

EAST SHORE UNITARIAN CHURCH

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



“Rhythms of India” November 12, 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

November 12, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

Ringling of the Bell

Opening Hymn #307 *The Human Touch Can Light the Flame*

Chalice Lighting & Response

LeAnne Struble

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

Let's Celebrate Diwali

by Anjali Joshi

Pastoral Prayer/Joys & Sorrows

Rev. Dr. María Cristina Vlassidis Burgoa

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

Musical Meditation

I Am Sending You Light

Diwali Celebration Dance

Rhythms of India

East Shore Unitarian Church Covenant

Rev. 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

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

LeAnne Struble

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

Rev. María Cristina

Postlude #362

*Rise Up O Flame
This Little Light of Mine*

Worship Leadership Today Greeters: Keely Cofrin Allen | Ushers: Sarah Bergdahl, Carla Hellekson | Zoom Tech Assistant: Marcy Langrock | ACE Team: Janis Pock, Lee Winstrom, Steve Wellons | Coffee Hour Host: Julie Heise

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

All Church worship services on 2nd Sundays are designed for all ages and stages of life. We believe that children are valued members of our community, and we encourage their active participation in worship. For parents of younger children, toddlers are naturally curious and active and they may fidget, climb, or vocalize and that is okay! We encourage participation in simple ways, like sitting close to the front on the story rug or standing during the hymns. For parents of older children, youth may consider sitting with peers. Be sure to discuss the worship afterward using reflective questions. Ushers and greeters will be available for any questions about how to get settled and enjoy worship as a family.

Next Sunday, November 19, at 10:30 a.m.

“Thanksgiving”

Rev. Dr. María Cristina, preaching

*The wheel of the year has turned again. Once more the Thanksgiving season has arrived. Let us sing our song of gratitude together. Let us gather in community to give thanks for all the blessings we have received. **Please join us for a Thanksgiving potluck immediately following the service.** All are welcome!*

TODAY AT EAST SHORE

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!

East Shore & You: 12:00 p.m. in Spring Hall: 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.

Family Covenant Circle: 12:00 p.m.: The ESUC Family Covenant Circle is a group of East Shore families with children 0-18 where the adults share and support one another in the journey that is family life! Families of every stage and configuration are welcome. While your privacy will be respected, those who wish to share their challenges and insights are welcome. To connect, email lay leader Martin Cox.

Black Lives Matter Flash Stance: 12:30 p.m. in Issaquah: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Issaquah at the corner of SE 56th Street and Eastlake Sammamish Parkway SE by the McDonalds. 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

Grounds Work Party: Monday, November 13, 9:00 a.m.-3:00 p.m. (In Person): Please join us for gardening activities on the East Shore grounds. We meet by the raised beds in between the Office and the Music buildings. Adults and youth (accompanied by an adult) are welcome to help out. Bring a sack lunch. Come for any amount of time to help out.

On Repentance and Repair Book Discussion: Tuesdays, 7:00 p.m. (Virtual): Your Eighth Principle and Right Relations Teams are hosting a discussion of the UUA common read for 2023-24, *On Repentance and Repair: Making Amends in an Unapologetic World*, by Danya Ruttenberg. No pre-registration is required. To get a copy of this book, register at esuc.org. Join via Zoom ID: 873 7733 6704, Passcode: Repair

The Power of Thought Experiments: Tuesdays, 7:00 p.m. (Virtual): Have you ever wondered what it means to be immortal? Or how you would act in a life-or-death situation? We will explore the power of thought experiments and work through them in your own thinking, question them, challenge them, and evaluate what power they have to expand our minds. Led by Alan Carter. Join via Zoom using <https://rebrand.ly/zhtze8a>.

Women's Perspective Walk: Juanita Bay Park: Wednesday, November 15, 10:00 a.m. (In Person): Join with new and old friends at a Women's Perspective walk at Juanita Bay Park. Optional no host lunch together afterwards; location to be determined. Boots and umbrellas may come in handy! Please RSVP to Marcia Sill, 206-683-7228 (call or text)

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.

Thanksgiving Potluck: Sunday, November 19, 11:30 a.m. (In Person): 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.

Millennial Meetup: Sunday, November 19, 12:00 p.m. (In Person): Are you a Millennial (born between 1981ish-1996ish)? Nicole Duff is organizing an outing right after worship. In November, we will sit together at the potluck! This is just an opportunity to be social and get to know one another. If interested, please contact Nicole for more information.

Transgender Day of Remembrance Vigil: Monday, November 20, 7:00 p.m. (Multiplatform): Please join Rev. María Cristina and the Welcoming Congregations teams for a special vigil to commemorate Transgender Day of Remembrance. This is a time to remember and honor those who have been murdered as a result of transphobia. Join us in the Sanctuary or on Zoom: 823 0036 9062, Passcode: TDOR.

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

ESUC NEWS

Hope Grows Here: Support ESUC in 2024: Thank you to those who have already returned your 2024 Mission Fund Drive pledge card! Pledge cards are available in the foyer or online at esuc.org/give/mfd. 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.

Giving Tree is Here! The season of giving is upon us! Our foyer is adorned with our beautiful, annual GIVING Tree with gift tags for 6 agencies on the Eastside. Stop by to pick a tag or two; visit with our elves; and learn about our agencies.

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:

