

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Clara Barton Award Ceremony”

February 4, 2024



**CLARA
BARTON**

“I defy the tyranny of precedent. I go for anything new that will improve the past.”



**American
Red Cross**

*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

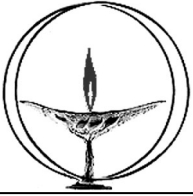
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth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

February 4, 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.

*** Opening Hymn #188**

Come, Come Whoever You Are

Time for All Ages

Brave Clara Barton
by Frank Murphy

Rev. Dr. María Cristina

Children's Recessional #414

As we leave this friendly place,
Love give light to every face;
May the kindness which we learn
Light our hearts till we return.

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

Reflection

Rev. Dr. María Cristina

Introductions & Awards Presentation

Carla Hellekson & Barb Clagett

Today's Honorees: Marcia Joslyn Sill & Gayle Knoepfler

* Hymn #123

Spirit of Life

East Shore Unitarian Church Covenant

Erin Horner

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.

Benediction

Postlude #1028

Fire of Commitment

Worship Leadership Today Worship Associates: Barb Clagett, Carla Hellekson, Erin Horner | Greeters: Carol Sinape | Ushers: Mary Anderson, Sarah Bergdahl | Zoom Tech Assistant: Ralph Lutz | ACE Team: Lee Winstrom, Alan Moritis, Ralph Lutz |

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

Next Sunday, February 11, at 10:30 a.m.

“Mardi Gras”

Rev. Dr. María Cristina, preaching

There is so much causing us to stress these days. Sometimes one of the greatest gifts we can give each other is the gift of laughter and fun. Join us in sharing the wonderful gifts of laughter, love, and togetherness. It's not always appropriate to get silly, but when we can, it's a wonderful thing!

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!

New Here Gathering: Sunday, February 4, 11:30 a.m. (In Person): Newcomers are invited to stay after the service for our “New Here” gathering, which will be hosted in-person by our Director of Membership Development, Nicole Duff in the North Room. The gathering provides you with more information about who we are, and we can answer any questions you may have.

Margaret Fuller Tea: Sunday, February 4, 12:00 p.m. (In Person): Women’s Perspective invites all who identify as women to the annual Margaret Fuller Tea. Our speaker for the annual Women’s Perspective Margaret Fuller tea will be our own Carol Sinape who retired from a long career as a nurse practitioner. We ask for RSVP so we can plan for food.

Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue (In Person): 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

Grounds Work Party: Wednesday, February 7, 9:00 a.m.-3:00 p.m. (In Person): Please join us for gardening activities on the East Shore grounds. We will be weeding and pulling ivy, pruning shrubs, and mulching with wood chips, among other projects. Come for any amount of time to help out.

Kids Night In: Friday, February 9, 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. Learn more and register at esuc.org.

HUUGS Young Adult Care Packages: Sunday, February 11, 11:30 a.m. (In Person): Help us create young adult care packages—a HUUG from East Shore! You can help us pack and address boxes, or give some items to contribute to the care packages. Some ideas: 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 note of support.

Sacred Stitches: 2nd & 4th Wednesdays, February 14, 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.

Chili & Cornbread Cook-Off: Sunday, February 18, 11:30 a.m. (In Person): Join us for our first Chili & Cornbread Cook-Off! Come taste a variety of delicious chili and cornbread from our members and staff! Anyone is welcome to bring chili and/or cornbread to share. All are welcome to enjoy the food and community, both of which will warm you up. Questions? Contact Nicole.

The Gift of Aging: Sunday, February 18, 12:00 p.m. (Multiplatform): A monthly gathering to connect and discuss topics related to aging, such as: Considering retirement, aging while caring for teens and/or elderly parents, the importance of having your medical directives and other legal documents in order, and the benefits and joys of belonging to a vibrant community, to name just a few. To join online, use Zoom Meeting ID 989 3107 9078, passcode: chalice

Millennial Meetup: Sunday, February 18, 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 February, we will stay for the chili cook-off at a designated space. 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: *Evergreen*: Tuesday, February 27, 6:50 p.m. (Virtual): In this film, we meet Marianne Edain and Steve Erickson, who have worked continually to retain the rural character and ecological diversity of Whidbey Island in Puget Sound, just north of Seattle. Join us for this inspiring film and learn what is happening right here in Puget Sound to help protect our natural world. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB.

Fourth Wednesday Book Club: *Lessons in Chemistry*: Wednesday, February 28, 7:00 p.m. (Virtual): Please join us to discuss *Lessons in Chemistry* by Bonnie Garmus. Chemist Elizabeth Zott is not your average woman. After some unexpected events, she finds herself the reluctant star of America's most beloved cooking show *Supper at Six*, where she isn't just teaching women to cook, she's daring them to change the status quo. Join via Zoom: 896 7249 9304, Passcode: 403930.

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.: We invite every member and friend of East Shore to dig in, find your row to hoe, and participate in whatever way you can. We're especially looking for dinners and events we can do together to build community, but artwork, gift certificates, gift baskets and homemade food are also always popular. We need your contributions no later than February 4. To contribute an item to the auction, fill out our Contribution Form at esuc.org/give/auction.

Get your East Shore T-Shirt! The Outreach Team is working with Welcoming Congregations to go to Seattle Pride on June 30, so make sure you get your shirt in time to participate! Plus, the shirts will be great at the Women's Perspective Retreat, Seabeck, or just a Sunday morning! You can order online now or see Nicole for help on Sunday! We hope to place a bulk order on February 18.

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:

