

The Beacon

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



CEDARS CHURCH
UNITARIAN UNIVERSALIST

Volume 14 Issue 14 / April 5, 2024

[Website](#) [Faith Formation](#) [Calendar](#) [Our Staff](#) [Contact Us](#) [Join Cedars](#)

Upcoming Services

Adventures of a Neurology Nurse: How to Save Your Brain

Sunday April 7th
10:00 a.m.
In-Person Service in Webster Hall

Meredith Patterson, Guest Speaker
Gregory Cook, Worship Associate

Meredith Patterson worked as a neurology nurse for 30 years and wrote a book about keeping the brain fit and healthy, minimizing the risk of dementia in later life. She will share her stories, some brain health tips, and explain how a career in health care is in keeping with UU principles.

Say Yes to Love! Say Yes to Cedars!

Sunday April 14th
10:00 a.m.
In-Person Service in Webster Hall

Rev. Zackrie Vinczen
Gregory Cook Worship Associate

Delve into an exploration of love and connection as we explore what it means to say yes to Cedars.

Current Week Calendar & Links

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

[View the detailed Calendar.](#)

Sunday April 7th
10:00 a.m.
In-Person Service in Webster Hall
[Live-Stream Link](#)
Coffee and Social Time following

Wednesday April 10th
5:00 p.m. Writing as a Spiritual Practice

News and Announcements





UUA GENERAL ASSEMBLY
VIRTUAL GA • JUNE 20 - 23, 2024

General Assembly 2024

General Assembly (or GA) is the annual gathering of Unitarian Universalists, where we conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles.

Although typically organized as a physical assembly of congregational delegates, this year's GA will instead be virtual, with "Love Unites, Stories Ignite" as an organizing theme celebrating love as a profound and binding force transcending boundaries and historical traditions within our faith communities and beyond, while our stories and the power of storytelling can ignite change, inspire compassion, and help us build a more just and equitable world.

The 63rd General Assembly will take place virtually **Thursday, June 20 through Sunday, June 23**, and you can now view the GA schedule to see the lineup of informative workshops, inspirational worship services, and more!

Article II: Principles or Values?

The UU community is abuzz about the proposed changes to Article II in the UUA Bylaws. That Article outlines some of the core elements of the Unitarian Universalist movement in the United States (Canada and other countries have their own guidance). In June we will vote on whether to change them.

We had an in-person Cedars Center discussion of the proposed changes last week and plan to continue the conversation in a Zoom session later in the month. For now, here are links to relevant information:

- [Final Proposed Revision to Article II](#)
- [Save the Seven Principles Website](#)
- [UU World Magazine Article](#)
- [Present Text of Article II](#)

Super Supper and Community Kitchen Sign-Ups

Cedars, in partnership with Kol Shalom

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*



Rev. Zackrie Vinczen



The Spring Concert

**Rolling Bay Presbyterian Church
1042 Sunrise Drive NE
Bainbridge Island**

This **Sunday, April 7 at 3 pm** the Bainbridge Island N Kitsap Interfaith Council presents The Spring Concert.

It will be a wonderful time of sharing songs and musical offerings from a wide a diverse faith community.

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 **Gretchen Yanover** for music accompaniment.

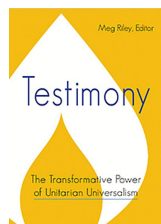
Sunday Hymns:

1. **Come Sing a Song with Me (#346)**
2. **Gather the Spirit (#347)**
3. **There is More Love Somewhere (#95)**

as members of the Bainbridge Island Interfaith Council, offers Super Supper dinners on the last Tuesday of each month, and is now moving toward a similar role assisting the Suquamish Community Kitchen on selected Wednesdays with free meals for those in need.

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](#).

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



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.

Exploring Meditation

Join us for a monthly meditation gathering 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.

- April 24th
- May 29th
- June 26th

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

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.



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.:

- 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

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

Film Series: Who is My Neighbor?

Our neighbors at **Grace Episcopal Church** are hosting a film series exploring themes of immigration and individuals experiencing homelessness.

More information [here](#).

**Tuesday, April 9,
6:30-8:30 pm**
Watch critically acclaimed movie *Minari* and stay for a discussion.



**Tuesday, April 16,
6:30-8:30 pm**
Watch the award-winning documentary *Stories of Us: Camp Second Chance* and stay for a discussion with the filmmaker **Melinda Raebyne**.



Cedars Creativity Fair 2024

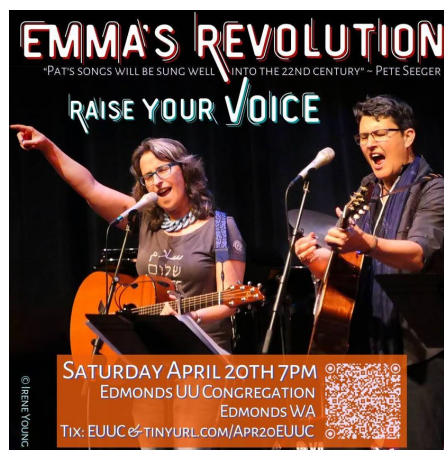
Our identity as a congregational community is strengthened by the activities and gatherings we enjoy together, as well as by the ways we can find to know each other better. Please feel free to join an on-going process of sharing news and details about the creative interests and accomplishments of each other as members and friends of Cedars UU Church. If you have something to share, send a photo and description to office@cedarsuuchurch.org.

See What Others Have Been Doing

Folio: The Seattle Athenaeum is delighted to welcome author and Folio member **Barry Andrews** for a conversation with history editor **Robin Lindley** about his new book **The Gospel According To This Moment: The Spiritual Message Of Henry David Thoreau**.

Thoreau is primarily known as a writer, a naturalist and an advocate of environmental preservation, civil disobedience and simple living. But the thread on which all the beads of his many-faceted life are strung is his idiosyncratic and unconventional religious faith.

He had little use for religious creeds and institutions. He was put off by the



Emma's Revolution

**Edmonds UU Church
8109 224th St SW
Saturday April 20, 2024
7-9 pm**

The singing duo, **Emma's Revolution** is coming to Edmonds UU Congregation!

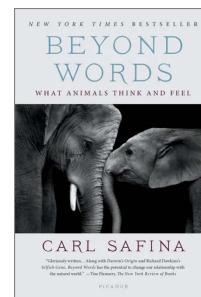
"Known for fearless, truth-telling lyrics and melodies you can't resist singing, Emma's Revolution is the dynamic, award-winning activist duo of Pat Humphries & Sandy O."

This is their "Raise Your Voice: Get-Out-The-Vote Concert." They are pushing back against voter suppression and inspiring engagement in this crucial election year, where democracy is on the line.

Tickets available [here](#). For more information please email concerts@euuc.org.

Evans Reading Group

Organized 16 years ago as the Spirituality Book Group, this Cedars reading group assumed a new identity as the Evans Reading Group in 2020 to honor the Rev. Marvin Evans after his passing.



In our time together, the group has read and discussed more than 60 books selected to intrigue and hopefully enlighten us in seeking "Salvation by Bibliography" as our late friend Marvin used to say, and we are pleased to invite your participation with us in our ongoing practice.

Because we found our recent selection by Carl Safina deeply fascinating and

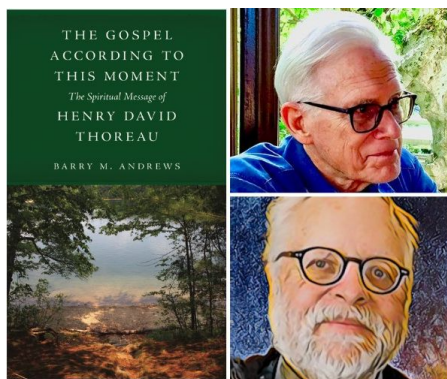
hypocrisy and absolutism of sectarian religion. His god was in the woods, not in a church. He was, if anything, a nature mystic and a pantheist. His spirituality was devoid of doctrines or formulas or philosophic propositions. It had primarily to do with transcendent experiences triggered by his encounter with the natural world.

"The art of life," he wrote. "By what disciplines to secure the most life."

The disciplines he practiced and described in *Walden* and elsewhere include leisure, self-reliance, reading, contemplation, solitude, sauntering in nature, simple living and journal writing. By such practices we may, even today, attempt *"to secure the most life."*

Friday April 12, 6:30 – 8:00 p.m.
Folio: The Seattle Athenaeum, 93 Pike St #307, Seattle

Tickets and more information are available [here](#).



inspiring, we have chosen another book by the same author as our next selection.

Interweaving decades of field observation with exciting discoveries about the brain, Safina's ***Beyond Words*** explores similarities between human and nonhuman consciousness, self-awareness, and empathy, suggesting that we need to re-evaluate our understandings and interactions with animals. Wise, passionate, and mind-opening, this book is ultimately a graceful examination of humanity's place in the world.

Join us for an interesting discussion via Zoom at **1:30 p.m. on Tuesday, May 28th**. If you would like to be on our email list, let **Mary Romeo** know.

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](#).

Services and Faith Formation

Sundays at 10:00 a.m.
The Island School
8553 NE Day Road
Bainbridge Island

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

Rev. Zackrie Vinczen, Minister

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

Faith Formation Lead

faith.formation@cedarsuuchurch.org

Carolyn Kerns, Office Administrator

Available remotely Tuesday, Thursday, Friday
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 Unitarian Universalist Church | 284 Madrona Way NE, #128, Bainbridge Island, WA
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