

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Building a Bridge to Belonging”

April 7, 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

April 7, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Jennifer Alviar

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

Each Breath A Smile

Amanda Alice Uluhan

Based on teachings by Thich Nhat Hanh;

by Sister Thuc Nghiem, Nguyen Thi Hop & Nguyen Dong

Children's Recessional

Come, Come Whoever You Are

Come, come, whoever you are, wanderer, worshiper, lover of leaving.

Ours is no caravan of despair.

Come, yet again come.

Pastoral Prayer/Joys & Sorrows

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

Musical Meditation #352

Find A Stillness

Sermon

Building a Bridge to Belonging

Rev. Jennifer Alviar

*** Hymn #16**

'Tis a Gift to be Simple

East Shore Unitarian Church Covenant

Eric Lane Barnes

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.

Bylaws Discussion Forum Announcement

Closing Words & Extinguishing the Chalice

Rev. Jennifer Alviar

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 #1017

Building A New Way

Worship Leadership Today | Greeters: Sheridan Botts | Ushers: Mary Anderson | Zoom Tech Assistant: David Baumgart | ACE Team: Steve Wellons, Chris Struble, Alan Moritis | Coffee Hour Host: Kirstie Lewis

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

Next Sunday, April 14, at 10:30 a.m.

“Transformation”

Rev. Dr. María Cristina, preaching

How do we adapt to the changing world? How do we collectively transform and grow spiritually and ethically? Transformation is fundamental to our Unitarian and Universalist heritages, never complete and never perfect. At the heart of our Unitarian Universalist movement is Transformation: A value that challenges us to both personal and collective change.

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!

New Here Gathering: 11:30 a.m. in the North Room: 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.

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 on 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. All are welcome.

UPCOMING EVENTS

Unexpected Economics: Tuesdays, Starting April 9, 7:00 p.m. (Virtual): This class utilizes economic thinking to illuminate a wide range of topics not typically understood to be economic in nature—from how we choose a mate to why we vote the way we do. If you’ve read any of the Freakonomics books or listened to the Freakonomics podcast then you will be familiar with the sorts of topics covered in this class such as Marriage as a Search Market, Terrorism as an Occupational Choice, Small Choices and Racial Discrimination, and Obesity – Who Bears the Costs? Learn more here. Led by Alan Carter. Join via Zoom at esuc.org/carterclass.

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.

Memorial for Warren Maruhashi: Sunday, April 14, 11:30 a.m. (In Person): Directly following services next Sunday, a group will meet in the Memorial Garden to remember Warren Maruhashi. We will bury the ashes of his wife, Betty Forgette, as well as the ashes of his mother & sister.

Intro to Paganism: Sundays, Starting April 14, 7:00 p.m. (Virtual): Do you feel a deep connection to nature and are longing to express that feeling through ritual? Are you interested in learning more about earth-based spirituality? Join ESUC member LeAnne Struble and other members of the Salish Sea CUUPS (Covenant of Unitarian Universalist Pagans) ministry team for a journey into paganism, one of the sources of our UU faith. In five one hour online sessions with music, ritual, hands on learning, and discussion, we will explore this important perspective that encompasses both the ancient and the modern. Join Zoom: 881 3107 6318, Passcode: CUUPS

Climate Action Celebration: Sunday, April 21, 12:00 p.m. (In Person): The Earth and Climate Action Ministry invites you to join us for a Climate Action Celebration following the Earth Day service. This event will share our members' joint vision for East Shore climate action, intertwined with live original music and multimedia video of beautiful natural scenes. Music by John Chmaj and an all-East Shore ensemble. Come join us and help heal our planet!

ESUC NEWS

P-Patch Offering Tomato Plants Again This Spring! Order your tomato plants now through April 28. The P-Patch Ministry Team will reserve your selection on a first come first served basis. Supplies are limited to the number in the catalog. Suggested donation of \$5 per plant goes to East Shore's Operating Fund which supports the P-Patch Ministry Team and other ministries at East Shore.

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! 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:

