

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC

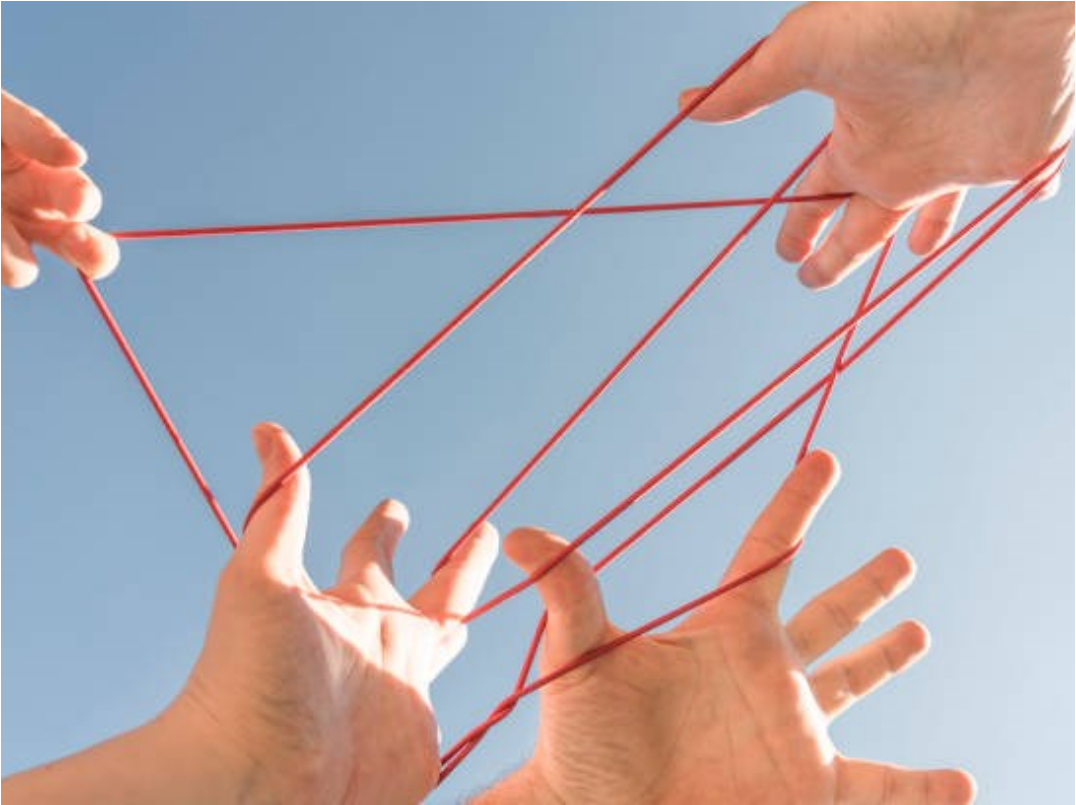


@ESUC1



eastshore_uc

“Sacred Play” April 30, 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

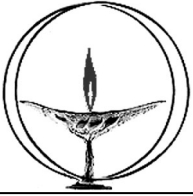
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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 30, 2023

10:30 a.m.

Centering Music

Guy Nelson & Eric Lane Barnes

Ring of the Bell & Welcome

Guy Nelson

Land Acknowledgement

Grace Colton

Opening Hymn #188 *Come, Come, Whoever You Are*

Chalice Lighting & Response

Religious Education Little Uus

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

May Pole Celebration

LeAnne Struble & RE Kids

Children's Recessional *This Little Light Of Mine (Mad Libs Version)*

Sacred Play: "I Need..."

Three-Headed Oracle

Storytellers

Greek Chorus

Wrap-up

East Shore Unitarian Church Covenant

Eric Lane Barnes

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

Grace Colton

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

Guy Nelson

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.

Closing Hymn #1074

Turn The World Around

Postlude

Guy Nelson & Eric Lane Barnes

Worship Leadership Today Worship Associates: David Langrock, Grace Colton |
Greeters: Sheridan Botts | Ushers: Mary Anderson | ACE Team: Chris Struble, Alan
Moritis, Lee Winstrom |

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

Next Sunday, May 7, at 10:30 a.m.

“Clara Barton Recognition”

Rev. Dr. María Cristina, preaching

Universalist Clara Barton is best known for her work in organizing nursing services during the Civil War and, later, founding the American Red Cross. She did not start this work until she was over 40.

Two members from East Shore will also be inducted into the Clara Barton Sisterhood, which was created in her name as a way for local women’s groups, congregations, and individuals to honor women aged 80 and over for their contributions to their congregations and communities.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ Grades K-3 will be in OWL; parents pick up at 11:45.
- ◇ Grades 4-6 start in the Sanctuary with their families, and join us in RE following the May Pole Dance!
- ◇ Grades 7-9 will be in OWL until 12:00.
- ◇ Little Uu's start in the Sanctuary with their families, and join us in RE following the May Pole Dance!
- ◇ Y@ES! Youth at East Shore meet up in 207 and take a field trip to Mini's Donuts down the hill.

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!

Tour of the Grounds: 12:00-4:00 p.m. Outside: 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.

Family Covenant Circle: 12:00 p.m. in the Education Building: The ESUC Family Covenant Circle is a group of East Shore families with children 0-18 where the adults share and support one another in the journey that is family life! Families of every stage and configuration are welcome. While your privacy will be respected, those who wish to share their challenges and insights are welcome. To connect, email lay leader Martin Cox.

Black Lives Matter Flash Stance: 12:30 p.m. in Woodinville: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Woodinville Stance on the corner of 175th and Garden in front of the Woodinville Jamba Juice. We gather in solidarity with Black, Brown, AAPI, and Indigenous People of Color. All are welcome!

UPCOMING EVENTS

Spring Cleaning for Religious Education: Mondays, May 1, 8, 15, 10:00 am-3:00 pm (In Person): We are organizing and bringing some fresh energy and new life to our kid's programs supplies and classrooms. Drop in for a couple of hours to lend a hand. We'll be working in the Education, Sanctuary, and Administration buildings. Amanda Uluhan education@esuc.org.

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>.

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.

Margret Fuller Tea: Sunday, May 7, 12:00-2:00 p.m. (In Person): Women's Perspective invites all who identify as women to the annual Margaret Fuller Tea. We will honor our newest inductees to the Clara Barton Sisterhood, Barb Clagett and Milly Mullarky, plus include presentations about UU international projects that are changing women's lives. Barb Clagett, having just returned from India, will describe the impact the school built through our partnership with the Khasi Hills Unitarians; Geri Kennedy will showcase projects conducted through the International Convocation of UU Women. Wear a hat and please invite your daughters and mothers! Light fare will be provided. Suggested donation is \$10; we request registration via East Shore's website: esuc.org.

Mindfulness Meditation: Friday, 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.

Humanist Discussion Group: Thursdays, May 18 and June 1, 7:00 p.m. (Virtual): Join our monthly gathering of humanists for a discussion. Topics provided. Led by John Thompson. Join via Zoom Meeting ID: 897 8229 3617, Passcode: 230276.

Women's Perspective Walk in Bellevue Botanical Garden: Friday, May 19, 10:00 a.m. (In Person): Join other ESUC women for a delightful walk in the gardens in full spring bloom! We will meet in the parking lot near the entry walkway. Questions or to sign up, contact Marcia Sill at 206-683-7228.

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. All tomatoes and dahlias will be available on Sunday, May 7! 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.

Summer RE: Sundays, June 18, 25, July 2, 9, 16, 30, August 6, 13, 20, 27, 10:30-11:30 a.m.: All ages children and youth join in for a fun, interactive, stand-alone UU lesson. 2 adult volunteers per week are needed. Questions? Contact LeAnne at education2@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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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:

