

# EAST SHORE UNITARIAN CHURCH

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



## “The General Assembly Experience” July 31, 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](mailto: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](http://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.***



*"These are extraordinary times. And I know that our faith as Unitarian Universalists matters. Not just to us who are a part of it and our congregations. It matters to our larger communities. Your support of your local congregations and of the UUA is one of the most significant ways that you help impact not only our faith but the things that are possible in our community and the wider world as we advocate for our values - human rights, human dignity, love and justice."*

*- Rev. Susan Frederick-Gray, UUA President, 2022 General Assembly*

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## **ORDER OF SERVICE**

July 31, 2022

10:30 a.m.

### **Centering Music**

Eric Lane Barnes

**\* Musical Introduction** *Come, Come, Whoever You Are*

### **Welcome**

Signe Lalish-Menagh

### **Land Acknowledgement**

LeAnne Struble

### **Announcements**

David Langrock

### **Ringing of the Bell**

**\* Chalice Lighting Hymn #362** *Rise Up O Flame*

### **Chalice Response**

Geri Kennedy

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.

### **GA Experience**

*Second Chances*

Nicole Duff

### **East Shore Unitarian Church Covenant**

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.

### **Story for All Ages**

*Desmond Gets Free*

LeAnne Struble

by Matt Meyer

**\* Hymn #18**

*What Wondrous Love Is This*

**Signe's GA Experience**

Signe Lalish-Menagh

**Pastoral Prayer/Joys & Sorrows**

David Langrock

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

**Meditation on Breathing**

**Grace's GA Experience**

Grace Colton

**Paul's GA Experience**

Paul Buehrens

**David's GA Experience**

David Langrock

**\* Hymn #1028**

*Fire Of Commitment*

**Gifts of the Congregation**

Eric Lane Barnes

*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](http://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**

*Standing Stone*  
by Melanie DeMore

**Closing Words & Extinguishing the Chalice**

Geri Kennedy

**Postlude**

*I Believe in Love*  
by Kenny Loggins

Ron Douglas & George Gatins

**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** | Ushers: Ann Carlstrom, Carla Hellekson | Zoom Tech Assistant: Rachel Herbert

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

**Next Sunday, August 7 at 10:30 a.m.**

“LUGHNASADH”

LeAnne Struble, preaching

*We will be celebrating the first harvest and discussing how we harvest and what we will harvest, not just from our gardens but in all of our life. We will celebrate with song and dance. Please join us for this celebration of Lughnasadh (LOO-nah-sah) and the turning of the wheel of the year.*

## **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!

**Playground Assembly: 11:30 a.m. Behind Education 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 to help put together a piece or two... lunch provided!

**Black Lives Matter Flash Stance: 12:30 p.m. in Woodinville:** Join fellow UU activists for our Black Lives Matter Flash Stance in person on the corner of 175th and Garden in front of the Woodinville Jamba Juice. 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—in our own words! Pick up a copy of the form on the front desk in the Administration building.

**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](mailto: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](mailto:membership@esuc.org).

## 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](http://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

425-747-3780

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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](http://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/](http://www.esuc.org/give/volunteer/) or contact our Office Administrator Jenny Newell, at [esuc@esuc.org](mailto:esuc@esuc.org)