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## The Beacon

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

Volume 16 Issue 15 April 10, 2025



**CEDARS CHURCH**  
UNITARIAN UNIVERSALIST

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### This Week At Cedars

**Sunday Service, April 13**  
**10:00 am**

**"Everyday Depression": Our Potential Ally**

**Rev. Bruce Bode, Guest Minister**  
**Gregory Cook, Worship Associate**

An exploration of why "everyday depression" comes to us, what it intends, and what meaning it may hold for us.

**Bruce A. Bode** is Minister Emeritus at the Quimper Unitarian Universalist Fellowship (QUUF) in Port Townsend, from which he retired in 2018 as the Senior Minister after serving the congregation for fourteen years (2004-2018).

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



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**Sunday, April 13**

**Emotional Freedom Technique (EFT)**  
**2:00- 3:30 pm**  
**Cedars Center**  
Please see below for more details

**Wednesday, April 16**

**Meditation Group**  
**5:30 - 6:30 pm**  
**Cedars Center**  
Please see below for more details

[View detailed calendar here.](#)

### Upcoming Service

**Sunday Service, April 20**  
**10:00 am**

## Resurrecting Hope

**Rev. Barbara Cornell, Guest Minister**  
**Nancy Philip, Worship Associate**

Hope is tricky, especially when things are going wrong. Does it mean hoping for a cure, or turning this disaster around, or what exactly? In this sermon, we'll consider the changing nature of hope and explore our options for getting through these uncertain times.

**Rev. Barbara Cornell** was in an About Your Sexuality class when she was a senior in high school. From 1993 to 2007, she was Director of Religious Education at Shoreline UU Church, where she made sure to offer both About Your Sexuality and Our Whole Lives to her community. Her ministry for the past 14 years has been hospital chaplaincy at Providence Swedish Edmonds Hospital, where she also coordinates the bereavement program. She is happily married to Dane Scott, a trained AYS facilitator, and they have two adult children who, naturally, are both graduates of Our Whole Lives.



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

## News and Announcements

### Welcome, Rev. Margo!

**Rev. Margo Rinehart** will be in the pulpit at The Island School for the first time on **Sunday, April 27th! Please mark your calendars for the beginning of this next chapter for our Cedars community!** Rev. Margo will also be leading our service on **May 4th**.



Cedars members and friends will also have several opportunities to meet and greet Rev. Margo in small groups of 8 to 10 people in members' homes starting May 4th.

### Here are the dates of these Meet & Greets:

**Sunday, May 4, 4-6 pm** - Hosts: **Jeff & Nancy Philip**, Poulsbo  
**Thursday, May 8, 6- 8 pm** - Host: **Patricia Erdmann**, Suquamish  
**Saturday, May 10, 2-4 pm** - Hosts: **Jenny & Tyler Weaver**, South B.I.  
**Thursday, May 15, 2-4 pm** - Host: **Jane Martin**, Winslow

**Please sign up to attend one of these events** [HERE](#).

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### Hands Off Rally

**Mike Cox**, a dedicated member of Cedars, spoke at the Hands Off rally on Bainbridge Island on April 5, where many Cedars members were in attendance. He advocated for Public Health, USAID, and Climate Change. He offered a message of hope and encouraged the attendees to Stand on the Side of Love.

You can hear his speech [HERE](#).



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### Spiritual Odyssey Potluck

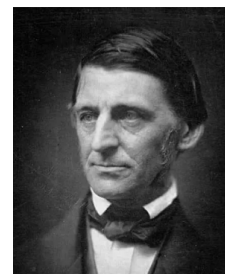
Join us for a Spiritual Odyssey Potluck at Cedars Center on May 3 from 12:00 to 2:00 p.m.! Enjoy good food and fellowship as **Naomi Gary** shares her personal Spiritual Journey. Bring a dish to share and an open heart for inspiring conversation.



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### Upcoming Learning Opportunity: Emerson as a Spiritual Guide

Cedars member, **Barry Andrews**, author of several books about **Ralph Waldo Emerson**, will be offering a program of learning and discovery to explore the spiritual writings of Emerson through a series to be offered in May and June. You can find out more information [HERE](#).

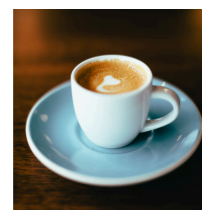


You can sign up for the class [HERE](#).

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### 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? Then come to our **New to Cedars Conversation on May 4, in the library from 11:15 am to 12:15 pm after the service**. Fill your cup and join the conversation.



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### Welcome New Members!

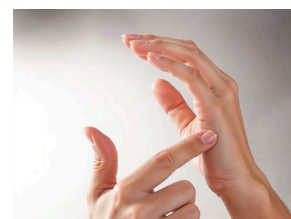
**Dave and Nancy Coursen** moved to Poulsbo, in 2023 with their dog Jackson—a goofy Great Pyrenees mix. They grew up on opposite coasts—Dave in Baltimore, and Nancy in Marin County, CA—and met in Dallas. They have four adult children and one grandchild (with another on the way!) who live in Houston, San Antonio, Minneapolis and Saint Simons. Dave is a retired Packaging Engineer from Weyerhaeuser and Nancy is a retired Teacher from Des Moines Area Community College. They love gardening, hiking, eating good seafood and exploring new places. They are thrilled to call the Pacific Northwest their new home.



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### Emotional Freedom Technique (EFT) Circle

Join us on Sunday, April 13, from 2:00- 3:30 pm, as **Rebecca Kim** leads an EFT circle at Cedars Center. EFT focuses on tapping the 12 meridian points of the body to relieve symptoms of a negative experience or emotion. You can find more about this technique [HERE](#).



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### Let's Weave Community, Together

Spring is a time of renewal and a time for everyone to renew their commitments to our Cedars community. To kick off our annual pledge drive this year, we are holding a reception on **April 26th from 4:00-5:30pm** at the "Prue's House", a delightful cabin in the Hilltop section of the Grand Forest, which is maintained by Bainbridge Parks and Recreation. We will be joined by our special guest, **Rev. Margo**, who will be leading our Sunday service for the first time the next day, on April 27th. Please check your email for an invitation to this event and RSVP at your earliest convenience. Come and enjoy some wine, non-alcoholic beverages, snacks, and desserts with good friends!

Also, pledge forms for the 2025-2026 church year will be sent to each member by mail in the next few weeks. You will have several ways to pledge, either on paper or electronically.

Let's Weave Community, Together!



## Community Events

### Earth Day Expo

Come join us for a few hours during the Earth Day Expo to assist the Parks Department's Natural Resource Team. You can find more information and sign up [HERE](#).



### Japanese Exclusion Memorial Tour: Sunday, June 1, 2:00- 4:00 pm

Please join us for an exclusive tour of the Japanese Exclusion Memorial at Prichard Park. You can find more information, including signup [HERE](#).



## 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 [meditation@cedarsuuchurch.org](mailto:meditation@cedarsuuchurch.org)

### Childcare on Sunday Mornings!

Good news! We're now offering childcare for families with young children during our Sunday services! If you know a family that hasn't been able to attend on Sundays because of a lack of childcare, please tell them about this.. We look forward to welcoming some new faces that otherwise wouldn't be able to be with us on Sunday mornings! For details about how childcare will be provided, click [HERE](#).

### Cedars on Social Media

Cedars now has a podcast! We are 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](#).



## 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, May 14.

For more information, contact **Mike Cox** at 206-799-3725.

or [green@cedarsuuchurch.org](mailto:green@cedarsuuchurch.org) or **Rod Kempkes** at [president@cedarsuuchurch.org](mailto:president@cedarsuuchurch.org)

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## 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](mailto:Office@cedarsuuchurch.org).

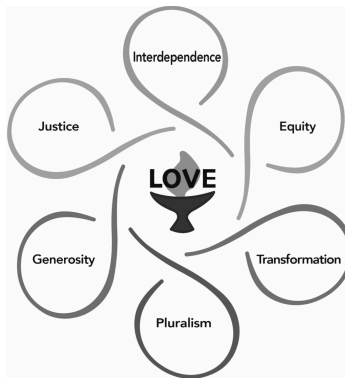
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## Cedars Facebook Conversations

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*

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## Print the Beacon Newsletter

The Beacon is available to download and print each week. Go to [www.cedarsuuchurch.org](http://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

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## Office at Cedars

**Michelle Welsh, Office Administrator**  
Tuesday - Thursday, 9 am - 2 pm  
284 Madrona Way, NE #128  
Bainbridge Island WA 98110  
(206) 780-0373  
[office@cedarsuuchurch.org](mailto:office@cedarsuuchurch.org)

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[Cedars UU Church \(website\)](#)



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