

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“The World Upside Down” February 19, 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

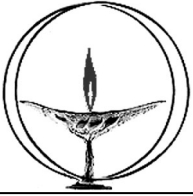
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth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

February 19, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Processional

When The Saints Go Marching In

Ringing the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

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

Delphine Denise and the Mardi Gras Prize Rev. Dr. María Cristina
by Brittany Mazique & Sawyer Cloud

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation

Sending You Light
by Melanie DeMore

Eric Lane Barnes

Sermon

The World Upside Down

Rev. Dr. María Cristina

*** Hymn #1024**

Spirit Says Do

East Shore Unitarian Church Covenant

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 or mail in a check to ESUC any time! There are also QR codes around campus.

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

Jambalaya
by Hank Williams

Today's Musicians John Chmaj, piano; Dave Pascal, bass; Chris Monroe, drums; Kate Olson, saxophones

Worship Leadership Today | Ushers: Mary Anderson, Carla Hellekson | Zoom Tech Assistant: Mike Radow | ACE Team: Chris Struble, Alan Moritis, Ralph Lutz | Coffee Hour Host: Paul Buehrens

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

Next Sunday, February 26th, at 10:30 a.m.

"Honoring our Lay Pastoral Ministry Team"

Rev. Dr. María Cristina & the Lay Pastoral Ministry team

Pastoral care is a ministry of presence. People have stories of grief, trauma, loss, confusion, loneliness and depression. There is healing value in speaking these stories out loud when there is a compassionate person to listen with attention, and with the intention to bear witness. Our lay pastoral ministers will listen without judging, offering advice, or trying to fix anything. Having someone tuned in and able to be with you while you sort through your feelings allows you to tap into your own deep wisdom and capacity to heal.

NOTES

TODAY AT EAST SHORE

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!

SAVE THE DATES!

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. Want to help? Contact Nicole Duff.

Save the Date! Women's Perspective Retreat, April 14-16: Join your ESUC sisters to "Take Back the Narrative for Reproductive Freedom!" at the Women's Perspective Annual Retreat, April 14-16 once again at Rainbow Lodge in North Bend. Registration opens March 4.

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 open February 24.

Art in Community Summer Camp: Monday, June 26-Friday June 30: Registration Now Open Kids ages 5 – 12 are invited to join us for Art, Social Justice, Community, Camp, & Summer Fun. Kids are guaranteed to have a ton of fun and make great friends. Our camp meets from 9 am – 3:00 pm each day for a full week. See more details and register at esuc.org.

UPCOMING EVENTS

Women's Perspective Lake Hills Greenway Trails: Monday, February 20, 10:00 a.m. (In Person): All those who identify as women are invited to join us on this a lovely flat walk through greenways and wetlands in Bellevue. We will at the Bellevue Demonstration Garden parking lot, 15500 SE 16th St. We will walk to Larsen Lake and the blueberry farm. Accompanied children welcome! To RSVP, contact Sheridan Botts at 206-491-5617.

Fourth Wednesday Book Club: *The Bluest Eye*: Wednesday, February 22, 7:30 pm (Virtual): Please join us to discuss *The Bluest Eye* by Toni Morrison. The novel takes place in Lorain, Ohio and tells the story of a young African-American girl named Pecola and her desire for the blue eyes she equates with "whiteness." Join via Zoom: 896 7249 9304, Passcode: 403930

East Shore Board Meeting: Thursday February 23, 4:00 p.m. (NEW DATE and TIME!) (Virtual): All are welcome to attend. To keep the meeting running smoothly, we ask that you keep any questions you may have restricted to the chat and we will tend to them as time allows. Join via Zoom: 858 0291 7937, Passcode: Board.

Women's Perspective Movie Night: In Our Mothers' Gardens: Friday, February 24, 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 "In Our Mother's Gardens." This film celebrates the strength and resiliency of Black women and Black families through the complex, and oft-times humorous, relationship between mothers and daughters.

Community Circles: Saturday, February 25, 10:00 a.m. (Virtual): Drop into one of East Shore's Community Circle sessions, online every 4th Saturday morning. In a facilitated space, we explore a variety of issues and themes. Community circles are opportunities to share and listen thru prompts, breakout rooms, and listening activities. Prior knowledge, experience, or registration is not needed. This circle is facilitated by members of East Shore's Right Relations team. All are welcome. Join via Zoom: 816 8030 9830, Passcode: 626689

Article II Discussion Forum: Sunday, February 26, 4:00 p.m. and Thursday, March 16, 7:00 p.m. (Virtual): Come share your perspective and listen to other's perspective on the proposed, new description of Unitarian Universalism's values and covenants aka principles and sources. Our website will give you background information including the proposed text. This event is presented by the 8th Principle Ministry Team. Questions? Email grace.colton@gmail.com.

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

See more upcoming events at esuc.org/whats-happening

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.

Represent East Shore and be a delegate for East Shore at GA 2023! This year self nominations are being accepted through a short Delegate Nomination form. Criteria for being a delegate and submitting your name is at the link. Last year the UUA began moving away from a focus on parliamentary process to the actual issues. What it's like to be a delegate is changing. Attending online is possible and free if you are only a delegate. For those wanting to go in person, scholarships are available. This year the 8th Principle Ministry Team is collecting nominations and will make sure you have what you need to be a knowledgeable delegate and get your questions answered. Experienced East Shore delegates will be a resource for you to understand the process. The Board will make the final decision among the full slate of candidates, using the criteria at the link, during the April 11 Board meeting. Contact Nicole Duff for more information.

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	minister@esuc.org	Ext. 103
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Eric Lane Barnes	Director of Music	music@esuc.org	
Celil Cakmak	Facilities Supervisor	super@esuc.org	



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:

