

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Mardi Gras” February 11, 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

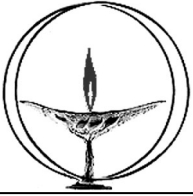
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth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

February 11, 2024

10:30 a.m.

Centering Music

Ringling The Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Chalice Lighting

Julia-Ana & Cecelia Hayes

& Libation in Honor of Black History & Culture

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

When The Saints Go Marching In

Time for All Ages

On Mardi Gras Day

Rev. Dr. María Cristina

by Fatima Shaik & Floyd Cooper

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation

Peace of Mind

East Shore Mighty Choir

by Wynton Marsalis

& Ron Douglas

Reflection

Cecelia Hayes

Reflection

Dance as a Spiritual Practice

Rev. Dr. María Cristina

Musical Celebration

Mardi Gras Medley

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.

Musical Interlude

Basin Street Blues
by Spencer Williams

East Shore Mighty Choir

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

When The Saints Go Marching In (Reprise)

Today's Musicians: John Chmaj, Barb Clagett, Tom Ball, Chris Monroe, Arthur Knapp & Eric Lane Barnes

Worship Leadership Today Worship Associate: Amanda Strombom | Greeters: Deb Boehm-Davis | Ushers: Fran Corn, Laurie Wick | Zoom Tech Assistant: Sheridan Botts | ACE Team: Janis Pock, Chris Struble, Steve Wellons

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

Next Sunday, February 18, at 10:30 a.m.

"Love Is My Religion"

Rev. Dr. María Cristina, preaching

Unitarian Universalism centers love in the shape of social justice. We nourish community, value relationships, care for the suffering, and practice love by breaking through labels and divisions. What are the challenges and lessons of being a welcoming congregation? How do we find our way back when we miss the mark? How do we widen the circle of care and concern?

*"He drew a circle that shut me out-
Heretic, rebel, a thing to flout.*

*But love and I had the wit to win:
We drew a circle and took him In!"*

— Edwin Markham

TODAY AT EAST SHORE

All Ages Worship 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 Spring Hall: After worship, enjoy a casual time to get to know the East Shore community of friends and members. Head to Spring Hall located on the first floor of the Education Building! Please consider bringing your own travel mug!

HUUGS Young Adult Care Packages: 12:00 p.m. in Spring Hall: Following worship, we will have a packing party to make and decorate 16 Emerging Adult Boxes. You can help us pack and address boxes.

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. While your privacy will be respected, those who wish to share their challenges and insights are welcome. To connect, email lay leader Martin Cox.

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. Flash Stances start conversations, and then carry those conversations on. All are welcome-join us in this important work!

UPCOMING EVENTS

Children's Ministry Team Meeting: Monday, February 12, 6:00 p.m. (Multiplatform): Join us in the Library or on Zoom. Whether you're a current team member or someone interested in shaping children's programming at ESUC, everyone is welcome! Come and discover how you can contribute and be part of our vibrant community. Your involvement makes a positive impact on the growth and development of our young hearts. For more information, contact education@esuc.org

Mindfulness Meditation: Wednesday, February 14, 4:00 p.m. (In Person): Members and friends are all invited to experience the power of community breathing together. Caroline Haessly will facilitate 6 sessions without prerequisites. Attend one or several as you wish. Optional: bring a yoga mat, blanket, journal and pen. These are free of charge. If questions, contact chaessly@yahoo.com.

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. 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.

Board Meeting: Thursday, February 22, 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.

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.: 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 18. 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.

Winter Supplies Drive: East Shore Kids Ministry is Partnering with Porchlight (formerly Congregations for the Homeless) for a Winter Supplies Drive for unhoused Men. Join us! Please bring all items to East Shore now through Sunday February 25th. Place in the donation box. Drop off hours are Sunday-Thursday 9:30-2:30 or by appointment. Questions? education@esuc.org 425-747-3780 x 104

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

Rev. Dr. María Cristina	Minister	minister@esuc.org	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	education@esuc.org	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	finance@esuc.org	Ext. 110
Nicole Duff	Dir. of Membership Development	membership@esuc.org	Ext. 106
Dianne Upton	Facilities Manager	facilities@esuc.org	Ext. 102
Jenny Newell	Office Administrator	esuc@esuc.org	Ext. 101
LeAnne Struble	RE Programs Coordinator	education2@esuc.org	
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:

