

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Hope Grows Here”

October 15, 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

October 15, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Ringling of the Bell

Opening Hymn #1024

Spirit Says Do

Chalice Lighting & Response

Amanda Alice Uluhan

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.

Birthday Celebration

East Shore Mighty Choir

Time for All Ages

I Hope

Rev. Dr. María Cristina

by Monique Gray Smith

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

East Shore Mighty Choir

Sermon

Hope Grows Here

Rev. Dr. María Cristina

Musical Celebration

Let the River Run

East Shore Mighty Choir

by Carly Simon

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.

Testimonial

Lassie Jordan

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.

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 #1028

Fire of Commitment

Worship Leadership Today Worship Associate: Lassie Jordan | Zoom Tech Assistant: Mike Radow | ACE Team: Ralph Lutz, Chris Struble, Janis Pock | Coffee Hour Host: Ann Carlstrom

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

Next Sunday, October 22, at 10:30 a.m.

“Songs of Our Parents”

with Eric Lane Barnes and Grace Colton

So many of us have specific experiences and memories of musical pieces our parents shared with us. Some of these are lullabies, some are songs sung together on road trips, some provide underscore to cherished family memories. In this service Eric Lane Barnes, Grace Colton and local vocalist Heather Gonio will share memories and songs of our parents and how shared music lives on long after our loved ones have gone.

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.

All-Church Ivy Pull: 12:00 p.m. Outside: English ivy can choke - and kill! The beautiful trees that give our yards & neighborhoods shade and character. What looks like a lovely green plant can strangle trees, accelerate rot, attract mosquitos, and cause mature trees to topple during storms. Snacks and garden gloves will be available.

Halloween Costume Swap: 12:00 p.m. in the Education Building: Costumes, accessories, and Halloweenies, of all sizes - from infant to adult - are accepted. Items should be clean and in good wearable condition! The event is fun and easy - it's not an exchange program where you must bring in a costume to get one, so all are welcome. Then, join us in costume for our special Día De Los Muertos and Trunk or Treat Festival on October 29!

Coffee Hour: 11:30 a.m. Outside: 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

Mindfulness Meditation: First & Third Wednesdays, 11:00 a.m.-12:30 p.m. (In Person):

Experience both guided meditation and silent practice. We are more powerful sitting together than alone. Breathe and begin again. Meet in the sanctuary, first and third Wednesdays. Dates are October 4 & 18, November 1 & 15, December 6 & 20. All are welcome. No registration. No cost. If questions, contact Caroline at chaessly@yahoo.com.

Women's Perspective Walk in Kubota Gardens: Wednesday, October 18, 10:00 a.m. (In Person):

All those who identify as women are welcomed to join us for a lovely walk in the beautiful Kubota Gardens and optional lunch together post. Meet at parking lot at 10:00 a.m. to meet up with Geri Kennedy, who is a loyal volunteer there and will lead us, pointing out special features. Please RSVP to Marcia Sill, 206-683-7228 (also a text)

Budget Town Hall: Sunday, October 22, 11:45 a.m. (Multiplatform) or Monday, October 23, 7:00 p.m. (Virtual):

Come learn about the proposed 2024 fiscal year Operating Budget. We will review the numbers, answer questions, and listen to member comments so we can refine the budget before the vote on December 10. The Sunday townhall will be after worship in the same room as worship. Monday, join via Zoom 846 3047 5625 Passcode: Budget

Día de los Muertos Altar Building: Friday, October 27 and Saturday, October 28, 12:00-4:00 p.m. (In Person):

Join us to honor the memory of our dearly departed. We will begin to build our community altars in the sanctuary on Friday, October 27 and Saturday, October 28 from 12:00-4:00 pm. Meet Rev. María Cristina there and she will assist.

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. This one day in person training will also connect congregations to ongoing support and resources. Fees for the training will be covered by the congregation and lunch is included. Please contact Amanda Uluhan for more information!

Drag Queen Story Hour: Saturday, November 11, 2:30-5:00 p.m. (In Person, off site - The

Brewmaster's Taproom (2000 Benson Rd S, Renton, WA 98055): Come and join the ESUC Outreach Team and wear your new ESUC T-Shirt to show our group support for the monthly Drag Queen Story Hour in Renton. The Brewmaster's Taproom is a family-friendly (and dog-friendly) establishment. If you would like to carpool from East Shore, please send an email to Jeanne Lamont at carpettheden@gmail.com and she will connect you with other carpoolers.

East Shore & You: Sunday, November 12, 12:00 p.m. (In Person):

Are you new to East Shore? Want to learn more about our faith, our community, or how to be a member? Join Nicole Duff and Rev. María Cristina to learn more and get to know one another. All are welcome.

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

ESUC NEWS

PorchLight/Congregations for the Homeless is here and staying through October 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. Contact Peggy Phillips: PeggyPhillips@comcast.net or 425-417-1366.

Members of the Pacific Western Region Transitions Team invites all PWR Unitarian Universalists to join them for two Regional Town Halls on Zoom, Tuesday, October 17, 6:00-8:00 p.m. and Saturday, October 21, 10:00 a.m.-12:00 p.m. Their goal is to gather feedback regarding the future of our region and to see what ideas, hopes, and dreams you might have for a new Pacific Western Region that more fully supports and connects its communities. There will be opportunities for you to participate in online polls, and in conversations with members of other communities in our Region. If you have thoughts about how to make the Region better for all of us, from programs offered by our Regional staff to our upcoming Pacific Western Regional Assembly, these are the events for you! Register for the Town Halls at uua.org/pacific-western/calendar/pwr-uua/pwr-regionalization-town-hall. Questions? Email transitionsteam@pwruua.org.

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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Eric Lane Barnes	Director of Music	music@esuc.org	
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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:

