

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“MLK Sunday”

January 15, 2023

*It takes
empathy,
patience, and
compassion to
overcome
anger, hatred,
and
resentment.*

***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

January 15, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Opening Song

Thanks Be For These

East Shore Mighty Choir

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Ring of the Bell

Chalice Lighting & Response

SpiritMakers RE 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

Promise Tree

Amanda Alice Uluhan
& LeAnne Struble

*** Hymn**

Sing About Martin

Sing about Martin, Sing about caring
Sing about peace, All around the world
Sing about Martin, Sing about loving
Sing about peace, All around the world

Children's Recessional

This Little Light of Mine

This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
Let it shine, let it shine, 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

Be Swift To Love East Shore Mighty Choir
by Henri-Frédéric Amiel and Nancy Grundahl

Sermon

Healing Resistance Rev. Dr. María Cristina

*** Hymn**

Peace, Salaam, Shalom

East Shore Unitarian Church Covenant

Nicole Duff

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

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.

Benediction

Postlude

We Can Be Kind
by David Friedman

East Shore Mighty Choir

Worship Leadership Today | Ushers: Fran Corn, Carla Hellekson, Jeanne Lamont |
Zoom Tech Assistant: Rachel Herbert | ACE Team: Steve Wellons. Bob Weiss, Chris Struble

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

Next Sunday, January 22nd, at 10:30 a.m.

“Parenting as a Spiritual Practice”

Rev. Dr. María Cristina, preaching

We often think about meditation, religious rituals, or pilgrimages as spiritual practices. Yet the journey of parenting also offers us opportunities to grow spiritually as we embrace change every day.

TODAY AT EAST SHORE

Religious Education for Children & Youth (In Person): Core programs for children and youth run during worship this year.

- ◇ Little Uus Ages 1-5. Focus on the early stories, songs, and spiritual practices of Unitarian Universalism, a loving faith tradition. Start in the Sanctuary for the beginning of worship, and then go to their class with RE Volunteers. Parents/caregivers pick up your Little Uu by 11:45am.
- ◇ Spirit Makers Ages 5-9 + Visitors! Focus on the early stories, songs, and spiritual practices of Unitarian Universalism, a loving faith tradition. Parents/caregivers pick up your Spirit Makers by 11:45am.
- ◇ Grades 4-6 OWL - start directly in class. Designed to help children ages nine through twelve to gain the knowledge, life principles, and skills they need to understand and express their sexuality in holistic, life-enhancing ways. Advanced registration required.
- ◇ Grades 7-8 OWL - start directly in class. A cornerstone comprehensive sexuality education program based in values where teens explore decision making, body image, and other life issues in a safe environment. Advanced registration required.
- ◇ Y@ES Youth Group - For ages 14-19 We take a field trip to Snoqualmie to snowshoe. Meet up in the lower parking lot at East Shore. All are welcome! RSVP to education@esuc.org for gear and a ride!

Coffee Hour: 11:30 a.m. Outside & North Room: After worship, enjoy a casual time to get to know the East Shore community of friends and members. Find refreshments in the foyer then either head outside or to the North Room based on your comfort level.

Radical Welcome: Transforming Our Hearts: 12:00 p.m. in the Sanctuary: In today's world, being a Welcoming Congregation requires more than simply opening our doors. This will require a welcome that transforms our hearts, our congregation, and ultimately our world. Alex Kapitan, who visited East Shore in October, will be offering a powerful workshop on radical welcome, in advance of East Shore engaging with the Transforming Hearts Collective's program.

UPCOMING EVENTS

Free Childcare When School's Out: Monday, January 16, 9:00 a.m. (In Person): Parents, children and youth can come for Free Childcare while School is Closed for Martin Luther King Jr. Day. Dress for outside play, bring two snacks and lunch, and your book bag for homework. Ages 3+ (potty trained) welcome. RSVP to education@esuc.org.

Grounds Work Party: Saturday, January 21, 9:00 a.m. (In-Person): Come enjoy a fun and invigorating time outdoors with East Shore members and friends. 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.

Culture, Trauma, and Resilience Workshop: Saturday, January 21, 9:30 a.m. (Multiplatform): Come, learn about, and celebrate the resilience of indigenous women with Carolyn DeFord, Puyallup tribal member and social worker. Carolyn will share her knowledge and wisdom followed by discussion and the making of fabric dolls to honor lives stolen by trauma. Mature teen girls interested in social justice themes are encouraged to attend with their mothers or honored adults as sensitive topics will be addressed. Childcare may be available with advanced notice. RSVP to Lynn Roesch.

Garden Club: Sunday, January 22, 12:00 p.m. (In Person): RE youth are invited to join us for outdoor activities tending the gardens at East Shore and other fun garden activities! Adults are welcome to attend Family Covenant Circle during this time or join us in the garden. Please dress for the weather and bring a sack lunch. Children and youth must be registered and dropped off in Spring Hall for lunch and Garden Club. Sign up [here](#).

Widening the Circle of Concern Session: Sunday, January 22, 2:30 p.m. (Virtual): Hospitality & Inclusion, why we need to change, individually and as a church, plus ideas for changes. This section of the Widening the Circle of Concern report offers a way to deepen an understanding of the work of anti-racism within our own congregation, other UU congregations and the UUA. Join us for a presentation followed by discussion in small groups. Register with Grace Colton to receive a 3 page pre-reading and the link. Max 16 attendees.

Meaningful Movies: Blind Trust: Leaders & Followers in Times of Crisis: Tuesday, January 24, 6:50 p.m. (Virtual): This 2022 film celebrates the life and unique work of Nobel Peace Prize nominee Vamik Volkan, a psychiatrist who brings enemy groups together for dialogue in traumatized areas of the globe. Plan to stay for the lively discussion that follows immediately after the film. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB

Fourth Wednesday Book Club: Satanic Verses: Wednesday, January 25, 7:00 p.m. (Virtual): Please join us to discuss *The Satanic Verses* by Salman Rushdie. First published in September 1988, the book was inspired by the life of the Islamic prophet Muhammad. Rushdie used magical realism and relied on contemporary events and people to create his characters. To virtually attend, please Zoom in using room number: 896 7249 9304, Passcode: 403930

ESUC NEWS

Become a leader at East Shore: If you know of someone who would be willing to serve our loving community, please let us know. And if you feel you are that person with the giving heart and spirit, please nominate yourself. Your nominating committee would love to talk with you about how to become more involved and impact the future of East Shore.

Do You Like Blues and Jazz? New BAJA Club Forming: Jeanne Lamont is starting a new social group at East Shore and need five people to create an official affinity team. The group is open to ESUC friends and members, singles, couples, partnered (whose significant others don't dig this type of music) and we will attend quarterly outings to listen to live blues or jazz music in our region and at all price points. As the group grows it can be more frequent. Interested in joining this fun new social group? Email Jeanne Lamont.

Save the Date! East Shore Retreat @ Seabeck 2023: All folks in the East Shore Community are invited to gather in Seabeck, Washington over Memorial Day weekend from May 26 - May 29, 2023! This is an annual retreat at the amazing Seabeck Conference Center. More details will be coming soon, but if you haven't ever been, we hope you will consider coming! Volunteers still needed! Talk to David Langrock. Registration will begin by early February.

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:

