LT Yoson <office@cedarsuuchurch.org>

This Week and More at Cedars - October 8, 2026

Cedars UU Church <office@cedarsuuchurch.org> Thu, Oct 8, 2026 at 9:38 AM
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To: office@cedarsuuchurch.org

CEDARS CHURCH
UNITARIAN UNIVERSALIST
A Welcoming Congregation and Green Sanctuary

The Beacon

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

Volume 17 Issue 41 October 8, 2026

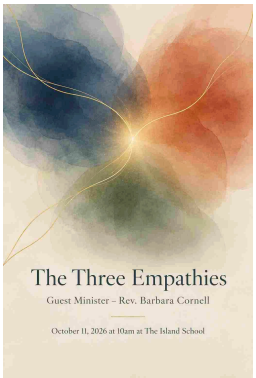
This Week At Cedars

The Three Empathies

Sunday, October 11

10:00 am

The Island School



Reverend Barbara Cornell, Cedars Guest Speaker

Gregory Cook, Worship Associate

We've been seeing in the news recently, that empathy is bad, even toxic. How could this be? Going to the research, we find three distinct empathies. They each have unique qualities that are worth exploring. This week, we'll reflect on the three empathies and find some ideas about how we can build our skills to use this awesome, human gift for Good!

Rev. Barbara Cornell is a board certified, union chaplain at Swedish Edmonds Hospital in Edmonds, WA. She was ordained to the Unitarian Universalist ministry in 2015. She served as religious educator at our Shoreline UU congregation for nearly 15 years ending in 2007 and has been working at Swedish since 2009. Barbara is married to Dane Scott and they have two adult children, Katie and Will.

Monday, October 12

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

Tuesday, October 13

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

Music Committee
7:30 pm - 8:30 pm
Cedars Center

Saturday, October 17

No Kings: Vote Early "Keep Democracy Afloat"
10:00 am – 12:00 pm
Waypoint Park on Bainbridge Island

Cedars Social Action Committee Retreat
1:00 pm – 5:00 pm
Naomi Gary's home

Please see below for more details and use this **link** to find the Cedars calendar**.**

New News

No Kings: Vote Early "Keep Democracy Afloat!" · Volunteer organized

Saturday, October 17

10:00 am – 12:00 pm

Waypoint Park on Bainbridge Island (please carpool, get dropped off or meet at Cedars Center at 9:45 am and walk down to Waypoint Park together!)

Wear your Cedars T-shirt if possible!

We decide who represents us. We decide what comes next.

Unlike previous No Kings actions, No Kings: Vote Early, is not purely a protest.

Instead, it's a day of nonpartisan voter participation: we are bringing our community together to make a plan to vote early and ensuring every eligible voter understands their options for how to vote and has the opportunity to make their voice heard.



https://www.mobilize.us/nokings/event/1021040/

Send this link to invite friends to join us: https://mobilize.us/s/VTMPc5/r

For more information you can contact Mike Cox: office@cedarsuuchurch.org

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Kitsap Strong Resiliency Summit 2026: Reconnecting with Our Village

Saturday, October 24

9:00 am – 3:00 pm

7235 NE Pkwy, Suquamish, WA

A family-friendly space for neighbors in Kitsap and North Mason to share something of their own story and village, learn something about someone else, and notice common threads while honoring the histories and cultures that make each community distinct. Event updates and announcements will be posted here: https://www.kitsapstrong.org/resiliency-summit.

Get Tickets HERE

Cedars UU Church is proud to support the CROP Hunger Walk

Just $22 can help support a thriving livelihood for a family fighting hunger in Honduras. That's enough for 500 baby fish to be raised for healthy food, and even a source of income!



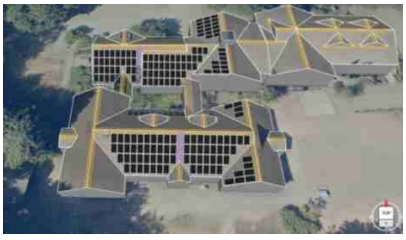
Local food drives in Poulsbo and on Bainbridge Island last week resulted in 1000s of pounds of food and close to $2000 being delivered to Fishline and Helpline. Now we're in the online fundraising part of the campaign, and the deadline is October 11.

Please step up and help Cedars fight hunger through the CROP Hunger Walk. Visit the team fundraising link below and make a contribution.

https://events.crophungerwalk.org/chw/team/cedars-unitarian-universalist-church-2

Help Bring Solar to The Island School (TIS)

Several of us at Cedars have been exploring with The Island School installing solar panels on the School's roof. This presents a great opportunity to work together to reduce TIS's carbon footprint and to help TIS's community see the benefits of solar power.



TIS's management is enthusiastic about moving ahead with this project. They solicited estimates from several solar installers and are targeting a system that would cost about $180,000. It would produce about 70% of the total energy used in one year at the school. They did not evaluate Webster Hall as the roof needs replacing before installation of solar panels. For the rest of the school, the roof is new.

TIS is actively reaching out to its past and present parents to solicit funds. They are also exploring grant opportunities with Rotary.

If you are interested in learning more about the project and would consider contributing, please talk to Fran Korten, Mike Cox or send an email to **office@cedarsuuchurch.org** using this **link** for more information.

Circle Dinners have returned to Cedars! Save the Dates!



Fall dates will be:

October 10 and November 7

October 10 with Naomi Gary for dinner and then a walk or drive to the Second Saturday Music Night at the Seabold Hall. For sign-ups to October 10 contact Naomi Gary at office@cedarsuuchurch.org.

Sign-ups for November 7 contact Reverend Margo at minister@cedarsuuchurch.org with details to follow.

Missed September 27 Service?

Rev. Barry Andrews' September 27 sermon, *The Five Strands of Unitarian Universalism,* is now available to read at this link

A Message from Reverend Margo

The Continual Work of Courage



During the month of October one of our Worship and Small Group themes is courage, what personal and collective courage mean in our current times. Even personal courage adds to the collective experience, and it is important to remember that the work is slow but steady and we can lean on one another. Writer and theologian, Cameron Trimble, tells us that courage is long work, it takes stamina. She explains, "The courage required for this age is not loud or heroic. It is slow, patient, and renewable. It is the kind that takes root in those who refuse to surrender their tenderness. It is the kind that knows love is still possible, even here."

Courage can be found in showing up to another rally, meeting, or conversation. It means continual financial support for causes that support our values. Courage is in sharing our fears

and hopes with others. It means celebrating the wins as they come and mourning the losses when they arrive. In this journey it is essential to remember that we belong to one another.

When we act with courage, we widen the circle of what is possible for everyone else. It is remembering that we can support one another as we lean in to what can be created no matter how difficult things feel in present times. Together, let us carry the light.

When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. - Audre Lorde

Upcoming Sunday Service

“Spiritual Warriorship” – Buddhist Thoughts on Courage

Sunday, October 18

10:00 am

The Island School

Reverend Margo Rinehart, Cedars Minister

Liz Motter, Worship Associate



This service explores Buddhist ideas on remaining faithful to one another during times of challenges. Explore what may be your bravest course of action when faced with difficult decisions and adversity.

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.

Cedars Social Action Committee Retreat
Saturday October 17th
1:00 pm - 5:00 pm
Naomi Gary's home



We are looking forward to the second annual retreat for Social Action Committee members and if you are interested in joining our SAC team, we hope you will attend also!

We are especially pleased that **Mel Hoover and Rose Edington, aka MelRose Ministry, have agreed to facilitate our retreat.**

Please let us know as soon as possible if you plan to join us as we reflect on this year's progress and map our way forward.

RSVP to Patricia Erdmann at office@cedarsuuchurch.org.

Questions? Contact Mike Cox, Naomi Gary, Nancy Philip or Patricia Erdmann

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JUUstice Washington and UU Social Action Network Conversations

Several Tuesday evenings through November

6:30 - 8:30 pm

via Zoom

JUUstice Washington, the UU Social Action Network for Washington State is inviting congregations to take part in a social justice focused conversation through a series of four Zoom gatherings. Starting with deepening relationships and then exploring what becomes possible when we act from those relationships, the themes will remain open and responsive to what arises. For more information, please follow this link to

JUUstice Washington – A Unitarian Universalist State Action Network

Oct. 27, 6:30–8:00 PM Pacific — Action

Nov. 17, 6:30–8:00 PM Pacific — Sustaining

If you are interested in attending, please let Reverend Margo or Naomi Gary know and they can supply you with the Zoom link at minister@cedarsuuchurch.org.

Write letters and help strengthen democracy and protect Voting Rights!

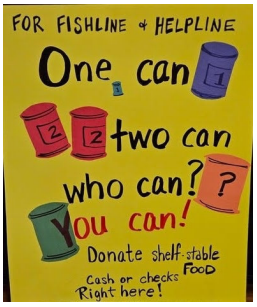
One of the most effective ways to do that is through letter-writing campaigns focused on a carefully selected slate of local races to rebuild trust in government and increase voter participation. These are exactly the kinds of low-turnout, low-profile elections where Vote Forward has the strongest evidence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

CEDARS Presents: YOU CAN!



The need keeps growing for food resources in our community. We collect donations at the Cedars Center and at our Sunday services and alternate months delivering contributions to Fishline and Helpline House. Every contribution of cans, boxes, bottles, and more goes straight onto the shelves and is immediately appreciated. Every bit truly helps.

If you have ideas on how we can encourage more contributions, see Nancy Dowey or Patricia Erdmann or email them at 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.

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, October 27**.

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.

Group Meetings

Cedars Women's Covenant Group

Monday, October 12 (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 who identify as women and are 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** for more information about the Women's Group.

Cedars Men's Group

Tuesday, October 13 (ongoing the second Tuesday of each month)

3:00 pm - 4:30 pm

Cedars Center

The Cedars Men's Group welcomes those who identify as men and 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 Book Group

Wednesday, October 21

2:30 pm - 4:00 pm

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:

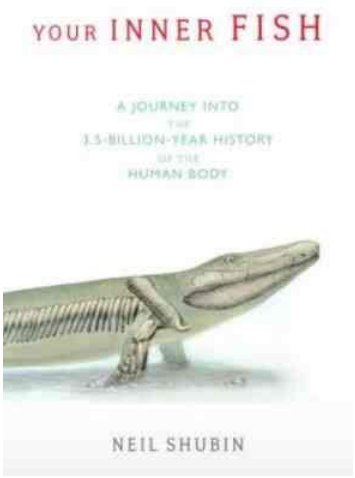
worms, flies, and even fish.

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 (second Tuesday of each month)

Tuesday, October 13

7:30 pm - 8:30 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** for more information about the Music Committee.

Ukulele Jam Group

Saturday, October 31 (ongoing on the last Saturday of each month)

1:00 pm - 2:30 pm

Cedars Center

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

Please think about 3 favorite and easy songs you'd like to play.



Send your songs to Rebecca Kim to **office@cedarsuuchurch.org** u sing 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 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**.**

Our Wider Community

League of Women Voters of Kitsap: Bainbridge Island Unit

Saturday, October 31 (ongoing the last Saturday of each month)

11:00 am - 12:00 pm

Helpline House

282 Knechtel Way NE on Bainbridge Island

The League of Women Voters wants your questions. Local Kitsap County Candidate Forums are coming late September and early October. Now is your chance to ask the candidates directly about local issues! Here is a link to the questions:

https://lwv-kitsap.org/candidate-forum-questions

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.**

League of Women Voters Website

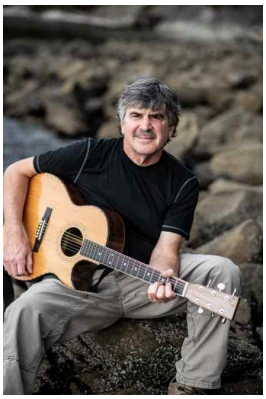
These Songs of Freedom: Talk and Concert About Protecting our Democracy

Saturday October 10

12:00 pm - 2:30 pm

Lynwood Theater

4569 Lynwood Center Road NE on Bainbridge Island



Singer/Songwriter Dana Lyons (https://cowswithguns.com) shares songs and stories from across America of unexpected alliances working together for democracy and our beautiful planet.

Suggested donation of $10 at the door

For more information you can go to: https://www.standingtogetherbi.org/events/oct10/

Register HERE for Dana Lyons Concert

Grace Church Ribbon Cutting and Workshop for New Solar Installation



Saturday October 17

9:00 am - 11:00 am

Grace Episcopal Church

8595 NE Day Rd on Bainbridge Island

The Grace community and project partners are thrilled to invite you to celebrate the new 32 kW solar project on the rooftop of Grace Episcopal Church.

For more information please follow this link for the program of events and registration requirement.

Register HERE for Ribbon Cutting at Grace

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**.

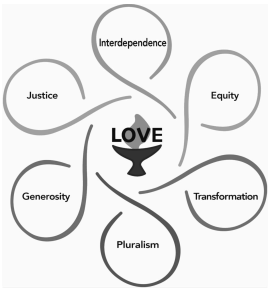
UUA News and Information

Use this **link** or the image to learn more about UUA values, news, and information.

UNITARIAN UNIVERSALIST ASSOCIATION

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
(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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