

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



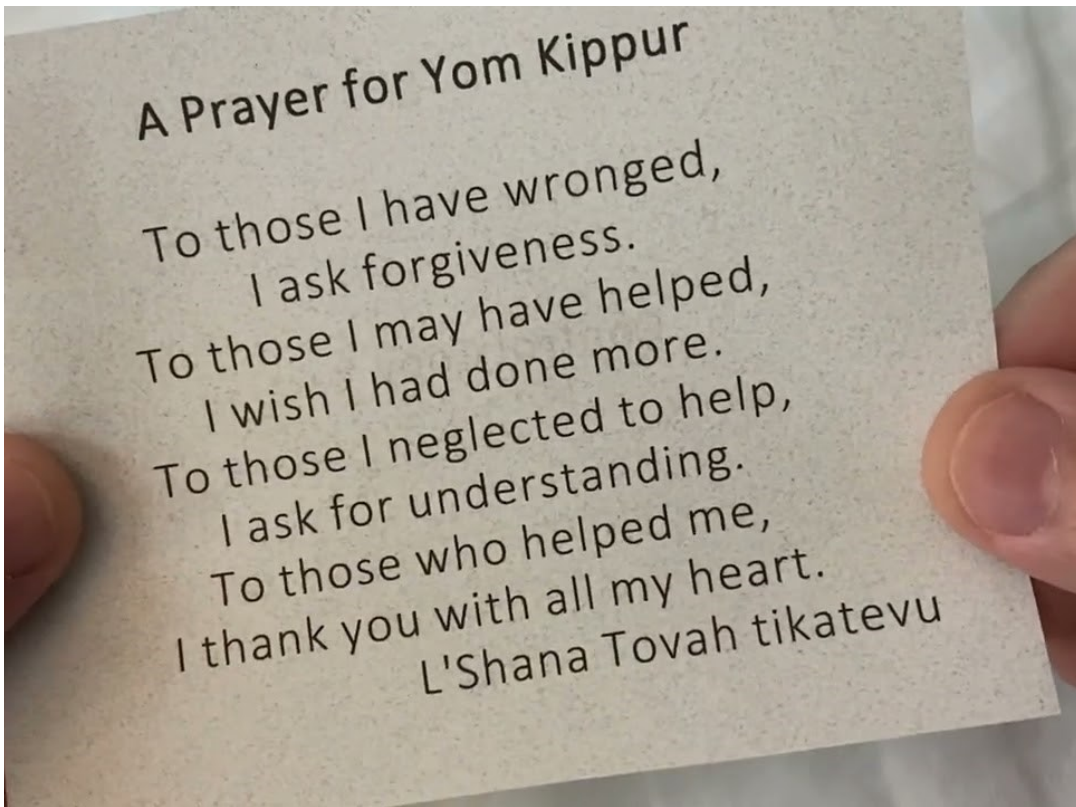
@ESUC1



eastshore_uc

“Repentance and Repair”

November 6, 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

November 6, 2022

10:30 a.m.

Centering Music

Dearly Beloved
by Eric Lane Barnes

Eric Lane Barnes &
Kevin Krentz

Ring of the Bell & Welcome

Rev. Dr. María Cristina

Opening Prayer

Land Acknowledgement

Louise Wilkinson

Chalice Lighting & Response

Stepping Stones RE Class (Grades 4-6)

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

Osnat and Her Dove
by Sigal Samuel & Vali Mintzi

Amanda Alice Uluhan

Children's Recessional

This Little Light of Mine

This little light of mine, I'm gonna let it shine...
Ev'rywhere I go, I'm gonna let it shine...
Building up a world, I'm gonna let it shine...

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation

Avinu Malkeinu Eric Lane Barnes & Kevin Krentz

Sermon

Repentance & Repair

Rev. Dr. María Cristina

***Hymn #1037**

We Begin Again In Love

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.

Gifts of the Congregation

Louise Wilkinson

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.

Benediction

Rev. Dr. María Cristina

Closing Words & 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.

Postlude

Lieder Ohne Worte No. 7

Eric Lane Barnes

Felix Mendelssohn Bartholdy

& Kevin Krentz

Worship Leadership Today Worship Associate: Louise Wilkinson | Ushers: Ann Carlstrom, Mary Anderson | Greeter: Carol Sinape | Zoom Tech Assistant: Grace Colton | 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, November 13th, at 10:30 a.m.

“Miracles in the Making: An Invitation to Transformation”

with Karin Lin and Rev. Nancy Palmer-Jones

"Cambia, todo cambia, pero no cambia mi amor." What happens when congregations embrace change as an opportunity for transformation? Rev. Nancy Palmer Jones and Karin Lin are co-authors of this year's UU Common Read, Mistakes and Miracles: Congregations on the Road to Multiculturalism. They found that while the path to multicultural, anti-racist Beloved Community can be long and winding, it is also dotted with moments of joy and wonder. Nancy and Karin invite us to consider how we can open our hearts to possibility as we commit ourselves to creating a world that reflects the best of who we are.

TODAY AT EAST SHORE

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 4th at the Congregational Meeting.

Religious Education for Children & Youth (In Person): Core programs for children and youth run during worship this year. Want to know more about fall quarter programs and events?

- ◇ Little Uus (Waddlers and Toddlers Childcare) in Room E-206. Interested in volunteering? We have space for you to join us for play, song, and story. Families are always welcome in this room. 10:30-11:45am.
- ◇ 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 Crystal. 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. Your class lights the chalice this morning in worship so join Teachers Leta & Rachael in the Sanctuary. 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. Bring a sack lunch and dress for our outdoors ropes course immediately following class. 10:30-12:00pm. Teachers Jerry 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 Bryce.

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!

Black Lives Matter Flash Stance 12:30 p.m. in Bellevue: Join fellow UU activists for our Black Lives Matter Flash Stance in person on Black Lives Matter Flash Stance in Factoria on the corner by Dacell's Jewelers. We gather in solidarity with Black, Brown, AAPI, and Indigenous People of Color. All are welcome.

FIRE Interfaith Dialogue: 6:30 p.m. Offsite: The topic will be the Bahá'í Faith. The dialogue will once again be available both in-person and online which you can attend either in person at the Eastside Bahá'í Center (16007 NE 8th Street, Bellevue (near Crossroads Mall)) or online using Zoom conferencing. Please register for the Dialogue on EventBrite and select whether you intend to attend in person or online; the Zoom link will be emailed before the event to everyone who has registered.

UPCOMING EVENTS

Budget Town Hall: Monday, November 7, 7:00 p.m. (Virtual): Come learn about the proposed 2023 fiscal year Operating Budget that we will vote on December 4th at the Congregational Meeting. 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): We will cover bylaw changes to be voted on at the December 4 Annual Congregational Meeting, interim changes to how our annual church budget is built and next steps. Also, we will begin a conversation about possible changes to the Membership section of our bylaws. Join Zoom Meeting: 854 0124 1258, Passcode: P&G

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)

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, scheduled to start at January 8. 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 her 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. RSVP to Lori Saccardi.

Grounds Work Party: Saturday, November 19, 9:00 a.m.-3:00 p.m. (In Person): Please join us for East Shore gardening activities. No experience necessary. Children and youth are welcome but should be accompanied by a parent or other adult. Come during the morning, afternoon, or all day to help out. Bring a lunch and join us at noon for fellowship lunchtime when we can visit and discuss garden projects.

ESUC NEWS

2022 Church Goals: At its October 25 meeting, the Board of Trustees endorsed adoption of three major church goals for 2023. In accordance with our Policies, the goals must be presented to the congregation for comment before the Board can consider final approval. You can find them on the website, esuc.org.

Congregational Meeting: Sunday, December 4, 11:30 am (Multiplatform): Mark your calendars and plan to join on Sunday, December 4, following worship. We will be voting on membership bylaw changes and for the 2023 budget. This is needed after the vote to change fiscal years.

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.

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

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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:

