



Classes & Retreats

ADULT PROGRAMS FOR SPIRITUAL DEEPENING

FIRST UNITARIAN CHURCH

1011 SW 12TH AVE., PORTLAND, OR 97205

Living Our Liberal Faith

Register at: <http://tinyurl.com/1stCh-Registration>

ESTABLISHED 1866

Spring Update



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www.firstunitarianportland.org

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The Mission Statement of First Unitarian Church

*to create a welcoming community
of diverse individuals;
to promote love, reason,
and freedom in religion;
to foster life-long spiritual growth;
and to act for social justice.*

■ PARTICIPATION

Registration

Most of our classes require pre-registration. You may also register for a class when it meets for the first time. If drop-ins are welcome, it will be noted in the class description.

For the support of our facilitators and teachers, please register for all classes, even those that have no fee. Our facilitators work hard to be prepared and registration helps them do so. It also helps us insure that the space we have reserved is adequate so all participants can be comfortable.

How to Register

- Sign up online at <http://tinyurl.com/1stCh-Registration>
- Sign up at the **Adult Programs Table** in Margaret Fuller Hall on Sundays after services.
- Complete the registration form on the back cover, and mail to the church office with a check or credit card #
- Call the office at 503-228-6389, ext. 132 or 232.
- Check in with the class steward at the first class. Please arrive 10 minutes early to your first class if you need to complete registration.

Class Stewards

Each adult class has a steward who welcomes and registers participants, introduces the facilitator, and ensures that the facilitator has what she or he needs. Class fees are waived, and retreat fees are reduced for stewards. If you would like to steward a class, speak with someone at the Adult Programs table in Margaret Fuller Hall or call 503-228-6389, ext. 132 or 232.

Class Fees

We work hard to make classes as financially accessible as possible to everyone. Most of our administrative and program costs are funded by your pledges. We charge a fee for some classes to help us cover the costs of facilitation and supplies for all classes. Retreat fees also cover the cost of the venue and meals.

We are able to offer many classes without a fee due to the generosity of volunteer facilitators. We seek to be fair and just in our relationship to our facilitators by offering reimbursement to those who request a stipend in recognition of their work.

We welcome all participants in our offerings. Scholarships are available for all of our classes and retreats. The annual book sale funds these scholarships. If you would like a scholarship, please indicate this on your registration form. If you have any questions, please contact us at 503-228-6389, ext. 132 or 232.

Refunds

Refunds for classes will be offered:

- if the class is cancelled.
- if the registrant notifies the office before the first class.
- if the registrant is dissatisfied with the class.

If you are dissatisfied with a class, please let us know. We want to hear about it, even if you don't want a refund.

Partial refunds will be given for retreats up to two weeks before the start of the retreat. We will refund the retreat fee less \$25 for processing and facility reservation costs.

Childcare

We want to support the participation of all adults in our offerings. Childcare can be arranged with prior notice. At least 10 days before the start of a class, please contact Mary or Cassandra at 503-228-6389, ext. 132 or 232. We will talk with you about the ages of the children involved and the best way to make sure everyone is safe and cared for.

For the safety of our children and the church, do not leave children (anyone under 18) unattended in any of our buildings.

Special Needs

If you have a request for accommodation that will support your participation in our Adult Programs, please call 503-228-6389, ext. 132 or 232.

Please help support our facilitators.

As a courtesy to our facilitators, please register for all classes, even the ones with no fee.

For special events, please note if there are any registration instructions specific to each event.



Walk the Labyrinth—*Every First Sunday*



The Labyrinth will be available in the Buchan Reception Room the first Sunday of the month, between 10:30 a.m. and 1 p.m. Friends of the Labyrinth will be there to welcome newcomers who may have questions. Handouts will be provided that relate to the Church theme of the month.

Spring Spiritual Themes

Each month during the year, we focus our attention on a different spiritual theme. In addition to being incorporated into sermons, discussions, and reflection, we build many of our adult offerings around them.

March: *Evil*

April: *Redemption*

May: *Vision*

June: *Community*

Welcome to Adult Programs for Spiritual Deepening—Winter and Spring 2018!

We continue exploring our theme of “transitions” by offering opportunities for you to learn about yourself, others, and our world. We also hope these offerings will help you stay grounded for the work that is before us. We have a variety of classes this term focused on spiritual deepening, building UU identity, and supporting community connection. Some are titles and facilitators who are familiar; others are new. All are offered to support personal growth, community connection, and work for justice.

We continue our collaboration with Social Justice by offering more racial justice book study groups and adding some classes and events. The study groups last term were a great success and we are grateful to our Social Justice partners for their support of this important part of our learning and building community.

We also highlight opportunities for ongoing spiritual practice, some that are well established and some that are new. These are a way to deepen both your practice and your connection to others.

We are also making some transitions as a program as we explore what helps deepen spirituality and build community. You may notice a few changes in the program guide. We have worked to offer opportunities that bring people together and allow for personal growth. We have also scheduled two opportunities for you to talk with us about what you would like as we explore how to best move forward. Plan to join us for this discussion on February 17 or March 11; there is more information on page 15.

For now, we have reviewed our practices regarding class fees and made a few changes. We are choosing not to charge a fee for many of our classes. Most of our administrative and program costs are funded by your pledges. For some classes, we charge fees to help us cover the costs of facilitation and supplies for all of our classes. Whether or not you are a member of First Unitarian Portland, please consider making a pledge to support the programs that we offer.

Please remember that we offer scholarships to support everyone’s participation. The scholarship fund is replenished each spring with proceeds from the volunteer-run Book Sale. Look for that event in March!

Last, we want to support the participation of parents in our programs, so we are offering to coordinate childcare. If you would like this support, please contact Mary (ext. 132) or Cassandra (ext. 232) at least 10 days before the class begins so we can develop a plan that keeps everyone safe and cared for.

May your journey of learning and growth continue to be filled with insight, connection, and hope.

Blessings,

Mary Gear, Cassandra Scheffman, & Dana Buhl



CLASSES & RETREATS AT A GLANCE

CLASS / REFERENCE #	DAY	START DATE	PAGE #
Four Expeditions in Ethics (C15WS18)	Thursdays*	Mar. 22	7
Cuz: The Life and Times of Michael A. (C17WS18)	Thursday	Mar. 29	9
Engaging Race (C16WS18)	Tuesdays	Apr. 3	8
Topics in the Philosophy of Religion (C18WS18)	Tuesdays	Apr. 3	8
QiGong (C19WS18)	Thursdays	Apr. 5	6
Building Community at First Unitarian (C20WS18)	Fridays*	Apr. 6	9
Men's Retreat (R2WS18)	Fri.–Sun.*	Apr.6–8	5
Survival Lessons (C21WS18)	Sundays*	Apr. 8	7
Gentle Yoga Spring Session (C22WS18)	Mondays	Apr. 9	6
Telling the World's Oldest Stories (C23WS18)	Saturday*	Apr. 14	5
Intersectionality (C24WS18)	Sundays*	Apr. 15	8
Daring Democracy (C25WS18)	Thursday	Apr. 19	8
Path to Engagement (C26WS18)	Sunday*	Apr. 22	8
Breema (C27WS18)	Tuesdays*	Apr. 24	6
Living Your Life with Intention (C29WS18)	Thursdays	Apr. 26	7
Ashland Spring Retreat (R3WS18)	Fri.–Sun.*	Apr. 27–29	5
Transitions: Resilience to Support Change (C30WS18)	Thursdays*	May 3	7
Day of Mindfulness (C28WS18)	Saturday	May 19	6
Path to Engagement	Wednesday	May 30	8
Special Events			10
On-going opportunities for spiritual practice			12

* indicates day time class

Parking

As a downtown church, we compete with many other activities for on-street parking. We encourage congregants to use Portland's transit system, carpool, or ride your bike.

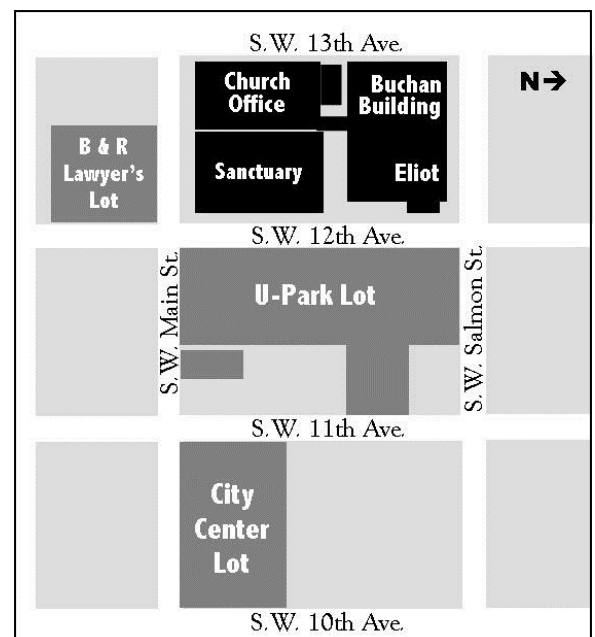
Sunday Parking

- **U-Park** – S.W. 12th between Main and Salmon:
No charge Sundays, 8 a.m.–4 p.m.
- **City Center** – S.W. 11th and Main:
No charge Sundays, 8 a.m.–2 p.m.
- **Lawyer's Lot** – S.W. Main between 12th & 13th:
No charge Sundays, 8 a.m.–2 p.m. This lot is never available weekday evenings.

Monday–Thursday Evenings

U-Park – S.W. 12th and Main:

No charge 5:30–10:30 p.m. with a parking permit.
Permits are \$30 per each half church year (Sept.–Jan. and Feb.–June) and may be obtained from the church office (Mon.–Thurs.), 9 a.m.–4 p.m.



RETREATS AND WORKSHOPS

Men's Retreat: Men, Mindfulness, and the Beloved Community

"Almost everything will work again if you unplug it for a few minutes, including you." —Anne Lamott

Unplug with us for the weekend, at the annual Men's Retreat! There will be community building, quiet walks in nature, good food, a fire, (and maybe even some singing). We will also take some time to discuss the subject of male spirituality. What are some of the special challenges we men face in our own search for truth and meaning? To be spiritual, UU, and male in our culture can be complicated. Come and join our circle of trust at the beach; we're looking forward to hearing your story.

Facilitator: Ron Walker is a member of First Unitarian Portland, a retreat and small group facilitator, and meditation teacher.

Details: Friday, Apr. 6, 4 p.m.

through Sunday, Apr. 8; 11 a.m.

Camp Magruder, Rockaway Beach, Oregon Coast

Fee: \$148 (shared sleeping quarters); includes lodging and meals. Scholarships available.

Reference #: R2WS18

Ashland Spring Retreat

Enjoy three plays, engaging conversation with fellow UU's, and Ashland in Springtime.

Participants will see the following plays:

- *Sense and Sensibility* Friday, Apr. 27, 8 p.m. OSF West Coast Premiere, a lively adaptation of Jane Austen's comedic romance.
- *Destiny of Desire* Saturday, Apr. 28, 1:30 p.m. Provocative and revolutionary send-up of the telenova genre, women take power over their futures.
- *Othello* Saturday, Apr. 28, 8 p.m. Director Bill Rauch explores racism, religious bias, xenophobia, and the more disturbing aspects of relationships in the context of our society's ongoing struggle with polarizing differences.

Facilitators: Rita Fawcett and Betsy Riddell are members of the Adult Programs Committee.

Details: Friday, Apr. 27 — Sunday, Apr. 29

Ashland, OR

Fee: \$310; includes tickets for three plays, two nights lodging at Stratford Inn (change from Bard's Inn) (double-occupancy), a discussion on Saturday at 10:30 a.m. with one of the actors from *Sense and Sensibility*, and an optional organized "at your own cost" dinner at Standing Stone Brewery on Saturday at 5:30 p.m.

Reference #: R3WS18

FULL!

Telling the World's Oldest Stories: Giving Voice to the Archetypes of the Soul with Will Hornyak

Joseph Campbell once said that the point of working with myths is not so much to interpret them, but to *live* them and to discover which myth is already living through us. The oldest stories can recall to us the nature of our own soul's journey and the timeless narrative being lived beneath our outer lives. As powerful as the ancient myths, fairytales and folktales can be, they often need a special quality of relationship and care before they become accessible to ourselves and to an audience. This experiential workshop explores methods for developing traditional material (myths, fairytales, folktales, poems and legends) to ground them in our own experience, body and voice. Bring a story, a portion of a story, or a poem you'd like to work with. No previous storytelling experience required!

Facilitator: Will Hornyak teaches storytelling at Marylhurst University and performs throughout the United States. He has offered workshops for numerous schools and organizations including Intel, the American Cancer Society, Doc Martens Shoes, the American Hospital Association, Multnomah County Juvenile Justice Dept., and the Oregon Arts Commission. He was named Artist of the Year by Young Audiences of Oregon.

Details: Saturday, Apr. 14, 9 a.m. – 4 p.m.

Bring a sack lunch or purchase food downtown.

Fee: \$30

Reference #: C23WS18

An Evening of Storytelling with Will Hornyak

Waking Finn Mac Cool: Tales of Ireland's Greatest Poet Warrior

Friday, Apr. 13, 7:30 p.m.

Buchan Reception Room

He made magic with words and mayhem with foes and lived by the old code:

"Never give a sword to a man who can't dance."

Storyteller William Kennedy Hornyak recalls the legends of Ireland's beloved folk hero with a wake in his honor. Come join us for an evening of poems, tales, songs and lore from the heart of the Emerald Isle.

\$15 cash at the door. Reservations recommended:
hornyak.will@gmail.com or 503 697-5808

Sign up online:

<http://tinyurl.com/1stCh-Registration>

Day of Mindfulness *with Kate Dresher*

Whether significant or subtle, whether good, bad, happy or sad, transitions tend to be stressful. Yet times of transition bring us in contact with uncertainty and change and can remind us of deeper truths and possibilities. This day of mindfulness is an opportunity for quieting the heart and mind, increasing our capacity to connect with life as it is, and growing our ability to relate and respond to ourselves and others kindly and wisely.

The day will include periods of sitting and walking meditation, contemplation and discussion. It is suitable for those new to and familiar with mindfulness meditation practice.

Facilitator: *Kate Dresher* has been practicing meditation for 20 years and teaching lovingkindness and insight meditation retreats in the U.S. and British Columbia since 2010. She has studied intensively with both Asian and Western Theravada Buddhist masters and practiced for a time as a nun in Myanmar. She has also received clinical pastoral training. Her teaching emphasizes practicing right where we are as a doorway to the natural unfolding of wisdom and love.

Details: Saturday, May 19, 9 a.m. – 4:30 p.m.

Please bring a sack lunch.

Fee: \$25

Reference #: C28WS18

BODY AND SOUL

Gentle Yoga in the Evening

This class offers community-building for all body types and ages with a restorative emphasis on spine and neck health, increasing range of motion, stress relief and energy renewal. Please bring your mat and wear comfortable clothing. Note: off-site meeting location.

Facilitator: A member of First Unitarian Portland for many years, *Elizabeth Domike* is certified to teach older adults and has experience with helping active caregivers cope with the energy demands they face.

Details: Spring Session—Eight Mondays: Apr. 9, 16, 23, 30, May 7, 14, 21, and 28; 5:30 – 6:30 p.m.

Meets at ÉYÈM Studio at 1034 SW Taylor St.

Fee: \$64 (\$12 drop-in per class)

Reference #: C22WS18



Qigong: Relax and Renew

Qigong is rooted in the ancient Chinese practice of life force (qi) and work (gong). The essence of Qigong is gathering and moving subtle energy through slow, graceful, embracing, and meditative movements. This helps to circulate qi, both internally and externally, bringing together movement, intention, and breath. Don offers positive affirmations and encourages participants to bring their own in order to enhance the vitality of body, mind, and spirit.

Facilitator: *Don Liedel* is a certified level one Qigong instructor and a longtime member of First Unitarian Portland. He is a leader with the Men's Community and serves on the Adult Programs Committee.

Details: Six Thursdays: Apr. 5 (free trial session), 12, 19, 26, May 3, and 10; 7:15 – 8:15 p.m.

Fee: \$20

Reference #: C19WS18

Breema: The Art of Being Present

Breema® bodywork and Self-Breema® exercises are simple and effective ways to harmonize the body, mind, and feelings, and live in the present moment. Nurture your self-understanding and explore tools for participating fully in daily life. Wear loose, comfortable clothing and wear or bring socks; we'll be working on carpet. Feel free to bring a yoga mat and sitting cushion; there will be some mats available. Breema is easy and playful, an expression of life in harmony. We invite you to join us for a taste of Breema. For more info, see www.breema.com.

Facilitators: *Ruth Lane* has been a Certified Breema Practitioner, Self-Breema Instructor, and Oregon LMT for over 15 years. She's been a member of First Unitarian Portland for a year and appreciates the diversity, inclusion and the many ways we nurture our spirits here.

Linda Livermore is an LMT, a CPA, and has been a student of Breema since 2001, "I practice Self-Breema along with a daily yoga practice to quiet my mind and rejuvenate my body."

Details: Three Alternating Tuesdays: Apr. 24, May 8, and 22; 10 a.m. – 12 p.m.

Fee: \$10

Reference #: C27WS18



TRANSITIONS AND GROWTH

Survival Lessons: Reclaiming Your Life After Loss

When we've lost someone we love or experienced another significant loss, we are changed. This four session class will focus on telling our stories and identifying ways to experience healing and transformation. Using group discussion and educational support, participants will explore attitudes toward grief, understanding the grief process, coping and expectations, identifying resources, and finding a spiritual path to healing. Whether you are grieving a recent loss or a loss of years ago, we welcome you.

Note: It is preferred that new participants do not join beyond the second session. If you are in this situation, please contact Rev. Mary Gear at 503-228-6389 ext. 132.

Facilitators: **Rev. Wendy Fish** is a retired Unitarian Universalist (UU) minister who served two congregations and was a hospital chaplain. **Kristin Guest** is a lifelong UU, now a member of First Unitarian Portland. She has survived significant deaths in her own life and co-facilitates an adult grief group at Portland's Dougy Center.

Details: **Four Sundays: Apr. 8, 15, 29, and May 6**
10:45 a.m. – 12:15 p.m. (no class Apr. 22)

Fee: None

Reference #: C21WS18

Living Your Life with Intention

We will explore possible answers to Mary Oliver's invitation, "Tell me, what is it you plan to do with your one wild and precious life?" through design principles – exploring curiosity, reframing, staying in process, trying stuff, and practicing collaboration. Participants will keep a journal; maintain a daily practice; and design, try, and reflect on at least one new way of living your precious life. The class will involve discussion and practice. Homework will be assigned. Please get a copy of [Designing Your Life: How to Build a Well-Lived, Joyful Life](#) by Dave Evans and Bill Burnett.

Facilitator: **The Rev. Duane Fickeisen** is a retired UU parish minister and member of First Unitarian. He's designing the second phase of his retirement.

Details: **Four Thursdays: Apr. 26, May 3, 10, and 17**
7 – 9 p.m.

Fee: None; book available in church Beacon Bookstore.

Reference #: C29WS18

Sign up online:
<http://tinyurl.com/1stCh-Registration>

Transitions: Resilience to Support Change

We will explore transition as an active verb. How can we build and sustain our capacity for resilience? In a safe, confidential small group we will experiment with movement, collage, meditation, and other art forms to discover what suits our own individual styles best.

Facilitator: **Sophia Douglas** is a member of First Unitarian, an elder and spiritual guide. She has taught classes on transitions and co-led the February women's retreat.

Details: **Four Thursdays: May 3, 10, 17, and 24**
1 – 3 p.m.

Fee: None

Reference #: C30WS18

SPIRITUALITY AND PHILOSOPHY

Four Expeditions in Ethics

Advancements in medical care raise new ethical questions. This class will explore four scenarios, one per session. Readings will be provided.

1. Are the requirements of professional ethics—legal ethics, medical ethics, etc.—ever inconsistent with the requirements of “ordinary morality”? If professionals may have to violate moral rules, is it wrong to become a professional?
2. Are there any situations in which medical euthanasia is excusable?
3. In the United States, prison inmates alone have a Constitutional right to health care. Should this be so?
4. Today, expert witnesses testify in ethics-related court cases and clinical ethics consultants work in hospitals. Can ethics “experts” have justifiable moral authority?

Facilitator: **Kenneth Kipnis** is a former professor who has spent decades working in healthcare ethics. He has explored situations from an ethical perspective in the classroom, the hospital, and the courtroom. He has delved deeply into medical ethics and written “field reports” on what he has learned, which he is eager to share.

Details: **Four Thursdays: Mar. 22, 29, Apr. 5, and 12**
1 – 3 p.m.

Fee: \$20

Reference #: C15WS18



Topics in the Philosophy of Religion

Philosophy in the West and religion in the West have often been entwined and sometimes stood in opposition. We will take up a selection of topics typically included in college-level Philosophy of Religion classes. Over four weeks we'll discuss: 1) Reason in the service of Belief: arguments about the existence of God. 2) Religion in the Age of Reason: Deism and Pantheism 3) 20th Century skepticism and doubt: Russell and Kurz. 4) Beyond Patriarchy: the feminist challenge to traditional theology. Class meetings will include lectures and discussions. Reading material will be provided.

Facilitator: **Andy Simon** is a First Unitarian Portland member and a retired professor of western philosophy and ethics.

Details: Four Tuesdays: Apr. 3, 10, 17, and 24; 7 – 9 p.m.

Fee: \$20

Reference #: C18WS18

ACTING FOR JUSTICE

Engaging Race *with Cameron Whitten*

Engaging Race is a five week, dynamic learning experience that leverages a peer-based, popular education model to address racial inequality. Through interdisciplinary activities and collaborative strategy, we help participants challenge themselves and build their power as organizers for justice.

Facilitator: **Cameron Whitten** is a civic entrepreneur, storyteller, and a community activist. He has almost a decade of leadership with nonprofit, civic, and political causes, such as Occupy Portland, Know Your City, and Portland's Resistance. He currently works as an Advocate with the East Portland Action Plan. He has provided trainings and workshops for staff and volunteers with organizations such as Oregon Student Association, PFLAG Portland Black Chapter, Upstream Public Health, Oregon Climate, Economics of Happiness, Coalition for a Livable Future, Reedies Against Racism, Reconciling Works NW, Portland State University Queer Resource Center, the Bridge PDX, and the Oregon Center for Human Rights.

Details: Five Tuesdays: Apr. 3, 10, 17, 24, and May 1
6:30 – 9 p.m.

Fee: \$75

Reference #: C16WS18



Intersectionality

The work of justice requires that we develop the ability to use more than one lens, because we all have more than one identity, and understand the lenses that we are familiar with and those we are not. Together we will explore how to use the reality of intersectionality as a resource in our work for justice and as we build the beloved community. We all have more than one identity. Race, Gender, Age, Ability, Orientation and other identities all shape who we are. Justice work that uses only one identity (race, for example, or gender) can make the lived experience of many of us invisible. Together we will explore how to use the reality of intersectionality as a resource as we work toward the Beloved Community.

Facilitator: **Rev. Bill Sinkford** is senior minister at First Unitarian Church-Portland.

Details: Two Sundays: Apr. 15 and 22; 1 – 2:30p.m.

Fee: \$10

Reference #: C24WS18

Daring Democracy

Daring Democracy by Frances Moore Lappe and Adam Eichen was written to counter the despair felt by many activists at this stressful time in US history. It's recommended reading for all UU congregations as the Common Read for this year. To prepare for this two-hour discussion we'll read only Part One, which consists of the first two chapters. We'll explore our deepest personal beliefs about the importance of democracy in our lives. We'll draw from some of our shared UU Principles and Purposes as one framework. Our goal will be for each participant to articulate and reconnect with the hope at the core our activism, and to appreciate that true democracy is the means we have to bring about the changes we seek. Please complete the assigned reading before the class takes place. After this meeting, the group will decide about continuing together to complete the book.

Facilitator: **Stan Jewett** is a long-time First Unitarian Portland member whose interests include denominational affairs. He loves working with UUs from many different congregations. **Rev. Katherine Jesch** is a community minister affiliated with First Unitarian Portland. She serves on the leadership team of the Social Justice Council and works with the Community for Earth and the Immigrant Justice action groups of First Unitarian Portland.

Details: Thursday: Apr. 19; 7 – 9 p.m.

Fee: None; book available in church Beacon Bookstore.

Reference #: C25WS18

Racial Justice Study Groups

Once again, Adult Programs and the Social Justice Program together offer several opportunities to further our knowledge, skill, and understanding of white supremacy culture and the work we are called to do to create beloved community.

Each facilitator of a Book Discussion Group has chosen a racial justice themed book to read and discuss. The next offering for this term is listed below.

There are also several more opportunities to deepen your understanding of white supremacy and the role of race in our culture. In addition to classes and presentations, we are partnering with Cameron Whitten as he brings his wisdom and experience to an exploration of the history of white supremacy and how it carries into the present (see previous page).

Book Discussion Group on Cuz: The Life and Times of Michael A.

This is a book both personal and scholarly as Danielle S. Allen explores why her 15-year-old cousin found himself in prison and what the prison-industrial complex looks and feels like. This is a story of coming of age, for the author and her cousin, and how we as a nation have lost a generation of young people.

Facilitator: **Helena (Lena) Lee**, now retired, worked professionally as a Clinical Nurse Specialist in Mental Health; she served as a Lay Minister and on the Board of Trustees and has been facilitating a monthly Caregiving Support Group at First Unitarian for over a decade. She has worked on racial and immigrant justice for several years.

Details: **Thursday, Mar. 29; 7 – 8:30 p.m.** Group may plan subsequent sessions together if desired.

Fee: None; book available in our church Beacon Bookstore.

Reference #: C17WS18

UNITARIAN UNIVERSALIST LIFE

Path to Engagement

This informal class, led by one of our ministers, is offered frequently and includes a tour of our campus. If you're new to our faith, this is a good place to begin your journey. If you are a long-time Unitarian Universalist, this is a chance to get to know more about this particular congregation, its history, and what it means to be a member. This is a chance to meet other newcomers and learn more. Be sure to bring your questions.

Facilitator: First Unitarian Church-Portland Minister

Details: This one-time class is available on:

Sunday, Apr. 22, 1 p.m. *or*

Wednesday, May 30, 7 p.m.

Fee: None. Register at the Newcomer's Table in Fuller Hall on Sundays or drop-in.

Reference #: n/a



Sign up online:

<http://tinyurl.com/1stCh-Registration>

Building Community at First Unitarian Church

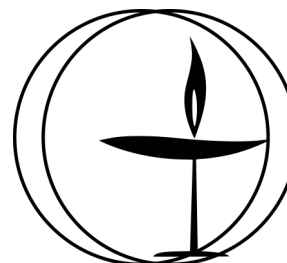
Are you new to First Unitarian and not yet feeling connected? Are you a regular attender and want to make more connections? This group is designed for just that! We will explore our spiritual needs, have group discussions, and strengthen our connections to First Unitarian Portland. We hope to build group bonds such that the group will continue after the class is over.

Facilitator: **Lil Hosman** has facilitated many Covenant groups at First Unitarian Portland and has many years experience with group facilitation as well as a pretty good sense of humor, too.

Details: Six Fridays: Apr. 6, 13, 20, 27, May 4, and 11
1 – 2:30 p.m.

Fee: None

Reference #: C20WS18



SPECIAL EVENTS



Annual Sewell Lecture **Jacqueline Keeler**



Thursday, Apr. 12, 7 p.m.

Main Sanctuary, First Unitarian Portland

\$5 - \$20 sliding scale, at the door

Standing Rock to the Bundy Standoff: Occupation, Native Sovereignty, and the Fight for Sacred Landscapes

The lens through which we see “our” America and our understanding of history often excludes lived and historical experiences of other peoples. It is this “exclusivity of viewpoint” that the two “standoffs” illustrate: how the Standing Rock Sioux Tribe understands its history and its rights as a nation versus that of the Bundy family and their armed supporters who faced off against their own federal government while carrying copies of the U.S. Constitution in their shirt pockets. Both groups resist the threat of “imperial power,” though viewed differently, and both are defined by perceptions of their roles in the story America tells itself about itself. And so it is, that “cowboy” versus “Indian” meet with starkly different degrees of success.

Jacqueline Keeler is a Diné (Navajo) and Dakota writer living in Portland, Oregon. She is the editor of the new anthology [Edge of Morning: Native Voices Speak for the Bears Ears](#) and the author of the upcoming book [Standing Rock to the Bundy Standoff: Occupation, Native Sovereignty, and the Fight for Sacred Landscapes](#).

Waking Finn Mac Cool:

Tales of Ireland's Greatest Poet Warrior

Friday, Apr. 13, 7:30 p.m.

**Buchan Reception Hall
First Unitarian Portland**

An Evening of Storytelling with Will Hornyak

See page 5 for more information.

Frontline Communities on Environmental and Climate Justice: A Just Transition

Saturday, Apr. 14, 10 a.m.

**Doors open at 9 a.m. with Info Fair.
Program from 10 a.m. to 12:30 p.m.**

**Eliot Center, First Unitarian Portland
Free Event**

Climate change historically and disproportionately impacts marginalized communities globally and right here in Portland. Devastating climate-related disasters have already ravaged low-lying regions of Asia and Oceania and rural regions of Africa and South America. We see similar affects here in North America, too.

Yet efforts to address the global impacts of our extractive economy and forge new ways are rarely driven by those most directly and adversely impacted. There is a better way to transition our economy to be regenerative, one that frontline communities lead. We need a Just Transition.

Join Frontline organizations that are fighting for a Just Transition to explore the impact of environmental and climate change in Portland and Oregon. We'll explore the environmental issues most pressing to these communities and learn about how the Just Transition model for environmental and climate justice is being and can be applied.

Panelists include:

Maria Hernandez of OPAL

Rev. E.D. Mondaine of the NAACP Portland Branch

Jacqueline Keeler

White Ally Toolkit Workshop with Dr. David Camp

Saturday, Apr. 21, 9 a.m. – 12:30 p.m.

Fuller Hall, First Unitarian Portland

The White Ally Toolkit Project focuses specifically on helping white folks have more effective encounters with white friends, co-workers and family who are skeptical that racism is a problem. Applying current research on persuasion, this three-hour interactive workshop leaves participants with concrete skills for using your own racial background as a tool to advance racial equity.

Dr. David Camp worked for the White House on the Clinton Administration's Commission on Race. He was called to Charlottesville after the violence there last summer to help begin the healing process. He leads workshops nationally to equip more people with essential skills for building beloved community.

Note: This is a rescheduled event from February that was cancelled due to inclement weather.

For registration info contact: chadbeyer@gmail.com

Living with Dementia Workshop

with Rev. Jane Dwinell and Skye Yardley

Saturday, Apr. 21, 9 a.m. – 12 p.m.

Floor 2B, First Unitarian Portland

\$10 – \$15 sliding scale

Register: www.tinyurl.com/Dementia-Workshop-PDX

Five million people in the United States are living with dementia, and it is the sixth leading cause of death. The Living with Dementia workshop is for people who have dementia, their care partners, and anyone else whose life is affected by dementia. Members of congregations' Pastoral Care teams are especially encouraged to attend. Learn the signs and stages of dementia, how best to interact with people with dementia, and how to make your congregation dementia-friendly. Open sharing, small group work, and role plays will be part of the workshop. Come and help erase the stigma of dementia.

The **Rev. Jane Dwinell** and **Sky Yardley** have been living with dementia since Sky's diagnosis of early stage Alzheimer's disease in the summer of 2016. They are traveling the country leading worship services and workshops in order to facilitate greater understanding of dementia. Visit their blog: alzheimercanyon.blogspot.com.

First Principle Project Discussion

May TBD

Room B302/303, First Unitarian Portland

Free Event

Our UU Seven Principles were written as shared aspirations for a vision of what we want to become. Within that definition, we are asked to periodically reconsider whether they truly serve to achieve our intended goals. The purpose of this discussion group is to allow members of our congregation to reflect on whether we adequately identify and address the roots and embedded traditions of oppression in ourselves and the greater world. In particular, participants will consider whether the Principles may be too human-centered, in a world on the brink of environmental collapse. Optional reading is the essay on the First Principle by Marilyn Sewell in the book, [With Purpose and Principle](#) and web search the First Principle Project as described by Rev. Dr. LoraKim Joyner. Facilitator, **Stephanie Kaza**, is a member of First Unitarian, is a writer, a practicing Soto Zen Buddhist, and an active proponent of religious dialogue.

Facts & Myths: Immigration

with Sarah Loftin of Loftin & Masri Law

Sunday, Jun. 10, 1 – 2:30 p.m.

Group Soup starting at 12 p.m. preceding the class.

**West Hills UU Fellowship
8470 SW Oleson Rd., Portland**

Free. Donations appreciated to benefit *Defensa de la Dignidad*, an organization providing legal representation to immigrants.

Co-sponsored by West Hills UU Fellowship and the Immigrant Justice Action Group of First Unitarian.

Pie & Poetry Reading

Thursday, Jun. 14, 6:30 – 8:30 p.m.

Buchan Reception Hall, First Unitarian Portland

Come enjoy an end-of-year celebration featuring delicious words and lyrical pies. Listen to First Unitarian poets read from the best of their year's work while you have a slice of homemade pie! **Please bring \$5 or a book of poetry as a donation to the church libraries.** We will serve pie, coffee, tea, and poems.

On-going opportunities for spiritual practice:

Contemplative Practice Group

Second and fourth Tuesdays, 6:30 – 8 p.m., room A301. Offers a regular opportunity for building community through silent meditation, mindfulness poetry, and deep discussion on Church themes. Questions? Contact Ron Walker at ronjw@me.com.

Meditation Group

Wednesday Night Meditation Group continues every Wednesday, 7 – 8:30 p.m., Eliot Chapel. Beginners welcomed. Questions? Mary Ann Harman at maharman1@msn.com.

Sunday Morning T'ai Chi Chih Practice

Sunday morning T'ai Chi Chih, 8:15 – 9 a.m.; check the sign board in the Buchan building for meeting locations. Questions? Email Betsy Riddell at bet_ter@yahoo.com.

SPECTRUM:

LGBTQIA Spirituality Discussion Group

Meets 2nd and 4th Thursdays, 7 – 9 p.m., Room B101 Recognizing that folks in the LGBTQIA community have varied and unique experiences with spiritual journeying, this ongoing discussion group aims to provide a welcoming, safe forum for exploration and deepening.

Please note: In order to create a safe space for folks to share openly, this group is reserved for those who identify as LGBTQIA. Friends and allies, we respectfully request this space be held so. Thank you.

Facilitator, **Crystal Zerfoss**, is Intern Minister at First Unitarian Portland.

Nourishing the Spirit: Spiritual Practice for the Long Haul

Last Saturday of each month, 10:30 a.m. – 12 p.m. (may be the 4th or 5th Saturday).

In a world of violence, injustice, and loss, the spirit struggles to stay hopeful. Many practices such as meditation, journaling, and exercise, help us stay strong, but many of us feel burned out, discouraged, and exhausted. In this workshop we'll experience collective practices to strengthen the bonds among us. In community we reawaken the hope, imagination, and passion that sustains us as we work to build the world we see in our dreams.

Facilitator, **Rev. Katherine Jesch**, is a community minister affiliated with First Unitarian Portland, primarily focusing on environmental and social justice issues in the congregation and the larger community.

Keep this for your records or post it on the fridge as a reminder! **Questions?** Call 228-6389, ext. 132 or 232

Date you registered: _____ Paid Cash Charge Check # _____

Class: _____ Date of first class _____ Reference # _____

Class: _____ Date of first class _____ Reference # _____

Class: _____ Date of first class _____ Reference # _____

Adult Class Registration Form *Payment must accompany your registration in order for us to reserve your space.*

Mail payment with form to: **First Unitarian Church Office – 1034 S.W. 13th Avenue, Portland, OR 97205**

Name _____ Date Registered _____

Email _____ Phone _____

Address _____ Zip _____

➤ Class/Retreat _____ Ref. # _____ Fee \$ _____

➤ Class/Retreat _____ Ref. # _____ Fee \$ _____

➤ Class/Retreat _____ Ref. # _____ Fee \$ _____

Total \$ _____

Check enclosed. Make check payable to *First Unitarian Church*. **Include class reference # on check.**

VISA MC Card # _____ Exp. Date _____

Signature _____