

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Music Sunday”

May 21, 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

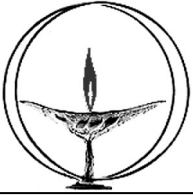
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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 21, 2023

10:30 a.m.

Centering Music

Nuages Eric Lane Barnes, Arthur Knapp,
by Django Reinhardt John Chmaj & Barb Clagett

Ring of the Bell & Land Acknowledgement

Rev. Dr. María Cristina

Welcome

Eric Lane Barnes

Musical Celebration

Give You Some Lovin' East Shore Mighty Choir
by Steve Winwood

Viva Amore

Wolfgang Amadeus Mozart

Chalice Lighting & Response

Rev. Dr. María Cristina

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.

Musical Quote

*** Hymn #368**

Now Let Us Sing

Children's Recessional

This Little Light of Mine

Musical Celebration

Pescador de Hombres
by Cesareo Gabarain

Rev. Dr. Maria Cristina
& Mama Lily

Rainbow

Eric Horner

Two Bach Inventions

John Chmaj & Barb Clagett

Musical Quote

Musical Celebration

There Won't Be Trumpets
by Stephen Sondheim

Paul Rosenberg

* Please rise in body or spirit.

*** Hymn #1064**

Blue Boat Home

Musical Celebration

Dark Side

East Shore Mighty Choir

by busbee & Alexander Geringas

Gifts of the Congregation

Rev. Dr. María Cristina

*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.*

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.

Musical Celebration

Rhythm of Life

East Shore Mighty Choir

by Cy Coleman & Dorothy Fields

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.

Musical Benediction

My Favorite Things

Rodgers & Hammerstein

Postlude

Sweet Georgia Brown

John Chmaj, Arthur Knapp

by Ben Bernie, Maceo Pinkard & Kenneth Casey Barb Clagett & ELB

Worship Leadership Today Greeters: Sheridan Botts, Carol Sinape | Ushers: Fran Corn, Carla Hellekson | ACE Team: Chris Struble, Janis Pock, Ralph Lutz | Coffee Hour Host: Khasi Hills Ministry Team

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

Next Sunday, May 28 at 10:30 a.m.

“BOOK COMMUNION”

*Just like flower communion but with books! **Bring a book**, take a book. We're inviting a couple of people to participate in the service by reading a passage from their favorite book.*

Interested? Contact Nicole Duff by Monday.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ Little UU start in Sanctuary then go to E 106, this week we are talking about Rainbows
- ◇ K-3 OWL Start in class in room E202 parents pick up at 11:45
- ◇ Stepping Stones grades 4-6 start in the sanctuary with their families and then go to RE In room E 201
- ◇ Grades 7=9 OWL will start in class. This class ends at 12:00
- ◇ Y@ES Youth Join us today in worship

Welcome Home Luncheon with the Khasi Hills Ministry Team: 11:30 a.m. in the North

Room: 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. They discovered so much progress... come see and hear all about it. Luncheon will be served!

Garden Club: 12:00 p.m. Outside: RE youth are invited to join us for outdoor activities tending the gardens at East Shore and other fun garden activities! Adults are welcome to attend Family Covenant Circle during this time or join us in the garden.

UPCOMING EVENTS

Esqalph etse Kwelengsen: Gathering of the Eagles: May 21 – 29 (In Person, off site):

Indigenous, tribal, and community members are traveling the waterways of the Salish Seas with messages of hope, happiness, healing, honoring, and hospitality! East Shore's Indigenous Connections team want you to join any of the ceremonial events on four different islands. This free public offering is dedicated to Protecting Mother Earth. For more information, please contact Marilyn Mayers or Lynn Roesch.

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.

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>.

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

Humanist Discussion Group: Thursday, 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.

Summer Potluck: Sunday, June 4, 11:30 a.m.: All are invited to the return of our Summer Potluck! 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 contact Martin Cox or Nicole Duff.

Rally for Roe: Freedom of Choice: Saturday, June 10, 12:00 p.m. (In Person, off site): Join East Shore Women's Perspective and other activists on Saturday, June 10 from noon – 1:00 p.m. at Renton's "The Landing" in front of Red Robin, to voice your values. Bring your own sign or use one provided. If you like, we'll lunch at one of the nearby cafés afterward.

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.

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

ESUC NEWS

Congregational Meeting: Sunday, June 11, 11:30 a.m.: This meeting for members will take place following service. More details will be sent in the coming weeks. Votes this meeting will include leadership positions and bylaw changes. The budget will be voted on in December. Two volunteer adults needed for childcare during our Congregational Meeting, ratio of 1 adult per 8 children. Volunteers, if members, can participate in the meeting via absentee ballot. Contact Martin Cox. Need childcare? Email Amanda Alice Uluhan.

Summer RE: Sundays, June 18, 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

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:

