

# EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



@ESUC1



eastshore\_uc

## “Music Sunday”

May 19, 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

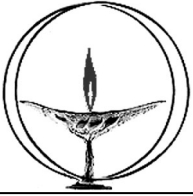
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth 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](mailto: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](http://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 19, 2024

10:30 a.m.

### **Centering Music**

East Shore All Stars

### **Prelude**

*Allegro* Barb Clagett & Rafael Howell  
Wilhelm Friedmann Bach

### **Welcome & Land Acknowledgement**

Eric Lane Barnes

### **Greeting Our Neighbors**

### **Opening Hymn #305**

*De Colores* Arthur Knapp, Rafael Howell,  
ELB, Barb Clagett, & Nicky Woolwine

### **Choral Celebration**

*Ode to Peace* East Shore Mighty Choir  
Ludwig Van Beethoven & ELB with The Old Chimers

### **Bell Choir**

*Serenity* The Old Chimers  
Dawn Labuy Brockett

### **Sung Chalice Lighting**

ELB & RE Kids

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.

### **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...

### **Musical Celebration**

*Feeling Good* Paul Rosenberg

### **Choral Celebration**

*Cantique de Jean Racine* East Shore Mighty Choir  
Gabriel Fauré

<b>Instrumental Celebrations</b>	<i>Irandalaise/Javanaise</i> Claude Bolling <i>Andante</i> J.S. Bach	Lauren Ball, Tom Ball, George Gatins & ELB ELB & Rafael Howell
----------------------------------	---	--

<b>Choral Celebrations</b>	<i>I Welcome the Unwelcome</i> Eric Lane Barnes <i>Salmo 150</i> Ermani Aguilar	East Shore Mighty Choir East Shore Mighty Choir & George Gatins
----------------------------	--	---

### **Sung East Shore Unitarian Church Covenant**

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](http://esuc.org/give) or mail in a check to ESUC any time! There are also QR codes around campus.

<b>* Hymn #311</b>	<i>Let It Be A Dance</i>	
<b>Musical Celebration</b>	<i>Shining Star</i> Earth, Wind & Fire	East Shore Mighty Choir & All Stars with Ron Douglas

### **Sung Chalice Extinguishing**

<b>Sung Benediction</b>	<i>If It's Magic</i> Stevie Wonder	Paul Rosenberg & Arthur Knapp
-------------------------	---------------------------------------	-------------------------------

<b>Postlude</b>	<i>I'm Beginning To See The Light</i> by Duke Ellington	East Shore All Stars
-----------------	--	----------------------

**Worship Leadership Today** | Greeters: Geri Kennedy, Carol Sinape | Ushers: Fran Corn, Laurie Wick | Zoom Tech Assistant: David Baumgart | ACE Team: Lauren Crowder, Dennis Fleck, Janis Pock | Coffee Hour Host: Julie Heise

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

**Next Sunday, May 26th, at 9:30 a.m.**

“Seabeck”

Rev. Dr. María Cristina & Melanie DeMore

*“Melanie DeMore’s singing is thrilling. This is not a voice that comes along every day. This is WOMAN POWER WRAPPED IN VELVET.”* Ronnie Gilbert

***Please Note the time! This service is ZOOM ONLY!***

## **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](http://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.

**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. All are welcome!

**Memorial for Warren Maruhashi: 11:30 a.m. in Memorial Garden:** Please join us as we remember Warren Maruhashi. We will bury the ashes of his wife, Betty Forgette, as well as the ashes of his mother & sister.

**Millennial Meetup: 12:00 p.m. Off-site:** Are you a Millennial (born between 1981ish-1996ish)? Nicole Duff is putting together an outing right after worship. This is just an opportunity to be social and get to know one another. If interested, please contact Nicole.

**Family Covenant Circle: 12:00 p.m. in the Education Building:** 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. To connect, email lay leader Martin Cox.

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

## UPCOMING EVENTS

**Unexpected Economics: Tuesdays, 7:00 p.m. (Virtual):** If you've read any of the Freakonomics books 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](https://esuc.org/carterclass).

**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. 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.

**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.

**Indigenous Wisdom and Stories with Phreddie Lane and Litha Booi: Thursday, May 30 & Friday, May 31, 6:00 p.m. (In Person):** Come join in spending an evening listening to wisdom and stories with Indigenous activists Sul ka dub Phreddie Lane of the Lummi Nation and Litha Booi of South Africa as they talk about Gathering of the Eagles. Potluck begins at 6:00. The presentation and question and answer period to follow. On Thursday, join us at University Unitarian Church in Seattle. On Friday, join us at Northlake Unitarian Universalist Church in Kirkland. This event is all ages and open to the public. Attendance is free. Questions? Contact Kari Ann or Carrie.

**Help Prepare and Serve Lunch for PorchLight: Sunday, June 2 & Monday, June 3 (In Person):** The PorchLight Ministry Team plans to serve lunch each month to over 100 men at the PorchLight Emergency Shelter for unhoused men on EastGate Way. To sign up, contact Mike Radow.

**Humanist Discussion Group: Thursday, June 6, 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.

## ESUC NEWS

**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.

**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!

**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](http://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.

## 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	<a href="mailto:minister@esuc.org">minister@esuc.org</a>	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	<a href="mailto:education@esuc.org">education@esuc.org</a>	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	<a href="mailto:finance@esuc.org">finance@esuc.org</a>	Ext. 110
Nicole Duff	Dir. of Membership Development	<a href="mailto:membership@esuc.org">membership@esuc.org</a>	Ext. 106
Dianne Upton	Facilities Manager	<a href="mailto:facilities@esuc.org">facilities@esuc.org</a>	Ext. 102
Jenny Newell	Office Administrator	<a href="mailto:esuc@esuc.org">esuc@esuc.org</a>	Ext. 101
LeAnne Struble	RE Programs Coordinator	<a href="mailto:education2@esuc.org">education2@esuc.org</a>	
Eric Lane Barnes	Director of Music	<a href="mailto:music@esuc.org">music@esuc.org</a>	
Celil Cakmak	Facilities Supervisor	<a href="mailto:super@esuc.org">super@esuc.org</a>	



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](http://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](mailto:esuc@esuc.org)

Scan Here to give to East Shore from your phone:

