

EAST SHORE UNITARIAN CHURCH

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



“Many Paths” August 4, 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 4, 2024

10:30 a.m.

Centering Music

Ring the Bell

Welcome & Land Acknowledgement

Rev. Dr. María Cristina

Greeting Our Neighbors

Opening Hymn #188 *Come, Come, Whoever You Are*

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.

Time for All Ages

Whoever You Are
by Mem Fox

LeAnne Struble

RE Minute

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...

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

Homily

Many Paths to the Sacred

Rev. Dr. María Cristina

*** Hymn #318**

We Would Be One

East Shore Unitarian Church Covenant

Jenny Newell

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 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

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.

Musical Benediction

Keep Your Heart Wide Open

Lea Morris

Worship Leadership Today Greeters: Carol Sinape, Sheridan Botts | Ushers: Laurie Wick, Sarah Bergdahl | Zoom Tech Assistant: Ralph Lutz | ACE Team: Steve Wellons, Bob Weiss, Chris Struble | Coffee Hour Host: RE Team

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

Next Sunday, August 11, at 10:30 a.m.

"Surviving Toxic Theology"

Eric Lane Barnes, guest speaker

A number of us grew up in religious traditions that encouraged us to see ourselves as broken, flawed, sinful or as downright 'abominations.' Leaving these institutions is one thing; untangling the knots we have tied around our souls can take years. Join Director of Music Eric Lane Barnes in a bright and liberating service that helps shine a light on how to heal from toxic theology.

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: The North Room will be under renovations in August, so we are moving Coffee Hour to Spring Hall... with extras! Join us this week for coffee and crafts, including a chance to make Back to School keychains for the backpack blessing! All are welcome! If you can help make coffee hour happen, contact Nicole.

New Here Gathering: 11:30 a.m. in the Library: Newcomers are invited to stay after the service for our "New Here" gathering, which will be hosted in-person by our Director of Membership Development, Nicole Duff in the Library. The gathering provides you with more information about who we are, and we can answer any questions you may have. Questions? Contact Nicole at membership@esuc.org.

Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue: Join fellow UU activists for our Black Lives Matter Flash Stance in person 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!

UPCOMING EVENTS

Propaganda and Persuasion: Tuesdays, 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. Led by Alan Carter. 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, August 7: Naches Loop Hike, Mt Rainier area. 3.2 miles, 600 ft gain. An annual tradition. A beautiful loop hike, with wildflowers and views of Mt Rainier. wta.org/go-hiking/hikes/naches-peak-loop
- ◇ 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. wta.org/go-hiking/hikes/ccc-road-upper-trailhead
- ◇ 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.

Celebrating Rev. Peter Luton's Ministry: Sunday, August 18, 3:00 p.m. (In Person): Save the date! Join us from 3:00-5:00 p.m. in the East Shore Sanctuary, there will be an opportunity for congregants to share personal memories and reflections on Rev. Peter Luton's long ministry at East Shore. More details to follow. Questions? Contact Lay Pastoral Ministers, Milly Mullarky, Dennis Fleck, Missy Poirier, Connie Hirnle, Evelyn Smith, or Kirstie Lewis

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.

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.

Volunteer Training Opportunities: Saturday, September 7 (In Person): for an amazing day of volunteer training! Help with Religious Education and Sunday Morning Welcoming Team opportunities! Talk to Amanda Alice Uluhan or Nicole Duff for more details!

Salmon Bake: September 8, 11:30 a.m. (In Person): It's time to sign up to help with the Annual Salmon Bake! Save the date of September 8 to come out and celebrate with one another. Please also sign up to help as many hands make light work for all.

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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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:

