Welcome to Paths to Engagement — Fall 2018!

What you'll find in the pages that follow will be many opportunities to make connections. You'll find classes and retreats, special worship opportunities, small group ministry and more. Our year-long theme this church year is “finding our moral compass,” a statement that comes out of our church vision statement. And alongside that yearly theme will be monthly themes, listed below. Whether this has been your church home for a long time or you are a first-time visitor, we hope you will find ways to connect and to grow.

If you have been around for a while, you may notice a few changes in what has formerly been called the Program Guide. We have worked to feature the larger programs of the church. We are choosing not to charge a fee for many of our classes. For some classes, we charge fees to help us cover the costs of facilitation and supplies for all of our classes. But most of our administrative and program costs are funded by your pledges. Whether or not you are a member of First Unitarian Portland, please consider making a pledge to support the programs that we offer. And also, please remember that we offer scholarships to support everyone’s participation. We want our programs to be available to everyone.

Finally, it’s my pleasure to introduce Kerry Heintze, our new Program Assistant for Membership and Adult Faith Formation. She will play a pivotal role in coordinating many of the activities in this guide. Feel free to stop by the Adult Faith Formation Table and say hello.

We are glad to be on this journey together.

Blessings,

Rev. Thomas Disrud
Associate Minister

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**Fall/Winter 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 faith formation offerings around them.

**September: Integrity**

**October: Mutuality**

**November: Accountability**

**December: Listening**

**January: Transition**

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Church Office
1034 S.W. 13th Avenue
Portland, Oregon 97205  503-228-6389
www.firstunitarianportland.org

Rev. Bill Sinkford,
Senior Minister

Rev. Thomas Disrud,
Associate Minister

Rev. Mary Gear,
Acting Assistant Minister

Mira Mickiewicz,
Intern Minister

Kathryn Estey,
Church Administrator

DeReau Farrar,
Director of Music

Cassandra Scheffman,
Director of Family Ministries

Dana Buhl,
Director of Social Justice

Nicole Bowmer,
Associate Director of Family Ministries

Nikki Beezley,
Program Assistant for Social Justice and Family Ministries

Kerry Heintze,
Program Assistant for Membership and Adult Faith Formation

First Unitarian Portland
Mission and Vision Statements:

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

“First Unitarian Church is a beacon of hope for us and for our community, a spiritual center in the heart of our city that helps each of us to find our moral compass, calling and challenging us to build the beloved community with an ever deepening sense of spirit, diversity, and inclusion.”
### At a Glance: Classes, Retreats, & Small Group Ministries

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Yom Kippur Service  
**Tuesday, Sept. 18, at 7:00 p.m. in Eliot Chapel**  
This Unitarian Universalist Yom Kippur service marks the High Holy Days in the Jewish tradition. This reflective and prayerful service will include a litany of atonement and forgiveness as well as special music by First Unitarian’s Chamber Choir. Open to people of all faith backgrounds.

All Souls Requiem Service  
**Sunday, Nov. 4, at 7:00 p.m. in Eliot Chapel**  
In recognition of All Souls Day, in this reflective service, we will make space to remember those in and around our community who have died in the past year with the music of Luigi Cherubini’s *Requiem in C minor*, presented by the Unitarian Choir and orchestra, interspersed with moments of silence and candle lighting, and a sung list of the names of the deceased. All are welcome. Please join us.

Winter Solstice Service  
**Friday, Dec. 21, at 7:00 p.m. in the Sanctuary**  
This service for all ages will mark the Winter Solstice - when we mark the longest night-and the return of the light. We will ask “What do we give to the night?” and celebrate the special gifts of darkness and light in our lives.

Annual Christmas Pageant  
**Sunday, Dec. 23, 11:15 a.m. in the Sanctuary**  
Join us for this annual holiday tradition that dates back to 1924. Complete with holy family and a full cast of characters—even camels—we celebrate the Christmas story in word and song.

**Christmas Eve:**

**Family Service**  
**Monday, Dec. 24, at 4 p.m. in the Sanctuary**  
This service planned especially for families and children for Christmas Eve. A time for stories, music and singing.

**Candlelight Services**  
**Monday, Dec. 24, at 8 p.m. and 10 p.m. in the Sanctuary**  
Join us for our traditional Christmas Eve Candlelight services. We will celebrate Christmas with words, music, singing, and candle lighting.
Special Events

#MeToo Follow-ups

Women’s Circles
If you identify as a woman and are interested in connecting with other women to explore your experience of patriarchy, you are invited to participate in a #MeToo reflection circle. These circles are intended to make connections between women and deepen spirituality through our understanding of ourselves and the world. If interested, we ask that you commit to all four sessions in order to foster community and build relationships.

Details:

**Sunday Group:** 1 p.m. to 3 p.m., 9/30, 10/7, 10/14, 10/21.  
**Facilitators:** Maxine Lathrop and Linda Fitzgerald

**Monday Group:** 7 p.m. to 9 p.m., 10/8, 10/15, 10/22, 10/29.  
**Facilitators:** Ronnie-Gail Emden and Leslie Comnes

**Tuesday Group:** 1 p.m. to 3 p.m., 10/9, 10/23, 11/6, 11/21.  
**Facilitators:** Ellen Howard and Alice Ringquist

**Registration:** Please e-mail Kerry Heintze, kheintze@firstunitarianportland.org. Include your name, e-mail address, phone number and your preferred group. There is no charge and child care is provided given notice in advance with registration.

Men’s 1/2 Day Workshop
Does #MeToo really have something to do with me...too? After all, I'm no Harvey Weinstein! The First Unitarian Men's Community is sponsoring this ½ day Workshop to explore this and other questions related to the #MeToo movement.

This workshop is for individuals who identify as male. We will reflect on the male cultures in which we were raised and discuss the need to recovenant with the women in our lives in response to the December #MeToo service and broader issues raised by the #MeToo movement. During this intergenerational workshop, we will examine our past, present, and future roles as partners, fathers, sons, and grandfathers. Using video clips and guided questions as prompts, we will focus on personal reflections in small group breakout sessions followed by whole group sharing. A resource list on #MeToo will be provided to encourage further study, discussion, and action.

**Facilitators:** Bob Bonner, Don Liedel, Dick Grant and Michael Krauss of First U’s Men Community (a forum for men to share life experiences, learn from one another, develop new friendships, support one another, and serve our communities)


**Details:** Saturday, Oct. 27 from 9 a.m. to 1:30 p.m.  
**Fee:** There is no charge and child care is provided given notice in advance. Register online or at Men’s Community table in Margaret Fuller Hall on Sundays.

**Prerequisite:** Before the workshop, please view the December 10 #MeToo service at:  
http://www.firstunitarianportland.org/services/12345-i-believe-you-23456789/  
**Reference #:** R1F18
Election Night Nov. 6, 2018
We will come together as a community on the night of the mid-term elections from 5 to 9 p.m.
- Join us in the Eliot Chapel where we will make a space for prayer and reflection.
- Join us in the Buchan Reception space to watch election returns together.

Special Events

Just Scary Enough
A Family Friendly Samhain Celebration of folktales and legends guaranteed to put just a little chill in the bones.

Saturday, Oct. 20 from 2 to 4 p.m.
Margaret Fuller Hall, –no cost

Join storyteller Will Hornyak as he weaves together a wide variety of tales from Native American legends and Irish myths to lively participation stories for all ages. Will was named Young Audiences Artist of the Year by Young Audiences of Oregon and SW Washington.

Tales From the Celtic Otherworld (For Mature Audiences 14+)
Friday, Oct. 19 at 7 p.m. in Buchan Room
Doors open at 7 p.m., $15 cash at the door

Storyteller William Kennedy Hornyak casts a spell with bone-chilling traditional tales from Ireland and Scotland. “Storyteller par excellence...endless wit, boundless enthusiasm.” The Oregonian

Reservations highly recommended:
Please contact, hornyak.will@gmail.com or call, 503-697-5808 to reserve your seat.

Michael Meade
Truth and the Living Soul
Thursday, Sept. 27, 7 p.m.
Doors open at 6:30 p.m.

Meaning is essential to the human soul and the current loss of meaning and denial of truth imperils the heart and soul of human culture. This is an event about the necessity of meaning and making soul at a time when the world seems to be losing its soul.

Using ancient stories and compelling insights, Michael Meade shows how soul can be recovered and people can learn to “live in truth.” Living in truth involves the vitality of the soul, the core powers of imagination, and the ancient inheritance of humanity. Changes at the level of the individual soul can generate the collective energy needed to change the conditions of the world. Join us for an evening of surprising ideas, a soulful and mythological view of current affairs and a resounding collective call to find unity and wholeness in this time of conflict and confusion.

TICKETS: $15 and can only be purchased directly on Michael Meade’s website: http://www.mosaicvoices.org/

NEW BOOK
Michael Meade will draw from themes in his new book, Awakening the Soul and be available to sign copies at this event.
First Connections
This informal class, led by one of our ministers, is offered frequently and includes a tour of our campus. If you are 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 Minister
Details: Sundays, Sept. 23, Oct. 21, or Nov. 18 at 1 p.m.
Fee: No charge.
Registration: Please register at the Adult Faith Formation Table in Margaret Fuller Hall on Sundays or contact Kerry, kheintze@firstunitarianportland.org. Drop-ins are welcome.

First Unitarian History Tour!
Portland’s history is interwoven with Unitarian history. First Unitarian members were instrumental in the early development of our city, in the establishment of the Portland library, the development of the Humane Society, and the founding of Reed College. This walking tour will cover First Unitarian Church and Portland history from our pioneer beginning in 1866 to the present. We begin in and around our church buildings, stroll through the Park Blocks and into Downtown to visit sites important to our church story. You will learn about our early leaders and important milestones in our long history here in Portland. This tour is wheelchair accessible and is held rain or shine.

Facilitator: Kate Brickey is a First Unitarian Portland member and a volunteer with Urban Tour Group.
Details: Sunday, Oct. 14 from 12:45-2:45 p.m.
Meet at the Adult Programs table in Fuller Hall.
Fee: $10 per person / $15 per family
Reference #: EFall10

Q and A with Rev. Bill Sinkford
Bring your questions about First Unitarian Portland, Unitarian Universalism, theology—whatever is on your mind—to ask Rev. Sinkford

Facilitator: Rev. Bill Sinkford is senior minister at First Unitarian Portland.
Details: Sunday, Oct. 14 from 1-2 p.m.
Eliot Chapel.
Fee: No charge.
Reference #: F36, Drop-ins are welcome.

What’s Love Got to Do with It?
How can we trust the power of Love when Love does not always win? We will look for wisdom in the different ways Unitarians and Universalists have understood Love and search for ways our theology can embolden and support lives of integrity and joy.

Facilitator: Rev. Bill Sinkford is senior minister at First Unitarian Portland.
Details: Sundays, Oct. 7 and 21 from 1:15 to 2:45 p.m.
Fee: No charge.
Reference #: F37, Drop-ins are welcome.

UU Board Forum
Come and meet members of the Board of Trustees and bring your questions about the church and the Board and its work.

Details: Sunday, Nov 4 from 10:30-11:15 and 12:30-1:15 p.m.
Fee: No charge.
Registration: Drop-in.
Yoga Retreat 2018: Yoga for Body and Spirit

Yoga is the union of mind, body, and spirit. Through practice one can develop calmness, balance, and restorative energy. In this retreat we will stretch, relax, and enjoy time together in a peaceful setting.

This is an inclusive gentle yoga and we welcome people with a wide variety of physical differences, mobility needs (including wheelchairs), and bodies. Postures will be adapted to fit your individual needs and levels of comfort.

In keeping with the church theme for the year, "Setting Your Moral Compass," yoga wisdom will be shared that supports practitioners in their commitment to an ethical life.

Facilitator: Linda Nelson is a certified TriYoga instructor and is registered with Yoga Alliance. She is an active member of First Unitarian Portland and teaches at her home studio.

Co-Facilitator: Jan Kelley is a Certified Yoga Instructor through the Yoga Alliance in the Yogalign method. She has practiced yoga for over 30 years and has assisted at UU Yoga retreats since 2009.

Details: 1 night, Friday, Nov. 30 and Dec. 1 at Alton Collins Retreat Center in Eagle Creek, OR.

Fee: $125, lodging and three meals included.

Reference #: R1F18

Women’s Retreat: Practicing Balance, Discovering Presence

Join women of all ages and backgrounds for a weekend of reflective activities, being in community and peaceful time away exploring Menucha Retreat Center in the Columbia River Gorge. We’ll gather for six meals between Friday evening and Sunday afternoon and for our group sessions with plenty of time in between to just be. First Unitarian Portland’s Women’s community annual retreat is a longstanding tradition offering fellowship and spiritual growth. This year we will focus on Sabbath, your weekly ritual of making sacred space for renewal and connection that balances the rhythm of life and offers a deeper sense of self. Inspired by an interfaith, personal approach to this universal tradition, a Sabbath practice will enrich your life no matter where you are on your spiritual path.

Facilitator: Jules Williams, MA, APR, is an engaging, enthusiastic facilitator and First Unitarian Portland attendee since 2011 who was raised in Portland during the New Age movement and continues to practice an interfaith approach. Jules has led and participated in 50+ retreats related to personal spirituality and conscious living.

Details: Friday, Feb. 15, 4 p.m. check-in through Sunday Feb. 17, 2 p.m. check-out. Menucha Retreat Center located in Corbett, OR

Fee: $225, 2 Nights lodging and six meals included.

Reference #: R2F19
**Upcoming Retreats**

### Spirit of Life Family Weekend
Join other Learning Community families for a weekend of shared activities, community-building, and just plain fun on the Oregon coast at beautiful Camp Magruder. We begin on a Saturday, giving families plenty of time to prepare and make the drive. We’ll have dinner that night followed by an orientation. Sunday morning includes an in-gathering with lots of time throughout the day to play. We ask that your oldest or only child be at least in kindergarten to attend.

Imagine getting away with your family to an idyllic setting on the coast, where all your meals are provided and your only responsibility is to relax and get to know the other First UU parents better. Even your kids form into bands of like-aged new friends (or friends from their Religious Education classes) and roam the property safely, with nothing but their own imaginations to entertain them. This is what Family Camp has been for us, and it’s now a tradition that we’d like to continue until they graduate from high school.

~The Lavenue Family

It’s such a special time to get to know other families and we’ve watched the kids grow up over time. When we see each other at church, we can usually even remember each other’s names ... something that’s hard to do without this special bonding we have at camp.

~The Galloway Family

**Details:** Saturday through Monday, March 23-25, 2019  
**Fees:** Adult $140, Teen 13-17 $120, Child 9-12 $110, Child 5-8 $ 75, Scholarships Available.  
**Registration:** Space is limited. DEADLINE: March 3, 2019. For questions and to register, please contact: Cassandra Scheffman, cscheffman@firstunitarianportland.org

### Men’s Retreat
Join us for the annual retreat of the First Church Men’s Community. We will make space for spiritual growth, for community and ritual.

**Details:** Apr. 26-28. Camp Magruder, Rockaway Beach, Oregon coast  
**Fee:** TBA. Includes lodging (shared sleeping quarters) and meals. Scholarships available.  
**Reference #:** Registration will open in 2019.

### Day of Mindfulness Retreat
“When we are mindful, deeply in touch with the moment, our understanding of what is going on deepens.” -Thich Nhat Hanh

With the support of the community, we can cultivate peace and joy within and around us, as a gift for all beings. Activities of the day will include guided meditation, a silent meal, walking outdoors or on the labyrinth inside, listening, responding to the teachings, and deep relaxation. We will make prayer flags and draw on the strengths of our spiritual ancestors in the practice of Touching the Earth. Enjoying the fruits of engagement we can generate peace and focus to walk back out into the world.

**Facilitator:** Katie Radditz is a student and member of Zen master Thich Nhat Hanh’s Order of Interbeing. She has taught Buddhism and Mindfulness at First Unitarian Church with Rev. Bob Schaibly.  
**Details:** Friday, Oct. 26 from 9:00 to 3:00 pm.  
**Fee:** $30, Vegetarian lunch is included with fee.  
**Reference #:** RF42

### Body & Soul

#### T'ai Chi Chih: Joy Through Movement
T'ai Chi Chih is a series of 19 movements and one standing posture that help circulate and balance the intrinsic energy (Chi) within all of us. These easy-to-learn movements will be taught in one-hour classes and have a cumulative effect. T’ai Chi Chih is beneficial for all body types and abilities. We will also learn a seated version of the practice.

**Facilitators:** Neal Roy is an accredited T’ai Chi Chih teacher since 1996. Currently he leads a practice at the Chinese Garden the second Saturday of each month.  
**Banks Upshaw** is an accredited T’ai Chi Chih teacher, lifelong Unitarian, and member of First Unitarian Portland.  
**Details:** Eight Tuesdays; Oct. 16 (free trial session), 23, 30, Nov. 6, 13, 20, 27, Dec. 4 from 6-7 p.m.  
**Fee:** $25  
**Reference #:** EFall02
Transitions and Growth

Aging Solo
Many of us aging into our later years are doing so alone. Family members may not be near or available to rely on as our needs change. Through reading, writing, and connecting with one another, we will examine the freedoms and the challenges in aging on our own, managing our health, preparing for the unknown in the years ahead to live out our best lives. We will refer to the book, Who Will Take Care of Me When I’m Old? by Joyce Loverde in our work. We especially welcome participants with no children or family who may be looking for ways to make connections to support one another.

Facilitator: Jennifer O’ Donnell has been a member of First Unitarian since 2000. She is a Lay Minister and has participated in and facilitated Wellspring groups.
Co-Facilitator: Maina Ptolemy is a member and Lay Minister at First Unitarian. She has mentored a group for parents of teenagers and has participated in Wellspring.

Details: Four Wednesdays, Oct. 10, 17, 24, and 31, from 1-3 p.m.
Fee: No cost. Registration required.
Reference #: EFall03

The Soul of Aging Part I
The Soul of Aging is for people who yearn to explore the aging process together and who long to understand, surrender to, and be transformed by it. We will address many of the spiritual aspects of this season of our lives, including questions of forgiveness, our spiritual development, what aspects of ourselves are still yearning for expression, our relationship with time, how to love and serve others, and the notion of befriending our own deaths. Utilizing the Circle of Trust® method of creating a safe space for sharing, these sessions invite you into a transforming and healing level of honesty, self-disclosure and deep listening.

Soul of Aging Introductory session – Thursday, October 18, 9:30 a.m. – noon
We will explore the ten themes of The Soul of Aging program and experience the first theme, Calling in the Ancestors: Visions of Aging in depth. The introductory session will give you a sense of what the program is about and allow you to discern if it is something that calls to you. After the introductory session, we will close the group and ask that participants commit to attending each of the four sessions that follow.

Soul of Aging Part II will be offered in the winter/spring Paths to Engagement. Stay tuned!

Facilitator: Rev. Connie Yost is an affiliated community minister with First Unitarian Portland, grounding her ministry with the Economic Justice Action Group. She has served in community ministry for the last 16 years, focused on social justice for the underserved and often forgotten — poor, disabled, very young, and elderly.

Details: Thursdays (5 days): Introductory Session Oct. 18 from 9:30 a.m.—12 p.m. Additional Sessions Oct. 25, and Nov.1, 8, 15 from 9:30-12 p.m.
Fee: $30
Reference #: EFall04

Living with Loss: How Will I Get through the Holidays?
Holiday times can be some of the most challenging times for those who are grieving a loss. Grief is difficult at any time of year. It is doubly difficult as those around us prepare to celebrate. Holidays may not be the same, yet we offer hope that holidays can still be meaningful.

This class will offer support through sharing information on the grief process, listening to your stories, suggesting ideas for holiday plans, and connecting with other.

Facilitator: Rev. Wendy Fish is a retired Unitarian Universalist minister. She served several congregations in San Diego and Columbus, Ohio, and worked in Portland as a hospital chaplain.
Co-Facilitator: Kristin Guest is a lifelong UU, now a member of First Unitarian Portland. She has survived significant losses in her own life and co-facilitates an adult grief group at Portland’s Dougy Center.

Details: Sundays (3 days), Nov. 11 and 18 and Dec. 2 from 10:45-12:15 p.m.
Fee: No cost.
Reference #: EFall05
Topics in the Philosophy of Science

A four-week course focusing on selected topics in the Philosophy of Science, including:

- The Scientific Method and Dreams of Objectivity
- "Scientific" Racism: Science Gone Astray
- Scientific Revolutions and Paradigm Shifts
- Scientific Realism and Other Mythologies

There will be readings, lectures, and lots of engaging discussion.

Facilitator: Andy Simon is a member of First Unitarian. He’s retired from teaching at Portland Community College, where he taught Western Philosophy, Logic, and Critical Thinking for more than 30 years.

Details: Tuesdays (4 days), Oct. 30 and Nov. 6, 13, and 20 from 7-9 p.m.
Fees: No cost.
Reference #: EFall314

Religions of India

This class will look at the essential elements of Hinduism and Buddhism and compare and contrast them with the western religious traditions. The class will use Huston Smith’s classic book, Religions of the World, as a guide (available in our bookstore).

Facilitator: Ron Hall is a longstanding student of comparative religions and taught Philosophy of Eastern Religions at Portland State University. He is a member of the Adult Program committee and has offered a variety of classes on metaphysical themes at First Unitarian Portland.

Details: Wednesdays, Nov. 7, 14, 28, and Dec. 5 from 7-9 p.m.
Fees: No cost.
Reference #: EFall12

Nourishing the Spirit: Practice for the Long Haul

In a world of violence, injustice, and loss, the spirit struggles to stay hopeful when many of us feel burned out, discouraged, and exhausted. It is helpful to gather in community to share our journeys and affirm each other’s experience. This monthly gathering offers collective spiritual 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. 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: Second Saturdays, October 13-December 8 from 10:30 a.m. to 12 p.m.
Fees: No cost. Please register online in advance if possible. Drop-ins are welcome.
Reference #: EFall08

Enneagram: Understanding Nine Languages of Love, Work, and Spirituality

A powerful resource for self-understanding, the Enneagram’s Nine Worldviews are used worldwide as an effective tool in psychology, spirituality, and interpersonal communication. The Enneagram reveals that all people relate with nine major personality types, each addressing unique challenges and developing specific strengths. Discovering the “lens” through which we view the world is the first step in comprehending how others may experience the world differently. This fun and educational program lays the foundation for us to understand our own personality’s gifts and challenges, to identify paths for positive connection in relationships, to develop our best work capacities, and to find spiritual paths that support our growth and development. This can be a positively transformational experience.

Facilitator: Dale Rhodes is a spiritual director in private practice, and the facilitator of the local Enneagram Portland community. He is a frequent speaker and teacher in UU congregations, has led the Eliot Institute’s summer weeklong conference as well as the First Unitarian Soul Retreat and Men’s Retreat.

Details: Saturday, Oct. 6 from 12:30-5:30 p.m.
Fees: $50
Reference #: EFall06
Savoring Sabbath: Finding Balance in Our Busy World
This four week Sabbath class is about reconnecting with what matters most to you. Long before 24/7 living, there was 24/6: A weekly ritual of making sacred space for connection and renewal, of Sabbath – no work, no plans, offline. Just being. This is how we maintain balance in life—with equal parts effort and rest. Through fun weekly activities, our weekly Sabbath Circle gatherings and your own practice, you’ll remember what it feels like to look forward to each week.

By the end of the four weeks, you’ll have the wisdom, skills and commitment for momentum on your spiritual journey (whatever that looks like for you!) and enjoy the rich gifts that a Sabbath practice has to offer you every week.

Join us as we explore and practice together, inspired by an interfaith, personal approach to this universal tradition.

Facilitator: Jules Williams, MA, APR, is an engaging, enthusiastic facilitator and First Unitarian attendee since 2011 who was raised in Portland, Ore. during the New Age movement and continues to practice an interfaith approach. Jules has lead and participated in 50+ retreats related to personal spirituality and conscious living and sees Sabbath as her “weekly retreat.”

Details: Sundays (4 days), Oct. 21, 28, and Nov. 4, 11 from 3:30-5:30 p.m.
Fee: $40
Reference #: EFall07

Veganism as a Spiritual Practice: Practical Strategies for Success
Discover the intersectional justice component of veganism and how it is relevant to our UU Principles. At a time when the desire to create connection in our lives is at an all-time high, it’s not a surprise that more individuals are shifting towards a plant-based diet. Making this change successfully starts with a strong foundation. Learn how to set up your plant-based pantry, make sauces and dressings for a variety of dishes, and discover the steps that will gratify the palate’s need for savory tastes while learning versatile and efficient recipes for any budget. This approach moves from the pantry forward, so both new and experienced cooks can become acquainted with common elements and find the inspiration to play with ingredients in new and interesting ways, while utilizing seasonal produce for fresh and satisfying meals.

Facilitator: Sabrina Louise is a lifelong Unitarian Universalist who has volunteered for the UUA since she was 11 years old. She is the Office Administrator for the UU Ministry for Earth and has been actively involved with UU youth, young adult, regional and continental gatherings, events and conferences. Sabrina currently teaches vegan cuisine at Portland Community College and the Multnomah Athletic Club.

Details: Saturday, Oct. 6th from 10-4 p.m.
Fee: $15, includes food samplings.
Reference #: EFall09
Screening of *Rikers: An American Jail*
Tuesday, Sept. 25 from 6:30-8:30 p.m. in Eliot Chapel.
FREE, donations welcome.
Come watch *Rikers: An American Jail*, a new documentary from Bill Moyers, followed by facilitated discussion. Brought to you by Ending the New Jim Crow, a Social Action Group of First Unitarian, and Ecumenical Ministries of Oregon.

Shaka Senghor
Thursday, Oct. 18, 6:30-8:30 p.m. in Eliot Chapel/Fuller Hall.
Suggested donation $10 - $25 (Free for community members impacted by the justice system)
*Shaka Senghor* is a leading voice in criminal justice reform, an author, and Senior Fellow with Dream Corps. Following his talk will be a panel discussion and reception. Presented by Ending the New Jim Crow, in partnership with The Pathfinder Network. RSVP encouraged. For more information and to register:
http://www.thepathfindernetwork.org/shaka-senghor/

Global Social Justice Coalition Luncheon on the United Nations
Sunday, Oct. 28, 1-3 p.m., Buchan Reception

Mental Health Action Group Film Series
3 Sundays in October. Details to come!

**Dreamers: Out of the Shadows**
Sunday, Nov. 11, 1-2:30 p.m. in the Eliot Chapel
Hosted by the Immigrant Justice Action Group.
Small Group Ministry

Covenant Circles

Looking for community? Try a covenant group.

Covenant circles are groups of congregants that come together on a monthly basis to explore spiritual themes. In each session participants have opportunity to share their perspectives, tell their stories, and listen deeply. Covenant circles are also a way to get to know fellow congregants. Our groups typically consist of 8-12 people.

A typical covenant circle space consists of the following:

◊ Opening reading
◊ Reminder of covenant we have together
◊ Period of silence
◊ Quick check in: How are you doing today?
◊ Go round with readings on the monthly theme
◊ Group reflection on theme
◊ Closing: What am I taking with me?

Facilitator: First Unitarian of Portland Congregant
Fee: No charge.
Registration: If you are interested in being part of a covenant group, you can sign up on Sept. 30, at the Learning and Serving Sunday or email Kerry, kheintze@firstunitarianportland.org by Oct. 5. We will contact you once dates and times have been confirmed.

Young Adult Connections

Young Adult Brunch

Join intern minister Mira Mickiewicz, program staffers Nicole Bowmer and Kerry Heintze, and other young adults for brunch! We’ll gather for food and fellowship, get to know one another, and have casual conversation about your needs and hopes at First Unitarian.

Whether you’re new to the community or been here a while, a lifelong UU or just found it, partnered, single, working, a student, a parent, or anything else you may be - - if you identify as a young adult in the context of this congregation, you are warmly welcome!

**A note on ages: some UU spaces identify young adults as 18-35, and others as 20s and 30s. We are less interested in how many years you’ve been on earth and more interested your experiences here. So, if you identify as being on the younger end of adults in THIS congregation, especially if that has meant that you’ve found it hard to find your place here, this event is for you!

Facilitator: Mira Mickiewicz is the Intern Minister at First Unitarian Church of Portland for the 2018-19 church year. Mira was born and raised in Berkeley, CA. She was engaged in direct action organizing for racial and economic justice in Oakland, CA, and answered the call to ministry to strengthen this work through deeper roots in love, community, and spirituality.
Details: After the second service on Sunday, Sept. 30 from 1-2 p.m.
Childcare provided.
Fee: No Charge.
Registration: If possible, RSVP to the Facebook event using the QR code here, or email Kerry at kheintze@firstunitarianportland.org. Brunch is provided, and drop-ins are welcome.
On-going Opportunities for Spiritual Practice and Support

**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.

“Walk the maze
within your heart; guide your steps into its questioning curves.
This labyrinth is a puzzle leading you deeper into your own truths.
Listen in the twists and turns.
Listen in the openness within all searching.
Listen: a wisdom within you calls to a wisdom beyond you and in that dialogue lies peace.” - Leslie Takahashi

**Contemplative Practice Group**
Offers a regular opportunity for building community through silent meditation, mindfulness poetry, and deep discussion on Church themes.
**Details:** Second and fourth Tuesdays, 6:30-8 p.m.
Please see digital kiosk in Buchan for room information.
Questions? Please contact Ron Walker at ronjw@me.com.

**Meditation Group**
Beginners welcomed. Wednesday Night Meditation Group continues!
**Details:** Wednesdays, 7-8:30 pm.
Please see the digital kiosk in Buchan for room information.
Questions? Please contact Mary Ann Harman at maharman1@msn.com.

**Sunday Morning Complimentary T'ai Chi Chih**
Beginners welcomed.
**Details:** Sundays, from 8:30-9 am.
Please check the digital kiosk in the Buchan building for meeting locations.
Questions? Please contact Betsy Riddell at bet_ter@yahoo.com.

**Grief Group**
Grief is a common thread that connects many of us in our community. This drop-in group holds a compassionate organic space for listening, learning, and provides resources to live with the many forms of grief. We welcome everyone.
**Details:** Third Sunday of the month at 1:15 p.m.
Questions? Please contact Sophia Douglas at sophiadouglas02@gmail.com.
Registration
Most of our classes require pre-registration. If drop-ins are welcome, it will be noted in the class description.
Events and room numbers will be posted on the digital kiosk across from the information desk in the Buchan Building.

Class Stewards
Class Stewards help welcome and register participants and support the facilitator in exchange for reduced or free tuition. If you would like to become volunteer steward, please speak with someone at the Adult Faith Formation Table in Margaret Fuller Hall.

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 the office at 503-228-6389.

Special Needs
If you have a request for accommodation that will support your participation in our programs, please call 503-228-6389 ext. 218.

Parking
As a downtown church, we compete with many other activities for on-street parking. We encourage congregants to use Portland’s transit system (the streetcar stops one block from the church, the Max, and numerous bus lines are close by), carpool, rideshare (e.g., Lyft, Uber), or 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. Questions? 503-228-6389, ext. 212.