

EAST SHORE UNITARIAN CHURCH

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



“We Remember Them” All-Ages Service October 30, 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 30, 2022

10:30 a.m.

Centering Music

I Will Follow You Into The Dark
Ben Gibbard

Eric Lane Barnes

Opening Hymns #1001

Breaths

Come, Sweet Death
Johann Sebastian Bach

East Shore Mighty Choir

Welcome

Rev. Dr. María Cristina

Land Acknowledgement

Kristi Weir

Ringling of the Bell

Chalice Lighting & Response

Little Uus Class

We light this chalice to celebrate Unitarian Universalism.

We are the church of the open mind,
the loving hearts, and the helping hands.

We care for the earth, and work for peace and justice in our world.

Musical Reflection

Remember Me/Recuérdame
by Robert Lopez & Kristen Anderson-Lopez

East Shore Mighty Choir

Time for All Ages

Ghost Wings
by Barbara Josse & Giselle Potter

Amanda Alice Uluhan

Pastoral Prayer/Joys & Sorrows

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

Musical Celebration

Cambia Todo Cambia
Julio Numhauser

East Shore Mighty Choir

Homily

We Remember Them

Rev. Dr. María Cristina

Community Altar Building Ritual

Interlude

All My Memories of Love
Anna Akhmatova/Mark Belletini

East Shore Mighty Choir

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.

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 also use esuc.org/give or mail in a check to ESUC any time! There are also QR codes around campus.

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

Cambia Todo Cambia (Reprise)

Worship Leadership Today | Greeters: Barb Clagett, Chris Edwards | Ushers: Fran Corn, Laurie Wick |

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

Next Sunday, November 6th at 10:30 a.m.

“Yom Kippur/Repentance and Repair”

Rev. Dr. María Cristina, preaching

We draw inspiration from the Jewish New Year, Yom Kippur, a ritual of atonement that allows us to bring to mind and heart those whom we have wronged, and to ask for forgiveness. Yom Kippur is the moment in Jewish time when we dedicate our mind, body, and soul to reconciliation with our fellow human beings, ourselves, and God. As the New Year begins, we commit to self-reflection and inner change.

TODAY AT EAST SHORE

Junior Youth Group 7-8 OWL Our Whole Lives: 10:30 a.m. in E-201: JYG fulfills a very strong need to be part of a social group. A strong JYG allows for UU friendships to flourish and helps to retain youth as they transition into high school and later into young adults. Our Whole Lives is a 24-session course, with some extracurricular outings and overnights to build community. Junior Youth start in their classroom in the Education building with RE Volunteers and staff. This program runs 10:30-12:00pm.

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!

regime. Tim Ham will hold a short discussion about Abdul. Bring your tea or coffee!

Trunk or Treat: 12:00 p.m. Outside: Join us in the upper parking lot for games and a trunk or treat.

Black Lives Matter Flash Stance: 12:30 p.m. in Woodinville: Join fellow UU activists for our Black Lives Matter Flash Stance in person on the corner of 175th and Garden in front of the Woodinville Jamba Juice. . We gather in solidarity with Black, Brown, and Indigenous People of Color. Flash Stances start conversations, and then carry those conversations on.

AUCTION: EMBRACING THE FUTURE!

Auction bidding is now open! 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, 6:00-9:00 p.m. 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. Make sure you register for the in person event and for the online bidding! We have people available to help today or you can contact Jim Shuman, 206 850 6021, to ask for help.

Please RSVP Today to let us know how you plan to participate in the live event on Saturday November 5th. The deadline is Tuesday November 1st for letting us know which food you prefer, and whether you need childcare.

To volunteer to help set up the Sanctuary, to provide technical support to those who need it, and to help clean up, reset the Sanctuary and wash dishes. This is a great way for people to participate who don't want to bid much! Talk to Nicole Duff.

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

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)

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.

Grades 4-6 OWL Parent Info Session: Monday November 14, 7:00 p.m. (Virtual): Join the Children's Religious Education team for an online information session about the Our Whole Lives Sexual Health program. This meeting will focus on the curriculum for grades 4-6, ages 9-12, scheduled to start at East Shore Sunday January 8th. Join us online Meeting ID: 422 840 3454 Passcode: chalice

Beaver Lake Hike: Wednesday, November 16, 1:30 p.m. (In Person): All those who identify as women are invited to hike in the Cool of the Fall at Beaver Lake Preserve in Sammamish with Barb Clagett. We'll hike for an hour and a half or so, some a bit hilly, some level, including the Hazel Wolf Wetlands. After, you are invited to our house for refreshments. RSVP with Barb at barbclagett1@gmail.com.

"Sisters Rising" Movie Night: Friday, November 18, 6:30 p.m. (In Person): All those who identify as women are invited to share a potluck dinner before, and discussion after, a showing of "Sisters Rising". This is a powerful film about Native American survivors of sexual assault fighting for tribal sovereignty, in order to end the rape of Indigenous women. The story unfolds against the backdrop of an ongoing legacy of violent colonization. RSVP to Lori Saccardi.

ESUC NEWS

Help Create AfterCare Kits: Your Women's Perspective Ministry Team has been working to develop action items to address the reproductive injustices that are resulting from the overturning of Roe V Wade. There are bins in the foyer to collect requested items for AfterCare Kits for women receiving abortions: Overnight maxipads, Disposable or home made heating pads, Chux (bed pads), Fluffy socks, Graham crackers, granola bars, Chocolate, Herbal and other teas, Lip balm, Advil/Tylenol/Emergen-C, Hand written notes of affirmation and support, Medium size paper or fabric gift bags.

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.

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:

