

EAST SHORE UNITARIAN CHURCH

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



“Blessing of the Animals” October 2, 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. 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.



*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 & sorrows located at the back of the Sanctuary or under your chair.*

ORDER OF SERVICE

October 2nd, 2022

10:30 a.m.

Centering Music

Eric Lane Barnes

Musical Introduction

For The Beauty of the Earth

East Shore Mighty Choir

Welcome

Rev. Dr. María Cristina

Land Acknowledgement

Maury Edwards

Ringing of the Bell

Chalice Lighting

Chalice Response

R.E. Stepping Stones Class (age 9-12)

adapted by Aisha Hauser & Susan Lawrence

We light this chalice to celebrate Unitarian Universalism

With minds that think,

Hearts that love,

And hands that are ready to serve.

Together we care for our Earth,

And work for friendship and peace in our world.

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.

Time for All Ages

Giraffes Can't Dance

Amanda Alice Uluhan

By Giles Andreae & Guy Parker-Rees

Pastoral Prayer/Joys & Sorrows

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

*** Hymn #203**

All Creatures of the Earth and Sky

Blessing of the Animals Ceremony

Rev. Dr. María Cristina

Gifts of the Congregation

Maury Edwards

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 QR codes available in the back of the Sanctuary.

Announcements

Maury Edwards

*** Sung Benediction**

Prayer of St. Francis of Assisi

East Shore Mighty Choir

Make me a channel of peace
Where there is hatred let me bring care
Where there is injury, a healing touch
And where there's doubt a hopeful prayer

O Spirit, grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved, as to love, with all my soul.

Make me a channel of peace
Where there is darkness let me bring light
Where there is sadness let me bring compassion
And calm to every restless night.

Closing Words & Extinguishing the Chalice

Rev. Dr. María Cristina

We extinguish this flame but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Postlude

Mbube

East Shore Mighty Choir

by Solomon Linda & Pete Seeger

Worship Leadership Today Worship Associate: Maury Edwards | Ushers: Fran Corn, Jenny Selby | Zoom Tech Assistant: Sheridan Botts

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

Next Sunday, October 9, at 10:30 a.m.

“Indigenous People’s Day”

Rev. Dr. María Cristina, preaching

Our Unitarian Universalist faith calls us to fully understand the legacy of colonialism, just as it calls us to respect and learn from indigenous peoples and support their struggles for social justice and religious freedom. Join UUs across the United States in honoring Indigenous Peoples Day and celebrating indigenous resistance.

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!

Pet Photo Booth: Outside: Get a photo of your beloved pet! Photos will be posted to the ESUConnections (Private group) Facebook page and will be available by emailing Nicole.

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. Flash Stances start conversations, and then carry those conversations on. We will be social distancing and ask that everyone wear a mask. All are welcome-join us in this important work!

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.

Your Deceptive Mind: A Scientific Guide to Critical Thinking Skills: Tuesdays through December 6, 7:00 p.m. (Virtual): This class equips you with the knowledge and skills you need to become a savvier, sharper critical thinker in your professional and personal life. By learning how to think about thinking, you'll gain concrete lessons for doing so more critically, more intelligently, and more successfully than ever before. Facilitated by Alan Carter. Join via Zoom at rebrand.ly/zhzte8a

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 November 13 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) to reserve a copy or purchase your own copy. Join any time even if just for one session. This book is too good to miss!

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, seating is limited.

Budget Town Halls: Sunday, October 16, 11:45 a.m. (Multiplatform) & Monday, October 17, 7:00 p.m. (Virtual):

In June 2022, the East Shore Congregation formally voted to approve an annual budget running through June 2023 AND also to change the fiscal year to match the calendar year. As a one-time adjustment, the Budget Committee will be extending and replacing the current budget to align with the new 2023 fiscal year (January 1st to December 31st 2023). That revised budget will be formally voted on by the Congregation in early December 2022. Going forward our budgets will align with the calendar year. Please join us at the upcoming Budget Town Halls where the Budget Committee will be on hand to present the work happening now. It's a chance to ask questions and learn more about the annual budget process. The Sunday townhall will be immediately after worship in the same room as worship, for Monday, join via Zoom 844 6319 8115, Passcode: budget

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
Amanda Alice Uluhan	Dir. of Religious Education	education@esuc.org	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	finance@esuc.org	Ext. 110
Nicole Duff	Dir. of Membership Development	membership@esuc.org	Ext. 106
Dianne Upton	Facilities Manager	facilities@esuc.org	Ext. 102
Jenny Newell	Office Administrator	esuc@esuc.org	Ext. 101
Vanessa Rodriguez	Bookkeeper	bookkeeper@esuc.org	Ext. 105
LeAnne Struble	RE Programs Coordinator	education2@esuc.org	
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.

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 <https://esuc.org/give/#volunteer> or contact our Office Administrator Jenny Newell, at esuc@esuc.org

Scan Here to give to East Shore from your phone:

