

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Because Every Body Is Sacred”

March 5, 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

March 5, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring of the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Opening Anthem #155

We Can Be Kind
by David Freeman

East Shore Mighty Choir

Chalice Lighting & Response

Amanda Alice Uluhan

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

Dreams For a Daughter
by Carole Boston Weatherford

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

Sending You Light
by Melanie DeMore

East Shore Mighty Choir

Sermon

Because Every Body Is Sacred

Rev. Ashley Horan

*** Hymn**

Earth My Body

* Please rise in body or spirit.

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 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

Rev. Ashley Horan

Postlude

Fly Away Home
by Pink Zebra

East Shore Mighty Choir

Worship Leadership Today | Greeters: Julie Heise, Jeanne Lamont | Ushers: Fran Corn, Deb Boehm-Davis, Stu Davis | ACE Team: Steve Wellons, Bob Weiss, Lee Winstrom | Coffee Hour Host: Khasi Hills Ministry Team | Zoom Tech: Grace Colton

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

Next Sunday, March 12, at 10:30 a.m.

“Legacy Sunday”

Rev. Dr. María Cristina, preaching

We gather to express our gratitude for all the blessings we receive from our ESUC community, to honor all the people in this congregation whose legacy inspires us to build the Beloved Community. Join us as we honor our church leaders, Ministry Team members, volunteers, and staff.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ 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!

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.

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 Bellevue: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Factoria on the corner by Dacell's Jewelers. We gather in solidarity with Black, Brown, AAPI, and Indigenous People of Color. All are welcome.

UPCOMING EVENTS

Mindfulness Meditation: 2nd and 4th Fridays: March 10-May 12, 2:00-3:30 p.m. (In Person):

Come co-create a quiet spiritual experience. Try something new. Experience the benefits of sharing mindfulness and gaining new insights. We will offer some recorded guided meditations and also some silent ones. Open to all and free of charge. Each session stands alone so you don't need to participate in all sessions. Coordinated by Caroline Haessly and Jennifer Sumner. Email Caroline at chaessly@yahoo.com if you have questions or just drop in.

Parents as Sexuality Educators Workshop: Sunday, March 12, 10:30-11:45 a.m. (In Person):

Join Director of Religious Education for the second workshop for parents as sexuality educators. Caregivers to children of any age welcome. No need to have attended the first forum to attend.

Article II Discussion Forum: Thursday, March 16, 7:00 p.m. (Virtual): UU Principles and sources are changing to values and covenants. 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. This event is presented by the 8th Principle Ministry Team. Questions? Email grace.colton@gmail.com. Zoom: 835 3129 9420 Passcode: ArticleII.

Women's Perspective Movie Night: "Sex: Female": Friday, March 17, 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 "Sex: Female." In Sex: female, five dozen American women representing a rich variety of ages, ethnic groups, and economic backgrounds go public with some of their innermost secrets. RSVP to Lori Saccardi.

Tour of the Grounds: Saturday, March 18, 9:00 a.m.—3:00 p.m. (In Person): You are invited to the next East Shore Grounds work party! If you would like, bring a sack lunch and come join our fellowship lunch around noon. Come for any amount of time to help out and see the progress that the Grounds Team has made during the past months.

Fourth Wednesday Book Club: Animal Farm: Wednesday, March 22, 7:30 pm (Virtual): The banned books theme continues with Animal Farm by George Orwell. A farm is taken over by its overworked, mistreated animals. Join via Zoom: 896 7249 9304, Passcode: 403930

Community Circles: Saturdays, March 25, 10:00-11:30 a.m. (Virtual): In a facilitated space, we explore a variety of issues and themes. Community Circles are opportunities to share and listen through prompts, breakout rooms, and listening activities. Prior knowledge, experience, or registration are not needed. This Circle is facilitated by members of East Shore's Right Relations Team. All are welcome. You may be changed by what you hear. Join via Zoom: 816 8030 9830, Passcode: 626689.

See more upcoming events at 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! 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 now open.

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.

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.

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:

