
This Week and More at Cedars - August 27, 2026

1 message

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

Thu, Aug 27, 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 35 August 27, 2026



This Week At Cedars

It's Like This: The Value of Perspective

Sunday, August 30

10:00 am

The Island School

Barbara Gilday, Cedars Guest Speaker

Gregory Cook, Worship Associate



At various times in our lives, we find ourselves, personally or communally, hitting a wall or falling off a cliff. In some ways, life seems to throw catastrophic imperatives at us. Then we have choices, and perhaps those are our greatest teachers. The values we live by give us the guardrails to recovery – not only to survive, but often to thrive. The ability to recover is one of the strongest signs of healthy aging.

Rev. Barbara Gilday came to professional ministry in mid-life, but her life has been full of inquiry, diversity, social justice, connecting and sharing with others: Teaching in Ghana, hosting Japanese Exchange Programs, developing peer tutoring programs, hosting a Ukrainian refugee, to name a few. Currently, she is exploring in new and deeper ways, how we continue to find joy in, and give value to life as our capacities change. Barbara is the grateful member of a loving, blended family.

Saturday, August 29

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

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

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



New News

Zero Waste hosts The Plastic Detox Movie

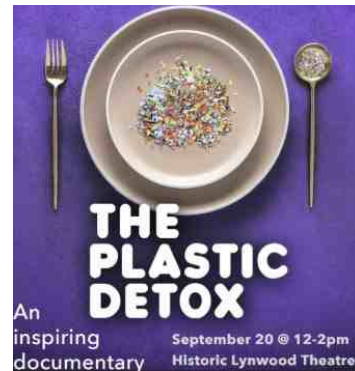
Sunday, September 20

12:00 - 2:00 pm

Lynnwood Movie Theatre

Zero Waste is pleased to be bringing the film, **The Plastic Detox**, to the Historic Lynnwood Theatre on Sunday, September 20, 12-2pm.

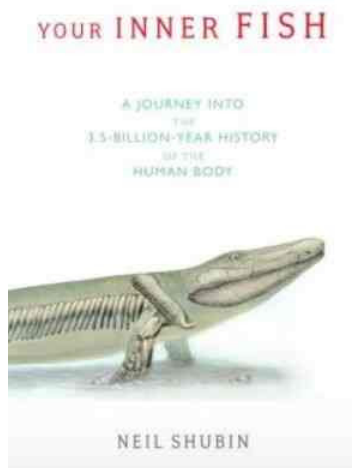
The Plastic Detox is a new, eye-opening, and ultimately uplifting documentary that reveals the startling effects plastics and toxic chemicals are having on our bodies and health. Learn how you might lower their presence in your body in a relatively short period of time through simple changes in lifestyle. The film follows five couples with unexplained infertility as they “detox” from plastic for three months to see if it changes their overall health and fertility.



Following the 90-minute film, Drs. Shirlee Tan and Elinor Fanning will hold a Q&A with the audience. You may submit any questions in advance to Zero Waste.

[Get Free Tickets Here](#)

Next Cedars Book Group Selection



The Cedars Book Group, on Wednesday, October 21 at 2:30 - 4 pm will discuss, via Zoom, **[Your Inner Fish: A Journey into the 3.5-Billion-Year History of the Human Body](#)** by paleontologist Neil Shubin, professor of anatomy at University of Chicago.

Your Inner Fish is widely considered an excellent, highly engaging science book. It won the National Academy of Sciences best book award in 2009.

Why do we look the way we do? What does the human hand have in common with the wing of a fly? Are breasts, sweat glands, and scales connected in some way? To better understand the inner workings of our bodies and to trace the origins of many of today's most common diseases, we have to turn to unexpected sources: worms, flies, and even fish.

Shubin makes us see ourselves and our world in a completely new light.

Strengths of the Book

- **Fascinating connections:** It shows how human hands, teeth, heads, and senses link directly to ancient creatures through fossils and DNA.

- **Easy to read:** The writing style is simple, friendly, and full of humor rather than dense or dry academic jargon.

If you'd like to discuss this book with us, let **Herb Hethcote** know you'd like to be on our email list, so you will receive the zoom link: office@cedarsuuchurch.org

Wanting more personal connection at Cedars and opportunities for deeper spiritual growth? Join a Cedars Chalice Circle!



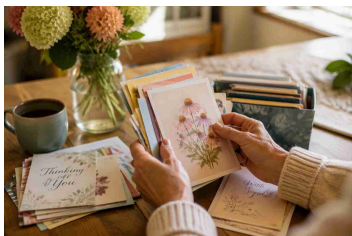
Chalice Circles are small groups that meet monthly to explore a wide range of topics. The group provides space for meaningful reflection and sharing about aspects of life that touch us deeply. Themes for this fall are Beginnings, Courage, Healing, and Awe. You receive a packet early in the month that provides options for exploring the theme in the days or weeks prior to the group meeting.

Two groups are being offered with a third if there is adequate interest. The afternoon, Zoom only group meets on the 4th Tuesday of the month and is now filled up. Still available, is the in-person, evening group on the 3rd Tuesday at the Cedars office with some possibility of

meeting on Zoom in the winter.

To register for either group, please contact **Reverend Margo**: minister@cedarsuuchurch.org or by calling the **Cedars Center office** at (206)780-0373

Greeting Card Donations Needed



The Cedars Care Team is collecting unused sympathy, birthday, holiday, and any other type of welcoming greeting cards. If you have cards tucked away that you'd be happy to part with, we'd love to put them to good use. Donations may be left at the Info Table on Sundays. Thank you for helping us share kindness and care with our community.

If you want more information, contact **Naomi Gary**, or send an email to office@cedarsuuchurch.org using this link.



A Message From Reverend Margo

Whale Songs

Almost simultaneously I have been pondering what the vastly increased orca sightings in the Salish Sea mean and the interpretations of oceans from teacher, writer, and interfaith explorer, **Alan Watts**.



While I have considered collecting salt water to represent these wild hearted, playful orcas at our Cedars Water Communion, something more mundane but every bit as magnificent is calling. The forty-sixth year of the **Unitarian Universalist tradition of Water Communion** will happen at Cedars on **Sunday, September 6**. Water Communion is our time of coming back together after a summer of visiting and traveling, yard work, and living closer to nature. It is also the beginning of the seasonal transition from summer toward fall. This year I am bringing water from my front garden hose as it symbolizes the efforts, prayers, money, and gnashing of teeth that has gone in to trying to save a “stressed” fir tree on the west side of my house. After losing three ancient pine trees this year, there was no effort I was not willing to make to save this fir tree. This morning the arborist smiled, pushed his hat back and pronounced, “It looks better!”

As for the orcas, of course the worry is that these behavior changes are related to global warming. But a scientist interviewed on NPR this morning commented about the Salish Sea being rich with seals to the point of abundance and so the orca came. Meanwhile, the work of Alan Watts still speaks to us as the rhythm of waves beating a kind of time, a time that connects millennia. The orca swim in the current of eternity, the fir stretches toward the heavens, the Cedars UU community celebrate being together, and Alan Watts reminds us of the planet’s heartbeat that tethers us all.

Don't Forget to Water!

On **Sunday, September 6** we will hold our annual water ceremony. An integral part of the service is the confluence of our lives. During what is left of the longer days don't forget to collect a small amount of water from a summer activity. The water can be from the ocean, a stream, the hose that sprinkles your garden, or even symbolic water from your tap. In the intervening weeks, think about what that water means in your life and come ready to share the water and your memories.



Upcoming Sunday Service

The Blessings of Water

Sunday, September 6

10:00 am

The Island School

Reverend Margo Rinehart, Cedars Minister

David Thomas, Worship Associate

Join in the annual sacred ritual of the confluence of the experiences in our lives. Come and celebrate the summer water that nurtured our gardens, flowed through our vacations and sustained our souls. Remember to bring a small amount of water for the communal vessel.



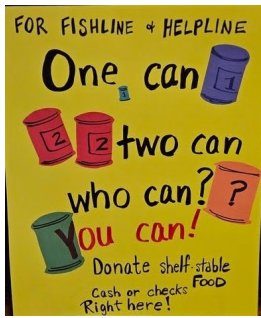
Reverend Margo Rinehart serves Cedars by welcoming people from diverse theological and religious backgrounds and spiritual beliefs on their journeys to learn from one another, search for truth, and answer the call of love and justice.



Social Action

CEDARS Presents: YOU CAN!

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.**

For more information about the food drive, see **Nancy Dowey** or **Patricia Erdmann** or email them at office@cedarsuuchurch.org.

Save the Date! Food Drives in September!

Food insecurity is rising, worldwide and here in Kitsap County. The **Bainbridge Island/North Kitsap Interfaith Council** is responding with food drives on September 20 and 23 with a need for volunteers. Sign-ups will be starting in the first week in September with more details to follow.



For more information about the food drives, see **Reverend Margo** or email her at minister@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.



Typically, we provide side dishes or prepare the main dishes on alternating months. In September we will need to provide both the side dishes and the main dish. [You can sign up to help with one or more slots using this link](#), whatever works for you, and your help will be SUPER APPRECIATED! Our next opportunity is **Tuesday, September 29**.

For more information about Super Suppers, 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](mailto:Heidi.Parkington-Thal@cedarsuuchurch.org) 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 your T-shirt!

Group Meetings

Newer to Cedars Conversation

Sunday, September 6 (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, September 14 (ongoing 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](#) for more information about the Women's Group.

Cedars Men's Group

Tuesday, September 8 (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, October 13

7:30 pm - 8:30 pm

Cedar 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](#) for more information about the Music Committee.

League of Women Voters of Kitsap: Bainbridge Island Unit

Saturday, August 29 (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](#).

Ukulele Jam Group

Saturday, August 29 (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 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](#).



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 about renting the space.

Cedars on Social Media

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

Use this [link](#) to listen to our podcast on **Spotify**.

Use this [link](#) to listen to our podcast on **Apple Podcast app**.

Use this [link](#) to listen to our podcast on **Amazon Music**.

Use this [link](#) to listen to our podcast on **iHeartRadio**.



We are also on **Instagram**! Use this [link](#) to find us on **Instagram**. 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 conversations group using this link](#) for our **Cedars Community Facebook** page.

Be sure to “Like” us and “Follow” us on each one!

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

Beacon Article Deadline

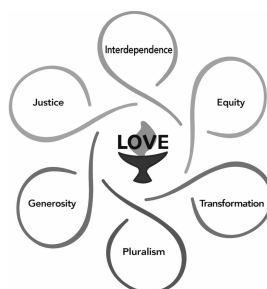
The deadline for submitting content for The Beacon is Monday by the end of the day. If you would like to add an article, [use this link](#) to email your Beacon article to the Cedars office at office@cedarsuuchurch.org.

UUA News and Information

Use this [link](#) or the 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*

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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

Use this [link](#) to subscribe to The Beacon.

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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