

# EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



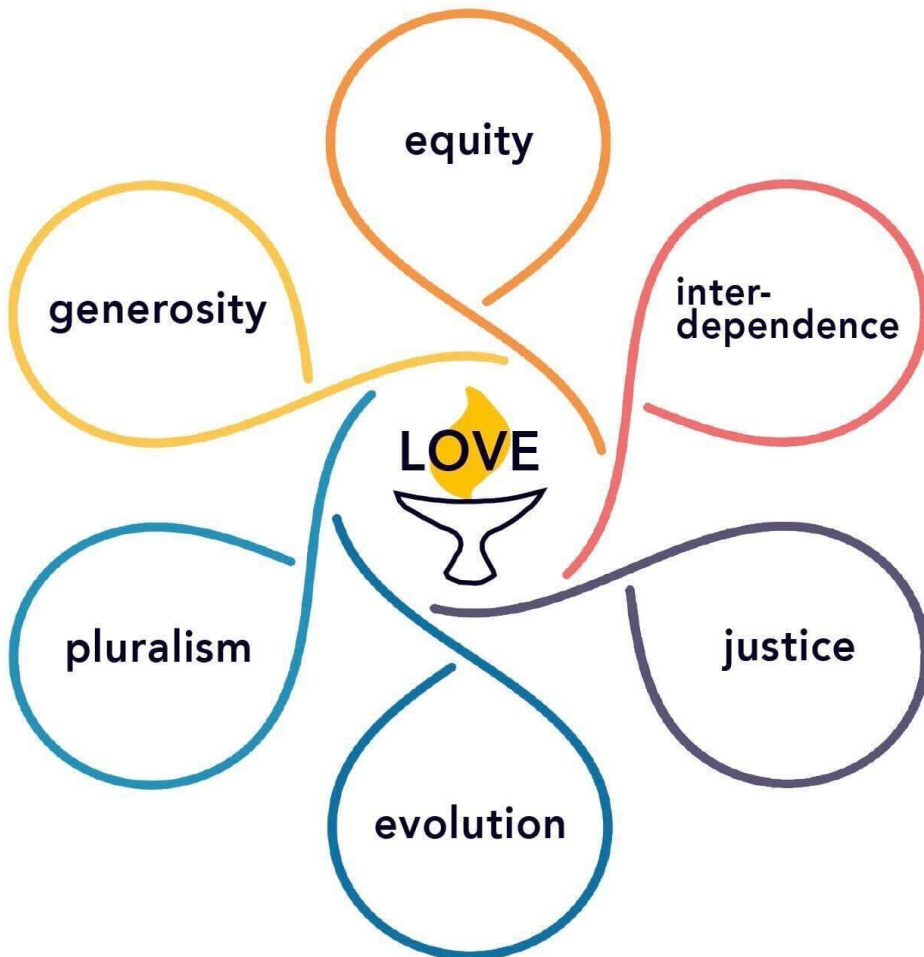
@ESUC1



eastshore\_uc

## “Love At The Center”

June 18, 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](mailto: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](http://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.*

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## **ORDER OF SERVICE**

June 18, 2023

10:30 a.m.

### **Centering Music**

Eric Lane Barnes

### **Welcome & Land Acknowledgement**

Karishma Gottfried

### **Ringling of the Bell**

### **Opening Hymn #108**

*My Life Flows On*

### **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**

*The Invisible Web*  
by Patrice Karst

Amanda Alice Uluhan

### **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...

### **Musical Celebration**

*I Choose Love*  
by Mark A. Miller

East Shore Mighty Choir

### **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**

*Love At The Center*

Karishma Gottfried

### **Musical Celebration**

*Draw The Circle Wide*  
Gordon Light & Mark A. Miller

East Shore Mighty Choir

## East Shore Unitarian Church Covenant

Sarah Bergdahl

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

Amanda Strombom

*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](http://esuc.org/give) or mail in a check to ESUC any time! There are also QR codes around campus.*

## Father's Day Celebration

*What You'd Call A Dream*

Eric Lane Barnes

By Craig Carnelia

## Closing Words & Extinguishing the Chalice

Catherine Ramsey

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

Karishma Gottfried

## Postlude #318

*We Would Be One*

**Worship Leadership Today** | Ushers: Laurie Wick | Zoom Tech Assistant: Rachel Herbert | ACE Team: Ralph Lutz, Bob Weiss, Chris Struble |

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

**Next Sunday, June 25, at 8:00 a.m.!**

*"Live from General Assembly"*

*Log in and join the service live from General Assembly in Pittsburgh. Note the time difference.*

***There will be no in person gathering this day.*** Learn more at [uua.org/ga/program/highlights/sunday-morning-worship](http://uua.org/ga/program/highlights/sunday-morning-worship) or SCAN HERE to join the service:



## TODAY AT EAST SHORE

**Summer RE: 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](mailto:education2@esuc.org).

**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

**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>.

**Women's Perspective Walk in Washington Park Arboretum: Wednesday, June 21, 10:00 a.m. (In Person, Off Site):** Join other ESUC women for a delightful walk in the gardens in full spring bloom! This is Seattle's renown park near Lake Washington, known for its gorgeous native trees and shrubs. Dogs on leashes are welcome. Contact Marcia Sill for more details.

**Live from General Assembly Worship Service: Sunday, June 25, 8:00 a.m. (Virtual):** Log in and join the service live from General Assembly in Pittsburgh. Note the time difference. There will be no in person gathering this day. The pandemic has wrought change and created uncertainty for institutions, like our Unitarian Universalist congregations, and our wider world. Who and what are we becoming, individually and collectively? Our GA Sunday service explores these themes as we gather in community to celebrate the best of who we UUs are.

**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/camp](http://esuc.org/camp).

**Fourth Wednesday Book Club: *The Prophet*: Wednesday, June 28, 7:00 p.m. (Virtual):** Please join us to discuss *The Prophet* by Kahlil Gibran. Gibran's musings are divided into twenty-eight essays, each revealing deep insights into the impulses of the human heart and mind. To virtually attend, please Zoom in using room number: 896 7249 9304, Passcode: 403930

**Summer RE: Sundays, 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](mailto:education2@esuc.org).

**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.

**Fostering Interfaith Relationships on the Eastside (FIRE) Kirkland 4th of July Parade:**

**Tuesday, July 4, 11:00 a.m. (In Person):** Join our friends with FIRE for their annual walk in the Kirkland 4th of July Parade! Participants are asked to line up at the designated point in the Market neighborhood north of Heritage Park by 11:00 a.m. The position in the parade and the exact location at which the FIRE group will assemble will be assigned around July 1, posted on the FIRE web site, and emailed to FIRE email lists and all who RSVP at [info@fire-wa.org](mailto:info@fire-wa.org).

**See more upcoming events at [esuc.org/whats-happening](http://esuc.org/whats-happening)**

## ESUC NEWS

**Trinkets & Treasures: July 30-August 5 (In Person):** The Return of Trinkets & Treasures!

- ◇ This popular fund-raiser starts Sunday, July 30, after church, with dropping off YOUR donations in the North Room.
- ◇ Drop-offs continue Monday, July 31 and Tuesday, August 1, and end Wednesday, August 2.
- ◇ Friday, August 3, will be the opening of the sale for East Shore members.
- ◇ The sale for the public begins on Friday, August 3 and continues until mid-afternoon on Saturday, August 4.

This big fundraiser helps pay the salaries for the seven teachers at the school as well as provides support for our partner churches in Kharang and Smit. Look for more Trinkets & Treasures updates in other church information sources!

**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](http://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](mailto:esuc@esuc.org)

Scan Here to give to East Shore from your phone:

