

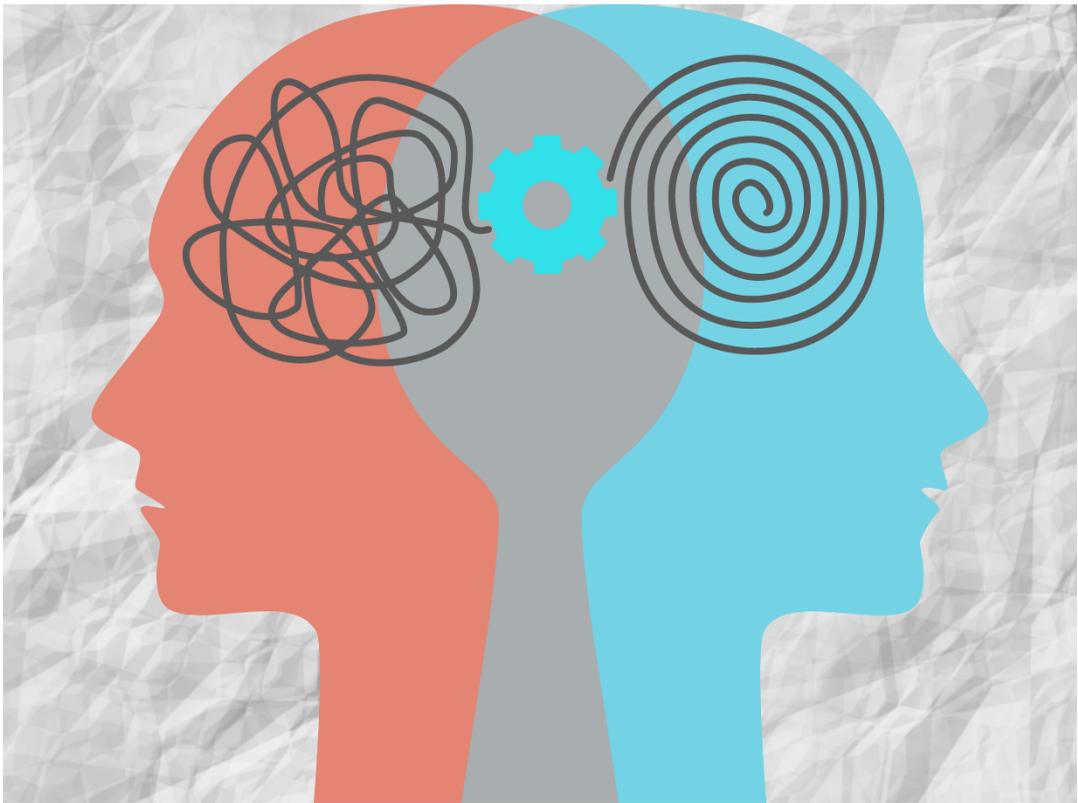
EAST SHORE UNITARIAN CHURCH

12700 SE 32ND STREET, BELLEVUE, WA
(425) 747-3780 · WWW.ESUC.ORG



“Behavioral Health: From Alzheimer's to Autism and Everything in Between”

July 24, 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.



ORDER OF SERVICE

July 24, 2022

10:30 a.m.

Centering Music

Flying Dreams
by Eric Lane Barnes

Announcements

Mike Radow

Land Acknowledgement

Jeanne Lamont

Ringling of the Bell

Welcome & Introduction

Mike Radow

* Hymn #131

Love Will Guide Us

Chalice Lighting

King County Councilmember Sarah Perry

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.

Story for All Ages

Ruby Finds a Worry
by Tom Percival

East Shore Unitarian Church Covenant

Mike Radow

Love is the doctrine of this church.
The quest for truth is its sacrament, and service is its prayer.
To dwell together in peace, to seek knowledge in freedom,
To serve humanity in fellowship, thus do we covenant.

Joys & Sorrows

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

Musical Meditation

I Am Light

Ron Douglas

Reading

Mike Radow

*** Hymn #347**

Gather the Spirit

Homily

From Alzheimer's to Autism and Everything in Between

Sarah Perry

Gifts of the Congregation

Mike Radow

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 #123**

Spirit of Life

Closing Words & Extinguishing the Chalice

Sarah Perry

Postlude

Plowshare Prayer

by Spencer LaJoye

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: Mike Radow | Ushers: Ann Carlstrom | Zoom Tech Assistant: Grace Colton

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 31st, at 10:30 a.m.

"The General Assembly Experience"

with Eric Lane Barnes and GA attendees

Join Eric and members of the congregation as they talk about lessons learned and ideas engendered by this year's UUA General Assembly in Portland

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 Kirkland: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Kirkland at the NW corner of Peter Kirk Park next to the transit center. We gather in solidarity with Black, Brown, and Indigenous People of Color. Flash Stances start conversations, and then carry those conversations on. All are welcome to join us in this important work!

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—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. We believe seeing kids playing and having fun will bring life and energy to East Shore! Join us on Sunday, July 31 to help put together a piece or two... lunch provided!

Save the Date! Ingathering Service: Sunday, September 11: Make sure you mark your calendars! On Sunday, September 11 we will have a lot to celebrate. It will be Rev. María Cristina's first sermon AND we will have our first Salmon Bake since 2019! We still don't know all the details about the food, but if you want to help, let Nicole know at membership@esuc.org

Can You Say "Hello?" I am looking for any and all of those who are able to be welcoming to help expand our usher and greeting team. If you have a passion for welcoming those, or even if you can just say "hello!" please let Nicole Duff know. We will have a training session in August (keep an eye out for a date) so you feel more comfortable, and know you don't have to know the answer to everything, just offer a warm welcome and a connection. To get on the list for notifications, email Nicole at membership@esuc.org.

Save the Date: In Person RE Facilitator Training, September 10, 10:00 a.m.-1:00 p.m. Volunteer members and friends facilitate and lead our programs with children and youth. If you haven't experienced the power of mentorship, consider doing so this year. Parents are asked to contribute their time to our cooperative model of education.

UPCOMING EVENTS

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: Wednesday, August 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.

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.

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.

East Shore Unitarian Staff

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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.

Some
Things
I am
feeling:

Eden



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, at esuc@esuc.org