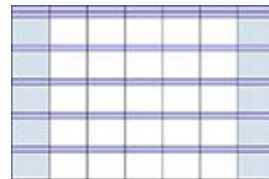
Patterns of Life

Sunday November 12th
10:00 a.m.
In-Person Service in Webster Hall

Rev. Zackrie Vinczen
Johanna Munson, Worship Associate

Delve into the intricate tapestry of self as we explore the profound significance of understanding the patterns that influence our choices, relationships, and spiritual journey.

Current Week Calendar & Links



Your Cedars community invites you to participate in services and activities, get information, enjoy fellowship, and pause for reflection.

To view our detailed calendar [click here](#). Then click on the event titles for more information.

Sunday November 5th
10:00 a.m. (Standard Time)
In-Person Service in Webster Hall
[Live-Stream Link](#)
Coffee and Social time following

Wednesday November 8th
1:30 p.m.
Evans Reading Group

5:00 p.m.
Writing as a Spiritual Practice

News and Announcements

Acknowledging the Experience of Others



I wish I were in town for this Sunday's service "Holding Joy and Sorrow" featuring Eve Palay. It's important to know the joy that thrives in the hearts of people. Too often, we associate people with their



Cedars UU Church is a Welcoming Congregation and Green Sanctuary

troubles.

I had an exchange online today that reinforced the need for understanding. Someone in a Facebook community shared a series of rotten interactions over many years. Their family member is part of a misunderstood group, and meets opposition and lack of understanding. The appeal on Facebook was met with "I also identify as _____, and I haven't experienced that!" Imagine how that makes the person feel.

I took another tack, acknowledging their experiences and asking to know more about what I could do. The response was completely different. The person first thanked me, because I was interested in their plight. Other comments which shot down their experience made them angry and reactive. That was clear in the online dialog. Asking questions to understand may allow some to share their sorrow, and then be able to recall the joy and share that too.

Jeff Philip
President, Board of Trustees

Exploring Meditation

Join us for a monthly meditation gathering **on the 4th Wednesday of each month** at the Cedars Center (located at 284 Madrona Way #128 in Winslow).

Throughout our session, we will delve into a variety of meditation techniques. As we meditate together, you'll have the opportunity to explore these techniques deeply. As the session draws to a close, there will be a chance to pose inquiries and, if you wish, share your personal meditation experiences with others.

Mark your calendar for the following dates from 5:00 to 6:00 p.m.

- November 29th
- **No Meeting in December**
- January 24th
- February 28th
- March 27th
- April 24th
- May 29th
- June 26th

If you would like more information, please reach out to **Rev. Zackrie**.
minister@cedarsuuchurch.org
360-930-9339

Evans Reading Group

Our Congregational Mission

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



Rev. Zackrie Vinczen

Musical Notes

Much hard work and dedication goes into providing music for our Sunday services. And each week we are grateful for those willing to make music and lead us all in song.

This week we offer special thanks to **Meredith Patterson** for music accompaniment.

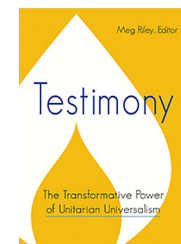
Sunday Hymns:

Welcome Table (#407)

Amazing Grace (#205)

Peace Like a River (#100)

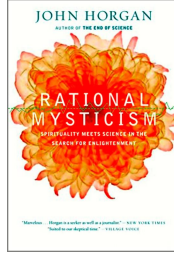
Testimony - The Transformative Power of Unitarian Universalism



Offered by our own Skinner House Press, this illuminating book shares personal stories from people whose lives have been dramatically transformed by Unitarian Universalism, finding renewed purpose and personal meaning in UU values and through participation in a congregational community such as Cedars. Together these vignettes paint a portrait of the real, felt impact of Unitarian Universalism.

For more information and purchase, see the InSpirit Bookstore at bookstore@uua.org.

The Evans Reading Group is pleased to invite your participation in our practice of reading and discussing books that can intrigue and might enlighten us in seeking "Salvation by Bibliography" as our late friend Marvin Evans used to say.



Our current selection is **Rational Mysticism --Spirituality Meets Science in the Search for Enlightenment**, by John Horgan.

How do trances, visions, prayer, satori, and other mystical experiences "work"? Is there a scientific explanation for religious mysteries and transcendent meditation? This book chronicles advanced research into the mechanics and meaning of mystical phenomena, exploring chemistry, neuroscience, psychology, anthropology, theology, and more, to narrow the gap between reason and mystical experience.

Join us for an interesting discussion via Zoom at 1:30 p.m. on Wednesday November 8th. If you would like to be on our email list, let **Mary Romeo** know.

Children's Faith Formation Needs You



An enthusiastic group of parents has begun planning children's programming. Program activities will be scheduled in the Island School library on selected Sunday mornings and the help of other adults will be welcomed.

Seeing an active children's Faith Formation effort getting off the ground again is exhilarating. To volunteer your assistance, please email Jeff Philip at president@cedarsuuchurch.org.

Super Supper Sign-Ups

Cedars, in partnership with Kol Shalom, offers Super Supper dinners on the last Tuesday of each month.

Super suppers are a free meal for those in need provided by members of the Bainbridge Island Interfaith Council.

We now have a regular sign-up for you to use each month so that all in our congregation have a chance to participate. Please consider signing up for one or more slots [here](#).



Writing as a Spiritual Practice

Discover the profound depths within yourself and the world around you through the transformative power of writing. Throughout the centuries, writing has served as a spiritual practice, illuminating hidden truths and connecting us to something greater.

Join the **Cedars Spiritual Writing Group**, a new monthly writing experience facilitated by Rev. Zackrie.

During each of these gatherings, you will be offered prompts that nourish your creative spirit, ignite your inspiration, and invite you into questioning. Moreover, these gatherings will also provide a space for deep reflection, contemplation, and sharing. Whether you choose to attend a single session or embark on the full journey, each gathering will offer the promise of a meaningful exploration of self and soul.

So mark your calendar for the following dates from 5-6 p.m.:

- November 8th: On Gratitude
- December 13th: Reviving Spiritual Traditions
- January 10th: Dwelling in Our Bodies
- February 14th: Moments in Between
- March 13th: Allowing Emptiness
- April 10th: Responding to Art
- May 8th: Encounters in the Wild
- June 12th: TBD

Each session will take place at the Cedars Center in Winslow (284 Madrona Way #128).

If you would like more information, please reach out to **Rev. Zackrie**.
minister@cedarsuuchurch.org
360-930-9339

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

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

Cedars Creativity Fair 2023

See What Others Have Been Doing

Our identity as a congregational community is strengthened by the activities and gatherings we enjoy together, as well as by the ways we can find to know each other better.

In past years we organized occasional Creativity Fairs to share individual interests and capabilities following Webster Hall services, and in response to the more recent pandemic we have shifted to on-line or virtual versions of those fairs.

Organized to provide opportunities to see and enjoy artful products and demonstrations of the creativity present in our talented and capable congregation, those fairs helped us get to know and appreciate each other.

Continuing that sharing of individual interests and creativity, please join the fun and enjoy the growing show using the link below! If you have something to share, send a photo and description to office@cedarsuuchurch.org.

Creativity Fair

Shayne and Warren prepare for Halloween



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.

Services and Faith Formation
Sundays at 10:00 a.m.

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"



The Future of Fashion

Bainbridge Island has been celebrating creative ways to learn and get inspired since 2016, when the first Trashion Fashion Show featured wearable art made from items that would otherwise end up in a landfill. Since then, local efforts have grown to include workshops, runway shows, exhibitions and more, with ReFashion Bainbridge as a Zero Waste, Sustainable Bainbridge partner.

For more information and inspiration, enjoy an online conversation between environmental educator and sustainability writer Dominique Drakeford and Puerto Rican artist and ReFashion advocate Gabriel-Bello Lawrence Diaz at 6:00 p.m. on Tuesday, November 7. More information and event registration is available [here](#).



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](#).

Rev. Zackrie Vinczen, Minister
For an appointment, e-mail

The Island School
8553 NE Day Road
Bainbridge Island

Cedars Center
284 Madrona Way, NE #128
Bainbridge Island WA 98110
(206) 780-0373

minister@cedarsuuchurch.org
For an urgent matter, call (360) 930-9339
(Pastoral Care)

Position open
Faith Formation Lead
faith.formation@cedarsuuchurch.org

Carolyn Kerns, Office Administrator
Available remotely Tuesday, Thursday, Friday
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

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