

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“On Aging” September 4, 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.



*"A billion stars go spinning through the night, blazing high above your head.
But in you is the presence that will be, when all the stars are dead."*

- Rainer Maria Rilke

ORDER OF SERVICE

September 4th, 2022

10:30 a.m.

Centering Music

Eric Lane Barnes

Prelude

Pure Imagination

Diane Graham

by Leslie Bricusse & Anthony Newley

* **Hymn #354**

We Laugh, We Cry (verses 1-3)

Land Acknowledgement

Catherine Ramsey

Announcements

Bill Carlstrom

Ringling of the Bell

Welcome

Eric Lane Barnes

Chalice Lighting & Reading

Rev. María Cristina

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

The Old Woman Who Named Things

LeAnne Struble

by Cynthia Rylant

East Shore Unitarian Church Covenant

Evelyn Smith

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.

Pastoral Prayer/Joys & Sorrows

Eric Lane Barnes & Catherine Ramsey

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

* *Please rise in body or spirit.*

Meditation On Light

Eric Lane Barnes

* Hymn #1020

Woyaya

Member Reflections

On Aging

Bill Carlstrom, Diane Graham,
Paul Buehrens, Evelyn Smith & Roger Corn

Happy Birthday Song

Gifts of the Congregation

Catherine Ramsey

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

Rev. María Cristina

Postlude

Cock-Eyed Optimist
by Rodgers & Hammerstein

Diane Graham

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: Catherine Ramsey | Ushers: Mary Anderson | Zoom Tech Assistant: Amanda Strombom

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

Next Sunday, September 11, at 10:30 a.m.

“WATER COMMUNION”

Rev. María Cristina Vlassidis Burgoa, preaching

*On September 11 we'll gather as a community to welcome our new Minister, Rev. María Cristina, and to express our gratitude for our spiritual home, East Shore. We'll also give thanks for having access to clean drinking water and for those bodies of water that refresh our bodies and souls. Join us in person or via zoom, as we bring together the waters we have collected (from the ocean, rivers, or our garden hose) to pour into a communal vessel, symbol of our Beloved Community. **Please bring some water and a potluck dish for the lunch to follow!***

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 at the corner by the Dacels Jewelers. We gather in solidarity with Black, Brown, and Indigenous People of Color.

Please Note: **East Shore Offices will be closed** and staff will be off on Monday, September 5 in observance of Labor Day.

INGATHERING & SALMON BAKE NEXT SUNDAY

Ingathering Service: Sunday, September 11: Next week, September 11 we will have a lot to celebrate. It will be Rev. María Cristina's first sermon AND we will have our first ingathering/Salmon Bake since 2019! It is water communion, so please bring a vial of water from a trip or your own tap. For the lunch following, please bring a side dish or dessert. Salmon and a vegan entrée will be provided. This doesn't happen without the help of volunteers! If you can help, please sign up at signupgenius.com/go/4090f4aa9a72fa0fc1-salmon

ESUC NEWS

With the new guidelines from the CDC, the Staff Leadership Team updated our Covid Protocols. Please review them on our website or on the charts on the buildings. We will no longer be checking vaccine cards, but will continue to require masks indoors.

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 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 help email Nicole at membership@esuc.org.

E Ala E Mural: East Shore is blessed to receive and display the "E Ala E" Mural in the Sanctuary. East Shore members and friends painted parts of the Mural as it accompanied the Red Road to DC Totem Pole journey over the summer, 2021. We invite you to view the Mural accompanied by photographs and explanatory materials now through October, 2022

UPCOMING EVENTS

Tech Support & Coffee Klatch: Wednesday, September 7, 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.

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. Please RSVP to amanda alice at education@esuc.org

Multiplatform Religious Education: Sunday, September 18 (In Person): We're excited return to church and keep growing our souls for peace and justice in this world! Learn more about our programs for this year and register your children and youth today at esuc.org/learn/children-youth

Family Covenant Circle: Sunday, September 18, 12:00 p.m. (Multiplatform): The ESUC Family Covenant Circle is a group of East Shore families with children 0-18 where the adults share and support one another in the journey that is family life! Families of every stage and configuration are welcome. To connect, email lay leader Martin Cox.

ACKNOWLEDGEMENT OF OUR INDIGENOUS NEIGHBORS

We, at East Shore Unitarian Church, acknowledge that this land is the traditional territory of Coast Salish peoples. We recognize the impact of settler colonialism and pledge to nurture our relationship with our indigenous neighbors. Their ways and understanding will guide us as we work to restore and sustain their homelands upon which we all depend.

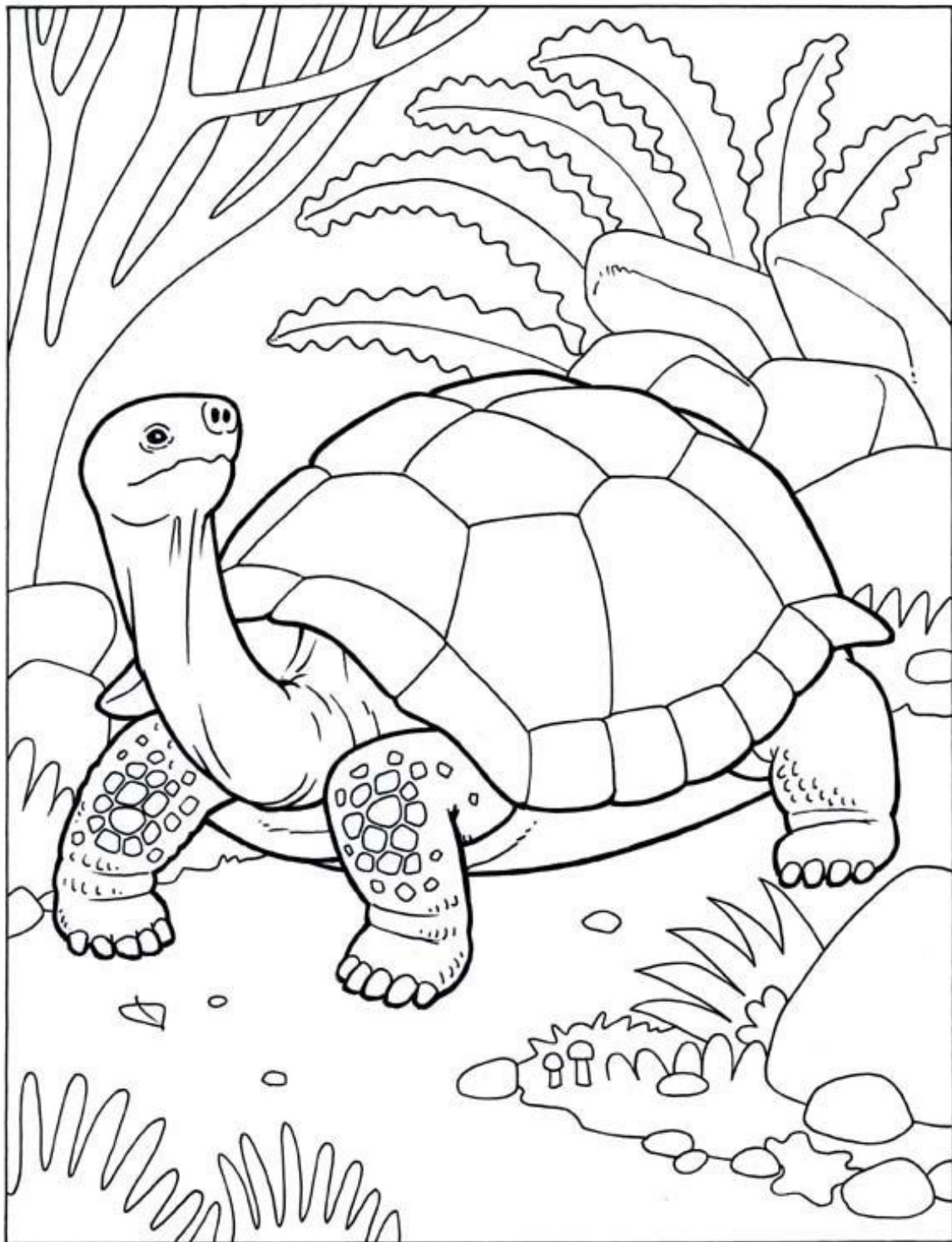
East Shore Unitarian Staff

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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.



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