

# EAST SHORE UNITARIAN CHURCH

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



## “Healing the World”

March 3, 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.*

---

## **ORDER OF SERVICE**

March 3, 2024

10:30 a.m.

### **Centering Music**

*Spiritual*  
John Coltrane

John Chmaj, Barb Clagett  
& Arthur Knapp

### **Ringling The Bell**

### **Welcome & Land Acknowledgement**

Rev. Dr. María Cristina

### **Greeting Your Neighbors**

### **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 #1000**

*Morning Has Come*

### **Time for All Ages**

*Desmond Gets Free*  
by Matt Mayer

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

### **Homily**

*Social Justice as a Spiritual Practice*

Rev. Dr. María Cristina

### **\* Hymn #1014**

*Answering the Call of Love*

## 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](http://esuc.org/give) or mail in a check to ESUC any time! 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

*I'm Beginning To See The Light*  
by Duke Ellington

Barb Clagett, John Chmaj  
& Arthur Knapp

**Worship Leadership Today** Worship Associate: Amanda Strombom | Greeters: Sheridan Botts, Carol Sinape | Ushers: Cathy Barich, Laurie Wick | Zoom Tech Assistant: Grace Colton | ACE Team: Ralph Lutz, Dennis Fleck, Chris Struble | 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, March 10, at 10:30 a.m.

*"International Women's Day"*

Rev. Dr. María Cristina, preaching

*Join us in celebrating International Women's Day by imagining and helping to create a world free of bias, stereotypes, and discrimination. Together we can celebrate women's achievements, raise awareness about discrimination, and take action to drive gender parity. Also during the service, join us for a very special Blessing of the Children ceremony followed by an ice cream social!*

## 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.

**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!

**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. Flash Stances start conversations, and then carry those conversations on.

## 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).

**Upcoming Bylaw Changes: Wednesday, March 6, 7:00 p.m., Sunday, March 10, 11:30 a.m., and Tuesday, March 12, 7:00 p.m. (Virtual):** The Bylaws Task Force will present new changes being considered. This is an opportunity to learn and give your input before the Board approves changes and members vote at the June 9 congregational meeting. Key changes being considered can be found [here](#). Bylaws Task Force needs congregational input in time for the Board meeting in March. Note, we are offering Info Forums in June too, before June 9 and after the Board approves changes. March's forums are info and discussion. Join via Zoom 843 9481 1828, Passcode: Bylaws.

**Humanist Discussion Group: Thursday, March 7, 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.

**Grounds Work Party: Saturday, March 9, 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 north of North Room, and more. Adults and youth (accompanied by an adult) are welcome to help out. Bring a lunch and join us in the North Room when we can chat and discuss upcoming projects. Come for any amount of time to help out.

**Women's Perspective Walk at Crossroads: Saturday, March 9, 10:00 a.m. (In Person):** Ladies, come walk with us at Crossroads Park in Bellevue. The park is nestled in Bellevue's most ethnically diverse neighborhood. The pathway is entirely paved. We will meet at Crossroads Community Center just behind Crossroads Mall. Afterwards, consider joining us for coffee or a light lunch at the mall's International Court. Contact Marilyn Mayers at [mayersmarilyn@gmail.com](mailto:mayersmarilyn@gmail.com).

**Child Dedication: Sunday, March 10, 11:30 a.m. (Multiplatform):** Child dedications are an opportunity for East Shore's U.U. family community to gather together in blessing and ritual. Families of every shape and form participate in our service with words of wisdom and sharing. This year, we incorporate the Child Dedication as part of our International Women's Day Service. Service will be followed by an Ice Cream social. Please contact Amanda Uluhan at [education@esuc.org](mailto:education@esuc.org) if you are interested in participating. All are welcome.

**Mindfulness Meditation: Wednesday, March 13, 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, March 13, 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.

## 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. Register at [esuc.org/give/auction](https://esuc.org/give/auction)

**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](https://esuc.org/camp)

**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! Registration filling up fast! Register at [esuc.org](https://esuc.org).

**Women's Perspective Retreat Registration Opens March 8!** Join us at this year's Women's Perspective Retreat at Rainbow Lodge in a beautiful setting 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.

## 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	<a href="mailto:minister@esuc.org">minister@esuc.org</a>	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	<a href="mailto:education@esuc.org">education@esuc.org</a>	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	<a href="mailto:finance@esuc.org">finance@esuc.org</a>	Ext. 110
Nicole Duff	Dir. of Membership Development	<a href="mailto:membership@esuc.org">membership@esuc.org</a>	Ext. 106
Dianne Upton	Facilities Manager	<a href="mailto:facilities@esuc.org">facilities@esuc.org</a>	Ext. 102
Jenny Newell	Office Administrator	<a href="mailto:esuc@esuc.org">esuc@esuc.org</a>	Ext. 101
LeAnne Struble	RE Programs Coordinator	<a href="mailto:education2@esuc.org">education2@esuc.org</a>	
Eric Lane Barnes	Director of Music	<a href="mailto:music@esuc.org">music@esuc.org</a>	
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](https://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:

