
This Week and More at Cedars - September 3, 2026

1 message

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

Thu, Sep 3, 2026 at 6:01 AM



The Beacon

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

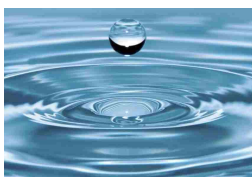
Volume 17 Issue 36 September 3, 2026



This Week At Cedars

The Blessings & Mysteries 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.

Sunday, September 6

Newer to Cedars Conversation
11:15 am - 12:00 pm (right after Sunday Service)
The Island School

Tuesday, September 8

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

Wednesday, September 9

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

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



New News

Zero Waste hosts The Plastic Detox Movie

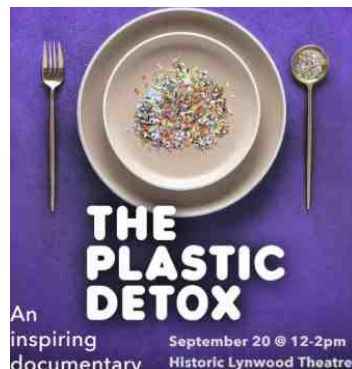
Sunday, September 20

12:00 - 2:00 pm

Lynnwood Movie Theatre

Zero Waste is pleased to be bringing the film, **The Plastic Detox**, to the **Historic Lynwood 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](#)

Starting in September LWV has a new location!

And Ukelele Rhythmn & Jam starts later.

League of Women Voters: Bainbridge Island Unit meets the last Saturday of the month 11 pm -12 pm at Helpline House 282 Knechtel Way NE Bainbridge Island, WA 98110

Because of this adjustment Ukulele, Rhythmn & Jam is still held at Cedar Center but now at 1pm!

We have several extra Ukes and lots of rhythm instruments to share. Easy to sing along music... everyone is invited to join the Jam!

To notify either group of your interest, please contact **Naomi Gary**: office@cedarsuuchurch.org or by calling the **Cedars Center office** at (206)780-0373

Write letters and help strengthen democracy and protect Voting Rights!



One of the most effective ways to do that is through letter-writing campaigns focused on a carefully selected slate of local races to rebuild trust in government and increase voter participation. These are exactly the kinds of low-turnout, low-

profile elections where Vote Forward has the strongest evidence that personal letters can help increase voter turnout.

The good news is that the letters do not need to be mailed until October.

So far, 13 Cedars members have committed to writing 325 letters.

If you would like to participate, please email Sandy Spears at office@cedarsuuchurch.org.

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.

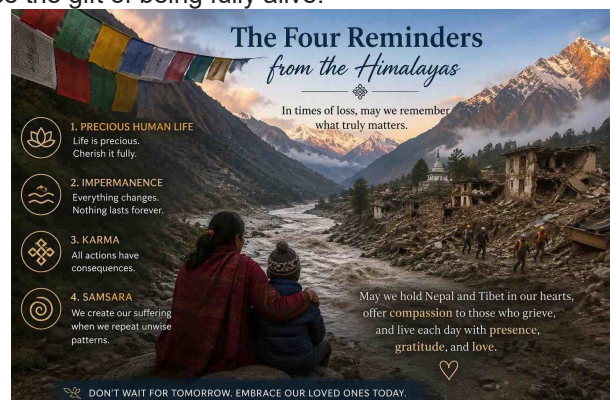


A Message From Reverend Margo

In Solidarity with Nepal

In Nepal and Tibet, over the past days people are experiencing agony and heartbreak as rescue workers search through the rubble and mud in the river valleys. As we watch from the United States our hearts hurt for those families who are waiting for news about their loved ones or have had their greatest fears already confirmed. But as we mourn for others, let us also embrace the gift of being fully alive.

Earlier this week, Sadhguru, a Sufi mystic, was the scheduled teacher for a time of spiritual gathering and learning. But in the aftermath of the flood, which impacted workers in his foundation, it became a time of solidarity. Sadhguru spoke about the Four Reminders, teachings from Tibetan Buddhism that educate that life is precious and fragile and we should embrace and live it as fully as we are able. The Four Reminders invite us to an urgency of becoming fully present.



The first Reminder is that human life is precious. The second is about impermanence. Everything is always changing and there is no sparing us from this reality. The third Reminder is karma. Not karma as a punishment for bad deeds, rather than all our actions have consequences. Lastly, the fourth reminder is about samsara – that we create our own suffering when we keep repeating unwise actions because we cannot visualize living or doing something in a new way.

In this Himalayan disaster the Four Reminders invite us to appreciate those around us because their lives are precious and our relationships with them are impermanent. It is critically important to live into the time we have together. Don't wait for tomorrow, embrace our loved ones today. Also, to feel compassion for the families in Nepal, who are looking for loved ones they may never find. The disaster also points out that karma is at work because of the way humans have treated the earth. There are consequences to acting in ways that have created global warming. What can countries learn about early-warning systems, sharing scientific data, and political rivals working together on the climate crisis. Sahguru explains, "This is not about nationalities and political affiliates, it is about humanity."

We all feel the weight of the human losses caused by the flooding and mudslides. While we cannot be there to pull people from rivers or rescue them from collapsed homes, we can remember that life is deeply precious and impermanent. What life-giving and life-sustaining actions can you engage in this week? Where can you provide help for the communities that touch your heart?

Save the Date! Potluck Lunch After Church – September 20

Rebecca Kim and Reverend Margo are excited to host a potluck lunch on **Sunday, September 20, in the green space behind the Cedars office**, immediately following worship. This will be a wonderful opportunity to enjoy good food, fellowship, and conversation as a church family.

We would especially love to welcome our newer members and newcomers. If you're part of the Membership Committee, please consider reaching out personally to extend a special invitation and help everyone feel included in our community.

We hope you'll join us! Bring a favorite dish to share and come enjoy a relaxing afternoon together.



Upcoming Sunday Service

The Benefits of Volunteering

Sunday, September 13

10:00 am

The Island School

**Guest Speakers: Sandy Spears, Patricia Erdmann,
Nancy Philip & the rest of the crew**



Volunteering is a rewarding way to give back, meet new people, and make a positive impact in your community. It offers opportunities to learn new skills, share your talents, and contribute to causes you care about.

Whether you can give an hour a month or several hours a week, volunteering brings a sense of purpose and connection while helping build stronger, more vibrant communities. Small acts of service can make a meaningful difference, both for others and for yourself.



Social Action

September 13th: Special Collection – Social Action Committee

Cedars holds a Special Collection monthly to inform our congregation about the work of various non-profit organizations that reflect our values and to channel our generosity in support of them.



On September 13, the Special Collection will be for **Cedars**

Social Action Committee. The Committee is active in various

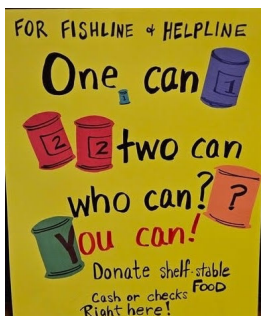
activities including the monthly Super Suppers, food drives,

protecting our Democracy, support efforts to protect human rights among other activities.

If you would like to receive a tax deduction for your donation, please write a check payable to Cedars UU Church with SAC in the memo to place in the offering basket on September 13 or send it to the Cedars Church Office by **September 18**.

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

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** (BINK-IFC) hosts a CROP Walk Bainbridge event that includes food drives collecting non-perishable items for local lifelines, September 20 and 23 with a need for volunteers.



Please sign up for "IFC Crop Walk Food Drives" at this [link](#).

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** 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 Book Group

Wednesday, October 21

2:30 pm - 4:00 pm

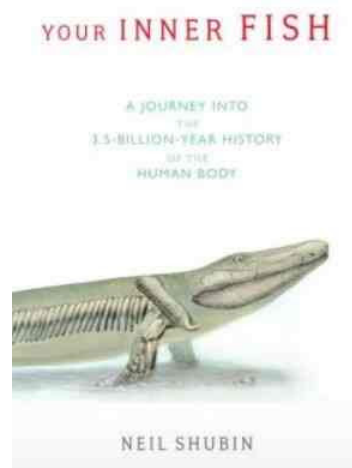
Cedars Center

via Zoom

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 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

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, September 26 (ongoing the last Saturday of each month)

11:00 am - 12:00 pm

Helpline House

282 Knechtel Way NE Bainbridge Island, WA 98110



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, September 26 (ongoing on the last Saturday of each month)

1:00 pm - 2:30 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!!!

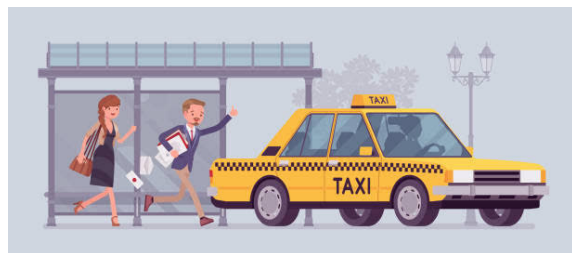
If you are interested or want more information, contact **Naomi Gary**, or [send an email to \[office@cedarsuuchurch.org\]\(mailto:office@cedarsuuchurch.org\) using this link](#).



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 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

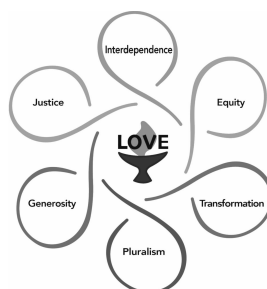
The deadline for submitting content for The Beacon is Monday by the end of the day. If you would like to add an article, [use this link](#) to email your Beacon article to the Cedars office at office@cedarsuuchurch.org.

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*

[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

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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