

# EAST SHORE UNITARIAN CHURCH

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



## “Love Is My Religion” February 18, 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](mailto: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](http://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.*

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## **ORDER OF SERVICE**

February 18, 2024

10:30 a.m.

### **Centering Music**

Eric Lane Barnes

### **Ringling 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 #1052**

*We Are*

### **Time for All Ages**

*Repairing Our Mistakes With Love*

Amanda Alice Uluhan

by Rev. Jaelynn Pema-la Scott & Rev. Erika Hewitt & YES-UU Advisors

### **Children's Recessional**

*Come, Come, Whoever You Are*

Come, come, whoever you are, wanderer, worshiper, lover of leaving.

Ours is no caravan of despair. Come, yet again come.

### **Pastoral Prayer/Joys & Sorrows**

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

### **\* Hymn #1031**

*Filled With Loving Kindness*

### **Reflections**

*Love At The End*

Eric Lane Barnes

*Love At The Center*

Rev. Dr. María Cristina

### **Musical Celebration**

*Japanese Bowl*

Eric Lane Barnes

by Peter Mayer

## **East Shore Unitarian Church Covenant**

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](http://esuc.org/give) or mail in a check to ESUC any time! There are also QR codes around campus.*

## **Announcement: Seabeck Registration**

Jeanne Lamont

## **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.

## **Sung Benediction #1014**     *Answering the Call of Love*

**Postlude**                             *You Are The Sunshine of My Life*  
Stevie Wonder

\* This month we are honoring Black History Month and celebrating Black composers for our musical selections

**Worship Leadership Today** | Greeters: Julie Heise, Carol Sinape | Ushers: Beth Wilson, Carla Hellekson, Mary Anderson | Zoom Tech Assistant: Mike Radow | ACE Team: Chris Struble, Steve Wellons, Janis Pock |

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

## **Next Sunday, February 25, at 10:30 a.m.**

*"In The Shelter"*

With special guest Tom Kerby

*This month our theme is Love, and we UUs believe in expressing love through service. East Shore has partnered with PorchLight, formerly Congregations for the Homeless (CFH), for many years through hosting their Rotating Shelter each October. Tom Kerby, the Director of the new emergency shelter for unhoused men, will join us for worship service and hold a Q&A session at 11:45 a.m. Please come and participate! We will share our collection plate with PorchLight that day, so please donate in person or through text-to-give/online. Please come and show your love to our Porchlight friends!*

## 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](http://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.

**Chili & Cornbread Cook-Off: 11:30 a.m. in the North Room:** 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: 12:00 p.m. in the Sanctuary:** 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: 12:00 p.m. on the North Room Patio:** 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.

***Please Note: The ESUC Offices are closed and the Staff is off on Monday, February 19 in observance of President's Day.***

## UPCOMING EVENTS

**Epigenetics: How Environment Changes Your Biology: Tuesdays, 7:00 p.m. (Virtual):** Epigenetics is the science of living DNA, charting the chemical pathways that spur DNA into action by turning genes on and off. This rapidly advancing field has overturned traditional ideas about heredity, revealing that both behavior and the environment can affect the way our genes work. Epigenetics is ubiquitous, influenced by activities like diet and lifestyle. Join via Zoom at [esuc.org/carterclass](https://esuc.org/carterclass).

**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.

**Women's Perspective Walk: Issaquah Troll: Friday, February 23, 10:00 a.m. (In Person):** All those who identify as women are welcomed to join with new and old friends at a Women's Perspective walk to the Issaquah Troll and lunch together in the Issaquah Commons afterwards! Meet at the parking lot right behind the Issaquah Community Center, next to the dog park. The troll is a quick jaunt up the paved path with the option to continue along the Rainier Trail for an easy leisurely walk: 301 Rainier Blvd S, Issaquah, WA 98027. RSVP to Erin Horner's cell phone: 206-718-0014.

**Leadership Development Forum: Monday, February 26, 7:00 p.m. (Virtual):** The Nominating Committee will be hosting a Leadership Development Forum on Monday, February 26, at 7pm via Zoom Room 898 4199 9360. We'll be covering the process of preparing and selecting leaders at ESUC and ways that every ESUC member can be involved. Please bring any questions you have and we hope to answer them all! You can also visit [esuc.org/connect/become-a-leader](https://esuc.org/connect/become-a-leader) for links to job descriptions, nominating forms, and a survey about leadership at East Shore.

**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.

**Mindfulness Meditation: Wednesday, February 28, 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](mailto:chaessly@yahoo.com).

**Sacred Stitches: 2nd & 4th Wednesdays, February 28, 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: *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

**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](http://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](mailto: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

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Celil Cakmak	Facilities Supervisor	<a href="mailto:super@esuc.org">super@esuc.org</a>	



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](http://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](mailto:esuc@esuc.org)

Scan Here to give to East Shore from your phone:

