

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC

@ESUC1

eastshore_uc

“Easter/Transgender Day of Visibility”

March 31, 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

March 31, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Invitation to Greet Your Neighbors

Nicole Duff

Opening Song

This is Me

Eric Lane Barnes

by Benj Pasek & Justin Paul

Chalice Lighting & Response

Erika Jackson Kirkendall & Family

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.

Time for All Ages

Flower Communion

East Shore Mighty Choir

Children's Recessional

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation

The Rose

East Shore Mighty Choir

by Amanda McBroom

Introducing our Guest Speaker

David Langrock

Sermon

Transgender Transformations

Dr. Jamison Green

Musical Celebration

Go The Distance

Ryan Eli Holsather

by Alan Menken & David Zippel

East Shore Unitarian Church Covenant

Margot Horn

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

Welcoming Congregations Team

Postlude

Celebrate
by Eric Lane Barnes

East Shore Mighty Choir

Worship Leadership Today Worship Associate: Margot Horn | Greeters: Carol Sinape | Ushers: Fran Corn, Carla Hellekson, Laurie Wick | Zoom Tech Assistant: Sheridan Botts | ACE Team: Lee Winstrom, Bob Weiss, Janis Pock | 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, April 7, at 10:30 a.m.

“Building a Bridge to Belonging”

Rev. Jennifer DeBusk Alviar, preaching

Images hold power. They shape and inform how we perceive the world. They also influence how we treat people around equity, accessibility and inclusion. Join us as we learn to break down societal barriers in order to break through, break open and break free into a more expansive, liberated world for people of all abilities.

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 and learn more about our programs here. This Sunday we will have a children's chapel celebrating spring traditions from different faith traditions. We will have an egg hunt, bird seed feeders, and moon phases. We invite children and youth after the time for all ages and we will use the courtyard outside of the North Room.

Coffee Hour: 11:30 a.m. Outside: After worship, enjoy a casual time to get to know the East Shore community of friends and members. Please consider bringing your own travel mug!

ESUC T-Shirt Sales: The Outreach Team is back with another opportunity to get your East Shore T-Shirt! We will be out THIS SUNDAY to help take orders. 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 or in the foyer today.

Please Note: There is Black Lives Matter Flash Stance today.

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.

Humanist Discussion Group: Thursday, April 4, 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.

Snowshoeing and Sledding Fun: Saturday, April 6, 10:00 a.m. (In Person): Who wants to go on a family friendly youth adventure snowshoeing and sledding? Fun to be had we will walk in a winter wonderland with our snow shoes, do some sledding on a slope we pack, roast marshmallows over a campfire on the snow, throw a few snowballs, dig a snow cave if we choose AND make our own fun! RSVP by March 30th: Mark Norelius.

New Here Gathering: Sunday, April 7, 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. Questions? Contact Nicole at membership@esuc.org.

Mindfulness Meditation: Wednesday, April 10, 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, April 10, 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.

Millennial Meetup: Sunday, April 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. We typically meet up down 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.

ESUC NEWS

East Shore Climate Action Community: East Shore's Earth and Climate Action (ECAM) ministry is gathering input across the congregation about our shared priorities for climate preservation and action. We appreciate your taking a few minutes to think about what you most care about preserving, contact Nicole Duff for a link to the survey.

Upcoming Bylaw Changes Discussion Period Open! Through April 20th, the Bylaws Task Force invites your comments and suggestions. See drafted specific bylaw changes or esuc.org/governance for a summary, a video, and background links. April 7th there will be a multiplatform discussion.

Women's Perspective Retreat Registration Now Open! Join us at this year's Women's Perspective Retreat in North Bend from April 19-21. This year's featured speaker is Milly Mullarky, who will lead the program, "OWL for Women: Sexuality Education as We Age." Scholarships available.

Seabeck Registration Now Open! The Seabeck UU Retreat is an intentionally inclusive and multi-generational annual church retreat over Memorial Day weekend at the Seabeck Conference Center on the Hood Canal. The 2024 Artist in Residence is Melanie DeMore! We are currently at waitlist only. Register at esuc.org.

Art in Community Summer Camp: Registration Now Open: In-person summer camp, July 22-26, for participants in Grades K-5 and Youth Camp Counselors in Grades 6-12. We imagine a world of empowered kids bringing their voices and visions for the greater good of our world! Registration now open at esuc.org/camp

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:

