

# EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore\_uc

## “Parenting as a Spiritual Practice” January 22, 2023



*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

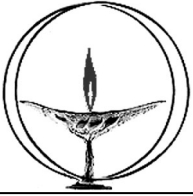
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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**

January 22, 2023

10:30 a.m.

### **Centering Music**

Eric Lane Barnes

### **Anthem**

*You Are A Hero To Me*

Eric Lane Barnes  
& Kari Ann Hailey

### **Welcome & Land Acknowledgement**

Rev. Dr. María Cristina

### **Ring of the Bell**

### **Call To Worship**

Amanda Alice Uluhan

### **Chalice Lighting & Response**

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**

*I Sang You Down From the Stars*  
by Tasha Spillettt-Sumner

Rev. Dr. María Cristina

### **Testimony**

LeAnne Struble

### **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**

*I Am Still Holding Your Hand*  
by Tim Minchin (from *Matilda*)

Eric Lane Barnes  
& Kari Ann Hailey

## Testimonies

Martin Cox  
Erika Jackson Kirkendall

## \* Hymn #1051

*We Are*

## 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.

## Gifts of the Congregation

Rev. Dr. María Cristina

*Text ESUC \$20 plus 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](https://esuc.org/give) or mail in a check to ESUC any time! There are also QR codes around campus.*

## 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.

## Benediction

### Postlude

*Song For Healing*  
by Raffi

Eric Lane Barnes  
& Kari Ann Hailey

**Worship Leadership Today** | Ushers: Mary Anderson | Zoom Tech Assistant:  
Sheridan Botts | ACE Team: Bob Weiss, Alan Moritis, Lee Winstrom

**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 29th, at 10:30 a.m.

“Bear Witness: Save Lives”

Guest Speaker CB Beal, preaching

*As we build Beloved Community, it is vital that we are able to share our stories and trust that people will be still and bear witness to us, acknowledge and accept what we share. As witnesses, we must be present with one another with an empathy that honors our different life experiences. CB will share about the spiritual practice of bearing witness and trusting others to bear witness to us, with a particular focus on gender.*

# TODAY AT EAST SHORE

## Religious Education for Children & Youth

- ◇ 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. 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. 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 All are welcome!

**Coffee Hour: 11:30 a.m. Outside or North Room:** After worship, enjoy a casual time to get to know the East Shore community of friends and members. Head to the foyer and then outside or back into the North Room! Please consider bringing your own travel mug!

**Garden Club: 12:00 p.m. Spring Hall:** 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. Children and youth must be registered and dropped off in Spring Hall for lunch and Garden Club.

**Family Covenant Circle: 12:00 p.m. E-202:** 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! Families of every stage and configuration are welcome. While your privacy will be respected, those who wish to share their challenges and insights are welcome. To connect, email lay leader Martin Cox.

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

**Widening the Circle of Concern Session: 2:30 p.m. Online:** 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 your 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.

## UPCOMING EVENTS

**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

**Article II Town Hall: Sunday, January 29, 2:30 p.m. (Virtual):** A virtual Town Hall will be presented by your Eighth Principle Ministry Team to reveal and discuss the final proposal from the Article II Commission. That report comes out on January 20th and will incorporate the suggestions from last Fall's listening sessions. Join the virtual Town Hall via Zoom Meeting ID: 891 1386 1777, Passcode: 130414. Plan to attend!

**African American History in Ten Supreme Court Cases: Mondays, February 13-27, 7:00 p.m. (Virtual):** Retired teacher Mike Radow will consider aspects of American History that most of us did not learn in school. We will examine landmark Supreme Court cases in historical context and look at their implications for today. The format will be brief lecture with a focus on discussion in large group and in breakout rooms for richer interaction. Session 1 will cover 1850-1885. Session 2 will cover 1895- 2015. Resource guides will be provided. Join via Zoom 856 3635 2057, Passcode: 687437

**Transforming Hearts Collective: Wednesdays, February 15-March 22, 7:00 p.m. (Virtual):** This course is for individuals who want to take their knowledge and skills to the next level in terms of trans identity and how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity. Over six sessions you will deeply explore the intersection of trans identity, spirituality, and faith community, and gain the grounding, context, and skills to transform yourself and your congregation. Led by Rev. María Cristina and Nicole Duff with support from the Welcoming Congregations Team. Please register and commit to coming to all 6 weeks. Register at [tinyurl.com/ESUCTransforming](https://tinyurl.com/ESUCTransforming).

**Save the Date! Installation of Rev. María Cristina Vlassidis Burgoa: Sunday, April 23, 10:30 a.m. (Multiplatform):** Please join us on Sunday for a very special worship service. This Installation Ceremony is our congregation formally entering into shared ministry with Rev. Maria Cristina. The service will include special guests, music and more. We will celebrate after with food.

## 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 to anyone who appreciates Blues and Jazz music. We will attend quarterly outings to listen to live blues or jazz music at all price points. Interested? Email Jeanne Lamont.

**Save the Date! East Shore Retreat @ Seabeck 2023:** All folks in the East Shore Community are invited to gather in Seabeck over Memorial Day weekend from May 26 - May 29, 2023! This is an annual retreat for all ages. Volunteers still needed! Talk to David Langrock. Registration will begin by early February.

**Help Us Give HUUGS to Young Adults:** Please join in creating care packages to send to young, emerging adults who are a part of East Shore and our extended family. During our February 12th Love is Our Covenant worship, we will have a packing party to make and decorate Emerging Adult Boxes. See more details and a list of what to donate at [esuc.org](http://esuc.org).

## 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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| Celil Cakmak            | Facilities Supervisor            | <a href="mailto:super@esuc.org">super@esuc.org</a>           |          |



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:

