

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“The True Story of Thanksgiving” November 26, 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 26, 2023

10:30 a.m.

Centering Music

Eric Lane Barnes

Opening Music

One World
IllumiNative & Mag7

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Ring of the Bell

Chalice Lighting & Response

Erika Jackson Kirkendall

We light this chalice in Gratitude:

For the sun and the dawn,

For the moon and the evening,

For the food that nourishes our body,

For Our Families and all our Relatives.

For the Blessing of this community,

And the Friendships that nourish our spirits.

We lift up our hearts in Thanks.

Time for All Ages

One Earth, One People, One Love
Mr. Harold's Music Class

Children's Recessional *Over The River & Through The Woods*

Over the river, and through the wood, To Grandmother's house we go;
the horse knows the way to carry the sleigh through the white and drifted snow.

Over the river, and through the wood— oh, how the wind does blow!

It stings the toes and bites the nose as over the ground we go.

Sermon

The True Story of Thanksgiving

Paula Peters

Musical Meditation

The Thanksgiving Song
by Mary Chapin Carpenter

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

Melanie DeMore

East Shore Unitarian Church Covenant

Erika Jackson Kirkendall

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.

Congregational Meeting Announcement

Grace Colton

Congregational Meeting: Sunday, December 10, 11:45 a.m. (Multiplatform): This congregational meeting will be to vote on the 2024 budget, a bylaw change, and anything else listed in the agenda that members receive with their Notice of Meeting. Childcare will be available with a reservation. Information sessions and town halls along with the materials included with your Notice of Meeting are the best way to become informed.

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 #1010

We Give Thanks

Worship Leadership Today | | Ushers: Beth Wilson, Laurie Wick | Zoom Tech Assistant: Sheridan Botts | ACE Team: Bob Weiss, Ralph Lutz, 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, December 3, at 10:30 a.m.

“Las Posadas”

Rev. Dr. María Cristina, preaching

In many Latin American countries we celebrate Las Posadas, a pre-Christmas tradition recreating the arduous journey of Mary and Joseph fleeing from violence and seeking refuge. In the United States, many churches incorporate this tradition as an expression of solidarity with all immigrants and refugees. We are reminded that we are a living sanctuary and a welcoming congregation.

TODAY AT EAST SHORE

Religious Education for Children & Youth: RE learns about generosity this Sunday and meets in the North Room this Sunday. Age groups will have small break out groups. For 4-6th graders in Stepping Stones, join us in the Education Building for the last day of class this year!

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!

Black Lives Matter Flash Stance: 12:30 p.m. in Kirkland: 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

Bylaw Change Info & Holly House Vote Forum: Tuesday, November 28, 7:00 p.m. (Virtual)

Learn & share perspectives on a change to Bylaw X Section G, to be voted on at the December 10 congregational meeting. Also learn about the agreement proposed between ESUC & Channel Place which would facilitate a sale of the Holly House property. Join via Zoom 833 4400 4747 Passcode: Bylaws

Meaningful Movies Bellevue Presents *Behind the Shield*: Tuesday, November 28, 6:50 pm (Virtual):

This film looks at the myth that the NFL was not involved in politics. 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. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB.

***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>.

Humanist Discussion Group: Thursday November 30, 7:00 p.m. (Virtual): Join our monthly gathering of humanists for a discussion. Topics provided. Led by John Thompson. Join via Zoom Meeting ID: 897 8229 3617, Passcode: 230276.

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

Cookies & Carols: Sunday, December 3, 12:00 p.m. (In Person): We will be putting up and decorating the sanctuary Christmas tree and singing carols. Bring your favorite cookies to share (homemade or store-bought) for this new version of Cookies and Carols and Ornaments! Coffee and tea will be available.

Family Service Project with Camp Kindness Counts: Sunday, December 3, 12:00 pm (In Person): Please come and practice GENEROSITY with us as we give to community members experiencing homelessness. We will make as many snack packs as we can with the donations received. Our community service will end with a reflection.

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! Giving Thanks with acts of kindness. Support our six agencies with gifts for the holiday season. Check out the Giving Tree in the foyer. Grab a tag and shop. Can't make it to church but want to donate? Give money to ESUC with Giving Tree in the memo and items will be purchased with your donation. Gift cards to Safeway, Target, Walmart and other food stores are welcome also. Deadline is December 10.

Winter Pageant 2023 - East Shore UU: Join us for our annual UU Winter Pageant with set (12/12, 6pm) costume & rehearsal on 12 /14 @7pm & 12/16 @10am-4pm and performance on Sunday, December 17 (10:30-11:45 during worship). East Shore's annual winter pageant is multigenerational and we want UU to get involved! We're pleased to present to you all a fun-filled morning reflecting on the various wisdom traditions who celebrate year after year since time immemorial during the dark of the year. You will work alongside the amazing UU children of the East Shore RE program. If you would like to be part of this exciting day at East Shore, please fill out our form below or let us know you'd like to sign up! All are welcome. Sign up here: <https://forms.gle/qzLui1Ppi2zTMFUp6>

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:

