

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“International Women’s Day/ Blessing of the Children”

March 10, 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 10, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Invitation To Greet Your Neighbor

*** Opening Hymn #1008** *When Our Heart is in a Holy Place*

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.

Blessing Of The Children

Amanda Alice Uluhan
& Rev. Dr. María Cristina

Affirmation of Congregation: All

Contemplating the miracle of life, we renew in our hearts a sense of wonder.

We covenant to live as a community so that each family is welcomed here and each child is raised with abundant nurture and security.

We dedicate our heads, our hearts, and our hands to providing a community of support for the lives in our care.

Musical Blessing

Where You Go I Will Go, Beloved
Shoshana Jedwab

East Shore Mighty Choir

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

East Shore Mighty Choir

Reflection

on International Women's Day

Rev. Dr. María Cristina

Musical Celebration

East Shore Unitarian Church Covenant

Catherine Ramsey

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.

Invitation: Women's Perspective Retreat

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.*

Birthday Celebration

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.

Musical Benediction

I Am Willing
by Holly Near

Lassie Jordan, Rev. Dr. María Cristina,
& East Shore Mighty Choir

Postlude #1010

We Give Thanks

Worship Leadership Today Worship Associate: Catherine Ramsey | Ushers: Fran Corn, Mary Anderson | Zoom Tech Assistant: Marcy Langrock | ACE Team: Dennis Fleck, Bob Weiss, Steve Wellons, Lauren Crowder |

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

Next Sunday, March 17, at 10:30 a.m.

“Little Altars Everywhere”

with CUUPS & Rev. Dr. María Cristina, preaching

Join Rev. Maria Cristina and members of the Covenant of Unitarian Universalist Pagans (CUUPS) as we explore the rituals of making home altars as a healing spiritual practice

TODAY AT EAST SHORE

Ice Cream Social: 11:30 a.m. in Spring Hall: After worship, join us in celebration for an Ice Cream social! All are welcome. Vegan and dairy free options available. All are welcome for ice cream! If you want to bring a topping, sign up here. Please help us keep it nut free!

Upcoming Bylaw Changes: 11:30 a.m. in the Sanctuary: 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.

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

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.

Upcoming Bylaw Changes: 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. 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.

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.

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.

Earth & Climate Action Ministry Sharing Session: Sunday, March 17, 12:00 p.m. (In Person): Care about climate action, and what we at East Shore can do about it? Come share your ideas with us at the Earth & Climate Action Sharing session! The Earth and Climate Action Ministry is compiling input from all over our church communities on how we at East Shore can make an impact on our world in new, coordinated and powerful ways. No presentations, just sharing common passions.

Millennial Meetup: Sunday, March 17, 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.

Sharing Textile Treasures: Sunday, March 24, 12:00 p.m. (In Person): If you have beloved hand-crafted textiles you would be willing to share with fellow East Shore members, please bring them to East Shore on or before March 24th. We will gather to share our textiles and their stories in Spring Hall. Contact: Kathie Moritis (kmoritis@aol.com), Marilyn Mayers (mayersmarilyn@gmail.com), Doug Strombom (doug.strombom@gmail.com) or Barbara Van Dyke Shuman (Bvdshu@gmail.com) if you would like to share a textile!

The Gift of Aging: Sunday, March 24, 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

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.: Bidding has begun! 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

Women's Perspective Retreat Registration Now Open! 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.

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:

