

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“All Souls Day/Día de los Muertos” October 29, 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 29, 2023

10:30 a.m.

Centering Music

La Llorona
Traditional Folk Song

East Shore Mighty Choir

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Ringling of the Bell

Opening Hymn #1051

We Are

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/Remembering Tokitae Amanda Alice Uluhan
by Sondra Segundo

Community Altar Building

Rev. Dr. María Cristina

RE Activities in Spring Hall

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation

Remember Me/Recuérdame East Shore Mighty Choir
Robert Lopez & Kristen Anderson-Lopez

Homily

We Remember Them

Rev. Dr. María Cristina

Musical Celebration

El Rin de Angelito
Violeta Parra

East Shore Mighty Choir

East Shore Unitarian Church Covenant

Sarah Bergdahl

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

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.

Announcements

Benediction

Postlude

Cambia Todo Cambia
by Julio Numhauser

East Shore Mighty Choir
& Rev. Dr. María Cristina

Worship Leadership Today | Greeters: Sheridan Botts, Ann Carlstrom, Deb Boehm-Davis | Ushers: Fran Corn, Stu Davis | Chris Struble, Bob Weiss, Alan Moritis |

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

Next Sunday, November 5, at 10:30 a.m.

“Spiritual Generosity”

Rev. Eric Kaminetzky, preaching

Spiritual Generosity: In such a small world it can mean so much to welcome the stranger. Now, and perhaps more than ever, our generous responses may be the key to building the community we yearn to grow.

TODAY AT EAST SHORE

Coffee Hour: 11:30 a.m. in Spring Hall: After worship, enjoy a casual time to get to know the East Shore community of friends and members. Join us in Spring Hall (in the Education Building) for a special and spooky coffee hour!

Trunk or Treat: 11:30 a.m. in the Parking Lot: Join us in the upper parking lot for games and a trunk or treat.

Black Lives Matter Flash Stance: 12:30 p.m. in Woodinville: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Woodinville Stance 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!

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. 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, 10:00 a.m.-12:00 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!

Budget Town Hall: Sunday, November 5, 11:45 a.m. (Multiplatform) and Monday, November 6, 7:00 p.m. (Virtual): Learn about the proposed 2024 fiscal year Operating Budget. The slideshow and deck are on the website. This is an important step in developing our annual operating budget that we will vote at the December 10th Congregational Meeting. On Sunday, join us on the link for worship. On Monday, join via Zoom 846 3047 5625 Passcode: Budget

Social Justice Ministry Teams Council Gathering: Monday, November 6, 6:00 p.m. (In Person): All Teams are invited to break bread together (lentil soup and bread) followed by an opportunity to share their goals, events, and initiate collaborations.

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.

Princess Guy Concert: Saturday, November 11, 7:30 p.m. (In Person): Princess Guy, Seattle's Most Fabulous Vocal Quartet, is returning to East Shore! This brand-new show is titled, 'Knockout! The Battle of the One-Hit Wonders.' Every song in this concert was a huge hit, but the artists were never able to recreate the same magic again. Visit www.princessguy.com for tickets. (ESUC receives 51% of all ticket sales.)

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

Hope Grows Here: Support ESUC in 2024: Your support helps us continue to have meaningful, inspiring, and sometimes challenging services. Services filled with beautiful music, imaginative time for all ages, and the opportunity to recommit to our covenant. Your support helps make the coffee on Sundays, keep the buildings clean and maintained, and provide wonderful events like the Ingathering, Women's Perspective Retreat, Seabeck, covenant circles, and so much more. Your support helps us live our Unitarian Universalist values by paying our hard-working staff an equitable salary so they can support their family and loved ones. Your support means hope. Thank you to those who have already returned your 2024 Mission Fund Drive pledge card! Please plan to return your card by October 31. Pledge cards are available in the foyer or online at esuc.org. We are asking you to please consider increasing your pledge by 5% to help us continue to put hope into the world. As you plant the seeds enclosed, think of your investment as planting hope for the future of East Shore so we can continue to be a beacon of light for decades to come.

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.

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:

