
This Week and More at Cedars - May 7, 2026

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

Thu, May 7, 2026 at 6:21 AM



The Beacon

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

Volume 17 Issue 19 May 7, 2026



This Week At Cedars

Sunday Service, May 10

10:00 am

The Island School

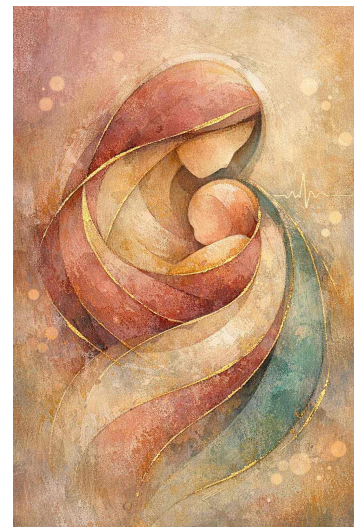
Mother's Day: What is Motherhood?

Nancy Philip and Gregory Cook, Cedars Guest Speakers

Our seasoned Worship Associates Gregory Cook and Nancy Philip share their perspectives on the topic of motherhood.

Nancy Philip joined Cedars in 1997 with her partner Jeff and their children Marina, Lydia, and Archer. She has served as a Religious Educator, trustee, long-time committee member, OWL facilitator (often co-facilitating with **Gregory Cook**), and a Worship Associate for 16 years, advocating for love, inclusivity, and marginalized communities.

Gregory Cook has been part of the Cedars community since 2007 and has served as a Worship Associate since 2016 (with a few pauses along the way). His curiosity spans a wide spectrum, from the elegance of physics to deep questions about identity and what makes us who we are.



Monday, May 11

**Women's Covenant Group
2:00 pm - 3:30 pm
Fieldstone Retirement Community**

Tuesday, May 12

**Men's Group
3:00 pm - 4:30 pm
Cedars Center**

Wednesday, May 13

**Suquamish Community Kitchen
12:00 pm - 7:00 pm
Suquamish United Church of Christ**

Sunday, May 17

**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

Explore the Major Religions of the World Extended for Three More Sessions

Sundays, May 17, and 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



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](#).



A Message from Reverend Margo

Living Our Values in the Aftermath of a Shooting

As more details become available from the shooting at the White House Correspondents'

Dinner on Saturday night, we are trying to make meaning of how such things are possible. We are thankful that the shooter was stopped before he made his way down to the ballroom and that the wounded Secret Service Officer is recovering but asking ourselves when the violence will stop.



In the United States we have a culture where anger and strife are fed and sometimes admired, held up as proof that someone cares passionately about a grievance or ideology. We

can be quick to take offense. Current modeling is to become more polarized, rather than to stop, pay attention, listen, to solve problems, and to reach across the aisle.

Faith leader Cameron Trimble tells us that we must ask what kind of moral environment

makes this type of shooting possible in the first place. Trimble says leadership play a central role in this crisis, "When a leader consistently uses language that dehumanizes, ridicules, and frames conflict as domination, it does not remain at the level of rhetoric. It begins to shape the

emotional life of a nation. It lowers the threshold for what feels acceptable. It teaches people how to express their anger."

The messages from leadership and the current culture influence all of us, not just those of one political persuasion or interest group. We are all at risk of dehumanizing rhetoric chipping away at our ability to always see others as deserving of compassion and respect. For some it makes violence easier to imagine and embody.

Our work in this time is to speak out in ways that push back against dehumanization. To be the voice for change without voicing contempt for those who disagree with us. Our theological work is to know our own heart and mind first and have our words uphold the inherent worth and dignity of every person. Let us not see those we strongly disagree with as less human than those with whom we agree. We can call for accountability and experience anger as a response to injustice, but we need to be the continued voices for peace.

Board News

Hold the Date!



possible.

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

Upcoming Service

Sunday Service, May 10

10:00 am

The Island School

Poetry: Giving Voice to Beauty, Grace & Struggle

Rev. Margo Rinehart, Cedars Minister

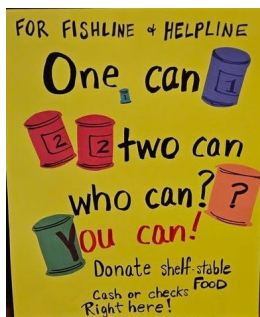
David Thomas, Worship Associate

Join us for this special Sunday morning service where Reverend Margo and selected congregants will be reading their favorite poems to uplift us and give expression to our deepest universal experiences.

Reverend Margo Rinehart serves Cedars by welcoming people from diverse theological and religious backgrounds and spiritual beliefs on their journeys to learn from one another, search for truth, and answer the call of love and justice.



Social Action



CEDARS Presents: YOU CAN!

Here at Cedars, we help support **over 1,000** families who shop at Fishline and/or at Helpline House once a week in order to have enough food. What we see at Fishline nowadays is much less than we had just a few months ago. Individual donations are way down, and Fishline needs to buy more and more expensive food to meet clients' needs. Our donations are gladly received and put out on the shelves right away. **Thanks for every contribution you make!**

Please get in touch with **Nancy Dowey** or **Patricia Erdmann** with questions.

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](mailto:office@cedarsuuchurch.org) to email the office, office@cedarsuuchurch.org, to get yours!

Group Meetings

Cedars Music Committee



Friday, May 8 (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](mailto:office@cedarsuuchurch.org) using [this link](#).

Cedars Women's Covenant Group



Monday, May 11 (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](mailto:office@cedarsuuchurch.org) using [this link](#).

Cedars Men's Group



Tuesday, May 12 (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](mailto:office@cedarsuuchurch.org) for Men's Group information using [this link](#).

Ukulele Jam Group Forming at Cedars

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

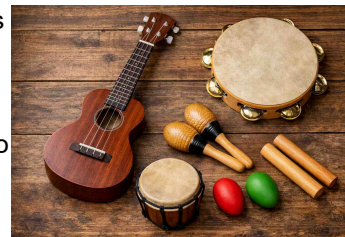
12:30 pm - 2:00 pm

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](#).

League of Women Voters of Kitsap: All Kitsap Annual Meeting

Saturday, May 30

11:00 pm - 12:00 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 using this link](#).

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

[League of Women Voters Website](#)

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.

Cedars Book Group

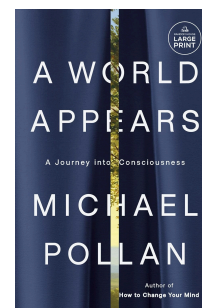
Wednesday, June 17th

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.

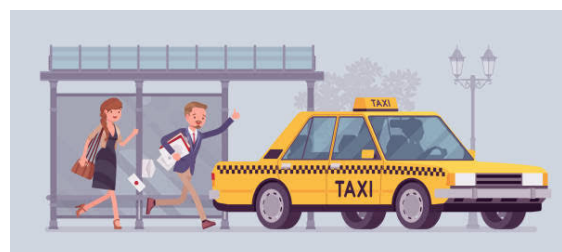
Please get in touch with Herb Hethcote with any questions by [sending an email to office@cedarsuuchurch.org](mailto:office@cedarsuuchurch.org) using [this link](#).



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 of anyone who is looking to sublet a work/office space? Maybe for a remote job? The revenue would be used to support Cedars' services.



Bright, furnished 8'x15' office available inside a quiet, peaceful professional suite just two blocks from the local movie theater. Includes access to a shared conference room, small kitchen, and bathroom. Features exterior windows, a comfortable two-seat couch, corner desk, and bookshelves—move-in ready and perfect for consultants and remote workers. \$700 a month.

Contact **Sandy Spears** or [send an email to office@cedarsuuchurch.org](mailto: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.

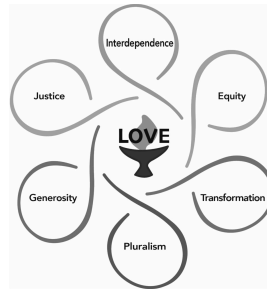
UUA News and Information

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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Do you have an article, event, or announcement?

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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