

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Thanksgiving” November 19, 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 19, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Ringling of the Bell

Musical Introduction

Thanks Be For These

East Shore Mighty Choir

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.

Opening Hymn #349

We Gather Together

Time for All Ages

Building the Welcome Table at East Shore Amanda Alice Uluhan
by Rev. María Cristina

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

Homily

There is Room at the Table for Everyone

Rev. Dr. María Cristina

Musical Celebration

Room At The Table

East Shore Mighty Choir

by Carrie Newcomer

East Shore Unitarian Church Covenant

Catherine Ramsey

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.

Musical Benediction #1010

We Give Thanks

Postlude

Room At The Table (Reprise)

East Shore Mighty Choir

Worship Leadership Today Greeters: Deb Boehm-Davis, Stu Davis, Sheridan Botts | Ushers: Cathy Barich, Fran Corn | Zoom Tech Assistant: Rachel Herbert | ACE Team: Ralph Lutz, Steve Wellons, Lee Winstrom | Coffee Hour Host: Nicole Duff

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

Next Sunday, November 26, at 10:30 a.m.

“The True Story of Thanksgiving”

with special guest Paula Peters

Paula Peters is a politically, socially, and culturally active member of the Mashpee Wampanoag Tribe and owner of SmokeSignals Communications. As an independent scholar and writer of Native, and particularly Wampanoag history, she is a producer of the traveling exhibit "Our" Story: 400 Years of Wampanoag History and is currently engaged in the Wampum Belt Project in search of the lost treasures of Metacom, including an effort to restore the art and tradition of wampum making among her people. She is the executive producer of the 2016 documentary film Mashpee Nine and author of the companion book. She lives with her extended family in Mashpee and travels internationally to speak and educate on the true Wampanoag story.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building

- ◇ Little Uus Ages 1-5: Room 106—Focus on the early stories, songs, and spiritual practices of Unitarian Universalism, a loving faith tradition. Start in the Sanctuary for the beginning of worship, and then go to their class with RE Volunteers. Pick up your Little Uu by 11:45am.
- ◇ Spirit Makers Ages 5-12 + Visitors: Spring Hall— Focus on the early stories, songs, and spiritual practices of Unitarian Universalism, a loving faith tradition. Pick up your Spirit Makers by 11:45am.
- ◇ Grades 4-6 OWL: Room 201—start directly in class. Designed to help children ages nine through twelve to gain the knowledge, life principles, and skills they need to understand and express their sexuality in holistic, life-enhancing ways. Advanced registration required.
- ◇ Grades 7-8 OWL: Room 208—start directly in class. A cornerstone comprehensive sexuality education program based in values where teens explore decision making, body image, and other life issues in a safe environment. Advanced registration required.
- ◇ Y@ES Youth Group: Room 207—For ages 14-19 All are welcome!

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? 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.

UPCOMING EVENTS

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.

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/zhzte8a>.

Meaningful Movies Bellevue Presents *Behind the Shield*: Tuesday, November 28, 6:50 pm (Virtual) In this film, Nation magazine sports editor Dave Zirin looks at the myth that the NFL was not involved in politics. Zirin digs into decades of league history tracing the guise of “sticking to sports.” This case study reveals how the power of American football has managed to spread false information about topics including the sanctioning of certain ideas about gender roles, systemic racism, and patriotism. At the same time, *Behind the Shield* documents the role of activist athletes, even before Colin Kaepernick and other Black NFL players took a knee. Join us and learn about numerous players’ challenges to change an unjust status quo in order to create a different, more democratic America. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB. If you’d like to help make Meaningful Movies Bellevue happen, contact Lynn Roesch.

Bylaw Change Info Forum: Tuesday, November 28, 7:00 p.m. (Virtual)
Learn and share perspectives on a change to Bylaw X Section G. to be voted on at the December 10 congregational meeting. Current and proposed text will be reviewed. It will also be in your Notice of Meeting. December 10 is best for expressing your opinion. November 28 is best for learning and asking questions to be an informed voter. If unable to attend, contact grace.colton@gmail.com with questions. Join via Zoom.

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.

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.

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:

