

EAST SHORE UNITARIAN CHURCH

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



“Surviving Toxic Theology” August 11, 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

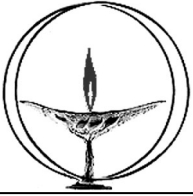
Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth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

August 11, 2024

10:30 a.m.

Centering Music

The Heather on the Hill
from *Brigadoon* by Frederick Loewe

Caitlin Kelley, violin

Ring the Bell

Misha Domirani

Welcome & Land Acknowledgement

Eric Lane Barnes

Greeting Our Neighbors

Opening Hymn #1008 *When Our Heart Is In A Holy Place*

Chalice Lighting & Response

Amanda Alice Uluhan & 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.

Time for All Ages

The Selfish Giant
by Oscar Wilde

Amanda Alice Uluhan

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.

Musical Celebration

I See the Light
From *Tangled* by Alan Menken

Caitlin Kelley

Pastoral Prayer/Joys & Sorrows

Rev. Dr. María Cristina Vlassidis Burgoa

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

Musical Meditation

I Am Sending You Light

Reflection

Surviving Toxic Theology

Eric Lane Barnes

* Hymn #1053

How Could Anyone?

East Shore Unitarian Church Covenant

Misha Domirani

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

Nicole Duff

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.

Postlude

Tempo di Menuetto

Eric Lane Barnes

by Fritz Kreisler

& Caitlin Kelley

Worship Leadership Today Greeters: Sheridan Botts | Ushers: Carla Hellekson, Mary Anderson, Sarah Bergdahl | Zoom Tech Assistant: Ralph Lutz | ACE Team: Lee Winstrom, Dennis Fleck, Chris Struble | 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, August 18, at 10:30 a.m.

“The Spirituality of Veganism”

Amanda Strombom, guest speaker

Amanda Strombom, East Shore member and President of the nonprofit Vegetarians of Washington for 20 years, will lead us in an exploration of how we can put our UU values into practice through the choices we make every day on what foods to eat. After the service, Amanda will host a cooking demonstration and coffee and vegan treats will be provided in Spring Hall in the Education Building.

TODAY AT EAST SHORE

Religious Education for Children & Youth: Experience and explore on summer Sundays at East Shore in June, July, and August. We take a break from our classroom activities and dive into creativity; you'll explore the arts and outdoor activities designed just for kids. Start in the Sanctuary at 10:30. Parents pick up from Spring Hall in the Education building. Register and learn more about our programs here. Teens and adults join the excitement by volunteering with RE Staff. Email LeAnne education2@esuc.org to sign up and help lead this fun learning.

P-Patch Table: Come select delicious organic produce grown at East Shore and member gardens. Will include but not limited to lettuce (various kinds), kale, garlic, cucumber, basil, baby carrots, parsley, herbs, mint (various kinds) and possibly some surprises depending on how things are ripening. A member is also offering their fresh laid eggs. Make a donation of your choice by cash, check, or Realm QR code that will go toward Food Justice. If you want to contribute anything to the table, please contact Evelyn Smith.

Coffee Hour PLUS: 11:30 a.m. in Spring Hall: 11:30 a.m.: While the North Room is under construction, join us in Spring Hall after service for coffee, conversation, and more! This week, we will have postcards that need decorated to invite people to Ingathering AND ECAM will have postcards to help encourage people to vote! Either way, plan to stay and participate in these great activities! All are welcome! If you can help make coffee hour happen, contact Nicole.

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!

UPCOMING EVENTS

Social Justice Ministry Teams Council Gathering: Monday, August 12, 6:00 p.m. (In Person):

All Teams are invited to break bread together followed by an opportunity to share their goals, events, and initiate collaborations. Questions? Contact Rev. María Cristina.

Propaganda and Persuasion: Tuesdays, 7:00 p.m. (Virtual): Persuasion is a central element of our daily lives. We are constantly trying to persuade others to our point of view, and experiencing others' attempts to persuade us. Join Alan Carter at 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, August 14, 10:00 am: CCC trail, Middle Fork Snoqualmie – up to 6.8 miles, out and back, 400 ft gain. A gentle hike with wonderful views of the mountains.

◇ August 18-22: Four night backpacking trip to the mouth of the Hoh river, Olympic Peninsula, with only 1 mile hike, camping on the beach – contact Bill Austin if interested.

Grounds Work Party: Thursday, August 15, 9:00 a.m. (In Person): Please join in at any time during our Summer Grounds Work Parties from 9:00 a.m. to 3:00 p.m. for gardening activities on the East Shore grounds.

Celebrating Rev. Peter Luton's Ministry: Sunday, August 18, 3:00 p.m. (In Person): You are invited to a gathering to share memories, reflections, and appreciation for the ministry of Rev. Peter Luton, both in person and on Zoom. Please join us and let others know who may wish to participate. Join via Zoom Meeting ID: 817 3627 1916, Passcode: Peter

Board Meeting: Thursday, August 22, 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.

Humanist Discussion Group: Thursday, September 5, 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.

Teacher Training: Saturday, September 7, 9:00-3:00 p.m. (In Person): Join us for the RE Teacher Training on September 7th. This essential training session will equip you with the tools and knowledge needed to inspire and guide East Shore's children and youth safely, securely, and confidently. Sign up online at <https://forms.gle/bC171LuXexNcExMq9>

Sunday Morning Volunteer Training: Saturday, September 7, 12:00-3:00 p.m. (In Person): Do you care about the growth of East Shore? We need great greeters and ushers every Sunday and here is your chance to learn more! After Emergency Training, we will gather to go over all you need to know to be the best Welcomer! Please contact Nicole Duff to RSVP.

ESUC NEWS

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. Pick up a pack of 10 postcards so you can help from Ron Lovell (ron@lovell.net)

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. . Get your tickets at esuc.org.

Save the Dates for East Shore's All Church All Ages Climate Justice Revival! Our congregation is joining UUs across the land to revive our commitment to climate justice. September 28, 2024 - Interactive workshops for all ages and September 29, 2024 - Worship followed by an advocacy hour. Want to learn new climate justice frameworks together and move forward as a community? Then mark your calendar! More details will be coming soon.

Register: Children, Youth & Family Ministries 2024-25 Please register your kids in our programs for Children, Youth, & Family Ministries for the 2024-2025 church year. Remember, all families, both new and returning, need to register each church year. Go to esuc.org.

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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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:

