

## EAST SHORE UNITARIAN CHURCH

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



EastShoreUC

@ESUC1

eastshore\_uc

# “Bear Witness: Save Lives”

January 29, 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.*

---

## **ORDER OF SERVICE**

January 29, 2023

10:30 a.m.

### **Centering Music**

Eric Lane Barnes

### **Ringling of the Bell**

### **Welcome & Land Acknowledgement**

Rev. Dr. María Cristina

*Special welcome to Coming of Age Youth from University Unitarian*

### **Opening Anthem**

*Heretics & Dreamers*

East Shore Mighty Choir

### **Chalice Lighting & Response**

Religious Exploration/DRE

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**

*SPORK*

CB Beal

by Kyo McLear

### **Musical Interlude**

*This is Me*

### **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)*

### **Sermon**

*Bear Witness: Save Lives*

CB Beal

### **\* Hymn #1012**

*When I Am Frightened*

## 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

*Text ESUC 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](http://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

CB Beal

## Postlude

*We Are The Ones*

East Shore Mighty Choir

by Bernice Johnson Reagon

Text from 'Poem in Honor of South African Women' by June Jordan. Used with permission.

**Worship Leadership Today** Greeter: Sheridan Botts | Ushers: Fran Corn | ACE Team: Janis Pock, Chris Struble, Steve Wellons

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

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

*"Preemptive Radical Inclusion"*

with guest speaker CB Beal

*CB will share reflections on the idea of Preemptive Radical Inclusion as an entryway to meaningfully increase equity and justice among ourselves and in the world, a way to embody beloved community by our willingness to take seriously the idea that "all of us means all of us."*

*CB Beal (they/them) is a fat, white, queer and non-binary UU religious educator, storyteller, speaker, and consultant. CB was the 2019 recipient of the Unitarian Universalist Association's Angus H. MacLean Award for Excellence in Religious Education.*

# 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!

**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, AAPI, and Indigenous People of Color. All are welcome.

**Article II Town Hall: 2:30 p.m. Online:** An exciting final report transforming our Principles, Purposes and Sources into a statement based on Love was presented to the UUA Board this last week; and, the Eighth Principle Ministry Team has been tasked by our ESUC Board of Trustees to be the educational arm for our Congregation. The informational session will be followed by two discussion/opinion sessions on February 26 and March 16. The Ministry Team set it up this way to give Congregants a way to become knowledgeable about the revisions and to give us time to sit with the revisions before venturing opinions. Learn more at [esuc.org/article-ii](https://esuc.org/article-ii). Join the virtual Town Hall via Zoom Meeting ID: 891 1386 1777, Passcode: 130414. Plan to attend!

## UPCOMING EVENTS

**Turing Points in Modern History: Tuesdays, January 3-March 21, 7:00 p.m. (Virtual):** Turning Points in Modern History takes you on a far-reaching journey around the globe—from China to the Americas to New Zealand—to shed light on how two dozen of the top discoveries, inventions, political upheavals, and ideas since 1400 have shaped the modern world. Facilitated by Alan Carter. To join class use the link [rebrand.ly/zhzte8a](https://rebrand.ly/zhzte8a)

**Parents as Sexuality Educators Workshop: Sunday, February 5, 10:30 a.m. (In Person):** Join Director of Religious Education Amanda Alice for two Sunday workshops for parents as sexuality educators. All are welcome.

**Children's Blessing: Sunday, February 12, 10:30 a.m. (Multiplatform):** Children of any age are invited to participate in this special ritual. A children's dedication is a time honored UU tradition to bless your child(ren), express a sacred loving kindness to them in the spirit of community, and to bear witness to their special light. RSVP to [education@esuc.org](mailto:education@esuc.org).

**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).

**Grades K-3 OWL Parent Info Session: Monday February 27, 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 K-3, ages 5-9, scheduled to start at East Shore Sunday April 2. Join via Zoom: 863 6849 8802

**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

**Help Wanted for Summer Camp:** We are looking for 15-20 hours of administrative support over the next couple of months leading up to East Shore's summer camp. For a young adult, there can be a small stipend to express our thanks for your generosity. Contact Amanda Uluhan Camp Director for more information.

**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.

**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

Rev. Dr. María Cristina	Minister	<a href="mailto:minister@esuc.org">minister@esuc.org</a>	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	<a href="mailto:education@esuc.org">education@esuc.org</a>	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	<a href="mailto:finance@esuc.org">finance@esuc.org</a>	Ext. 110
Nicole Duff	Dir. of Membership Development	<a href="mailto:membership@esuc.org">membership@esuc.org</a>	Ext. 106
Dianne Upton	Facilities Manager	<a href="mailto:facilities@esuc.org">facilities@esuc.org</a>	Ext. 102
Jenny Newell	Office Administrator	<a href="mailto:esuc@esuc.org">esuc@esuc.org</a>	Ext. 101
Vanessa Rodriguez	Bookkeeper	<a href="mailto:bookkeeper@esuc.org">bookkeeper@esuc.org</a>	Ext. 105
LeAnne Struble	RE Programs Coordinator	<a href="mailto:education2@esuc.org">education2@esuc.org</a>	
Eric Lane Barnes	Director of Music	<a href="mailto:music@esuc.org">music@esuc.org</a>	
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:

