

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Labor Day” September 3, 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

September 3, 2023

10:30 a.m.

Centering Music Jam *Bread & Roses, If I Had A Hammer*

Welcome & Land Acknowledgement Rev. Dr. María Cristina

Ringling of the Bell

Opening Hymn #368 *Now Let Us Sing*

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 *Before We Eat* Rev. Dr. María Cristina
by Pat Brisson

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 *Praise Song For The Day* Eric Lane Barnes
by Elizabeth Alexander

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation *Imagine* East Shore All-Stars
by John Lennon

Homily *Stitch by Stitch* Rev. Dr. María Cristina

*** Hymn #305** *De Colores*

East Shore Unitarian Church Covenant

Rev. Dr. María Cristina

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

Craig Nelsen

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 Words & 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

We Are Rising Up

East Shore All-Stars

by Reginald Unterseher

Worship Leadership Today | Greeters: Carol Sinape | Ushers: Mary Anderson | ACE Team: Chris Struble, Ralph Lutz, Janis Pock | Coffee Hour Host: Taya Montgomery

East Shore All-Stars: Dave Edfelt, Arthur Knapp, Craig Nelsen & Bruce Dodge

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

Next Sunday, September 10th at 10:30 a.m.

“Ingathering: Water is Life!”

Rev. Dr. María Cristina, preaching

*We gather to give thanks for having access to drinking water and for the bodies of water near us that allow us to refresh our bodies and souls. We recommit ourselves to defend, care for, and honor this sacred element on which our very lives depend. Join us as we bring together the waters that we have collected (from rivers, beaches, streams, or kitchen sinks) to pour into a common bowl, symbol of our Beloved Community. **Bring a side dish or dessert and stay for the Ingathering Potluck!** Salmon and curry chickpea salad (vegan) will be provided.*

TODAY AT EAST SHORE

Summer RE: 10:30 a.m. in Spring Hall: 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!

Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Factoria by the Dacel's Jewelers. 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

ESUC Directory on Realm Training: Tuesday, September 5, 3:00 p.m. (In Person): Want to know the best way to stay connected? 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. If you need your password reset or need an invitation to Realm, reach out to Nicole before hand so she can get you set up. Join Zoom 861 7113 4668, Passcode: 423275

Humanist Discussion Group: Thursday, September 7, 7:00 p.m. (Virtual): Join our monthly gathering of humanists for a discussion. Join via Zoom: 897 8229 3617, Passcode: 230276

RE Kids Volunteer Training: Saturday, September 9, 9:00-11:30 a.m. (In Person): Sign up for our safety and curriculum training to lead a group of kids this year! Email Director of RE Amanda for more information.

Ingathering Potluck/Salmon Bake: 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.

Women's Perspective Walk: Monday, September 11, 10:00 a.m. (In Person, off-site): Join Women's Perspective members for a walk and lunch together at Square Lotus in Factoria afterwards. Meet at parking lot at Mercer Slough Environmental Center for a trail walk minutes from ESUC with friends old and new. RSVP to Marcia Sill's cell phone: 206-683-7228

Bellevue City Council Candidate Forum: Tuesday, September 19, 7:00 p.m. (In Person): East Shore's Earth & Climate Action Ministry team along with local climate and environmental organizations invite all Bellevue residents to attend this forum. All candidates will be asked to address community concerns related to climate and environmental issues.

Grounds Clean-Up: Saturday, September 23, 9:00 a.m.-3:00 p.m. (In Person): Please join us for East Shore gardening activities. There are a variety of tasks for all skill levels, such as weeding, pruning, spreading wood chips, and raking leaves. Help out for any amount of time that you are able. Please bring your lunch and join us in the North Room.

On Repentance & Repair Book Discussion: Sunday, September 24, 11:30 a.m. (In Person): Inspired by the book *On Repentance & Repair: Making Amends in an Unapologetic World* by Danya Rutenberg, we gather to continue exploring paths towards healing from painful and unresolved issues. Join us immediately following the service to continue the conversation with Rev. María Cristina. Refreshments will be provided.

Fourth Wednesday Book Club: *One Flew Over the Cuckoo's Nest*: Wednesday, September 27, 7:30 p.m. (Virtual): Please join us to discuss *One Flew Over the Cuckoo's Nest* by Ken Kesey. All are welcome to join the Fourth Wednesday Book Club! Join via Zoom: 896 7249 9304, Passcode: 403930

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

ESUC NEWS

Salmon Bake: Next Sunday! Sign up to 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

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.

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:

