

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Embracing Imperfection”

March 24, 2024



Practically
imperfect
in every way

~ Mary Poppins

***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 24, 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 #38

Morning Has Broken

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.

Time for All Ages

It's Okay To Make Mistakes
by Todd Parr

Rev. Dr. María Cristina

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

Jenny Newell

Musical Celebration

Anthem

by Leonard Cohen

Reflection

Perfectly Imperfect

Rev. Dr. María Cristina

East Shore Unitarian Church Covenant

Campus Aesthetics Team

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

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 #1053

How Could Anyone?

Worship Leadership Today Worship Associates: Doug Strombom, Marilyn Mayers, Barbara VanDyke Shuman, Kathie Moritis | Greeters: Sheridan Botts | Ushers: Mary Anderson, Laurie Wick | Zoom Tech Assistant: Rachel Herbert | ACE Team: Bob Weiss, Ralph Lutz, Alan Moritis, 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 31, at 10:30 a.m.

“Flower Communion & Trans Day of Visibility”

Rev. Dr. María Cristina, preaching

Join us in celebrating Easter, Ostara, and the amazing Trans siblings in our lives! Easter and Ostara celebrate new life, the Resurrection, and Spring. TDOV celebrates the joy and resilience of trans and non-binary people everywhere by elevating voices and experiences from these communities.

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.: 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!

Sharing Textile Treasures: 12:00 p.m. in Spring Hall: Join the Campus Aesthetics Team as they gather to share our textiles and their stories in Spring Hall.

The Gift of Aging: 12:00 p.m. in E-201: 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

Family Covenant Circle: 12:00 p.m. in E-202: The ESUC Family Covenant Circle is a group of East Shore families with children 0-18 where the adults share and support one another in the journey that is family life! Families of every stage and configuration are welcome. While your privacy will be respected, those who wish to share their challenges and insights are welcome.

Black Lives Matter Flash Stance: 12:30 p.m. in Kirkland: Join fellow UU activists for our Black Lives Matter Flash Stance in person in Kirkland at the NW corner of Peter Kirk Park next to the transit center. 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

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 Strombom 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. This film sends a simple but impactful message by uncovering hard truths and addressing the most pressing issue of our generation — ecological collapse. The will be followed by an insightful discussion. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB.

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.

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.

Fourth Wednesday Book Club: The Women We Buried, The Women We Burned: Wednesday, March 27, 7:00 p.m. (Virtual): Please join us to discuss The Women We Buried, The Women We Burned by Rachel L. Snyder. A riveting memoir of survival, self-discovery, and forgiveness. A piercing account of Snyder's journey from teenage runaway to reporter on the global epidemic of domestic violence, Women We Buried, Women We Burned is a necessary story of family struggle, female survival, and the transformative power of resilience. Zoom: 896 7249 9304, Passcode: 403930.

Board Meeting: Thursday, March 28, 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.

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.

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

Rev. Dr. María Cristina	Minister	minister@esuc.org	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	education@esuc.org	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	finance@esuc.org	Ext. 110
Nicole Duff	Dir. of Membership Development	membership@esuc.org	Ext. 106
Dianne Upton	Facilities Manager	facilities@esuc.org	Ext. 102
Jenny Newell	Office Administrator	esuc@esuc.org	Ext. 101
LeAnne Struble	RE Programs Coordinator	education2@esuc.org	
Eric Lane Barnes	Director of Music	music@esuc.org	
Celil Cakmak	Facilities Supervisor	super@esuc.org	



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:

