

EAST SHORE UNITARIAN CHURCH

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



“Joy! Youth Choice Worship”

May 14, 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

May 14, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Chalice Lighting & Response

Leatha McKenzie

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

My Body, My Movement

Leatha McKenzie

Congregational Sing

& Children's Recessional

This Joy

Rev. Dr. María Cristina

by the Resistance Revival Chorus

Pastoral Prayer/Joys & Sorrows

Please fill out a card in the back of the Sanctuary (in person) or in chat (virtual)

Musical Reflection

I Am Sending You Light

*** Hymn #1009**

Meditation on Breathing

Testimonial

Caring For Youth

Tina Hays

Reading

For When People Ask
by Rosemerry Wahtola Trommer

Amanda Alice Uluhan

Homily

Claiming the Spirituality of Joy as a Birthright

*** Hymn # 1024**

Spirit Says Do

We Dance

Rev. Dr. María Cristina

Gifts of the Congregation

Amanda Alice Uluhan

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.

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

Postlude

Happy
by Pharrell Williams

Worship Leadership Today | Greeters: Sheridan Botts | Ushers: Mary Anderson |
Zoom Tech Assistant: Rachel Herbert | ACE Team: Janis Pock, 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 21, at 10:30 a.m.

“Music Sunday”

With Eric Lane Barnes & the East Shore mighty Choir

This Music Sunday service will be a playful, joyful approach to incorporating music and singing in our daily lives. The East Shore Mighty Choir will sing a few songs, there will be several special musical guests, and the congregation will join voices to express exquisite musical joy. Please submit your favorite hymn (or sing-along song that might not be in either hymnal) and chances are good we will include it in the service! Email music@esuc.org to suggest your favorites.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ Little UU in 206 will start in sanctuary
- ◇ K-3 OWL in 202 will start in class
- ◇ 4-6 Stepping Stones in 201 will start in sanctuary
- ◇ Jr. High OWL will start in class in 208
- ◇ High School Youth in youth room

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 Issaquah (In Person): Join fellow UU activists for our Black Lives Matter Flash Stance in person in Issaquah at the corner of SE 56th Street and Eastlake Sammamish Parkway SE by the McDonalds. We gather in solidarity with Black, Brown, AAPI, and Indigenous People of Color. Flash Stances start conversations, and then carry those conversations on. All are welcome-join us in this important work!

UPCOMING EVENTS

Spring Cleaning for Religious Education: Mondays, May 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.

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.

Welcome Home Luncheon with Khasi Hills Ministry Team: Sunday, May 21, 11:30 a.m. (In Person): Come learn how Khasi Unitarians as well as the ANSWER Nepal program are promoting sustainable education with the potential to advance social justice and equality for some of the most marginalized children. East Shore members supporting students in NE India and/or Nepal braved global travel risks to undertake a joyful reunion and fact-finding mission with our friends in the Himalayan foothills. Luncheon will be served!

Meaningful Movies Presents Agritopia: Tuesday, May 23, 6:50 pm (Virtual): *Agritopia: Rundown Apartments Reborn as Food Forest Cohousing Village* shows what imagining a new way of living can do as we learn how Ole and Maitri Ersson turned a rundown apartment complex in Portland, Oregon, into a permaculture co-living space and urban food forest. Join Meaningful Movies Bellevue via Zoom: 879 2971 8047, Passcode: MMB.

Fourth Wednesday Book Club: Wednesday, May 24, 7:30 pm (Virtual): Join us as we read *Cat's Cradle* by Kurt Vonnegut. *Cat's Cradle* is a satirical postmodern novel, with science fiction elements, by American writer Kurt Vonnegut. Vonnegut's fourth novel, it was first published in 1963, exploring and satirizing issues of science, technology, the purpose of religion, and the arms race, often through the use of black humor. Join via Zoom: 896 7249 9304, Passcode: 403930

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

ESUC NEWS

Summer Potluck: Sunday, June 4, 11:30 a.m.: All are invited to the return of our Summer Potluck on Sunday, June 4, after worship. Entrees (both meat and vegan) will be provided, but we encourage you to bring a side dish or dessert. Stay and enjoy the community here at East Shore! Many hands make light work, so if you can help with cooking, setup, clean up or more, Please contact Martin Cox for ways you can help.

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.

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

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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:

