

# EAST SHORE UNITARIAN CHURCH

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



## “Las Posadas” December 3, 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

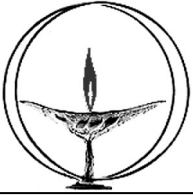
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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](mailto: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](http://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.*

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## **ORDER OF SERVICE**

December 3, 2023

10:30 a.m.

### **Centering Music**

Eric Lane Barnes

### **Welcome & Land Acknowledgement**

Rev. Dr. María Cristina

### **Ringling of the Bell**

### **Opening Music**

*Lady of The Harbor*  
Brother Sun

Eric Lane Barnes

### **Chalice Lighting & Response**

The Boadu Family

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.

### **Lighting The First Advent Candle: Hope**

Rev. Dr. María Cristina

### **\* Hymn #95**

*There Is More Love Somewhere*

### **Time for All Ages**

*Dreamers*  
by Yuyi Morales

Rev. Dr. María Cristina

### **Children's Recessional**

*This Little Light Of Mine*

(Verse 1) This little light of mine, I'm gonna let it shine...

(Verse 2) Everywhere I go, I'm gonna let it shine...

### **Pastoral Prayer/Joys & Sorrows**

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

### **Musical Celebration**

*Las Posadas* Eric Lane Barnes, Bruce Dodge,  
Mama Lily & Rev. María Cristina

### **Personal Testimony**

*My Immigration Experience*

Kofi Boadu

**Homily**

*We Are A Living Sanctuary*

Rev. Dr. María Cristina

**\* Hymn #1017**

*Building A New Way*

**East Shore Unitarian Church Covenant**

Grace Colton

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](https://esuc.org/give) or mail in a check to ESUC any time! There are also QR codes around campus.*

**Congregational Meeting Announcement**

*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 an agreement between ESUC and our neighbors, Channel Place Condominiums, regarding Holly House property. Childcare will be available with a reservation. 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.

**Sung Benediction #1010**

*We Give Thanks*

**Postlude**

*Feliz Navidad*

Eric Lane Barnes

**Worship Leadership Today** Worship Associate: Grace Colton | Greeters: Ann Carlstrom, Carol Sinape, Sheridan Botts | Ushers: Laurie Wick, Sarah Bergdahl | Zoom Tech Assistant: Mike Radow | ACE Team: Steve Wellons, Dennis Fleck, Lee Winstrom | Coffee Hour Host: Mary Anderson

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

**Next Sunday, December 10, at 10:30 a.m.**

“Music Sunday”

with Eric Lane Barnes & Musical Guests

*This lively event will feature the East Shore Mighty Choir, numerous guest performers, and several talented performers who are East Shore members. We will sing a number of favorite carols, as well as some new additions as we usher in this season with bright holiday spirits.*

## **TODAY AT EAST SHORE**

**Religious Education for Children & Youth (In Person):** Join us in the Sanctuary before heading over to the Education building together. Register and learn more about our programs at [esuc.org](http://esuc.org).

- ◇ Little UUs (Waddlers and Toddlers): We offer a fun, nurturing, safe place for your child to learn about values and spiritual practices.
- ◇ Discovery Year (Grades K-3): We offer small group learning environments to enrich and continue the faith development that adults experience in the worship service, only its presented in an age-appropriate way!
- ◇ Stepping Stones (Grades 4-6): We build on our foundations of Unitarian Universalist values with rich and creative learning environments.
- ◇ YES-UU (Junior High): Youth programs include a variety of curricula to develop a great sense of self and connect with your values in service to yourself and the greater good.
- ◇ YUUP (High School): Young Unitarian Universalist Project is a safe and encouraging place for high school students to meet, engage with their values, and contribute to ESUC.

**Coffee Hour: 11:30 a.m. Outside:** After worship, enjoy a casual time to get to know the East Shore community of friends and members. Please consider bringing your own travel mug!

**Cookies & Carols: 12:00 p.m. in the Sanctuary:** 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!

**Family Service Project with Camp Kindness Counts: 12:00 p.m. in Spring Hall:** 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.

**Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue:** Join fellow UU activists for our Black Lives Matter Flash Stance in person in Factoria on the corner by Dacell’s Jewelers. We gather in solidarity with Black, Brown, AAPI, and Indigenous People of Color. All are welcome.

## UPCOMING EVENTS

***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](http://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>.

**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](mailto:chaessly@yahoo.com).

**Fourth Wednesday Book Club: *This Is How It Always Is*: Wednesday, December 6, 7:00 p.m. (Virtual):** Please join us to discuss *This Is How It Always Is* by Laurie Frankel. Change is always hard and miraculous and hard again, parenting is always a leap into the unknown with crossed fingers and full hearts, children grow but not always according to plan. Join via Zoom: 896 7249 9304, Passcode: 403930. Note, this date changed to avoid the holidays.

**Kids Night In: Friday December 8, 5:30-8:30 p.m. (In Person):** Grown-ups of children ages 1 year old through high school are invited to drop their youngsters off for an evening of creative fun while they enjoy some well-deserved time off. A pizza dinner will be provided. Programming for kids of all ages will include free-play, age-appropriate activities, and a movie night. Learn more and sign up at [esuc.org](http://esuc.org).

**Murat's Bridge and Beyond with RE and ESUC Outdoors: Saturday, December 9, 10:00 a.m. (In Person):** Saturdays are for adventure! All ages are welcome to this youth and family friendly excursion. Join us for a journey that includes Murat's Bridge, part of a longer loop trail. We'll take in the beautiful surroundings and enjoy a scenic hike. Get ready to discover the beauty of High Point's trails and connect with fellow Saturday hikers.

**Grounds Work and Holiday Party: Monday, December 11, 9:00 a.m.-3:00 p.m. (In Person):** Join us for gardening activities on the East Shore grounds. We will be cleaning up the Memorial Garden and area north of North Room, among other projects. 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. If you would like, bring a sack lunch and come to our Holiday Party at noon in the North Room when we can chat and enjoy holiday treats.

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

## ESUC NEWS

**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.

**The Giving Tree deadline is December 10th!** You can participate by bringing or sending a gift card to church in the amount of \$25 or \$35 to any of the following stores: Target, Fred Meyer, Safeway/Albertson's, Amazon, or Kohl's. The elves can match your gift with a tag on the tree. Or, if you prefer, you can donate online the elves will shop for you! Thank you! One more week remains to support our Annual Giving Tree and the six local agencies: Childhaven, Friends of Youth, Hopelink, Sound Mental Health, The Sophia Way, and Youth Care.

**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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Eric Lane Barnes	Director of Music	music@esuc.org	
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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](http://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](mailto:esuc@esuc.org)

Scan Here to give to East Shore from your phone:

