

# EAST SHORE UNITARIAN CHURCH

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



## “Weaving a Tapestry of Welcoming & Belonging” October 16, 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 16, 2022

10:30 a.m.

**Centering Music**

Eric Lane Barnes

**Opening Hymn #389**

*Gathered Here*

**Welcome**

Rev. Dr. María Cristina

**Land Acknowledgement**

Sheridan Botts

**Ring of the Bell**

**Chalice Lighting & Response**

R. E. Senior Youth

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**

*True Colors*

By Cyndi Lauper

I see your true colors, shining through  
I see your true colors, and that's why I love you  
So don't be afraid to let them show  
Your true colors  
True colors are beautiful, Like a rainbow

**Time for All Ages**

*The Story of Bat*

Alex Kapitan

**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!

## East Shore Unitarian Church Covenant

Rev. Dr. María Cristina

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

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

## Musical Meditation

*Imagine*

By John Lennon

## Sermon

*Weaving a Tapestry of Welcoming & Belonging*

Alex Kapitan

## Gifts of the Congregation

Martin Cox

*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!*

## Announcements

## 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.

## \* Sung Benediction #131

*Love Will Guide Us*

## Postlude

*Keep On Moving Forward*

by Emma's Revolution

**Worship Leadership Today** Worship Associate: Martin Cox | Ushers: Carla Hellekson

**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 23rd, at 10:30 a.m.**

“Diwali”

Swapnesh Dubey, guest speaker

*Swapnesh Dubey, an actor, director and activist in India, presented a service on Diwali, the Hindu festival of lights in 2020. He will return (via video) to present another aspect on the tremendously popular Indian holiday on October 23, and share his observations on how different regions of India celebrate the holiday, and its significance to their lives. Our chancel will be festively decorated in honor of the holiday, which begins October 24*

## **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 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!

**Budget Town Hall: 11:45 a.m. in the Sanctuary:** Come learn about the proposed 2023 fiscal year Operating Budget. We will review the numbers, answer questions, and listen to member comments so we can keep refining the budget to best reflect East Shore’s values and mission. This is an important step in developing our annual operating budget that we will vote on December 4 at the Congregational Meeting.

**Grounds Work Party: 12:00 p.m. Outside:** Please join us for East Shore gardening activities. We will be weeding, pulling English Ivy, and other garden projects. Join us for any amount of time from 12:00-4:00 p.m. Meet by the raised beds in between the Office and the Multi-Purpose buildings.

**Garden Club: 12:00 p.m. Outside:** Children and Youth are encouraged to join us for outdoor activities tending the gardens at East Shore and other fun garden related activities. Children and youth must be registered and dropped off in Spring Hall.

**Family Covenant Circle: 12:00 p.m. in E-201:** 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! The discussion topic will be Neurodiversity in our kids and ourselves. While your privacy will be respected, those who wish to share their challenges and insights are welcome. To connect, contact lay leader Martin Cox.

## UPCOMING EVENTS

**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. 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. Register on Realm ([tinyurl.com/MistakesandMiracles](https://tinyurl.com/MistakesandMiracles))

**Culture, Trauma, and Resilience Workshop: Saturday, October 22, 10:00 a.m. (In Person):** All those who identify as women are invited to join us as we continue the hands-on Doll Project, and interactively explore the impact of colonization, historical trauma, and the loss of Indigenous identity fueling the MMIWP (Missing and Murdered Indigenous Women and People) crisis. Sponsored by the Women's Perspective and Indigenous Connections Team. Please RSVP to Lynn Roesch.

**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.

**Religious Education Field Trip to Oxbow Farms: Sunday, October 23, 1:00 p.m. (In Person):** Join us for pumpkin picking at Oxbow Farms. We will leave after church and head there in our individual vehicles or you can meet directly at the farm. Oxbow farms is located at 10819 Carnation Duvall Road Ne, Carnation.

**Meaningful Movies Presents "Necessity: Climate Justice and the Thin Green Line": Tuesday, October 25, 7:00 p.m. (Virtual):** This story of climate resistance in the PNW brings into view a historical landscape of tribal leaders, Indigenous activists, and white allies as they resist oil trains and trucks carrying highly inflammable products through protected waterways and treaty lands. See more details at [esuc.org](https://esuc.org).

**Trunk or Treat: Sunday, October 30, 12:00 p.m. (In Person):** Join us in the upper parking lot for games and a trunk or treat. Please feel free to come in costume that day. If you would like to create a trunk and hand out treats, then email to reserve your parking spot! Don't want to come up with your own trunk or game? We will have some available for you. All you have to do is show up! We are also collecting small toys & Halloween themed snacks (fruit snacks, crackers, pretzels, etc.) to hand out as carnival prizes. Bring donations to the church Monday-Friday from 9:00 a.m.-5:00 p.m. or on Sunday mornings by October 28.

## 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:** 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. We still need help with a few spots! If you can help, go to [tinyurl.com/4tzkhe6h](https://tinyurl.com/4tzkhe6h)

**Little UU Volunteers:** We are still looking for three volunteers to provide care for Little UU, the waddlers and the toddlers, on Sunday's during worship. Most of the activities involve play, stories, and some song. We can work with you to be part of our team and welcome families at this stage in their journey. Email Amanda Alice for details.

**OWL Training - Available Online:** We would love to get you connected to the youth program and get trained to facilitate this community-based sexuality education program right here at East Shore. There are online trainings available in November and February. Contact Director of Religious Education Amanda Alice Uluhan.

## 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)

Scan Here to give to East Shore from your phone:

