

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Lammas/Lughnasadh” July 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

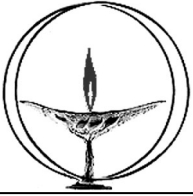
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth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

July 30, 2023

10:30 a.m.

Centering Music

Welcome & Land Acknowledgement

LeAnne Struble

Ringling of the Bell

Casting the Circle

Calling the Directions

East/Air

Rose Gatins

South/Fire

Sydney Gatins

West/Water

Chris Struble

North/Earth

Amanda Alice Uluhan

Center/Spirit

Eric Lane Barnes

Chalice Lighting & Response

LeAnne Struble & Luke Love

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.

Music

Harvest Chant

Chris Struble & Eric Lane Barnes

by T. Thorn Coyle

Time for All Ages

Tops and Bottoms

LeAnne Struble

by Janet Stevens

Musical Celebration

John Barleycorn

Chris Struble & Eric Lane Barnes

Traditional Folk Song

Making of the Harvest Ring

LeAnne Struble

Joys & Sorrows

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

Hymn # 1058

Rising Green

Blessing the Harvest Table

Amanda Alice Uluhan

Gifts of the Congregation

Nicole Duff

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 The Circle

Eric Lane Barnes, Amanda Alice Uluhan,
Chris Struble, Sydney Gatins, Rose Gatins

Postlude

Harvest Chant Reprise

Worship Leadership Today | Greeters: Deb Boehm-Davis, Stu Davis | Ushers: Mary Anderson, Laurie Wick | Zoom Tech Assistant: Grace Colton | ACE Team: Alan Moritis, Ralph Lutz | Coffee Hour Host: Fran Corn

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

Next Sunday, August 6 at 10:30 a.m.

“THE ETERNAL NOW”

Eric Lane Barnes, preaching

When we settle into the present moment - truly open ourselves to being present - we begin to realize that each moment of 'now' is its own eternity. This service will include several guided mindfulness meditations, and will focus on the Four Eternal Qualities: Loving-kindness, Compassion, Joy and Equanimity.

TODAY AT EAST SHORE

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!

Annual Canoe Journey: 11:45 a.m.: Join your East Shore friends for the family-friendly Annual Canoe Journey at the Alki landing on Sunday, July 30th. You can meet us there or leave from East Shore for a caravan at approximately 11:45 AM, to go to 2701 Alki Ave SW, Seattle. Questions? muckleshootcanoejourney.com or contact Lynn Roesch.

Millennial Meetup: 12:00 p.m. at MOD Pizza: 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.

12:30 p.m.: Black Lives Matter Flash Stance in Woodinville (In Person): Join fellow UU activists for our Black Lives Matter Flash Stance in person in Woodinville 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. Flash Stances start conversations, and then carry those conversations on. All are welcome-join us in this important work!

Trinkets & Treasures: July 30-August 5: The Return of Trinkets & Treasures! Drop off YOUR donations in the North Room. Drop-offs Sunday, July 30—Wednesday, August 2; Sale: Thursday, August 3—Saturday, August 5. This big fundraiser helps pay the salaries for the teachers at the school and provides support for our partner churches in Kharang and Smit.

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

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. To join the class, use rebrand.ly/zhte8a.

Humanist Discussion Group: Thursday, August 3, 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.

Coffee Hour Training: Sunday, August 6, 10:15 a.m. (In Person): Join Nicole Duff for a coffee hour training right before service. Come see how the coffee is made! And if you already feel comfortable please sign up on the clipboard in the foyer.

RE Curriculum Play Day: Sunday, August 6, 10:30 a.m. (In Person): Are you curious about East Shore's programs for children? We're inviting adults and older teens to join our class! Using the SpiritPlay curriculum for ages 6-9, we'll play with the power of storytelling.

Summer RE: Sundays, 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): Get outside and enjoy the beautiful scenery of the Pacific Northwest and contribute to building community at East Shore, through walks and hikes with the East Shore Outdoors group. Questions? Contact Amanda Strombom.

Trinkets & Treasures: July 30-August 5 (In Person): The Return of Trinkets & Treasures! Drop off YOUR donations in the North Room. Drop-offs Sunday, July 30—Wednesday, August 2; Sale: Thursday, August 3—Saturday, August 5. This big fundraiser helps pay the salaries for the teachers at the school and provides support for our partner churches in Kharang and Smit.

East Shore Gallery's Big Art Sale: August 3-5 (In Person): Your Campus Aesthetics Team is sponsoring a big art sale! Bring in your beautiful, "extra" art works this week. Sale is part of Trinkets & Treasures.

RE Cleaning Day: Monday, August 14, 9:00 a.m.-5:00 p.m. (In Person): Help us clear out stuff, get classrooms ready for the fall, and make some plans for decor. Some trips to give away/get rid of stuff will be needed. Please let us know if you are interested and can help.

Grounds Work Party: Saturday, August 19, 9:00 a.m.-3:00 p.m. (In Person): Join us for any amount of time. Adults and youth (accompanied by an adult) are welcome to help out. If you would like, bring a sack lunch and come to our Fellowship Lunch!

Realm Training: August 20, 12:00 p.m. (In Person): Join Nicole Duff for a Realm training introducing everyone to the amazing app! To best prepare, download the "Realm Connect" app and make sure you can login. Can't get in? Contact Nicole ASAP!

Fourth Wednesday Book Club: Wednesday, August 23, 5:30 p.m. (In Person): Join us for our annual potluck and book pick! We will choose our books for 2023-2024. Everyone is invited to make suggestions, but only if they've actually read the book. Please send the titles, authors, and publication dates of their nominees to Zee Straight-Weiss by Wednesday, August 16.

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 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.

Salmon Bake: Save the Date... and Volunteer!: September 10, 11:30 a.m. (In Person): It's time to sign up to help with the Annual Salmon Bake! Save the date of September 10 to come out and celebrate with one another. Please also sign up to help as many hands make light work for all. More info at esuc.org/event/ingathering-salmon-bake-2023

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:

