

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 29 July 24, 2025

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This Week At Cedars

Sunday Service, July 27
10:00 am

What are our Hearts Demanding?

Kathryn LaFond, Guest Speaker
Nancy Philip, Worship Associate

Given what we are facing on a collective level in the USA, I find it helpful to explore what sustained the religious freedom fighters of our past. Dorothy Day said, "The greatest challenge of the day is how to bring about a revolution of the heart..." Frederick Douglas reminded us, "Power concedes nothing without demand." What are our hearts demanding?

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.



Tuesday, July 29

Super Supper
4:00 pm

Eagle Harbor Congregational Church
Please see below for more details

[View detailed calendar here.](#)

Upcoming Service

Sunday Service, August 3
10:00 am

Favorite Hymns Service

Reverend Margo Rinehart, Cedars Minister
Gregory Cook, Worship Associate

We will sing hymns nominated as favorites by members of the congregation.

Reverend Margo Rinehart is our minister at Cedars UU Congregation. She has been a Kitsap County resident for over 20 years before recently finishing a ministry in Bozeman, Montana, and joined us in late April.



July Special Collection:

StandUp for Kids has been helping homeless and at-risk youth nationwide since 1990, and in Kitsap County since 1992. Jeff Philip became the Chapter Director in May 2025. The all-volunteer group focuses on helping youth, ages 12-24, to get out of the cycle of homelessness. Their primary need locally is providing food, hygiene, clothing, and other items through the school networks throughout Kitsap County. You can find more information on their website [HERE](#).



Upcoming Adult Programs this Fall! Mark your Calendars!

***Starting Point** is a unique program designed to provide newcomers and long-timers with the opportunity to experience Unitarian Universalism rather than just hearing about it. It focuses on personal spiritual journeys and the historical journey of Unitarian Universalism and UUCDC as well as the shared journey that we travel together, which includes listening to one's deepest self, opening to life's gifts, and serving needs greater than our own. Four sessions will be held every other Sunday after the service on **Oct 5, 19, Nov 2, 16**. Stay tuned for further details and signups in September!

***Responding to the Anti-Trans Movement, A Course for Unitarian Universalists** This brief course is designed to offer you an introduction to gender diversity and trans identity, help you understand the current political attack on trans people and the misinformation that is part of that attack, and train you in how to create safety and belonging for trans people in UU congregations in this moment. Three sessions will be held on three **Tuesday evenings Sep 30, Oct 7 & 14**. Stay tuned for further details and signups in September!

Session 1: Trans 101

Session 2: What You Need to Know About the Anti-Trans Movement

Session 3: How to Ensure Your Congregation Is Truly Trans Welcoming

* We will also be bringing back **Spiritual Odyssey Potlucks** on the last Saturday of each month starting on **September 27!**

***Wednesday Writing Group** Inspired by Suleika Jaouad's *The Book ofAlchemy: A Creative Practice for an Inspired Life*, we are interested in developing our writing practice by making journaling an everyday routine in our lives. Care to join us? Amy Johnson has been developing her writing practice for some time, and Patricia Erdmann is keen to get started. *The Book of Alchemy* is filled with a wide variety of prompts and encouragement for writing daily. At the same time, it does not insist on any specific topics or approaches to writing OR to other creative expressions that appeal to you.

We plan to meet at the Cedars Center at 10 am every other Wednesday, starting on Wednesday, September 10. Let us know if you would like to join us!



Cedars Social Action Committee (SAC) appreciates your interest and involvement.

The Social Action Committee is interested in your ideas on the direction we should take at Cedars related to our Social Action programs. We would appreciate it if you could take a moment to complete the **survey** by clicking the link below, which will help us evaluate how we move forward over the next year.

We meet once/month via Zoom and gladly welcome all ideas for topics to study, programs to support, and activities to participate in. **We need more members** and hope you will join our committee!

We welcome your attendance at our **first annual retreat on Saturday, September 6**, from 10 AM to 1 PM, where we will begin planning Cedars Social Action efforts for the year ahead. Please RSVP to Naomi Gary at naomiwwwgary@gmail.com

Take the Survey

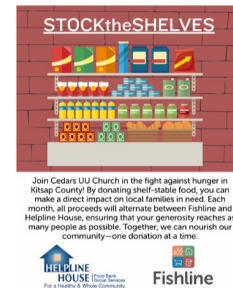
THIS SUNDAY IS OUR FOOD DRIVE!

WHEN: Sunday service on July 27, OR drop off donations at the Cedars Center

WHERE: Contributions will go to Fishline this month

WHAT: Most needed: canned vegetables, canned fruit, tomato sauce, and baby wipes, OR a check to Fishline

QUESTIONS: Ask Patricia Erdmann or Naomi Gary



Friends of the Farms Special Collection from June:

Cedars raised a total of \$618 for our June Special Collection, Friends of the Farms! We received special recognition for our efforts in the Friends of the Farms newsletter! Together, we are growing a more resilient, compassionate, and food-secure community. You can read the newsletter [HERE](#).



UUA News and Information

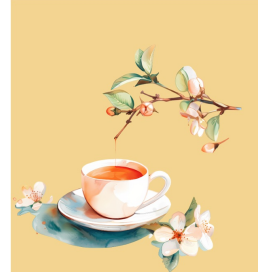
To learn more about UUA values, news, and information, click on the image or [HERE](#). You'll also find a permanent image link at the bottom of each newsletter for easy access.



Community Events

Mortal-i-tea with Johanna Munson and the EdgeWalking Collective

Death happens. Let's talk about it! Mortal-i-tea is a space for coming together with your fellow mortals to discuss our shared fate and to enjoy tea and snacks while we're at it. This group will facilitate open, informal conversations about death and dying; it is not intended to provide grief counseling. No agenda, no religion. The first Mortal-i-tea will be offered on Tuesday, **August 12, from 6:30 - 8:00 pm**. You can sign up [HERE](#).



Ongoing Programs

Cedars Book Group

Our next book to be discussed via Zoom, on Wednesday, **August 13**, at 1:30 pm, will be "*Homewaters*", a *Human & Natural History of Puget Sound*, by David B Williams. It covers glaciers and volcanoes carving up Puget Sound, examines the history of early Native communities, and then colonial settlements. It discusses Keystone species--salmon, orca, rockfish, herring, kelp, and how we can protect them." Please contact Mary Romeo with any questions. You can find more information [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](#).

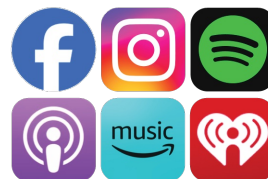


Cedars is also committed to leading the preparation and serving of a free meal to anyone in the community every other month through the Suquamish Community Kitchen. These meals require many helping hands to prepare, serve, and clean up. Please consider signing up [HERE](#) for one of the team member roles on the upcoming date, Wednesday, September 10.

For more information, contact **Mike Cox** at socialaction@cedarsuuchurch.org or **Rod Kempkes** at president@cedarsuuchurch.org.

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](#).

Cedars Office Hours

Cedars has new office hours as follows: Tuesdays and Thursdays from 9:00 am - 2:00 pm, with remote hours (available via email) on Wednesdays from 9:00 am - 2:00 pm.

Beacon Article Deadline

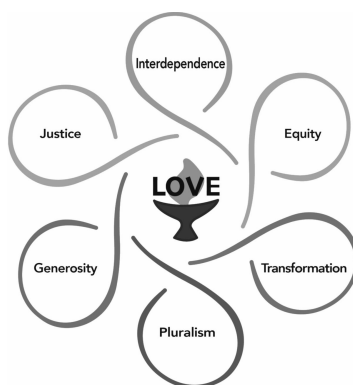
The deadline for submitting content for The Beacon is Mondays by the end of the day. If you would like to add an article, please send it to the Cedars Office at Office@cedarsuuchurch.org.

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*



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](#).

Worship Services

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

Cedars Minister

Rev. Margo Rinehart, Cedars Minister

Tuesday 9:30 am - 3:00 pm

Drop-in times: All Tuesdays in June, 11:00 am - 1:00 pm

284 Madrona Way, NE #128

Bainbridge Island, WA 98110

(206) 780-0373

Minister@cedarsuuchurch.org

Cedars Office

Michelle Welsh, Office Administrator

Tuesday & Thursday 9:00 am - 2:00 pm in office hours

Wednesday 9:00 am - 2:00 pm remote office hours
284 Madrona Way, NE #128
Bainbridge Island, WA 98110
(206) 780-0373
Office@cedarsuuchurch.org

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Do you have an article, event, or announcement?
Send it to Office@cedarsuuchurch.org for inclusion in our Thursday newsletter (3 days in advance). See our [submission guidelines](#).

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



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