

# EAST SHORE UNITARIAN CHURCH

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



## “Indigenous Peoples’ Day” October 9, 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 & sorrows located at the back of the Sanctuary or under the chairs.*

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## **ORDER OF SERVICE**

October 9th, 2022

10:30 a.m.

**Centering Music**

LeAnne Struble

**Opening Hymn #1069**

*Ancient Mother*

**Welcome**

Rev. Dr. María Cristina

**Land Acknowledgement**

Lynn Roesch

**Chalice Lighting**

R.E. Junior Youth (7th & 8th Grade)

**Chalice Response**

& Carrie Coello

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.

**Ring of the Bell**

**East Shore Unitarian Church Covenant**

Lori Saccardi

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**

*Red Road E Ala E Mural*

Amanda Alice Uluhan

& LeAnne Struble

**Children's Recessional**

*Go, And Let Your Light 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!

## Pastoral Prayer/Joys & Sorrows

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

## Hymn #163

*For The Earth Forever Turning*

## Sermon

*Ritual Ceremony as Embodied Resistance*

Rev. Dr. María Cristina

## Video Poem

*We Dance!*

## Share The Plate: Lhaq'temish Foundation

Trevor Hall

## Gifts of the Congregation

*Text "ESUC \$20" (or any dollar amount) to 73256, standard text message rates do apply.*

*You can use [esuc.org/give](https://esuc.org/give), mail in a check, or pass your donations to the Ushers.*

*To contribute to Lhaq'temish Foundation*

- *Text & Online: Select "Share the Plate" from the fund drop down*
- *Check: Make check to "ESUC" and write "Share the Plate" or "Lhaq'temish Foundation" in the memo line*

*To contribute to your pledge:*

- *Text & Online: Select "PL2022-23" from the fund drop down*
- *Check: Make check to "ESUC" and write "Pledge" in the memo line.*

## Extinguishing the Chalice

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.

## Announcements

Maury Edwards

## First Benediction

*Remember*  
by Joy Harjo

Rev. Dr. María Cristina

## Sung Benediction #1010

*We Give Thanks*

## Postlude

*One World (We Are One)*  
by IllumiNative feat. Nav 7

**Worship Leadership Today** Worship Associate: Maury Edwards | Ushers: Mary Anderson | 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, October 16th at 10:30 a.m.**

**“Weaving a Tapestry of Welcoming & Belonging”**

Alex Kapitan, preaching

*Welcoming a new minister is like turning a page in an impressive, weighty volume to a new, fresh chapter. We get to decide who we will be together in the years to come and what this new chapter will hold. This worship service, led by guest preacher Alex Kapitan, will be a time for deep reflection on what it takes to practice welcome together across lines of race, class, gender, sexuality, dis/ability, age, belief, and more. What transformation are we being called toward in this new chapter?*

*Zr. Alex Kapitan (ze/per) is a lay community minister, educator, editor, consultant, and activist. A trans and queer lifelong Unitarian Universalist, Alex does interfaith LGBTQ work and supports congregations in becoming places of radical welcome for all. Ze is the co-founder of the Transforming Hearts Collective, the co-leader of the program Trans Inclusion in Congregations, and the founder of Radical Copyeditor, an anti-oppressive language project.*

## **TODAY AT EAST SHORE**

**Religious Education for Children & Youth:** Religious Education for children and youth happens during worship on Sundays. Children and youth arrive in the Sanctuary for the just a little bit and welcome in Sunday with a story and song. Then, they attend their own programs in the Education building.

**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!

**RE Brunch & Open House: 11:45 a.m. in the Education Building:** Join us in the education building for an RE family brunch and open house. Meet your RE teaching teams and look at the curriculum we will be using.

**Black Lives Matter Flash Stance: 12:30 p.m. in Issaquah:** Join fellow UU activists for our Black Lives Matter Flash Stance in person in Issaquah at the corner of SE 56th Street and Eastlake Sammamish Parkway SE by the McDonalds. 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](https://rebrand.ly/zhzte8a)

**Mistakes and Miracles Book Group: Wednesdays, thru 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](https://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!

**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.

**East Shore Women's Perspective Presents "Culture, Trauma, and Resilience" Workshop - October 22, 2022 9:30 am – 1pm:** Join us as we continue the hands-on Doll Project, and explore the impact of colonization, historical trauma, and the loss of Indigenous identity fueling the MMIWP (Missing and Murdered Indigenous Women and People) crisis.

## ESUC NEWS

**Start-Up Retreat:** Saturday, October 15, 9:30 a.m. Part of welcoming a new settled minister is a new Start-Up Retreat! This will be a multiplatform event. Please join in-person or via Zoom at 826 0147 4626 Passcode: startup

**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/4tzkhe6h>

## 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

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