

EAST SHORE UNITARIAN CHURCH

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



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“Diwali”

October 23, 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 the chairs.*

ORDER OF SERVICE

October 23, 2022

10:30 a.m.

Centering Music *Mozart Sonatina in C Major - Allegro* Eric Lane Barnes & Barb Claggett

Opening Hymn *This Little Light of Mine (Diwali Version)*

Land Acknowledgement Julie Heise

Ringling of the Bell

Welcome Eric Lane Barnes

*** Hymn #362** *Rise Up O Flame*

Chalice Lighting & Response R.E. Discovery Year Class

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.

Time for All Ages *Lighting a Lamp* LeAnne Struble
by Jonny Zucker & Jan Barger

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 Jenny Newell

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 *Mozart Sonatina in C Major - Adagio* Eric Lane Barnes &
Barb Clagett

Sermon *The Heart of Diwali* Swapnesh Dubey

Gifts of the Congregation Signe Lalish-Menagh

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 located around campus.

Announcements Signe Lalish-Menagh

Closing Words & Extinguishing the Chalice Eric Lane Barnes

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 #307** *The Human Touch Can Light the Flame*

Postlude #178 *Raghupati* Eric Lane Barnes, Barb Clagett,
Traditional Hindu Hymn George Gatins & Tom Ball

Worship Leadership Today | Ushers: Mary Anderson, Jenny Selby | Zoom Tech
Assistant: Sheridan Botts | Greeter: Barb Clagett | Coffee Hour Host: Gregg 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, October 30th, at 10:30 a.m.

"We Remember Them"

Rev. Dr. María Cristina, preaching

*Join us to honor the memory of our dearly departed. During the service, we will build a community altar. You are invited to **bring pictures, flowers, and other mementos** to honor your beloveds' memory. "At the rising sun and at its going down; We remember them...For as long as we live, they too will live, for they are now a part of us as, We remember them."*

TODAY AT EAST SHORE

Religious Education for Children & Youth: Core programs for children and youth run during worship this year. Want to know more about fall quarter programs and events? Read our brochure, register, and subscribe to the kid's newsletter at esuc.org/learn/children-youth/

- Little UUs (Waddlers and Toddlers Childcare) in Room E-206. We need volunteers this week. Will you join us for play, song, and story? Families are always welcome in this room.
- Discovery Year (K-3rd) in Room E-202. Grab your name badge and start in the Sanctuary for the Story. Discovery Year class lights our Sanctuary Chalice this morning. All are welcome! Teachers Doug and Karen. 10:30-11:45am. Parents Pick up.
- Stepping Stones (4th-6th) in Room E-201. Grab your name badge and start in the Sanctuary for the Story. Teachers Leta, Arthur, & Rachael. 10:30-11:45am. Parents Pick up.
- Junior Youth Our Whole Lives (7th-8th) in Room E-208. Grab your name badge and go directly to class. 10:30-12:00pm Teachers Carrie and Craig.
- Senior Youth YRUU (9th-12th) in Room E-207 Grab your name badge and start in the Sanctuary for the Story with the Little Uus or go directly to class for 15 minutes of hang out. 10:30-11:45am. Teachers Chris and Monica.

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!

East Shore and You: 11:30 a.m. in Spring Hall: 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.

Art for Justice: 11:30 a.m. in the Gallery: This fall East Shore Gallery is hosting an exhibition of the Abdul Habibi's beautiful and soulful paintings of Afghanistan. Abdul is a painter, an educator, and is at risk under the current Taliban regime. Tim Ham will hold a short discussion about Abdul. Bring your tea or coffee!

Black Lives Matter Flash Stance: 12:30 p.m. in Kirkland: Join fellow UU activists for our Black Lives Matter Flash Stance in person Kirkland at the NW corner of Peter Kirk Park next to the transit center. We gather in solidarity with Black, Brown, and Indigenous People of Color.

Religious Education Field Trip: 1:00 p.m. at Oxbow Farms: 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. This is a fun event for families to get to know one another and find a great pumpkin. Oxbow farms is located at 10819 Carnation Duvall Road Ne, Carnation. Please use our Public Entrance off of Hwy 203, just 1.4 miles south of the 124th St. roundabout.

UPCOMING EVENTS

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.

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

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)

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! Email Amanda Alice for more details.

East Shore Auction: October 29-November 5 (Virtual, with In Person Nov. 5): Every year, East Shore holds a special auction, focused on sharing our talents and time together, to help build community and raise some funds for the church. This year, 2022, we will hold the auction online from Saturday, October 29, and in person on the evening of Saturday, November 5. The in person event will be mask optional. All are welcome to participate, and it's free, although you will have to provide a credit card to bid on items.

Budget Town Hall: Sunday, November 6, 11:45 a.m. (Multiplatform) or Monday,

November 7, 7:00 p.m. (Virtual): 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 budget will be voted on at the December 4th at the Congregational Meeting. The Sunday town hall will be immediately after worship in the same room as worship, for Monday, join via Zoom 844 6319 8115, Passcode: budget

Bylaws Information Sessions: Tuesday, November 8, 7:00 p.m. or Thursday, November

10, 7:00 p.m. (Virtual): The Bylaws Task Force is continuing to work on updating ESUC's Bylaws. We are offering two informational sessions. Please join for a discussion on our progress, proposed changes and areas of focus. We want to hear your thoughts about these possible bylaw changes and will be available to answer any questions you may have.

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

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

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:

