

EAST SHORE UNITARIAN CHURCH

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



“Book Communion Part II” July 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

July 16, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

Amanda Alice Uluhan

Ringling of the Bell

Opening Hymn #1008 *When Our Heart is in a Holy Place*

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 Power of One
by Trudy Ludwig & Mike Curato

Amanda Alice Uluhan

Children's Book Communion

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...

Reading

from *A Thousand Names For Joy*
by Byron Katie

Lassie Jordan

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

Reading

from *Pride of Baghdad*
written by Brian K. Vaughn, art by Niko Henrichon

Nicole Duff

* Hymn #320

The Pen Is Greater

Reading

from *For Small Creatures Such As We*
by Sasha Sagan

Claire Weichselbaum

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.

Reading

Ron Douglas

Book Communion

Reading

from *A Tale For The Time Being*
By Ruth Ozeki

Mike Radow

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.*

Extinguishing the Chalice

Eric Lane Barnes

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

Liquid Moon
by Marie Eaton

Bruce Dodge

Postlude #354

We Laugh, We Cry

Worship Leadership Today | Greeters: Sheridan Botts | Ushers: Mary Anderson, Carla Hellekson | Zoom Tech Assistant: Rachel Herbert | ACE Team: Dennis Fleck, Ralph Lutz, Janis Pock |

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

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

“Designing Space for the Possibility of Grace”

Rev. Jennifer DeBusk Alviar, preaching

Creative ideas are born in unexpected places. Yet their birth holds genius and magic in it. Join us as we explore together the collective possibilities for grace-filled wonder and transformation. actively engaged in the healing work of bridge-building and social change.

TODAY AT EAST SHORE

Summer RE: 10:30 a.m. in the Education Building: All ages children and youth join in for a fun, interactive, stand-alone UU lesson. Two adult volunteers per week are needed. Volunteers, sign up for a Sunday to share a hobby, teach a lesson, and play! Questions? Contact LeAnne Struble at 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!

Kirstie’s Back Porch: 5:00 – 7:00 p.m. at Kirstie Lewis’ Home: Join us for the Women’s Perspective Ministry Team’s Annual End of Year Celebration. All those who identify as women are invited to bring a favorite dish to share while the WP Steering Committee will provide a pot of veggie chili and drinks. We’ll gather in Kirstie’s back garden to the sweet sound of a tiny stream while we share ideas for next year’s events with all voices welcome and appreciated! Register at esuc.org so we know how many tables to set up.

UPCOMING EVENTS

Democracy & Its Alternatives: Tuesdays, 7:00 p.m. (Virtual): This course is a history of the U.S. Constitution, constitutional law, constitutional ideas, and constitutional conflicts from the nation's founding to the present day. In short, it's a course in intellectual history entwined with political, social, cultural, and military history. Meetings are online (over Zoom) Tuesday Evenings at 7:00 p.m. beginning July 11. To join the class, use rebrand.ly/zhzte8a.

Summer RE: Sundays, July 16, 30, August 6, 13, 20, 27, 10:30-11:30 a.m. (In Person): 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.

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.

Millennial Meetup: Sunday, July 30, 12:00 p.m. (In Person, off-site): Are you a Millennial (born between 1981-1996)? Nicole Duff is putting together an outing right after worship in Factoria. This is just an opportunity to be social and get to know one another. If interested, please contact Nicole for more information.

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—Wednesday, August 2.

◇ Thursday, August 3, will be the opening of the sale for East Shore members.

◇ The sale for the public is Friday, August 4—Saturday, August 5.

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!

East Shore Gallery's Big Art Sale: August 3-5 (In Person): Your Campus Aesthetics Team is sponsoring a big art sale Thursday, August 3 - Saturday August 5 in the East Shore Gallery. From July 30 until August 2nd, please bring in your beautiful, "extra" art works. We will organize a big sale, and all proceeds will go to the church operating fund and teachers' salaries for the Khasi Friendship School.

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.

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

ESUC NEWS

Summer Watering Help Needed! Please help keep our wonderful East Shore grounds healthy and green this summer! Come water the plants, shrubs, and trees. The SignUp Genius has dates throughout the summer on Wednesdays and Sundays to water the plants. There are four different sections of the East Shore grounds to water. Choose a date, and then sign up for one or two sections - or sign up to water all the sections – whatever works for you. Sign up at <https://www.signupgenius.com/go/10C0E4EADAD2FA1FD0-summer>.

Good Start Back to School Project: ESUC and Congregations for Kids are looking for backpacks! ESUC is working on the Congregations for Kids Good Start Back to School project to donate backpacks to low-income students in the Bellevue School District. Backpacks will be donated to over 2,000 kids in the Bellevue School District. You can donate backpacks in the Blue Box at ESUC or online through the amazon wish list at <https://a.co/jfsoC5C>. You can send backpacks ordered online directly to East Shore Unitarian Church.

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:

