

EAST SHORE UNITARIAN CHURCH

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



“Honoring Dolores Huerta and César Chávez”

March 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. 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 26th, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring of the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Opening Anthem

Deportee
by Woody Guthrie

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

Side By Side / Lado a Lado
by Monica Brown & Joe Cepeda

Amanda Alice Uluhan
& Rev. Dr. María Cristina

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 Sending You Light

Sermon

Side by Side / Lado a Lado

Rev. Dr. María Cristina

Musical Interlude

Pastures of Plenty
by Woody Guthrie

East Shore Mighty Choir

Hymn #305

De Colores

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.

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

We Walk In Love
by Deanna Witkowski

East Shore Mighty Choir

Worship Leadership Today Greeters: Sheridan Botts | Ushers: Mary Anderson, Fran Corn | ACE Team: Chris Struble, Bob Weiss, Ralph Lutz | 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, April 2nd, at 10:30 a.m.

“Indigenous Connections Presents”

Sul ka dub Freddie Lane, Guest Speaker

Join us as we welcome Sul ka dub Freddie Lane, member of the Lummi Nation.

The Lummi House of Tears Carvers are back on the move, transporting a hand-carved totem pole more than 6,500 miles to help protect Oak Flat. This land is sacred to tribes like the Hopi, Zuni, Yavapai and O’odham and is at risk of being destroyed during mining operations on one of the largest untapped copper deposits in North America. We welcome Freddie in the spirit of solidarity, healing, honor, hospitality, and respect.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ Little Uus Ages and Spirit Makers: Spring Hall—We will continue work on their large art piece, focusing on the colors Green and Blue and the thoughts of generosity and pluralism.
- ◇ Grades 4-6 OWL: Room 201 - 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: Room 208 - 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 We are going to try again to play taco, cat, cheese, pizza, bring a friend so we have more players.

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!

Refusing the Binary: 1:00 p.m. on Zoom: In past eras, articulations of reproductive freedom or “Reproductive Rights” rooted in mainstream culture, were legal-centric. The 2022 overturning of Roe v. Wade as a matter of “settled law” showed that a different standard must now be applied to insure not only women’s choice, women’s health, and women’s body autonomy, but also women’s access to comprehensive networks of support, education, and services. Led by Cecelia Hayes. Join via Zoom Meeting: 899 7435 9999

Online Info night about Camp Blue Boat: 6:30 p.m. on Zoom: Join Camp Coordinator, DRE, and jr. Youth Staff for an Info Night about Camp Blue Boat - The Premier Pacific Northwest UU sleep-away Camp for middle and high school Youth! We'll share a short presentation and have an opportunity to talk with participants for a Q and A about Camp Blue Boat. Join via Zoom: 321 270 0127, Passcode: chalice. Camp Registration is open.

UPCOMING EVENTS

East Shore Outdoors: Multiple Dates (In Person): As the better weather approaches, many of us want to get outside and enjoy the beautiful scenery of the Pacific Northwest. You can do that, and contribute to building community at East Shore, by participating in walks and hikes organized by the East Shore Outdoors group. Questions? Contact Amanda Strombom.

Meaningful Movies: All Light, Everywhere: Tuesday, March 28, 6:50 p.m. (Virtual): All Light, Everywhere is an exploration of the shared histories of cameras, weapons, policing and justice. As surveillance technologies become a fixture in everyday life, the film interrogates the complexity of an objective point of view, probing the biases inherent in both human perception and the lens. We'll have a lively discussion immediately after the film, so plan to join us. Join Meaningful Movies Bellevue via Zoom: 879 2971 8047, Passcode: MMB.

Braiding Sweetgrass Book Group: Wednesdays, March 29-April 26, 7:00 p.m. (Virtual): Our congregation will begin a journey of curiosity and awe together as we discuss the elements of Robin Wall Kimmerer's masterpiece, *Braiding Sweetgrass*. Weekly sessions will be led by the Indigenous Connections Team. We ask that you sign up in advance by contacting Maury Edwards, Marilyn Mayers, or Lynn Roesch.

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

UUA Trans Day of Visibility Virtual Party for Trans/Nonbinary Families Watch Party and Potluck: Friday, March 31, 5:00 p.m. (In Person): Join us for a watch party and potluck at East Shore. As legislators pass harmful laws in states all across the country and as people of faith and no-faith fight back, we want to remind transgender/nonbinary families that they are not alone. As Unitarian Universalists we believe that everybody is sacred. This will be a time of reflection, celebration, and renewal as we prepare for what is and whatever is coming our way. This space is intentionally multi-generational. It is open to and welcoming of trans/nonbinary elders as well as children, youth, and young adults.

Blues and Jazz Appreciation (BAJA) Club Outing: Friday, March 31, 6:00 p.m. (In Person): The BAJA social group has officially formed and we have scheduled our first concert outing, the Starbucks 26th Annual Hot Java Cool Jazz! It's general admission seating and is all ages. Tickets are \$25, and should be purchased ahead of time. Hot Java Cool Jazz is part of Starbucks' ongoing commitment to providing opportunities for young people in the local community. Please email Jeanne Lamont if you are coming to the concert so she can connect with an ESUC carpool or save you a seat at the Paramount.

See more upcoming events at [esuc.org/whats-happening](https://www.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. Attending online is possible and free if you are only a delegate. Contact Nicole Duff for more information.

Grades K-3 OWL: Begins April 1 (In Person): The Parent/Caregiver and Child Orientation is required for adults and their children who will participate in the Our Whole Lives: Sexuality Education for Grades K–3 curriculum. Advance registration required.

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

Rev. Dr. María Cristina	Minister	minister@esuc.org	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	education@esuc.org	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	finance@esuc.org	Ext. 110
Nicole Duff	Dir. of Membership Development	membership@esuc.org	Ext. 106
Dianne Upton	Facilities Manager	facilities@esuc.org	Ext. 102
Jenny Newell	Office Administrator	esuc@esuc.org	Ext. 101
LeAnne Struble	RE Programs Coordinator	education2@esuc.org	
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:

