

## EAST SHORE UNITARIAN CHURCH

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



# “Great Expectations & New Beginnings”

September 18, 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

Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth stay in the Sanctuary and enjoy in a worshipful and celebratory space with no religious education programming. Rugs in the back and front of the Sanctuary invite children to color, read, listen, and play while also enjoying the song, movement, and prayer of a UU community. If you'd like to hear more about our programs and our registration process, set up a call with Amanda Alice Uluhan, Director of Religious Education at 425-747-3780 ext 104. We are so glad you are here!

## 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.***



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 Joys and Sorrows located at the back of the Sanctuary or under your chair.

**Filming on Campus: This morning, footage that provides context and visual interest for a documentary film being created by Unitarian Universalist Vivien Hao will be being shot. It is a 60-90 minute documentary film that lifts up Asian and Pacific Islanders (API) who identify as Unitarian Universalists. We hope to have a special screening at East Shore in the future.**

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## ORDER OF SERVICE

September 18th, 2022, 10:30 A.M.

### Centering Music

Eric Lane Barnes

### Musical Introduction #38

*Morning Has Broken*

East Shore Mighty Choir

### Land Acknowledgement

Caroline Haessly

### Ringing of the Bell

### Welcome

Rev. Dr. María Cristina

### Chalice Lighting & Reading

Amanda Alice Uluhan & RE Children

### 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 #1008

*When Our Heart is in a Holy Place*

### Story for All Ages

*The Day You Begin*

Amanda Alice Uluhan

by Jacqueline Woodson & Rafael Lopez

### Children's Recessional

*Go And Let Your Lights Shine*

Go, and let your lights shine, be good to friend and stranger

Remembering that we love you

As through every day, in your work and play, you show the world you care!

### East Shore Unitarian Church Covenant

Eric Lane Barnes

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.

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\* Please rise in body or spirit.

**\* Hymn #1012**

*When I Am Frightened*

**Joys & Sorrows**

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

**Sermon**

*Great Expectations & New Beginnings*

Rev. Dr. María Cristina

**Musical Meditation**

*Healing Waters*

East Shore Mighty Choir

Clif Hardin

**Happy Birthday Song**

**Gifts of the Congregation**

David Langrock

*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 use [esuc.org/give](http://esuc.org/give) or mail in a check to ESUC any time! You can also scan a QR code in the back of the Sanctuary.*

**\* Sung Benediction #1010**

*We Give Thanks*

**Closing Words & Extinguishing the Chalice**

**Closing Announcements & Upcoming Events**

David Langrock

**Postlude**

*Everybody Rejoice (Brand New Day)*

East Shore Mighty Choir

by Luther Vandross

**Worship Leadership Today** Worship Associate: David Langrock | Ushers: Carla Hellekson, Fran Corn, Jenny Selby

**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 25th at 10:30 a.m.**

*"See No Stranger"*

Rev. Dr. María Cristina, preaching

*A sermon based on the book by Valarie Kaur: "When you choose to see people as your cousin, as your other self, as the friend you have not met yet, you are being courageous and compassionate. When we are curious about the people in our lives, their thoughts, their pain and joys, their wants and needs, we get a glimpse into their humanity, into their hearts, as vast and complex as our own. That wonder, is the wellspring for love."*

# TODAY AT EAST SHORE

**Filming on Campus this Sunday:** Several people will be on campus this Sunday to video secondary footage that provides context and visual interest for a documentary film being created by Unitarian Universalist Vivien Hao. It is a 60-90 minute documentary film that lifts up Asian and Pacific Islanders (API) who identify as Unitarian Universalists. Two members of East Shore will be interviewed for the film which has a working title of "Invisible No More". We hope to have a special screening at East Shore in the future. Other info is on our website.

**Religious Education for Children & Youth: During worship in Education Building:** Children and youth arrive in the Sanctuary and welcome in Sunday with a story and song. Then, they walk to the Education building with RE Staff to attend their own programs in the Education building. All children and youth in RE must be registered and you can do so online. Paper registration is available in the classrooms and if you have not registered, you will be asked to complete the forms on drop off. To read more about our programs, subscribe to our weekly program newsletter, and register, go to [esuc.org/learn/children-youth](http://esuc.org/learn/children-youth). You can also schedule a call with Amanda Uluhan, Director of Religious Education at 425-747-3780 x 104 or by emailing or [education@esuc.org](mailto:education@esuc.org).

**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!

**Usher/Greeter Training: 11:30 a.m. in the Sanctuary:** All are invited to an Usher/Greeter training session on Sunday, September 18 after the service (we can do 15 min to get a coffee) in the Sanctuary. We will go over what to do, what not to do, a refresher on some emergency protocols, update you on some changes Rev. María Cristina would like, and lastly time for questions. There will also be a quick update on Realm and how to sign up for dates. Before then, I strongly encourage you to read the attached booklet on Multicultural Welcome, suggested by Nicole, UUAMP (UU Assoc. of Membership Professionals) and Rev. María Cristina.

**Family Covenant Circle: 12:00 p.m. in E-201** Join us for our first Family Covenant Circle (FCC) of the year! The ESUC Family Covenant Circle is a group of families caring for children and youth. Families of every stage and configuration are invited. Children and youth will be dropped off in Spring Hall for lunch and activity time. Please bring your own lunch and dress appropriately for outside activities. This program runs 12:00-1:30 p.m. To connect, email lay leader Martin Cox.

## UPCOMING EVENTS

**Join the East Shore Outdoors Group: Misc. Dates (In Person):** What's not to love about the beautiful scenery of the Pacific Northwest. Come join us as we explore and contribute to building community at East Shore, by participating in walks and hikes organized by the East Shore Outdoors group. To get added to the email list, contact Amanda Strombom.

**Women's Perspective Movie with Soup Night "The Janes": Friday, September 23, 6:30 p.m. (In Person):** All those who identify as women are invited to a screening and discussion of "The Janes." More timely than ever, this documentary offers first-hand accounts of these unlikely outlaws who risked everything in the pre-Roe v. Wade era. Soup and beverages will be provided; guests are asked to contribute a side or dessert. Please RSVP to Carol Sinape

**Meaningful Movies Bellevue Presents Suppressed and Sabotaged: The Fight to Vote: Tuesday, September 27, 6:50 p.m. (Virtual):** Join us for a screening of this powerful documentary about the growing threat of voter suppression and election sabotage to our 2022 midterm elections. A northwest organizer from Reclaim Our Vote (ROV) will talk with us immediately after the film. This family-friendly screening will inspire you to get involved and write postcards for ROV. Join us via Zoom: 879 2971 8047, Passcode: MMB

**Mistakes and Miracles Book Group: Wednesdays, September 28-November 9, 7:00 p.m. (Virtual):** Join fellow congregants from East Shore in reading Mistakes and Miracles in coordination with Rev. María Cristina's October 16 sermon. It is the UUA Common Read. Brought to you and facilitated by your ESUC 8th Principle Ministry Team. Register on Realm ([tinyurl.com/MistakesandMiracles](https://tinyurl.com/MistakesandMiracles)) to reserve a copy or purchase your own copy.

**Fourth Wednesday Book Club: Maus: Wednesday, September 28, 7:30 p.m. (Virtual):** Please join us to discuss Maus by Art Spiegelman. Maus is a haunting tale within a tale, weaving the author's account of his tortured relationship with his aging father into an astonishing retelling of one of history's most unspeakable tragedies. Join via Zoom: 896 7249 9304, Passcode: 403930

**Women's Perspective Garden Walk and Tea Ceremony: Saturday, October 8, 11:00 a.m. (In Person):** All those who identify as women are invited to a lovely afternoon of gardens and tea. Seattle Japanese Tea Garden is a 3.5 acre urban sanctuary located within the Washington Park Arboretum. Admission to the garden is \$8 for adults, \$4 for seniors (65+). The Tea Ceremony Chanoyu (The Way of Tea) is a 40 minute presentation. Admission is \$10. Masks are required. Please RSVP at [tinyurl.com/WPGardenTea](https://tinyurl.com/WPGardenTea), seating is limited.

**East Shore and You: Sunday, October 23, 11:30 a.m. (In Person):** For recent Visitors and New Friends: What is Unitarian Universalism? How can I learn more about the East Shore Church community? Come meet our Minister, Rev. Maria Cristina and our Director of Membership, Nicole Duff. We provide the snacks, you provide the questions! Join us on Sunday, October 23, immediately following the worship service.

## ESUC NEWS

**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

**Congregations for the Homeless: Begins in October:** One of East Shore’s major social justice efforts will take place in October when Congregations for the Homeless (CFH) rotating shelter comes to East Shore. It will arrive on the 1st of October. Many volunteers are needed. If you can prepare a meal for about 20 men, purchase items on a shopping list, or just represent East Shore, you can help. You can call Peggy Phillips at 425-417-1366 to sign up for shopping, Priya Varidyanathan to sign up for hosting or serving dinners or Dean Dubofsky at 425-495-3328 to sign up for hosting or serving dinners. We use a Signup Genius website to organize the volunteering: <https://tinyurl.com/ESUC-CFH2022>

**Save the Date: Start-Up Retreat: Saturday, October 15 (TBD):** Part of welcoming a new settled minister is a new Start-Up Retreat! Please save the date and stay tuned for details on how you can attend. Please plan to come and support Rev. María Cristina!

## 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

			425-747-3780
Rev. Dr. María Cristina	Minister	minister@esuc.org	Ext. 103
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Eric Lane Barnes	Director of Music	music@esuc.org	
Celil Cakmak	Facilities Supervisor	super@esuc.org	



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)