

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Home”

September 17, 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 17, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Ringling of the Bell

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.

*** Opening Hymn #311**

Let It Be A Dance

Time for All Ages

*Back to School Blessing &
Charge for RE Facilitators*

Amanda Alice Uluhan

Children's Recessional

Come, Come, Whoever You Are

Come, come, whoever you are,
wanderer, worshiper, lover of leaving.
Ours is no caravan of despair.
Come, yet again come.

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

Musical Celebration

*Home (from "The Wiz")
by Charlie Smalls*

Arnaldo Inocentes

Sermon

At Home in the World

Rev. Dr. María Cristina

Musical Celebration

In The Shelter of Each Other

Kim & Reggie Harris

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

Milly Mullarky

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

Grateful

Arnaldo Inocentes

by John Bucchino

Worship Leadership Today | Greeters: Katie Edwards, Chris Edwards | Ushers: Ann Carlstrom, Beth Wilson | Zoom Tech Assistant: Rachel Herbert | ACE Team: Dennis Fleck, Janis Pock, Ralph Lutz | Coffee Hour Host: Gregg & Jenny Selby

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

Next Sunday, September 24, at 10:30 a.m.

“Repentance & Repair”

Rev. Dr. María Cristina, preaching

Making Amends in an Unapologetic World. Inspired by the book written by Danya Ruttenberg, we gather to continue exploring paths towards healing from painful and unresolved issues.

Rooted in traditional Jewish concepts, the book guides us through the five steps towards healing: Naming and owning harm; starting to change/transformation; restitution and accepting consequences; apology; and making different choices. Join us immediately following the service to continue the conversation with Rev. Maria Cristina. Refreshments will be provided.

TODAY AT EAST SHORE

Religious Education for Children & Youth: 10:30 a.m. in the Education Building

- ◇ **Little Uu's** (Waddlers and Toddlers): In Early Learning, we offer a fun, nurturing, safe place for your child to learn about values through sacred stories, play, crafts, music, and more.
- ◇ **Discovery Year** (Grades K-3): In Lower Elementary, we enrich and continue the faith development from the worship service, only presented in an age-appropriate way!
- ◇ **Stepping Stones** (Grades 4-6): In Upper Elementary, we build on our foundations of Unitarian Universalist values with rich and creative learning environments.
- ◇ **YES-UU Jr. High Youth**: Youth programs include a variety of curricula to develop a great sense of self and connect with your values in service to yourself and the greater good.
- ◇ **YUUP High School Youth**: Young Unitarian Universalist Project is a safe and encouraging place for high school students to meet, engage with their values, and contribute to the ESUC vision and mission of an awesome and inclusive community.

Coffee Hour & Anniversary Celebration: 11:30 a.m. Outside: After worship, enjoy a casual time to get to know the East Shore community of friends and members. Leroy & Evelyn Smith are celebrating their 60th wedding anniversary on September 14. They hope all of you can help in that celebration, joining them for cake after church!

UPCOMING EVENTS

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 Ruttenberg, 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.

Meaningful Movies Bellevue: Can You Hear Us Now?, Tuesday, September 26th, 6:50PM (Virtual): You're invited to join Meaningful Movies Bellevue first screening of the fall 2023 series! Small-town activism. Nail-biting elections. A last-minute power grab. In Wisconsin, where extreme partisanship has become the norm, voters are finding their lives increasingly irrelevant to state lawmakers. Through the stories of four tireless women fighting to have their voices heard, *Can You Hear Us Now?* unravels the ways that years of one-party control reshaped democracy in a state at the center of American politics.

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

Usher/Greeter Training: Sunday, October 1, 12:00 p.m. (In Person): Our greeters are the first people many visitors interact with. They are VITAL to us making a good first impression. Ushers are the steadfast volunteers to ensure things run smoothly and we couldn't do Sunday morning without them. All those who currently serve in this role and those wanting to should come to a training after worship.

Youth Advisor Training: Saturday October 28, 10:00 a.m.-4:00 p.m. (In Person): Volunteer and staff advisors working with youth ages 12+ have the opportunity to attend our annual youth advisor training on Saturday October 28th, 10am-4pm at East Shore in Bellevue, WA. This one day in person training, lasting 6 hours, will also connect congregations to ongoing support and access to youth advisor resources. Registration coming soon. Fees for the training will be covered by the congregation and lunch is included. Please contact Amanda Uluhan, Director of Religious Education, to request a youth volunteer application and get involved with our amazing, inclusive, and uplifting UU youth movement!

ESUC NEWS

T-Shirts for Sale: The Outreach Team has been working hard to design a new East Shore t-shirt to wear at rallies, marches, East Shore outings, worship, or even just out and about. In the end, we came up with three designs. Go to esuc.org to place your order today!

Fall Programs for Families: Are you looking for a nurturing and inclusive environment for your children to explore their spirituality? Look no further than our Kids and Youth Programs! Register online today and we'll get your family connected to a peer group of kids and all our wonderful programs. Learn more at esuc.org/children-youth.

PorchLight/Congregations for the Homeless is coming to ESUC beginning Sept 29 and staying through Oct 31! Your assistance is needed! Do you like to cook? You, your friends, your covenant circle, your RE class, your neighbors, etc could prepare a dinner for 20 men and deliver to ESUC! Do you like to greet people? You can sign up to be our ESUC Host to welcome the men each night and act as an ESUC liaison between the folks. Do you like to shop? Each week perishable supplies are needed. A shopping list is provided and your purchase can be a donation or you can request reimbursement. Let's make this a great and welcoming experience for the men! Contact Peggy Phillips with questions. PeggyPhillips@comcast.net or 425-417-1366.

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:

