

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore_uc

“Khasi Hills Social Justice Ministry” May 5, 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

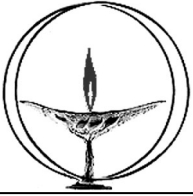
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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

May 5, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Khasi Welcome Song

East Shore Mighty Choir

Greeting Our Neighbors

Opening Hymn

Nearer My God To Thee

Chalice Lighting & Response

Rev. Morgan McLean

The fire we use to light this chalice is a gift of God the Creator. The light of this chalice is the same light which our ancestors had used to dispel darkness of fear and hatred, whose enlightenment transforms us from a child of nature to a child of culture.

By the warmth of this same fire our ancestors night after night gathered around the hearth, where stories were woven and songs were sung, to instill the values of honesty, reverence and awe, to share and care.

As we light this chalice today, let this flame draw us closer, sharing its warmth so we may share our stories, and may this assembly remind us that we all come into this world to earn the wealth of righteousness, for to know each other is to know God. And our goal is to be ever more better ever. — Rupaia Lamar

Time for All Ages

Khasi Dress

Barb Clagett & Doug Strobom

Children's Recessional #414

As we leave this friendly place, love give light to ev'ry face;
may the kindness which we learn light our hearts till we return.

Cultivating Connections

Doug Strobom & Barb Clagett

Song

My Little Boat

East Shore Mighty Choir

Words by Emma E. Marean, music by Eric Lane Barnes

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

East Shore Mighty Choir

Sermon

To Nangroi (Keep on Progressing)

Rev. Morgan McLean

East Shore Unitarian Church Covenant

Doug 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

To give to Khasi Hills:

- Text 'ESUC Share' to 73256. Standard text message rates do apply.
 - ◇ Click the link
 - ◇ Complete your gift
- Go online to esuc.org/give
 - ◇ Click on online giving link
 - ◇ Select fund "Share the Plate" from the drop down.
- Please make checks out to "ESUC" and write "Share the Plate" or "Khasi Hills" in the memo line.
- All cash donations today will go to Khasi Hills. We hope you will support them!

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

Rev. Morgan McLean

Postlude

'Til We Meet Again

Worship Leadership Today Worship Associate: Doug Strombom, Barb Clagett |
Greeters: Bill Carlstrom, Geri Kennedy | Ushers: Carla Hellekson, Mary Anderson |
Zoom Tech Assistant: Marcy Langrock | ACE Team: Chris Struble, Janis Pock, Ralph
Lutz | Coffee Hour Host: Ann Carlstrom

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

Next Sunday, May 12, at 10:30 a.m.

"Fire at The Center"

special guest Rev. Karen Van Fossan, preaching

Please join us in welcoming Rev. Karen Van Fossan. UU Minister and author of "The Fire at the Center: Solidarity, Whiteness, and Becoming a Water Protector" Rev. Van Fossan takes readers behind the scenes of the Dakota Access Pipeline conflict, to penitentiaries where prisoners of war have carried the movement onward, to the jail cell where she was held for protesting Line 3, to a reimagining of decolonized family constellations, and to moments of collective hope and strength.

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): Our YES-UU Jr High Youth Group is watching a film "Youth vs. The Government" and has planned a Pizza lunch. This will run from 10:30-1pm.

Coffee Hour: 11:30 a.m. Outside: 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. The gathering provides you with more information about who we are, and we can answer any questions you may have.

Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue: 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.

Intro to Paganism: 7:00 p.m. via Zoom: 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. Join Zoom: 881 3107 6318, Passcode: CUUPS

UPCOMING EVENTS

Unexpected Economics: Tuesdays, 7:00 p.m. (Virtual): 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.

Sacred Stitches: 2nd & 4th Wednesdays, May 8, 6:30-8:30 p.m. (In Person): 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.

Grounds Work Party: Wednesday, May 15, 9:00 a.m.-3:00 p.m. (In Person): Join us for gardening activities on the East Shore grounds. We will be weeding and pulling ivy, pruning shrubs, and mulching with wood chips in various areas. We plan to do some vegetable and flower planting in the raised beds. We meet by the raised beds in between the Office and the Music buildings. Bring a sack lunch. Come for any amount of time to help out.

Millennial Meetup: Sunday, May 19, 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.

Fourth Wednesday Book Club: All Boys Aren't Blue: Wednesday, May 22, 7:00 pm (Virtual): Join us as we read *All Boys Aren't Blue: A Memoir-Manifesto* by George M. Johnson. In a series of personal essays, prominent journalist and LGBTQIA+ activist George M. Johnson's *All Boys Aren't Blue* explores his childhood, adolescence, and college years in New Jersey and Virginia. Join via Zoom: 896 7249 9304, Passcode: 403930.

Women's Kelsey Creek Park Walk & Lunch: Thursday, May 23, 10:00 a.m. (In Person): Join East Shore friends for a lovely walk in the beautiful Kelsey Creek Park! Meet there (410 130th Place SE, Bellevue) at 10am to stroll and chat. Plan to stay for lunch nearby, restaurant TBD. RSVP to Marcia Sill 206-683-7228.

Board Meeting: Thursday, May 23, 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.

Summer Potluck: Sunday, June 2, 11:30 a.m. (In Person): All are invited to our annual Summer Potluck on Sunday, June 2, after the Pride Service. Entrees (both meat and vegan) will be provided, but we encourage you to bring a side dish or dessert. Stay and enjoy the community here at East Shore! Many hands make light work, so if you can help with cooking, setup, clean up or more, Please contact Martin Cox or Nicole Duff for ways you can help.

ESUC NEWS

Seattle Pride Parade: Sunday, June 30 (In Person): Save the date! The East Shore Welcoming Congregations and Outreach Teams are joining forces for a great pride parade! Join us along with 4 other UU congregations to march in the parade. All are welcome! Want to help plan or participate? Please email Nicole Duff.

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

Start saving your items for Trinkets and Treasures! Are you downsizing, organizing or just fed up with clutter? Start now to put aside items for the upcoming Trinkets and Treasures rummage sale that will take place July 18-20. All funds raised will go to pay the wonderful teachers at the Friendship School in Kharang, Meghalaya, NE India. Drop off at church Sunday July 14th through Wednesday July 17th. If you'll be away that week, contact Barb Clagett to arrange early drop off.

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:

