

EAST SHORE UNITARIAN CHURCH

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



“Song Of Our Parents” October 22, 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 22, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

Doug Strombom

Ringling of the Bell

Opening Hymn #410

Surprised By Joy

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

Killer Whale Eyes

Amanda Alice Uluhan

by Sondra Simone Segundo

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

Grace's Story

Grace Colton

Grace's Song

Meditation #3

EMC Harrington

Eric's Story

Eric Lane Barnes

Eric's Song

Fascinate Me

Raul Malo & Jerry Dale McFadden

Heather's Story

Heather Gonio

Heather's Song

Fernando
ABBA

Heather Gonio & Eric Lane Barnes

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.

Testimonial

Doug Strombom

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

Grace Colton

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.

Closing Hymn #354

We Laugh, We Cry

Postlude

Meditation #7
by EMC Harrington

Eric Lane Barnes

Worship Leadership Today: Worship Associate: Grace Colton | Greeters: Jeanne Lamont | Ushers: Ann Carlstrom, Laurie Wick | Zoom Tech Assistant: Rachel Herbert | ACE Team: Bob Weiss, Janis Pock, Chris Struble

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

Next Sunday, October 29, at 10:30 a.m.

"Día de los Muertos"

Rev. Dr. María Cristina, preaching

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. You can also bring your photographs, flowers, and mementos on Sunday morning. "At the rising sun and at its going down; We remember them. For as long as we live, they too will live, for they are now a part of us as we remember them."

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building: Join Us for Kids Corner Where the Spirit Gathers RE Assemblies in Spring Hall! I'd like to extend a warm invitation to everyone interested in joining our RE Assemblies on the 4th Sundays of the month in Spring Hall. Kids Corner is a space where spirits gather! All our children and youth gather to explore, learn, and grow in an environment where the congregation itself serves as the curriculum. Each assembly features special guests and provides an exciting opportunity to learn more about our featured topic, including social justice, creativity, and spirituality. Register and learn more about our programs at esuc.org/kids.

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!

Budget Town Hall: 11:45 a.m. in the Sanctuary: 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 keep refining the budget to best reflect East Shore's values and mission. This is an important step in developing our annual operating budget that we will vote on December 10th at the Congregational Meeting. Members of the Budget Committee, Board, Finance Team, and Financial Stewardship Committee will be attending to help answer your questions. The Sunday townhall will be immediately after worship in the same room as worship. Childcare is available.

Black Lives Matter Flash Stance: 12:30 p.m. in Kirkland (In Person): Join fellow UU activists for our Black Lives Matter Flash Stance in person in Kirkland at the NW corner of Peter Kirk Park next to the transit center. 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

Budget Town Hall: 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. Join via Zoom 846 3047 5625 Passcode: Budget

Meaningful Movies Bellevue: DamNation, Tuesday, October 24, 6:50 p.m. (Virtual): Visually stunning and powerfully eye opening, DamNation documents the attempt to reverse a century's worth of land and water management mistakes. The screening will be followed by a discussion session with award-winning documentary filmmaker, John Carlos Frey, and Dr. Kriss Kevorkian, Founder of Legal Rights for the Salish Sea. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB

Fourth Wednesday Book Club: Crying in H-Mart: Wednesday, October 25, 7:00 p.m. (Virtual): Please join us to discuss Crying in H-Mart by Michelle Zauner. It was her mother's diagnosis of terminal cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Join via Zoom: 896 7249 9304, Passcode: 403930

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.

Trunk or Treat: Sunday, October 29, 11:30 a.m. (In Person): Join us in the upper parking lot for games and a trunk or treat. Please feel free to come in costume! If you want to participate by handing out candy, or donating treats, please contact Amanda Alice Uluhan.

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. All are welcome. No registration. No cost. If questions, contact Caroline at chaessly@yahoo.com.

Humanist Discussion Group: Thursday, November 2, 7:00 p.m. (Virtual): Join our monthly gathering of humanists for a discussion. Led by John Thompson. Join via Zoom Meeting ID: 897 8229 3617, Passcode: 230276. Discussion topic will be "New Testament Scholar Bart Ehrman."

Coal Creek Falls Expedition: Saturday, November 4, 9:30 a.m.-1:30 p.m. (In Person): Start your Saturday right with an exhilarating hike to Coal Creek Falls! This hidden gem in Bellevue offers a fantastic day in the outdoors. Remember to pack your camera to capture the breathtaking scenery! This is a great all ages, family friendly event!

See more upcoming events at [esuc.org/whats-happening](https://www.esuc.org/whats-happening)

ESUC NEWS

Thanksgiving Potluck: Sunday, November 19, 11:30 a.m. (In Person): We come together this Sunday to affirm and give thanks for this community, our network of advocates around the world, the principles of our faith, and each other. After worship, we will celebrate a community Thanksgiving meal. East Shore will provide the turkey and vegan option. You are invited to bring your favorite sides and desserts to share. We always need volunteers to help! If you can help, please contact Nicole Duff at membership@esuc.org.

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.

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:

