

# EAST SHORE UNITARIAN CHURCH

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



## “Being Present as Medicine” November 17, 2024



*We practice love, explore spirituality,  
build community, and promote justice.*



## 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—Share the Plate

*To give to Friends of the San Juans:*

- Text 'ESUC Share' to 73256. Standard text message rates do apply.
  - ◇ Click the link and complete your gift
- Go online to [esuc.org/give](http://esuc.org/give)
  - ◇ Click on online giving link, Select fund "Share the Plate."
  - ◇ Or scan this QR code!
- Please make checks out to "ESUC" and write "Share the Plate" or "Friends of the San Juans" in the memo line.



All cash donations today will go to Friends of the San Juans. We hope you will support them!

## 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.

## Musical Benediction

*Anthem*

East Shore Mighty Choir

Leonard Cohen

## Postlude

*This Joy That I Have*

Resistance Revival Chorus

**Worship Volunteers:** Worship Associate: Indigenous Connections Team | Greeters: Sheridan Botts, Geri Kennedy | Ushers: Fran Corn, Laurie Wick | Zoom Tech Assistant: Rachel Herbert | ACE Team: Chris Struble, Dennis fleck, Steve Wellons |

**Next Sunday, November 24, at 10:30 a.m.**

*"A Living Sanctuary"*

Rev. Dr. María Cristina, preaching

*Grateful for Our East Shore Community: In the wake of the election results, we gather to reassure each other that we will continue to be a sanctuary for all who need refuge from persecution and fear. Now more than ever, we recommit ourselves to being a living sanctuary, especially if you are struggling with family dynamics. Join us to share comfort food in the company of warm and welcoming people. Together, we can get through the tough times and reignite the spark of hope and joy. Bring a friend. All are welcome!*

## TODAY AT EAST SHORE

**Religious Exploration (R.E.) for Children & Youth: In the Education Building:** Our member-led R.E. programs are designed to safely support children and youth in practicing love, exploring spirituality, building community, and promoting justice. All are welcome. Classes end at 11:45. Check out our offerings below and find more details at [esuc.org/kids](http://esuc.org/kids).

**Potluck: 11:30 a.m. North Room:** In the spirit of Indigenous traditions, we invite you to a potluck, where we will share food and conversation. The Indigenous Connections Team will provide a vegan stew and a veggie chili.

**New Here Gathering: 11:30 a.m. in the Gallery:** Newcomers are invited to stay after the service for our “New Here” gathering, which will be hosted in-person by our Membership Development Team. The gathering provides you with more information about who we are, and we can answer any questions. Questions? Contact Nicole at [membership@esuc.org](mailto:membership@esuc.org).

**Family Covenant Circle: 12:00 p.m. in the Education Building:** This group of East Shore families share and support one another in the journey that is family life! Families of every stage and configuration are welcome. While your privacy will be respected, those who wish to share their challenges and insights are welcome. To connect, email lay leader Martin Cox.

**High School Youth Group: 6:00 p.m. in the Education Building:** If you'd like to be added to youth group specific communications, please contact Amanda: [education@esuc.org](mailto:education@esuc.org)

## HAPPENING THIS WEEK (MORE AT ESUC.ORG)

**Anthropology and the Study of Humanity: Tuesdays, 7:00 pm (Virtual):** We will discover that anthropology digs deep into the geographic, temporal, and biological diversity of humankind to help us understand our remarkable diversity as a species. Join at [esuc.org/carterclass](http://esuc.org/carterclass).

**Authentic Selves Book Discussion: Wednesdays, 7:00 p.m. (Virtual):** The UUA's Common Read, *Authentic Selves*, is a sweeping compilation of life stories and portraits of trans and nonbinary people, as well as their partners, parents, children, siblings, and chosen family members. Please plan to attend this Building Beloved Community event. Register on Realm or, by emailing Grace Colton.

**Transgender Day of Remembrance Vigil: Wednesday, November 20, 7:00 p.m. (Multiplatform):** Transgender Day of Remembrance (TDOR) is an international annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence. The vigil will include prayers, contemplative music, lighting candles, and reading the names of those lost this year. Join us in the Sanctuary or on Zoom: 819 8814 0736, Passcode: tdor.

**Board Meeting: Thursday, November 21, 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.

**Thanksgiving Potluck: Sunday, November 24, 11:30 a.m. (In Person):** Come celebrate a community Thanksgiving meal. East Shore will provide the turkey and vegan option. You are invited to bring your favorite sides and desserts to share. *We always need volunteers to help!* If you can help, sign up in the foyer or at [esuc.org](http://esuc.org).