



LT Yoson <office@cedarsuuchurch.org>

This Week and More at Cedars - July 23, 2026

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

Thu, Jul 23, 2026 at 6:02 AM



The Beacon

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

Volume 18 Issue 4 July 23, 2026



This Week At Cedars

The Wisdom of the Higher-Self Offers New Perspectives

Sunday Service, July 26

10:00 am

The Island School



Why does it seem we are afraid to listen to our Higher-Self? What I am led to understand, through nearly thirty years as an intuitive, is that by learning to live from our heart-centered, heart-led perspective, we open to potentials far beyond the limitations we've currently set for ourselves. Why not make this journey more light-hearted and fun!

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.

Saturday, July 25

Northwest Detention Center Gathering
1:00 pm - 3:00 pm
1623 East J Street, Tacoma

Saturday, July 25

League of Women Voters: Bainbridge Unit
11:00 am - 12:00 pm
Cedars Center

Saturday, July 25

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

Tuesday, July 28

Super Suppers

4:45 pm - 6:00 pm
Eagle Harbor Congregational Church

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



New News

Northwest Detention Center Gathering

Saturday, July 25

1:00 pm - 3:00 pm

1623 East J Street, Tacoma

This Saturday, July 25, Unitarian Universalists have been urged to join in solidarity with **La Resistencia and Quakers** in a rally at the Northwest Detention Center. Please join us! UUs are encouraged to wear the traditional yellow Side with Love hats, tee-shirts, etc.

This is in solidarity of the Responsive Resolution passed at this year's UUA General Assembly urging us to actively oppose the inhumane treatment of our immigrant neighbors.



Rev. Margo Rinehart will be part of the invocation team. Please email [Rev. Nancy Reid-McKee of JUUSTice Washington](#) (the UU Coordinator) to let her know if you plan to attend so she can let the Quaker and La Resistencia people know how many to anticipate: nancym@juustwa.org.

For detailed information, please click on the link below.

[Instructions for attending July 25 NDC Gathering](#)

Gretchen Yanover performing at BIMA

Saturday, July 25

7:00 pm - 8:30 pm

Bainbridge Island Museum of Art

Gretchen Yanover, one of the wonderful musicians who plays for us during our services, will be performing at BIMA on **July 25**. Gretchen will perform her original pieces on electric cello with looping pedal live on stage while artist Anastasia Rýser projects real-time visual environments that pair dynamically with each piece to create an immersive, visual and musical experience.



[Find out more and buy tickets to the concert at this link.](#)

Dahlia Farm Music Festival

Saturday, August 15

1:00 am - 9:30 pm with music starting at 1:00 pm

Suyematsu Farms

13610 Manzanita Rd NE, Bainbridge Island

Look for the Cedars outreach booth at the August 15 Dahlia Farm Music Festival. Please consider buying a ticket and/or helping **Naomi Gary** at the booth! Lots of fun, great music and a lovely way to support our LGBTQA COMMUNITY!

Rolling Bay Music Club (RBMC) is a nonprofit performing arts organization rooted in a deep belief that music has the power to bring people together, spark discovery, and strengthen the communities we share.



[Please follow the link for details on the performers and the schedule for the Dahlia Festival.](#)

[Buy Dahlia Music Festival Tickets Here](#)

Letter Writing Party

Tuesday, August 4

5:30 pm - 7:00 pm

Cedar Center



Join us for a fun, productive gathering to write letters together and help strengthen democracy and protect Voting Rights! This Letter Writing Party is directed to informing young voters in Pennsylvania. This is a great opportunity to meet fellow volunteers, share ideas, and send letters to boost voter turnout in the next election and beyond.

Please see Sandy Spears with questions or email her at office@cedarsuuchurch.org.



Upcoming Sunday Service

Flourishing Together: We Belong to One Another

Sunday, August 2

10 am

The Island School

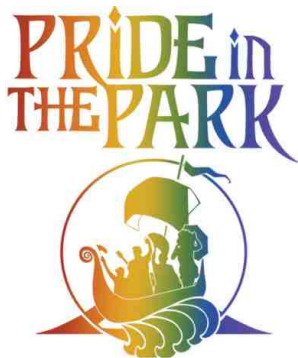
Indigenous author and scientist, Robin Wall Kimmerer tells us that hoarding will never save us, rather all flourishing is mutual. On this Sunday we will explore what flourishing looks like in our personal lives and societal structures.



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



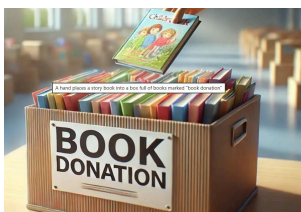
Poulsbo Pride Special Collection

Poulsbo Pride was established in 2023 to create a supportive, organized community in the North Kitsap area for LGBTQ+IA folks. They have grown over the past three years, offering safe spaces for youth and adults in Poulsbo and surrounding communities. This year, their Poulsbo Pride in the Park event will be in **Raab Park on August 22nd**. Cedars will be represented with a booth, and we gladly give to ensure their success.

Questions? See Patricia Erdmann or email: office@cedarsuuchurch.org

Book Donation Request for Poulsbo Pride

Big thanks to Jeff and Nancy Philip, our Free Library at Bainbridge PRIDE was a total people magnet!

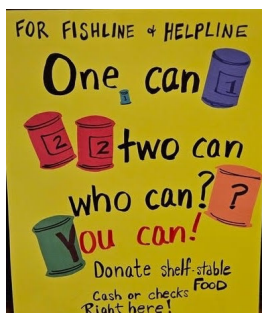


Now let's refill it for Poulsbo PRIDE in August. We welcome new or gently used books, and **we especially need kids' books**.

Drop donations at the Cedars Center or on the table with the food-bank items outside our worship space. Please see Patricia Erdmann with

questions.

CEDARS Presents: YOU CAN!



The growing need for food resources in our wider community is **unmistakable**. Because the most urgent needs are currently across the Agate Pass Bridge, we are currently directing 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 **July 28**.

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

Newer to Cedars Conversation

Sunday, August 2 (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 Women's Covenant Group



Monday, August 10 (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, August 11 (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](#).

Cedars Music Committee



Sunday, August 16 (ongoing on the third Sunday of each month)

11:30 pm - 12:30 pm

The Island School

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](#).

League of Women Voters of Kitsap: Bainbridge Island Unit

Saturday, July 25 (ongoing the last Saturday of each month)

11:00 am - 12:00 pm

Cedar Center



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](#).

League of Women Voters Website

Ukulele Jam Group

Saturday, July 25 (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 your songs to Rebecca Kim [to office@cedarsuuchurch.org](mailto: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](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](mailto:office@cedarsuuchurch.org) using [this link](#) for more information.

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

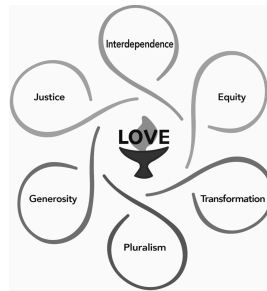
The deadline for submitting content for The Beacon is Monday by the end of the day. If you would like to add an article, [use this link](#) to email your **Beacon article** to the Cedars office at office@cedarsuuchurch.org.

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**



Our Congregational Mission

*Worship with open
hearts
Nurture a learning
spirit
Serve justice with
compassion
Love without
judgment*

View

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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