

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 40 October 2, 2025

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This Week At Cedars

Sunday Service, October 5
10:00 am

In So Many Words

Mary Lou Sanelli, Guest Speaker
Johanna Munson, Worship Associate

Sanelli, a proven speaker, will discuss her life and work as a writer. "Sanelli's writing is a fine mixture of literary nonfiction and memoir that often, and honestly, examines the act of writing itself." -The Stranger, Seattle.



Mary Lou Sanelli is the author of fourteen titles of nonfiction, fiction, memoir, poetry, and a children's title. Her newest, *In So Many Words*, has been nominated for a 2025 Pacific Northwest Book Award and a 2025 Washington State Book Award. She contributes to The Seattle Times, Weekend Edition, NPR, and she is a columnist for the Kitsap Sun & the Bainbridge Islander, & Art Access magazine. She works as a speaker, a columnist, and a master dance teacher. You can find more information [HERE](#).

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

Tuesday, October 7

Transforming Hearts
6:00 - 8:00 pm
Cedars Center
Please see below for more details

Wednesday, October 8

Wednesday Writing Group
10:00 - 11:30 am
Cedars Center
Please see below for more details

[View detailed calendar here.](#)

Upcoming Service

Sunday Service, October 12
10:00 am

Rev. Michael Walker, Guest Minister
Gregory Cook, Worship Associate



Reverend Michael Walker brings more than 20 years of volunteer and professional community service (often in leadership roles), two graduate degrees, experience in parish and community ministries, as well as parish and hospital chaplaincy (CPE) internships, and over 45 years of life experience. My first career, 15 years of nursing

and medical care, has also given me a deep understanding of human suffering and the need for compassion, and I have many ideas on how a community can address these in healthy and helpful ways.

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

News and Announcements

A Word from Reverend Margo Rinehart

The spiritual practice of self-befriending.

Each month, I receive a suggestion from a UUA curriculum site regarding a topic of interest in our current, challenging times. The offering is accompanied by a list of spiritual practices that open ways of more deeply exploring the theme. Their ideas vary widely from Building Belonging, Choosing Hope, and even Paying Attention. For the month of October, the theme is Cultivating Compassion. I've chosen to start the month with more deeply embracing self-compassion, using that self-befriending as the bedrock for loving others.

This past Sunday, the Reverend Barbara Cornell spoke at Cedars about mistakes. What a thought-provoking title she used! "How we respond after making a mistake is the story of our lives," laid out as an invitation to reframe the things we wish we had done differently. As we tend toward always being our worst critic, Reverend Cornell instead brings a message of being generous with ourselves and resisting unrealistic standards for our human, imperfect behavior.

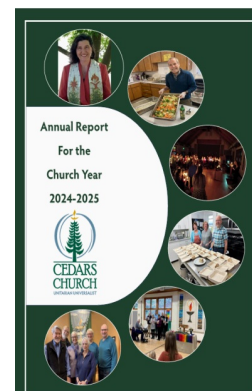
What gentleness and tenderness can we find for ourselves this month? Seeing our mistakes as opportunities for ownership and learning so that we can act differently in the future? Allowing room for grace in our actions and the actions of others? Building a more kind, loving, and caring world by starting with extending that care to ourselves? Let us embrace the wisdom of Michelle Collins, who tells us:

May we remember that we are not our worst moments. We are not the sum of our regrets. We are beloved, imperfect and worthy of the same gentle mercy we yearn to give the world. May we learn that loving ourselves is not vanity, but necessity – the deep well from which all other love must flow.

Cedars 2024-2025 Annual Report

At the conclusion of each fiscal year, the Cedars Board of Trustees, with input from each of our various committee leaders, prepares an annual report describing what our Cedars community has been engaged in doing over the course of the past year, including a financial summary. The annual report for the 2024-2025 year is now complete and you are encouraged to take a look at it [HERE](#). Thanks to everyone who contributed to the assembly of the report and to everyone who has contributed their time, talents, and treasure to helping our Cedars community thrive!

- Your Cedars Board of Trustees



Cedars In-Gathering New Members!

On September 21, we welcomed our newest members to Cedars in our In-Gathering Ceremony! You can learn more about our new members by clicking on their names to read their bios below...

[Naomi Gary](#)
[Molly Norris & Nia](#)
[Bryce Bennett](#)
[Deb Allen](#)
[Dave and Nancy Coursen](#)
[Liz and Marty Springer](#)
[David Thomas](#)



KIAC Gala

On **October 23**, Kitsap Immigration Assistance Center will gather at Kiana Lounge for an evening dedicated to community, rights, and belonging. We hope you will join us in celebration and solidarity as we raise support for KIAC's mission. This event is sponsored by the Cedars Social Action Committee. Click [HERE](#) for details. Contact Naomi Gary to sign up at Office@cedarsuuchurch.org



Cedars T-Shirts Are Here!

We have Cedars T-shirts available for purchase! Each shirt is \$20 and made from organic cotton. Contact the office at Office@cedarsuuchurch.org to get yours!



Thank Our Representatives for Protecting Our Vote

Each week, there will be a different card at the back of the service for people to sign to thank our representatives for protecting our vote. Please sign. Our goal is to encourage our representatives who are on the front line of this issue. So far, we have sent cards to Senators Cantwell and Murray and Representative Nance. In the coming weeks, we will also include Representative Simmons and Senator Hanson. For more information, contact Sandy Spears.



The Cedars Care Team Request

The Cedars Care Team hopes to have Emergency Contact information available in case we need to reach someone during any of our services or events. You can enter this information on your personal page in Breeze. Please note: You will be asked to list TWO contacts. If it is more convenient, you can also email the Office Administrator at Office@cedarsuuchuruc.org with this information so that it can be entered in Breeze. Please see Liz Motter, Naomi Gary, or Susan Shaffer for more information.



Cedars Childcare Volunteer Opportunity:

We are currently seeking members who would like to assist with Childcare on October 19. If you are interested in helping us, please email the Office Administrator at Office@cedarsuuchurch.org for more information.



Starting Point Classes Cancelled

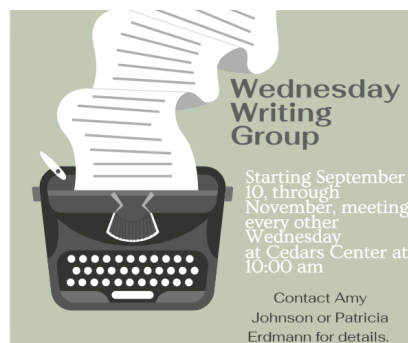
The starting point classes have been cancelled and will likely be rescheduled in November.



Wednesday Writing Group

Inspired by Suleika Jaouad's *The Book of Alchemy*, we are interested in developing our writing practice by making journaling an everyday routine in our lives. Care to join us?

We meet at the Cedars Center from 10 am to 11 am every other Wednesday, through November. Click [HERE](#) for more details and to sign up!



Transforming Hearts:

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**. You can click [HERE](#) for more details and to sign up!



Spiritual Odyssey Potlucks

The **September** Spiritual Odyssey Potluck has been **cancelled**. Our next Spiritual Odyssey Potluck will be held on **October 25, from 12:00 - 2:00 pm**, where Liz Motter will share her Spiritual Journey with us! These will continue to be offered on the last Saturday of each month.

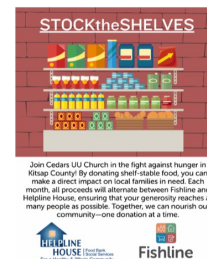


CEDARS Presents: STOCKtheSHELVES!

This month our contributions will go to **Helpline House**. If you would like to help, we welcome both food donations and checks. Both can be dropped off at Sunday Service or at Cedars office on Tuesdays and Thursdays from 9 am to 2 pm. Here is a list of what's most needed at **Helpline House for October: shelf-stable milk, masa/cornmeal, canned fruit, and toilet paper.**

Last month, we collected a total of 52 pounds of food and \$20 for Fishline! Way to go, everyone!

Any questions? Ask Nancy Dowey or Patricia Erdmann.



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

Set Sail with StandUp for Kids Benefit Dinner and Auction

On **Saturday, October 4**, we will hold our first Dinner and Auction Gala at the Village Green Community

Center in Kingston. Join us for an evening of good food, entertainment, and to learn more about the needs of the homeless in our community. You can find more information about this event, including tickets and how to donate [HERE](#). Contact Jeff Philip for any questions.



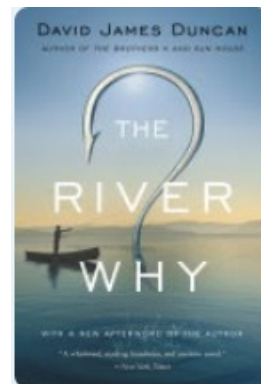
Ongoing Programs

Book Club

Our next book to be discussed via **Zoom**, on **Wednesday, October 15, at 1:30 pm**, will be "The River Why?" by David James Duncan. The classic novel of fly fishing and spirituality was republished with a new Afterword by the author.

Since its publication in 1983, The River Why has become a classic. David James Duncan's sweeping novel is a coming-of-age comedy about love, nature, and the quest for self-discovery, written in a voice as distinct and powerful as any in American letters.

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



Cedars Childcare on Sunday Mornings is Back!

Good news! We offer 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 is provided, click [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, November 12.

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 office hours are 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

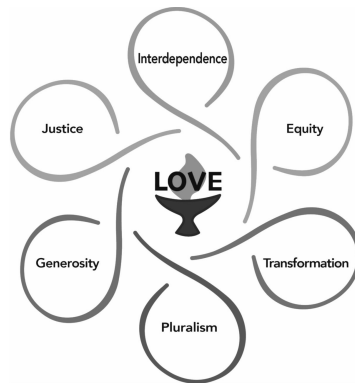
The deadline for submitting content for The Beacon is Mondays by the end of the day. If you would like to add an article, please send it to the Cedars office at Office@cedarsuuchurch.org.

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

Would you like to subscribe to The Beacon? Email: beacon@cedarsuuchurch.org

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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