

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“The Courage to Change” January 7, 2024



*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

January 7, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Opening Hymn #361

Enter, Rejoice & Come In

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.

Time for All Ages

Señorita Mariposa

Rev. Dr. María Cristina

by Mr. G & Marcos Almada Rivero

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 Meditation

Meditation on Breathing

Sermon

The Courage to Change

Rev. Dr. María Cristina

Musical Celebration

The Courage To Change
by Sia

*** Hymn #298**

Wake Now My Senses

East Shore Unitarian Church Covenant

Amanda Strombom

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

Cambia, Todo Cambia

by Mercedes Sosa

Postlude

Eric Lane Barnes

Worship Leadership Today Worship Associate: Amanda Strombom | Greeters: Carol Sinape | Ushers: Beth Wilson, Laurie Wick | Zoom Tech Assistant: Mike Radow | ACE Team: Ralph Lutz, Bob Weiss, Alan Moritis | 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.

Next Sunday, January 14, at 10:30 a.m.

“Honoring the Legacy of Rev. Dr. Martin Luther King”

Rev. Dr. María Cristina, preaching

Join us on Sunday, January 14th to commemorate MLK Day. As Unitarian Universalists, we are part of a movement anchored not in dogma, but in principles and values that call us to engage in social justice action. This Sunday we honor the legacy of Rev. Dr. Martin Luther King, whose courage and prophetic voice continues to challenge and inspire us.

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: Sprint 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!

Multicultural Potluck: 12:00 p.m. in Spring Hall: As we begin again this New Year together in community, we are delighted to invite you to a Multicultural Potluck Lunch. The highlight of this gathering will be getting to know each other, sharing recipes and stories, and just having fun together! Please don't worry if you did not have time to prepare a dish. We'll have more than enough to share! Feel free to drop off your delicious dish early in the Education Building. We'll have the honor of sharing stories about our food and families. All are welcome to join in this celebration of diversity, unity, and the spirit of the New Year. Your presence, along with Rev. María Cristina, will make this event truly special.

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. Flash Stances start conversations, and then carry those conversations on. All are welcome.

UPCOMING EVENTS

Social Justice Ministry Teams Council Gathering: Monday, January 8, 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.

Book Group: A Fire at the Center: Tuesdays, January 9-30, 7:00 p.m. (Virtual): The Indigenous Connections Team is leading a book discussion of *A Fire at the Center: Solidarity, Whiteness, and Becoming a Water Protector* by UU minister Karen Van Fossan. This book is a memoir of Rev. Van Fossan's experiences at Standing Rock. No pre-registration is required. Attend one or all the discussions! Join by Zoom: 865 6843 2719, Passcode: Fire

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? The Power of Thought Experiments takes you around the world and across intellectual traditions to explore the power of thought experiments. Led by Alan Carter. Join via Zoom using <https://rebrand.ly/zhzte8a>.

Sacred Stitches: 2nd & 4th Wednesdays, beginning January 10, 6:30-8:30 p.m. (In Person, Virtual Option): Do you have an unfinished project that you would like to finish while connecting with the community? Let's get together to have fun doing all the things that bring us joy and an opportunity to build community. All ages welcome! To get on the mailing list, please email Rev. María Cristina.

A Month of Reflection & New Beginnings: Sundays, January 14, 21, 28, Following the Service (In Person): Join members of the Lay Pastoral Ministry Team and Rev. María Cristina as we explore inspirational stories and insights for aging with joy and purpose. Guided by the books *From Age-ing to Sage-ing* by Reb Zalman, and *The Gift of Aging* by Houle & Eckstrom, together we will explore how shifting our perspective on aging can reveal a spectrum of rich experiences and invaluable insights. Join us in the Sanctuary after worship.

Grounds Work Party: Thursday, January 18, 9:00 a.m.-3:00 p.m. (In Person): Join us for gardening activities on the East Shore grounds. We will be weeding and pulling ivy, pruning shrubs, and mulching with wood chips north of North Room, among other projects. Meet by the raised beds by the Administration buildings. Come for any amount of time to help out.

Millennial Meetup: Sunday, January 21, 12:00 p.m. (In Person): Are you a Millennial (born between 1981ish-1996ish)? Nicole Duff is putting together an outing right after worship in Factoria. This is just an opportunity to be social and get to know one another. We will have them the third Sunday of each month. If interested, please contact Nicole.

MORE UPCOMING EVENTS

Meaningful Movies Bellevue: The If Project: Tuesday, January 23, 6:50 p.m. (Virtual): JWe will be showing The If Project, a feature-length documentary that explores the reasons why women are the fastest growing segment of the incarcerated population, increasing at nearly double the rate of men since 1985. Plan to join via Zoom to find out what the “If” question is all about! Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB.

Fourth Wednesday Book Club: *Prodigal Summer*: Wednesday, January 24, 7:00 p.m. (Virtual): Please join us to discuss *Prodigal Summer* by Barbara Kingsolver. Join via Zoom: 896 7249 9304, Passcode: 403930.

Board Meeting: Thursday, January 25, 3:30 p.m. (Virtual): All are welcome to attend to learn about the latest work the Board is doing. We ask that you keep any question you may have restricted to the chat. Join via Zoom: 858 0291 7937, Passcode: Board.

East Shore & You: Wednesday, January 31, 7:30 p.m. (Virtual): 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. This is a special Zoom version! Join Zoom Meeting 848 6844 8004, Passcode: EastShore. All are welcome.

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:

