

EAST SHORE UNITARIAN CHURCH

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



“A Fire At The Center: Solidarity, Whiteness, and Becoming a Water Protector”

May 12, 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 12, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Greeting Our Neighbors

*** Opening Hymn #1064**

Blue Boat Home

Musical Celebration

Shenandoah

East Shore Ensemble

American Folk Song

Chalice Lighting & Response

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

Autumn Peltier, Water Warrior

Rev. Dr. María Cristina

by Carole Lindstrom & Bridget George

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

East Shore Ensemble

Introducing our Guest Minister

Rev. Dr. María Cristina

Reading

Earth Song

Rev. Karen Van Fossan

Langston Hughes

Sermon

Love is Abolition

Musical Interlude

I Remember Her

East Shore Ensemble

music by Bob Kechley/words by Kola Boof

East Shore Unitarian Church Covenant

Carrie Bowman

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

Rev. Karen Van Fossan

Postlude #1001

Breaths

Ysaye Barnwell (adapted from a poem by Birago Diop)

Worship Leadership Today Worship Associate: Carrie Bowman | Greeters: Bill Austin, Bill Carlstrom, Carol Sinape, Geri Kennedy | Ushers: Ann Carlstrom, Carla Hellekson | Zoom Tech Assistant: Mike Radow | ACE Team: Janis Pock, Ralph Lutz, 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, May 19, at 10:30 a.m.

“Music Sunday!”

Eric Lane Barnes, East Shore Mighty Choir, East Shore All Stars & special guests
East Shore Unitarian Church is richly blessed with a diversely musical community. This service celebrates many of our musical members and guests, from the East Shore Mighty Choir to the East Shore All Stars (featuring John Chmaj, Noel Barnes, Tom Ball, George Gatins and more) to violists Barb Clagett and Rafael Howell. Several special musical guests will appear this service - we want to keep them a surprise! Come celebrate life with song and exaltation!

TODAY AT EAST SHORE

Religious Education for Children & Youth: 9:30 a.m. in the Foyer: Join us from 9:30-10:30 for a hands-on art making table in the Sanctuary foyer. We will have supplies for all ages to make a nature journal to bring home, contribute your vision to a community collage for the earth, and paper and a prompt to write a love letter to the earth. Children and youth worship with families. There are no RE classes.

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!

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

Intro to Paganism: 7:00 p.m. via Zoom: 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

Tomato Starts Available: Thanks to all who participated in the P-Patch Tomato Plant and Dahlia tuber event. We hope that everyone enjoys growing them! If you have questions about growing tomatoes, please contact Ann Fletcher, fletcherann@msn.com. For dahlia tuber advice, please contact Tom Doe, doe.thomas@gmail.com. A few left over tomato plants will be available outside the Sanctuary after service.

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.

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.

Memorial for Warren Maruhashi: Sunday, May 19, 11:30 a.m. (In Person): Following services, 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.

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 meet the third Sunday of each month. Interested? Contact Nicole.

Meaningful Movies Bellevue: Living the Change, Tuesday, May 28, 6:50 p.m. (Virtual): Please join us for our free screening of *Living the Change*, a feature-length documentary that explores solutions to global crises we face today. Inspiring stories of people pioneering change in their own lives and their communities show us how we can all live sustainably and in a regenerative way. The film will be followed by a lively discussion. Join us via Zoom: Meeting ID: 879 2971 8047, Passcode: MMB.

Sacred Stitches: 2nd & 4th Wednesdays, May 22, 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.

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.

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:

