

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



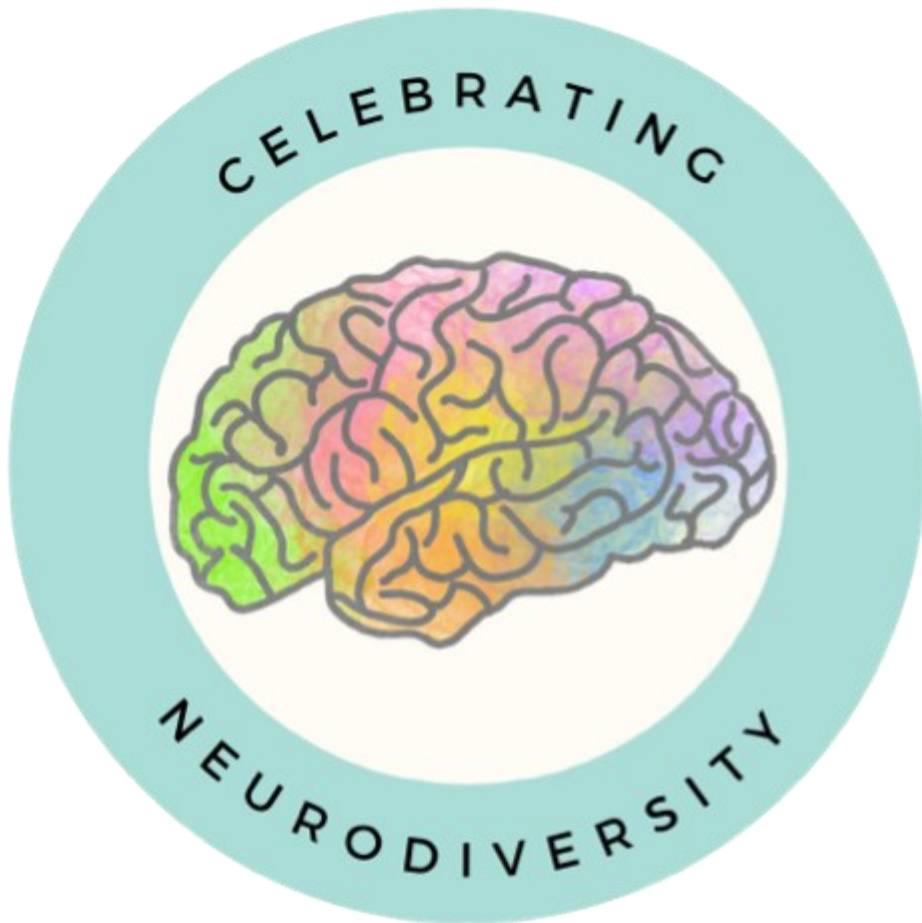
@ESUC1



eastshore_uc

“The Art of Language To Liberate & Empower”

April 16, 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

April 16, 2023

10:30 a.m.

Centering Music

Sam Rosenthal

Ring of the Bell

Welcome & Land Acknowledgement

Rev. Jennifer Alviar

Opening Hymn #1014 *Answering The Call of Love*

Musical Celebration *Sunshine on my Shoulders*
John Denver

Kari Ann Hailey

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 *Some Brains: A Book Celebrating Neurodiversity*
by Nelly Thomas

Rev. Alviar

Children's Recessional *This Little Light Of Mine*

(Verse 1) This little light of mine, I'm gonna let it shine...

(Verse 2) Everywhere I go, I'm gonna 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 *You've Got a Friend*
James Taylor

Kari Ann Hailey

Sermon *The Art of Language to Liberate & Empower*

Rev. Alviar

*** Hymn #1017** *Building A New Way*

* Please rise in body or spirit.

East Shore Unitarian Church Covenant

Rev. Alviar

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

Prayer for Living in Tension

Joseph M. Cherry

Postlude

Until Every Barrier Falls

by LeDerick Horne

Recessional

Sam Rosenthal

Worship Leadership Today Ushers: Jenny Selby | Zoom Tech Assistant: Amanda Strombom | ACE Team: Alan Moritis, Janis Pock, Steve Wellons

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

Next Sunday, April 23 at 10:30 a.m.

“Installation of Rev. Dr. María Cristina Vlassidis Burgoa”

with special guests Mama Lily, Erick Vlassidis, Emma’s Revolution, Aisha Hauser, Rev. Nancy Palmer Jones & more!

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.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ Little Uus Ages 1-5: Room 106—Kids will learn how Pussywillows got their name and will plant in a small garden space near their classroom.
- ◇ Grades K-3 OWL: Room 202—start directly in class. Kids will continue their OWL class. Advanced registration required.
- ◇ 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: Room 207—For ages 14-19, they will meet up for some games and to discuss their youth choice service

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!

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.

Democracy and its Alternatives from the Great Courses: Tuesdays, March 28-June 13, 7:00 p.m. (Virtual): What characteristics do democracies share? How do they differ? And what can alternatives to democracy—namely, authoritarianism and dictatorship—teach us about democracy itself? To watch and discuss the lectures use the link <https://rebrand.ly/zhzte8a>.

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.

Community Circles: Saturday, April 22, 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. Join via Zoom: 816 8030 9830, Passcode: 626689.

Meaningful Movies: The Waiting Room: Tuesday, April 25, 6:50 p.m. (Virtual): You're invited to a screening of *The Waiting Room*. *The Waiting Room* lays bare the struggle and determination of both a community and an institution coping with limited resources and no road map for navigating a health care landscape marked by historic economic and political dysfunction. We'll have a lively discussion immediately after the film, so plan to join us. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB

Fourth Wednesday Book Club: *Fahrenheit 451*: Wednesday, April 26, 7:00 p.m. (Virtual): Please join us to discuss *Fahrenheit 451* by Ray Bradbury. Guy Montag is a fireman. He never questions the destruction. But when he meets an eccentric young neighbor, Montag begins to question everything he has ever known. To virtually attend, please Zoom in using room number: 896 7249 9304, Passcode: 403930

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

ESUC NEWS

Tomato Plant & Dahlia Tuber Sale: P-Patch Ministry Team is offering tomato plants and dahlia tubers again this year. You can see the catalog and pre-order them at esuc.org. You may pick up your order in front of the foyer after the May 7 worship service. Let Ann Fletcher know if you can't pick up then to make other arrangements. Anything not pre-ordered will be sold in person May 7 after the worship service. P-Patch funds from the sale will support a team-selected food justice causes in the area.

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.

ESUC @ The Mariners: Sunday, August 27, 1:00 p.m. (In Person at T-Mobile Park): All are invited to the Sunday, August 27th game at 1:10 p.m. as our Seattle Mariners take on the Kansas City Royals! Tickets are \$12 each and need to be reserved. Contact Nicole Duff.

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:

