

EAST SHORE UNITARIAN CHURCH

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



EastShoreUC



eastshore_uc

“Sing-Along!”

July 14, 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

July 14, 2024

10:30 a.m.

Centering Music

Eric Lane Barnes

Ring the Bell

Welcome & Land Acknowledgement

Greeting Our Neighbors

ESUC at Pride!

Chalice Lighting & Response

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.

Hymn Free-for-All

Time for All Ages

Down By The Bay
by Raffi

Amanda Alice Uluhan & ELB

Folk Song Medley

Blowin' in the Wind
Hallelujah
If I Had a Hammer
Michael Row The Boat Ashore
Down By The Riverside
Home On The Range

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.

Hymn Free-for-All Redux

Gifts of the Congregation

RE Kids

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.

Sung Benediction #1010

We Give Thanks

Eric Lane Barnes

Oh, we give thanks for this precious day,
For all gather'd here, and those far away;
For this time we share with love and care,
Oh, we give thanks for this precious day.

Postlude

Lean On Me
by Bill Withers

Worship Leadership Today Greeters: Bill Carlstrom, Carol Sinape | Ushers: Ann Carlstrom, Beth Wilson | Zoom Tech Assistant: Catherine Ramsey | ACE Team: Lee Winstrom, Lauren Crowder, Alan Moritis

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

Next Sunday, July 21, at 10:30 a.m.

"Love Unites, Stories Ignite"

General Assembly attendees

Come celebrate the profound impact of love as a binding force that transcends boundaries and divisions! A new statement of shared UU values placing love at the center was adopted at the largest annual gathering of UUs worldwide, known as General Assembly, this past June. The new stated values of the faith are: Justice, Equity, Transformation, Pluralism, Interdependence, Generosity, centered around Love. Hear more about the evolutionary new values and other conversations that took place on Gender-Expansive Rights and the Middle East from those who attended.

TODAY AT EAST SHORE

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. Head to the foyer and then outside! 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!

Trinkets and Treasures Dropoff: In the North Room: Are you downsizing, organizing or just fed up with clutter? Drop off now 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. Please no books or furniture.

East Shore Gets Out the Vote: The Earth & Climate Action Ministry Team (ECAM) supports the work of Get out the Vote: The Environmental Voter Project (EVP). This project increases the number of voters who value the environment using postcard messaging. ECAM is supporting this effort and has packets of 10 postcards for you to write and address. Pick one up in the foyer from Ron Lovell (ron@lovell.net)

UPCOMING EVENTS

Propaganda and Persuasion: Tuesdays, starting July 16, 7:00 p.m. (Virtual): Persuasion is a central element of our daily lives. Whether it is a politician angling for a vote, a business advertising a product, a parent asking a child to get dressed, or a friend suggesting a certain restaurant for dinner, we are constantly trying to persuade others to our point of view, and experiencing others' attempts to persuade us. Join Alan Carter in this 12 part series. Use the link <http://esuc.org/carterclass>

East Shore Outdoors Summer 2024 Hikes: Various Dates (In Person): Join our East Shore Outdoors group all summer long! If you want to be added to the mailing list or offer a hike, please contact Amanda Strombom.

- ◇ Wednesday, July 17, 10:00 am: Flowing Firs loop, Grand Ridge Park, Issaquah Highlands – 3.3 miles, 283 ft gain. A fairly flat quiet and winding loop trail through the forest.
- ◇ Sunday, July 21, 2:00 pm: Bullitt Fireplace Hike, Squak Mountain, Issaquah – 4 miles, 1000 ft gain. Come discover why there is a fireplace at the top of Squak Mountain! Led by Ingrid & Don Durenberger. wta.org/go-hiking/hikes/bullitt-fireplace
- ◇ Wednesday, July 31, 10:00 am: Ira Spring trail to Mason Lake, Snoqualmie Pass area – 7 miles, 2420 ft gain. A steep hike through the woods and up to a ridge, then descending to a beautiful lake. wta.org/go-hiking/hikes/ira-spring-memorial

Trinkets & Treasures: July 18-20 (In Person): Join us for this annual rummage sale and find some treasures! Hours are: Thursday (Friends & Members Sale): 1:00-5:00 p.m.; Friday: 9:00 a.m.-5:00 p.m.; and Saturday: 9:00 a.m.-3:00 p.m. All funds raised will go to pay the wonderful teachers at the Friendship School in Kharang, Meghalaya, NE India.

Millennial Meetup: Sunday, July 21, 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.

Women's Perspective Walk on the Beach & Lunch on Whidbey Island: Wednesday, July 24, 8:30 am (In Person): All those who identify as women are invited to join us on our first-ever Women's Perspective day excursion to Whidbey Island! We will meet at East Shore at 8:30 am to carpool to the ferry, then drive together to the beach near Marcia Sill's home there. Don't forget hats and sunscreen! Bathing suits are optional. Lunch TBD. RSVP to Marcia Sill 206-683-7228.

Board Meeting: Thursday, July 25, 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.

ESUC NEWS

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

ESUC @ The Mariners: Saturday, September 14, 6:40 p.m. (In Person at T-Mobile Park): Join us as we have a night at T-Mobile Park! All are invited to the Saturday, September 14 game at 6:40 p.m. as our Seattle Mariners take on the Texas Rangers! Tickets are \$12 each and must be paid for when reserving. Seats will be in the 300 level. The first 20,000 attendees will also receive a Luis Castillo POP! Collectible. Get your tickets at esuc.org.

Rev. María Cristina is on vacation/study leave for the summer. If you have a pastoral care emergency please email her at minister@esuc.org or call the church office.

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
Rebecca Chatfield	Director of Finance & Operations	finance@esuc.org	Ext. 110
Nicole Duff	Dir. of Membership Development	membership@esuc.org	Ext. 106
Amanda Alice Uluhan	Dir. of Religious Education	education@esuc.org	Ext. 104
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:

