

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Parenting as a Spiritual Practice” January 21, 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

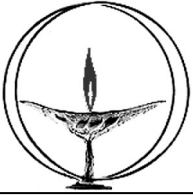
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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 21, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

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.

*** Hymn #1051**

We Are

by Ysaye Barnwell

Time for All Ages

Love Makes a Family

Rev. Dr. María Cristina

by Sophie Beer

Children's Recessional

Rainbow Connection

by Kenneth Ascher & Paul Williams

Testimony

Catherine Ramsey

*** Hymn #1053**

How Could Anyone?

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

Testimonies

Cathy Falanga
Caroline Haessly

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

Kari Leon

The Ushers will pass around a plate. Or text ESUC to 73256 and follow the prompts. Standard text message rates do apply. You can also use esuc.org/give. There are also QR codes around campus.

Closing Words & Extinguishing the Chalice

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 #1021

Lean On Me
by Bill Withers

Worship Leadership Today Worship Associate: Amanda Strombom | Ushers: Beth Wilson, Carla Hellekson, Mary Anderson | Zoom Tech Assistant: Grace Colton, Ralph Lutz | ACE Team: Lee Winstrom, Chris Struble, 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, January 28 at 10:30 a.m.

“The Divine Darkness”

With Rev. Dr. María Cristina & Ed Borroff

"We need a new theology of darkness—a new way to relate to the darkness, blackness, and brownness that surrounds us." Inspired by Minister and Poet Kristen L. Harper, we are invited to explore and transform our perceptions of blackness. Join us as we lift up the strength and beauty of the Darkness Divine.

TODAY AT EAST SHORE

Religious Education for Children & Youth: In the Education Building: Join us in the Sanctuary before heading over to the Education building together. Register at esuc.org

- ◇ Little UUs (Waddlers and Toddlers): In Early Learning, we offer a fun, nurturing, safe place for your child to learn about values and spiritual practices.
- ◇ Discovery Year (Grades K-3): In Lower Elementary, we offer small group learning environments to enrich and continue faith development.
- ◇ Stepping Stones (Grades 4-6): In Upper Elementary, we build on our foundations of Unitarian Universalist values with rich and creative learning environments.
- ◇ YES-UU (Junior High): Junior high youth ages 12-14 are invited to join the Youth Exploring Spirituality Youth Group! 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 the ESUC vision and mission of an awesome and inclusive community.

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!

Millennial Meetup: 12:00 p.m. in Factoria: 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.

Family Covenant Circle: 12:00 p.m. in the Education Building: The ESUC Family Covenant Circle is a group of East Shore families with children 0-18 where the adults share and support one another in the journey that is family life! Families of every stage and configuration are welcome. To connect, email lay leader Martin Cox.

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

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.

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>.

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.

Humanist Discussion Group: Thursday, February 1, 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.

Interfaith Advocacy Day: Thursday, February 8, 9:00 a.m.-3:00 p.m. (In Person in Olympia): Every year, Faith Action Network hosts an Interfaith Advocacy Day (IFAD) during which faith communities across Washington state organize to advocate for state policies reflecting our values. For more information and to register visit Faith Action Network website: fanwa.org. If you are interested in carpooling, please contact Marilyn Mayers.

ESUC NEWS

Lose something at church? Our Lost & Found in the Admin office is pretty full. Please check if you're missing any items. Anything unclaimed by February 1st will be donated.

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.

HUUGS Young Adult Care Packages: Help us create young adult care packages—a HUUG from East Shore! You can help us pack and address boxes on February 11, or give some items to contribute to the care packages. Some ideas: a chalice – Altoid (tin) boxes needed, snack treats/candy, coloring book, stickers, a UU book/bookmark, playing cards, stress ball, soap/bath stuff, candle, Starbucks or iTunes \$5, tea, condoms, socks, and a card to write a note in. Donations can be dropped off in the box in the Sanctuary foyer.

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	
Celil Cakmak	Facilities Supervisor	super@esuc.org	



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:

