East Shore Unitarian Church

12700 SE 32ND Street, Bellevue, WA
(425) 747-3780 · www.esuc.org

EastShoreUC @ESUC1 eastshore_uc

"5-Minute TED Talks"

July 3, 2022

We practice love, explore spirituality, build community, and promote justice.

Welcome to East Shore Unitarian Church

We extend a special welcome to all who are here for the first time. We are glad you are here and hope your morning will provide you with a greater sense of connection with yourself, with the people around you, and with the world and spirit outside these walls. After today's service, please join us outside for coffee, tea, and conversation.

If you didn't stop by before service, please stop by the visitors desk in the foyer. There you can learn more about the church, and fill out a visitor form. During the week, we will contact you to see if you have any more questions, and help you navigate through all of our amazing programs and groups.

Large-print hymnals and a braille hymnal are available in the foyer from the ushers. Our hearing assistance devices use T-Coil loop technology. Hearing assistance devices are also available in the back of the Sanctuary or from the ushers.

Gender Affirming Restrooms are located in each building. A private restroom is located in the Administration Building. Diaper changing stations are located in all restrooms.

Families, Children & Youth

Families are an important part of faith communities and we are so glad you are here! We want you all to attend worship together, either online or in person. There is no onsite childcare during worship at this time. There is a rug in the back of the Sanctuary with book and toys for babies and kids and E-101 is open for free play. Children and youth classes are held at 12pm. Please find more information in the weekly Friday newsletter for children and youth. http://bit.ly/ESUCemails

Keeping In Touch

Do you want to keep in touch during the week? Follow us on Facebook (EastShoreUC), Twitter (@ESUC1) and Instagram (eastshore_uc). You can also request to join our email list by emailing our Director of Membership Development at membership@esuc.org. Paper copies of sermons and audio copies of the service are available in the Administration Building. You can also listen to the sermons online at esuc.org/worship/past-worship-services. Sermons are also available as Podcasts, search for "East Shore Unitarian Sermons." Sermons are posted on Tuesdays.

Have a suggestion? Leave your comments and suggestions in the box located under the TV screen in the Sanctuary lobby.

Please return this Order of Service to the baskets by the door for recycling.

"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."
— Brené Brown

Order of Service

July 3, 2022
10:30 a.m.

Centering Music — Eric Lane Barnes

Announcements / Land & Labor Acknowledgement — Maury Edwards

Welcome — Amanda Strombom

Ringing of the Bell

Chalice Lighting & Reading — Geri Kennedy

Chalice Response

We light this chalice to remind ourselves to treat all people kindly because they are our siblings in spirit;
To take good care of the earth because it is our home;
And to try to live lives filled with goodness and love because that is how we will become the best people we can be.

*** Hymn #354** — *We Laugh We Cry*

Story for All Ages — *Stories from Members*

Pastoral Prayer/Joys & Sorrows — Amanda Strombom & Eric Lane Barnes

Please fill out a card in the back of the Sanctuary (in person) or in chat (virtual)

Meditation — *Strong Back, Open Heart* — Eric Lane Barnes

Musical Celebration — *Be The Change* — Pop-Up Choir

TED Talk 1 — *"Being With Joanna Macy"* — Geri Kennedy

TED Talk 2 — *"My Life & Keeping Calm"* — Jeanne Gardiner; read by Missy Poirier

*** Hymn** — *One Foot in Front of the Other* — Pop-Up Choir
Melanie DeMore

* *Please rise in body or spirit.*

TED Talk 3 *"Why I'm Vegan"* Amanda Strombom

TED Talk 4 *"Subconscious Bias"* Ron Douglas

Gifts of the Congregation Amanda Strombom

Text ESUC $20 (or any dollar amount) to 73256 to give to ESUC using your text messaging. Standard text message rates do apply. You can also use esuc.org/give or mail in a check to ESUC any time! There are also boxes available in the back of the Sanctuary.

*** Sung Benediction #1010** *We Give Thanks*

Closing Words & Extinguishing the Chalice Geri Kennedy

Postlude *We Are Rising Up* Pop-Up Choir
by Reginald Untersehr

Thank you for silencing all electronic devices. Please ask any usher for an assisted listening device, a large print hymnal, or a braille hymnal.

Please feel free to fill out a card of care and celebration located at the back of the Sanctuary. These cards can be read during the Pastoral Prayer. Candles are also available to light to recognize a joy or concern.

Worship Leadership Today Worship Associate: Amanda Strombom | Ushers: Jenny Selby & Laurie Wick| Zoom Tech Support: Mike Radow

Thanks to the Worship Team; our Ushers and Greeters; our Religious Education Teachers; and the ACE Media People for audio visual support.

Next Sunday, July 10th at 10:30 a.m.

"Bridging the Divide Through Food and Fellowship"
Rev. Jennifer Alviar, preaching

In the midst of our divided nation, how do we move from the paralysis of fear toward a greater sense of freedom, hope and healing? Please join us as we explore this question within the theological context of a welcome table of hospitality, bridge-building and social justice.

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Hymn: One Foot In Front of the Other
by Melanie DeMore

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You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love

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Don’t give up hope
You’re not alone
Don’t you give up
Keep movin' on
You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love

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Lift up your eyes
Don’t you despair
Look up ahead
The path is there
You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love

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I know you’re scared
And I’m scared too
But here I am
Right next to you
You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love

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Today at East Shore

Coffee Hour: 11:30 a.m. Outside: After worship, enjoy a casual time to get to know the East Shore community of friends and members. You will be put into groups of 4-6 for easy conversation and mingling. For those in person, head outside and gather with others! There will be coffee and tea outside, please consider bringing your own travel mug!

Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Factoria on the corner by Dacell's Jewelers. We gather in solidarity with Black, Brown, and Indigenous People of Color. All are welcome!

Please Note: The ESUC offices are closed and staff is off on Monday, July 4 in observance of the holiday.

Upcoming Events

Fostering Interfaith Relationships on the Eastside (FIRE) Kirkland 4th of July Parade: Monday, July 4, 11:00 a.m. (In Person): Participants in the parade are encouraged to wear UU clothing (Standing on the Side of Love, etc). The parade follows a route through Marina Park and around the downtown core. Those interested please email rsvp@fire-wa.org.

Join the East Shore Outdoors Group: Misc. Dates (In Person): As the better weather approaches, many of us want to get outside and enjoy the beautiful scenery of the Pacific Northwest. You can do that, and contribute to building community at East Shore, by participating in walks and hikes organized by the East Shore Outdoors group. To learn more contact Amanda Strombom.

Tech Support & Coffee Klatch: Wednesdays July 6 & Aug 3, 10:30 am (In Person): Come enjoy a cup of coffee or tea, and meet up with old friends or make some new ones. While you're there, some tech-savvy members will be on hand to answer your questions about using technology. So, bring your laptop, tablet or phone (or all your devices if need be) and our trusty tech support team will attempt to answer as many of your questions as they can.

Kirstie's Back Porch: Saturday, July 9, 4:30 p.m. (In Person): All those who identify as women are invited to bring appetizers and salads to share and the Women's Perspective Steering Team will provide drinks: coffee, tea, waters and wine while we gather on Kirstie's Back Porch and in her beautiful garden. We'll catch up on what's happened and submit ideas for next year's activities. No cost but please bring your ideas and register at esuc.org.

OWL Teacher Training: September 3-5 (In Person): OWL empowers adults and children across the lifespan to learn about their bodies, sexuality, and genders. We need 15 adults to get trained to facilitate OWL next year. There are new editions of K-2 curricula and 10-12 curricula, so even if you've trained before, it's time to re-engage. Register at esuc.org.

ESUC News

Help Rev. María Cristina Get To Know Us: As we anticipate the arrival of our new settled minister this August, let's take time to share about us. Women's Perspective is creating a binder filled with individual profiles written by each of East Shore's members and friends– in our own words! Pick up a copy of the form on the front desk in the Administration building.

Can you help assemble and install some playground equipment? We are getting some new equipment and need some energy to put it together. Email Dianne Upton, Facilities Manager, at facilities@esuc.org and lend your time (ages 11+) this summer.

Acknowledgement of our Indigenous Neighbors

We acknowledge that this land is the traditional territory of indigenous peoples: the Duwamish, Snohomish, Tulalip, Snoqualmie, Muckleshoot, Puyallup, Suquamish, and Wenatchi nations, among others. We recognize the impact of settler colonialism on these peoples. We pledge to nurture our relationship with our Coast Salish neighbors as we work to restore and sustain their homelands upon which we all depend.

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East Shore Unitarian Church is proud to publicly support the Black Lives Matter movement. This stance is in alignment with the values of our faith and is also endorsed by the UUA. More information can be found at www.uua.org/statements/support-black-lives-matter-movement.

The Eight Principles

Unitarian Universalist congregations affirm and promote eight Principles, which we hold as strong values and moral guides. They are:

* The inherent worth and dignity of every person;
* Justice, equity and compassion in human relations;
* Acceptance of one another and encouragement to spiritual growth in our congregations;
* A free and responsible search for truth and meaning;
* The right of conscience and the use of the democratic process within our congregations and in society at large;
* The goal of world community with peace, liberty, and justice for all;
* Respect for the interdependent web of all existence of which we are a part.
* Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Getting to Know Us

Where to Start: Attend worship services, introduce your children to Religious Education, come to coffee hour, join the choir, participate in East Shore's variety of activities and classes. You can read more about these in our newsletter, *The Beacon*, or if you sign up for the weekly e-mail (at the visitors table).

Learn More about Becoming a Member: Talk to our Director of Membership Development for details about our Pathway to Membership.

Ways to Support East Shore's Mission

Donations to East Shore go to support the operating fund. This allows us to be open seven days a week, offer great programming, classes, and events. Please join us for some upcoming classes or events!

There are many ways to volunteer your time at East Shore, whether you like to do office work, grounds work, or working with children. We are open 7 days a week, and could always use more help. For more information, fill out a form at www.esuc.org/give/volunteer/ or contact our Office Administrator, Jenny Newell esuc@esuc.org