

EAST SHORE UNITARIAN CHURCH

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



“Bayard Rustin: The Architect of the March on Washington”

January 14, 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 14, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Opening Hymn

Peace, Salaam, Shalom

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.

Birthday Song

Time for All Ages

A Song For The Unsung: Bayard Rustin, Rev. Dr. María Cristina
The Man Behind the 1963 March on Washington
by Carol Boston Weatherford

Musical Celebration

Abraham, Martin, and John (& Bayard)
by Dick Holler

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

Sermon

Bayard Rustin: Holy Troublemaker

Rev. Dr. María Cristina

*** Hymn #1024**

Spirit Says Do

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

Carrie Bowman

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

Amanda Alice Uluhan

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

This Little Light of Mine

Postlude

Worship Leadership Today Worship Associate: Grace Colton | Ushers: Fran Corn, Laurie Wick | Zoom Tech Assistant: Sheridan Botts | ACE Team: Janis Pock, Dennis Fleck, 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 21, at 10:30 a.m.

“Parenting as a Spiritual Practice”

Rev. Dr. María Cristina, preaching

"If you want to change the world, become an activist. If your goal is inner peace, become a monk. If you wish to know yourself, become a parent." We often think about meditation, religious rituals, or pilgrimages as spiritual practices. Yet the journey of parenting also offers us opportunities to grow spiritually as we embrace change every day.

TODAY AT EAST SHORE

All Ages Services: All Church worship services are designed for all ages and stages of life. We do not have R.E. classes or childcare this week. Ushers and greeters will be available for any questions about how to get settled and enjoy worship as a family. Children sit with their families. In the Sanctuary foyer, we have bags to gather seasonal and themed worship tools students can take to their seats. 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. There is also a rug in the back of the Sanctuary for young children and a caregiver/nursing chair. For parents of older children, youth may consider sitting with peers. Be sure to discuss the worship afterward using reflective questions.

Coffee Hour: 11:30 a.m. in the Foyer: 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 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. All are welcome!

A Month of Reflection & New Beginnings: 12:00 p.m. in the Sanctuary: 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.

UPCOMING EVENTS

Book Group: A Fire at the Center: Tuesdays, 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, a memoir of her experiences at Standing Rock. 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? 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>.

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.

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.

Sacred Stitches: 2nd & 4th Wednesdays, January 24, 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. To be added to the emails, contact Rev. María Cristina.

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. Questions? Contact Nicole Duff.

ESUC NEWS

Blossoming Community: Auction 2024: Online Bidding: Saturday, March 9-Saturday, March 16, Live Event: Saturday March 16, 2024, 5:00-8:30 p.m.: East Shore's annual auction is coming! The auction is a crucial fund-raising opportunity for the church, and a valuable way to build community within the church family. Learn more and submit your contribution at esuc.org/give/auction.

Want to help welcome visitors? We are looking for volunteers to be "Welcomers!" What do you need to do? Keep a seat open for a newcomer, invite them to stay for coffee, tea and conversation, and make sure they continue to feel the friendliness of our community. This opportunity is open to all. Please let Nicole know if you would like to participate.

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:

