

## EAST SHORE UNITARIAN CHURCH

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



# “Honoring Our Lay Pastoral Ministry Team”

February 26, 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**

February 26, 2023

10:30 a.m.

<b>Centering Music</b>	<i>Family is in the Heart</i>	John Chmaj
<b>Opening Hymn #1012</b>	<i>When I Am Frightened</i>	
<b>Ring the Bell</b>		
<b>Welcome</b>		Rev. Dr. María Cristina
<b>Land Acknowledgement</b>		Missy Poirier
<b>Call To Worship #468</b>	<i>We Need One Another</i>	Evelyn Smith
<b>Chalice Lighting &amp; Response</b>		Kirstie Lewis
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.		
<b>Time for All Ages</b>	<i>Because</i> by Mo Willems	Amanda Alice Uluhan
<b>Pastoral Prayer/Joys &amp; Sorrows</b>		
<i>Please fill out a card in the back of the Sanctuary (in person) or in chat (virtual)</i>		
<b>Musical Meditation</b>	<i>You've Got a Friend</i> by Carole King	John Chmaj
<b>Reflections from the Lay Pastoral Ministry Team</b>		Rev. Dr. María Cristina Milly Mullarky Dennis Fleck Connie Hirnle Carol Sinape

## East Shore Unitarian Church Covenant

Evelyn Smith

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

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

### Closing Hymn #1021

*Lean On Me*

John Chmaj

**Worship Leadership Today** | Ushers: Mary Anderson, Fran Corn, Leroy Smith | Zoom Tech Assistant: Ralph Lutz | ACE Team: Bob Weiss, Lee Winstrom, Steve Wellons | Coffee Hour Host: Mary Anderson

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

## Next Sunday, March 5th, at 10:30 a.m.

*“Because Every Body Is Sacred”*

Rev. Ashley Horan, preaching

*From “Don’t Say Gay” bills to the swath of laws criminalizing gender affirming and abortion-related care, attacks on bodily autonomy in the US are escalating at an alarming pace. And this nation has always targeted certain kinds of bodies as less worthy of protection and freedom than others. What does our UU tradition offer us as an antidote to toxic theologies of coercion and control that are fueling the current culture wars? Join us for a conversation about intersectionality, radical spiritual imagination, and the liberation of all our sacred bodies. Rev. Ashley will be with us via Zoom.*

## 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!

**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.

**Article II Discussion Forum: 4:00 Online:** 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](mailto:grace.colton@gmail.com).

**Interested in leadership opportunities at East Shore?: Today in the Foyer:** The Nominating Committee is now recruiting for next year's Board of Trustees and Nominating Committee. We are seeking diverse representation and encourage all members to consider leadership roles. Elaine Cox will be available after the service in the foyer to answer your questions and hear your thoughts on serving. Please help us learn more about what you need to consider joining the Board or other committees at East Shore, by answering this survey. A hard copy will be available at the Nominating Committee table.

## UPCOMING EVENTS

**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

**African American History in Ten Supreme Court Cases: Monday, February 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. Join via Zoom 856 3635 2057, Passcode: 687437

**Meaningful Movies: Inhabitants: Indigenous Perspectives on Restoring Our World: Tuesday, February 28, 6:50 pm (Virtual):** Join us for a screening of Inhabitants: Indigenous Perspectives on Restoring Our World, a powerful documentary about five Native American communities as they restore their traditional land management practices in the face of a changing climate. We'll have a lively discussion immediately after the film. Join Meaningful Movies Bellevue via Zoom: 879 2971 8047, Passcode: MMB.

**Lummi Totem Pole Prayer Journey to Protect Oak Flat, AZ: Blessings here at East Shore: Thursday, March 2, 2:00 p.m. (In Person):** In March, the Lummi House of Tears Carvers will again be on the road sharing a totem pole and message with everyone: Let us all protect sacred lands and waters! They will visit East Shore en route to Oak Flat, Arizona where members of the Yavapai and Apache tribes are contesting a proposed copper mine in Oak Flat, their ancestral homeland. All are welcome, including—especially—youth, families with children and anyone else concerned about justice and the future of our planet!

**Karaoke Night at East Shore: Saturday, March 4, 6:00 p.m. (In Person):** This will be the social event of the New Year! Don't miss out on this fun-filled evening of live karaoke—where YOU can be the star! No voice training required! An audience is always appreciated if you prefer to listen and applaud! This event was offered at November's auction and there is still room for you! Just \$25 per person provides an evening's entertainment, pizza (meat and veggie options) and your first beverage (wine, beer or soft drink). All proceeds go to the church.

**India and Nepal 'Send Off' Celebration: Sunday, March 5 following worship (In Person):** On March 5th, coffee hour treats will be provided by the Khasi Hills and ANSWER communities. Seven members will be traveling to India and Nepal this month. Please stay after service to enjoy treats and conversation and to sign greeting cards for our partners.

**See more upcoming events at [esuc.org/whats-happening](https://esuc.org/whats-happening)**

## ESUC NEWS

**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 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. Contact Nicole Duff for more information.

**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.

**East Shore Retreat @ Seabeck 2023: Registration Now Open!** 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! See David Langrock.

## 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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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:

