

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 17, 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

*** Opening Hymn #361** *Enter, Rejoice, & Come In*

Chalice Lighting & Response

CUUPS

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

Building An Altar

CUUPS

"We Are Alive"

by Rose May Dance & Starhawk

Children's Recessional

This Little Light Of Mine

(Verse 1) This little light of mine, I'm gonna let it shine...

(Verse 2) Everywhere I go, I'm gonna let it shine...

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation

Meditation on Breathing

Reflection

Altar Making as a Spiritual Practice

Rev. Dr. María Cristina

*** Hymn #347**

Gather The Spirit

East Shore Unitarian Church Covenant

John Chmaj & Marilyn Mayers

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.

ECAM: Earth & Climate Ministry

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

Postlude #131

Love Will Guide Us

Worship Leadership Today Worship Associate: John Chmaj, Marilyn Mayers | Greeters: Stu Davis | Ushers: Carla Hellekson, Deb Boehm-Davis | Zoom Tech Assistant: Dave Baumgart | ACE Team: Lee Winstrom, Lauren Crowder, Dennis Fleck |

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

Next Sunday, March 24th, at 10:30 a.m.

“Embracing Imperfection”

Rev. Dr. María Cristina, preaching

While we know intellectually that perfection is not realistic, most of us might still strive to reach that illusive "perfection" with regards to our work, our bodies, or our relationships. Chasing this illusive perfect state can have detrimental effects on us, while embracing our flaws offers us the opportunity to lead more authentic lives.

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

- ◇ 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. in the Foyer: After worship, enjoy a casual time to get to know the East Shore community of friends and members. All are welcome! Head outside and gather with others! There will be coffee and tea outside.

Board Listening Circle on Church Finances: 12:00 p.m. in E-202: You are cordially invited to participate in upcoming Financial Listening Circles hosted by the Board of Trustees (BOT). These circles aim to foster open dialogue and active engagement regarding the current financial status of our church and steps taken to address any challenges.

Earth & Climate Action Ministry Sharing Session: 12:00 p.m. in the North Room: Care about climate action, and what we at East Shore can do about it? 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 and purpose to heal the Earth.

Millennial Meetup: 12:00 p.m. in Factoria: 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.

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.

Board Listening Circle on Church Finances: Wednesday, March 20, 7:00 p.m. (Virtual): You are cordially invited to participate in upcoming Financial Listening Circles hosted by the Board of Trustees (BOT). These circles aim to foster open dialogue and active engagement regarding the current financial status of our church and steps taken to address any challenges. Join us by Zoom only Meeting: 871 6111 7263, Passcode: Board. Please send questions in advance to our Treasurer, Geri Kennedy flamingogeri@gmail.com to help us better prepare in advance for the meeting.

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 Strobom (doug.strobom@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

A Call to Action: PorchLight Lunch Prep: Tuesday, March 26 (In Person): The PorchLight Ministry Team is asking everyone to pitch in and help make lunch for over 100 men. This is an easy opportunity for you to get involved with the new PorchLight Emergency Shelter for unhoused men located on EastGate Way. Contact Doug Strobom to sign up.

Meaningful Movies Bellevue: Eating Our Way to Extinction: Tuesday, March 26, 6:50PM (Virtual): Join Meaningful Movies Bellevue for Eating Our Way to Extinction, narrated by Kate Winslet. Eating Our Way to Extinction sends a simple but impactful message by uncovering hard truths and addressing the most pressing issue of our generation — ecological collapse. The film is 81minutes long and will be followed by an insightful discussion. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB. If you'd like to help with Meaningful Movies Bellevue, contact Lynn Roesch.

Mindfulness Meditation: Wednesday, March 27, 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 27, 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

Deadline Soon! Attend GA As a Delegate for Free! Use the delegate form and express your interest! It would be great to have too many for a change! Email Nicole Duff. ARTICLE II REVISIONS will be voted on. This is a large step forward for the UU movement, the biggest in decades, and delegates will vote it in or not this year. Be a part of UU history! Center LOVE as our highest value! If you want to attend sessions, register at uua.org/ga

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:

