
This Week and More at Cedars - May 21, 2026

1 message

Cedars UU Church <office@cedarsuuchurch.org>
Reply-To: Cedars UU Church <office@cedarsuuchurch.org>
To: office@cedarsuuchurch.org

Thu, May 21, 2026 at 6:01 AM



The Beacon

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

Volume 17 Issue 21 May 21, 2026



This Week At Cedars

Irreverent/Reverent Gratitude (Memorial Day Weekend)

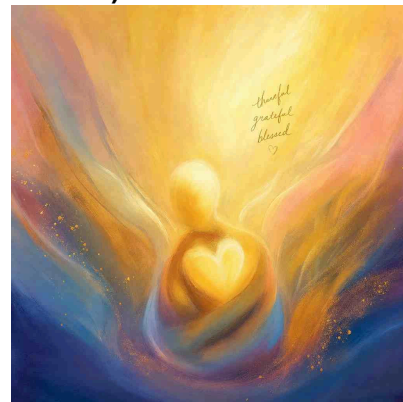
Sunday Service, May 24

10:00 am

The Island School

Rev. April Frazier, Cedars Guest Minister

Nancy Philip, Worship Associate



Have you ever felt like “feeling grateful” was one more thing on your to-do list? Or a cliché that makes you roll your eyes? Or maybe wonder if it is even possible to pay attention to gratitude when everything else happening in the world crowds it out? Let’s take a breath, take off the pressure and find an opening in the mundane and mystical...and then maybe we can find some laughter, awe, and gratitude.

Rev. April Frazier is a Board-Certified Chaplain and after working in hospitals and pastoral care in a parish, has spent most of her career in home hospice. She is an Affiliated Community Minister with Shoreline UUC. She received her M.Div. at Vanderbilt University in Nashville, TN. She finds joy in nature, creative projects, and spending time with her family.

Saturday, May 23

Ukulele & Rhythm Jam Group
12:30 pm - 2:00 pm
Cedars Center

Tuesday, May 26

Super Suppers
4:00 pm - 6:00 pm
Eagle Harbor Congregational Church

Saturday, May 30

**League of Women Voters of Kitsap:
All Kitsap Annual Meeting
9:30 am - 2:00 pm
Silverdale Lutheran Church**

Sunday, May 31

**Explore the Major Religions of the World
11:30 pm - 1:00 pm (right after service)
The Island School (bring a bag lunch)**

Please see below for more details and use this [link](#) to find the Cedars calendar.



New News

All Kitsap Annual Meeting: League of Women Voters of Kitsap

Saturday, May 30

9:30 am - 2:00 pm

Silverdale Lutheran Church



The League of Women Voters of Kitsap is a nonpartisan political organization committed to educating voters and encouraging them to engage in our community.

If you are interested or want more information, contact **Naomi Gary**, co-chair of the LWV Bainbridge Island Unit, or [send an email to office@cedarsuuchurch.org](mailto:office@cedarsuuchurch.org) using [this link](#).

Next Bainbridge Island Unit meeting will be **June 27th from 11 am - 12:00 pm at Cedars Center**. To learn more and become a member, please visit their website with the link below.

[League of Women Voters Website](#)

May Special Collections



It's not too late to participate in May's Special Collection. **Stand Up for Kids** supports Kitsap youth facing homelessness and food insecurity. Checks may be mailed to Cedars or leave cash with **Patricia Erdmann** at this Sunday's Service.

And join us for a **Packing Party on Wednesday, May 27, at 2:00 p.m. at the Cedars Center** to prepare graduation gifts for **Stand Up for Kids** seniors to celebrate those completing high school.

Newer to Cedars Conversation

Sunday, July 5 (ongoing on the first Sunday of each month)

11:15 am–12:00pm (right after Service)

The Island School

If you're newer to Cedars or simply want to learn more about Unitarian Universalism, you're invited to join our **Newer to Cedars Conversation**. This is an easy, friendly space to ask questions, meet others who are also getting connected, and enjoy light snacks.

These conversations are relaxed, fun, and usually run **30–45 minutes**, depending on how many of us gather. We'll be hosting them **every first Sunday of the month**, so there's always another chance to drop in.



Board News

Hold the Date!



Our **Annual Congregational Meeting will be on June 7th** directly after the service. All Members and Friends are welcome to attend; however only members may vote. We will be voting on the **2026-2027 budget**, as well as new Board and Nominating Committee members. It is very important that we have a quorum at this meeting so that the votes are valid. **We need at least 30% of our members to attend.** Therefore, we want as many

members attending as possible.



Upcoming Service

The Road Taken

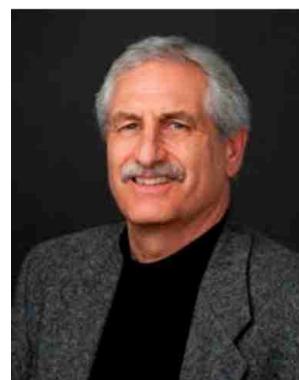
Sunday Service, May 31

10:00 am

The Island School

Rev. Bruce Bode, Cedars Guest Minister

Johanna Munson, Worship Associate



This is a companion sermon to Rev. Bruce Bode's **January 4 sermon titled "The Road Not Taken"**, which was based on Robert Frost's poem by that title. This follow-up sermon will look at the road we have taken in life, then explore how we go forward from where we are.

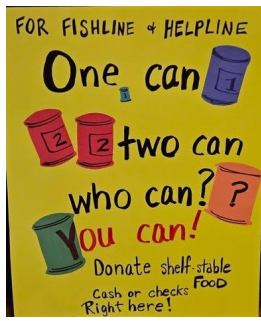
NOTE: A print version of the January 4 service can be found at the [link here](#).

Rev. Bruce Bode is retired as senior minister of the Quimper Unitarian Universalist Fellowship in Port Townsend, WA in June 2018, and where he is now Minister Emeritus.



Social Action

CEDARS Presents: YOU CAN!



Two weeks ago, **Fishline surpassed 800 family visits in a single week. The most ever!** Last week, during our hosting of the **Suquamish Community Dinner**, we saw another record turnout, including more families with children than ever before. The growing need in our wider community is unmistakable.

Nancy Dowey, who volunteers at Helpline House, notes that their shelves remain well-stocked, with limits only on protein items. Fishline, however, is facing a very different reality: **many shelves are empty**, and limits are in place across every category.

Because the most urgent needs are currently across the bridge, we would like to direct all Cedars food donations to Fishline. Every contribution of cans, boxes, bottles, and more goes straight onto the shelves and is immediately appreciated.

Thank you for giving what you can. **Every bit truly helps.**

Questions? See **Nancy Dowey** or **Patricia Erdmann** or email them: office@cedarsuuchurch.org

Super Suppers Volunteers:

Super Appreciated!

We have a great team serving Super Suppers each month to an appreciative group of Islanders. For many years, we have teamed up with Kol Shalom to provide this much-needed service on the last Tuesday of the month, at Eagle Harbor Congregational Church in Winslow. However, we need more volunteers!

- to bring side dishes and help with set-up, serving, and cleanup
- or help warm up the premade main dish, set up, and serve.

We provide side dishes or prepare the main dishes on alternating months. [You can sign up for one or more slots using this link](#), whatever works for you, and your help will be SUPER APPRECIATED! Our next opportunity is **May 28**.

For more information, [please use this link to email Mike Cox at socialaction@cedarsuuchurch.org](#).



Suquamish Community Kitchen



Every other month, Cedars takes the lead in preparing and serving a free, nourishing meal for anyone in our community through the Suquamish Community Kitchen. These meals require many helping hands to cook, serve, and clean up. Each role plays a vital part in making the evening run smoothly.

We invite you to **sign up** to join the team using [this link](#). Your time and energy will make a meaningful difference.

For more information, please email Heidi Parkington-Thal at office@cedarsuuchurch.org using [this link](#).

Cedars T-Shirts Are Here!



We have **Cedars T-shirts** available for purchase! Each shirt is \$20 and made from organic cotton.
Use this [link](#) to email the office, office@cedarsuuchurch.org, to get yours!

Group Meetings

Explore the Major Religions of the World Session 8: Shinto

Sunday, May 31

11:30am–1:00pm (right after Service)

The Island School (bring a bag lunch)

Alan Miller and David Thomas have generously offered to continue exploring the world's great religious traditions through both history and lived experience. Alan is a retired professor of comparative religion, and David is a retired epidemiologist who has traveled the world and experienced many cultures and religious traditions.

Together we'll look at 3 more religions:

- [Confucianism - April 26 \(reading can be found at this link\)](#)
- [Daoism - May 17 \(reading can be found at this link\)](#)
- [Shinto - May 31 \(reading can be found at this link\)](#)



Each session focuses on one tradition and blends:

- ✦ Short readings (about 10 pages)
- ✦ Helpful historical and textual insights (Alan)
- ✦ Observations from world travel (David)
- ✦ Conversation and Q&A

Whether you're seeking a deeper understanding of global faiths, curious about how religion shapes culture, or simply enjoy learning in community, this course offers a thoughtful and engaging doorway in. All are welcome — no prior knowledge required!

For more information, please email Alan Miller at office@cedarsuuchurch.org using this [link](#).

Ukulele Jam Group

Saturday, May 23 (ongoing on the last Saturday of each month)

12:30 pm - 2:00 pm

Cedars Center



A new Ukulele Jam Group is taking shape, and everyone in the Cedars community is welcome to join in. Bring your own instrument but we also have plenty to share.

Please think about 3 favorite and easy songs you'd like to play. Send to Rebecca Kim to office@cedarsuuchurch.org using [this link](#).

She has the Ultimate Guitar app and projects the chords and lyrics on the big screen. Makes it super fun and easy for us all to JAM!!!

If you are interested or want more information, contact **Naomi Gary**, or [send an email to office@cedarsuuchurch.org using this link](#).

Cedars Women's Covenant Group



Monday, June 8 (ongoing on the second Monday of each month)

2:00 pm - 3:30 pm

Fieldstone Retirement Community

The Cedars Women's Covenant Group would welcome adding several new members committed to sharing experiences and feelings on a specific topic in a confidential setting. If you are new to Cedars, this is a great way to get acquainted, and if you're a long-standing member, it's a way to deepen your friendships.

If you are interested or want more information, contact **Fran Korten** or [send an email to office@cedarsuuchurch.org using this link](#).

Cedars Men's Group



Tuesday, June 9 (ongoing the second Tuesday of each month)

3:00 pm - 4:30 pm

Cedars Center

The Cedars Men's Group welcomes any men who would like to consider joining to share experiences and feelings on a specific topic in a confidential setting.

If interested or want more information, contact Herb Hethcote or Ed Clemens or [send an email to office@cedarsuuchurch.org for Men's Group information using this link](#).

Cedars Music Committee



Friday, June 12 (ongoing on the second Friday of each month)

1:30 pm - 3:00 pm

Cedars Center

The Cedars Music Committee welcomes anyone interested in joining to promote, advocate, nurture, and sustain music programs at Cedars.

If you are interested or want more information, contact **Fran Korten** or [send an email to office@cedarsuuchurch.org using this link](#).

Cedars Book Group

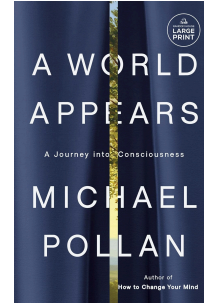
Wednesday, June 17th

1:30 - 3:00 pm

via Zoom

A World Appears: A Journey into Consciousness

by Michael Pollan



When it comes to the phenomenon that is consciousness, there is one-point scientists, philosophers, and researchers can all agree on with a level of certainty: that it feels like something to be ourselves. And yet, the fact that each and every one of us has a subjective experience of the world continues to be one of the greatest mysteries in nature. How is it that our mental operations are accompanied by feelings, thoughts, and a sense of self? What would studying the idea of an inner life even look like, considering we have as little distance and perspective on it as fish do of the sea? What began for Michael Pollan as a startling awareness of his own consciousness soon evolved into a greater fascination with this strange and elusive phenomenon.

In **A WORLD APPEARS**, Pollan traces the unmapped continent that is consciousness via several radically different perspectives—scientific, philosophical, spiritual, historical, and psychedelic—to see what each has to teach us about this central kernel of our lives.

Please get in touch with Herb Hethcote with any questions by [sending an email to office@cedarsuuchurch.org](mailto:office@cedarsuuchurch.org) using [this link](#).



More About Cedars

Cedars Ride Matching Survey

Sharing a ride with someone to our services on Sunday mornings at The Island School is a great way for us to help our neighbors, build community, and take care of the earth at the same time!



Please take a few seconds to answer two simple questions in the survey linked below, and our Cedars Care Team will try to match up folks who are willing to drive and folks who would appreciate a ride on Sunday mornings and live in the same area.

Once a potential match(es) has been identified and communicated to the drivers and those wanting rides, they will be responsible for working out the details with each other. You can also talk to **Susan Shaffer** about this effort to match up potential drivers and riders.

[Use this link to answer the Survey questions.](#)

[View Survey](#)

Members and Friends of Cedars

Do you know someone looking for a calm, welcoming place to work—perhaps for a remote job or small practice? We're seeking a subletter who would feel at home in a space grounded in Unitarian values such as respect, inclusivity, and community-mindedness.



A bright, furnished **8' x 15' office** is available within a quiet, peaceful professional suite just two blocks from the local movie theater. The space includes access to a shared conference room, small kitchen, and bathroom. It features exterior windows, a comfortable two-seat couch, a corner desk, and bookshelves—move-in ready and well-suited for consultants, therapists, or remote workers seeking a thoughtful, values-aligned environment.

Rent is \$700 per month.

Contact **Sandy Spears** or send an email to office@cedarsuuchurch.org using [this link](#) for more information.

Cedars Childcare on Sunday Mornings

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! [Click this link for details about how we provide childcare on Sundays.](#)

Cedars on Social Media

Did you know that Cedars now has a podcast? Our podcast is called "**Sunday Mornings at Cedars**".

[Click this link](#) to find our podcast on **Spotify**.

[Click this link](#) to find our podcast on the **Apple Podcast app**.

[Click this link](#) to find it on **Amazon Music**.

[Click this link](#) to find it on **iHeartRadio**.



We are also on **Instagram!** To find us on **Instagram** click [this link](#). And as usual, find us on our **Cedars Facebook** page with [this link](#). If you're on Facebook, there is a 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 using this link for our Cedars Community Facebook page.](#)

Be sure to "Like" us and "Follow" us on each one!

[Click this link](#) to find **audio recordings** of our Services on our website.

Beacon Article Deadline

The deadline for submitting content for The Beacon is Monday by the end of the day. If you would like to add an article, [use this link](#) to email your Beacon article to the Cedars office at office@cedarsuuchurch.org.

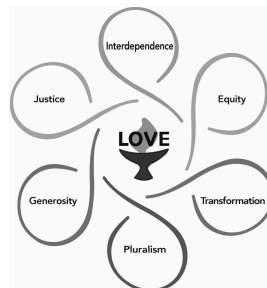
UUA News and Information

[Click this link](#) or image to learn more about UUA values, news, and information.



Cedars UU Church
is a
**Welcoming
Congregation
and Green
Sanctuary**

[View](#)



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 using this [link](#) to our website.

Member Directory

Members and Friends can easily search our online Church Directory using this [link](#) to our [directory](#) for contact information. The link is located under the Connection tab of the Cedars website and via [this link](#) to our directory.

Worship Services

Sundays at 10:00 a.m.
The Island School
8553 NE Day Road
Bainbridge Island, WA 98110

[View Map Here](#)

Cedars Minister

Rev. Margo Rinehart, Cedars Minister
Tuesday 9:30 am - 3:00 pm in office hours
284 Madrona Way, NE #128
Bainbridge Island, WA 98110
(206) 780-0373
minister@cedarsuuchurch.org

Cedars Office

Monday thru Thursday 12:00 pm - 2:00 pm in office hours
284 Madrona Way, NE #128
Bainbridge Island, WA 98110
(206) 780-0373
office@cedarsuuchurch.org

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Use this [link](#) to email it to office@cedarsuuchurch.org for inclusion in our Thursday newsletter (3 days in advance). Use this [link](#) to see our [submission guidelines](#).



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