

#### **Our Mission**

The mission of First Unitarian Portland is 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.

**Our Vision** 

First Unitarian Portland 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.



The American Civil Liberties Union of Oregon (ACLU of Oregon) is the shared plate recipient for July. The ACLU of Oregon defends and advances freedoms of press, speech, assembly, and religion, and the rights to due process, equal protection, and privacy.

*Gathering Hymn #347	"Gather the Spirit"	
Chalice Lighting		
Welcome		Abigail Clauhs, Community Minister
Introit	"Al Shlosha" Allan E. Kaplan	Summer Choir Mark Slegers, Director
Call to Worship		Rev. Mira Mickiewicz
*Hymn #125	"From the Crush of Wealth and Power"	
*Responsive Reading	"What the Heart Cannot Forget" Joyce Sutphen	
*Doxology #123	"Spirit of Life"	
Offertory	"The Humble Heart" Andrew Carter	Joe O'Donnell, organ
Pastoral Concerns and Prayer		
Silent Meditation		
Hymn #1006	"In My Quiet Sorrow"	
Story for All Ages	"The Empty Pot" A Chinese Folktale	Abigail Clauhs
Anthem	"The Human Heart" Stephen Flaherty	
Sermon	"Skeletons in the Closet"	Rev. Mira
Prayer		
*Hymn #354	"We Laugh, We Cry, We Live, We Die"	
Benediction		
Postlude	"Toccata in G" Theodore DuBois	

\*Congregation is invited to rise in body or in spirit.

# TODAY AT FIRST UNITARIAN PORTLAND

**Civil Rights Pilgrimage Fundraiser.** YRUU will be selling baked goods and raffle tickets after the service in Margaret Fuller Hall. Raffle prizes include gift cards to Powell's, New Seasons, and Blue Star Donuts as well as a bid sheet for a weekend pass to Pickathon.

**Summer Sunday Reflection.** Our lay ministry team will be offering an opportunity to come together after the service to reflect on what has moved you as part of that experience. Gather in Channing 15 minutes after the service concludes.

**Osteoporosis, Fragility Fractures, and Aging.** Learn how to prevent fractures, while increasing your overall understanding of bone health. **Details:** No charge. Dropins welcome. Advanced registration appreciated. 11:30 a.m. in B-102.

**First Share!** Bring your overabundance of produce and flowers to exchange or give to the First Share table in Fuller Hall. Everyone is welcome to take something home!

**Mt. Hood UU Cluster Picnic**. Bring a dish to share. The MCUUF congregation will provide paper goods and beverages. Today at 3 p.m., Port Marina Park in Hood River. Contact: Elaine Castles at <u>eecastles@embarqmail.com</u>.

#### ■LEARNING COMMUNITY

**Summer Sundays.** We offer childcare for our youngest ones during the service. For families with older children who may not be ready to sit through the whole service, we offer livestreaming of the service in Daisy Bingham room for families. There will be tables with games and space to move around. The Parker Room, also with livestreaming, is always available as well.

**Summer After-Service Childcare.** Childcare after service is available by reservation only. If you have an event or meeting after service and need childcare, contact your staff point person or Nikki,

<u>nbeezley@firstunitarianportland.org</u>. We request two weeks' notice. Please note: childcare for young ones is always available during the service.

### ■ ADULT FAITH FORMATON

Registration: firstunitarianportland.org/registration.

# Pick Up a New Summer *Paths to Engagement* Publication!

**Mindful Movements for Everyone**. Each class has a theme that will guide you through a simple intention for your practice. **Fee:** \$10 per class. Aug. 1, 15, 5:30–6:30 p.m. Advanced registration appreciated, but drop-ins are welcome. Pay online or cash/check at the door.

**Songleading for Justice.** You will build skills and confidence for leading music in worship or in the streets. No musical experience necessary. **Details:** Sunday, Aug. 18, 12–11:30 p.m. Advanced online registration appreciated. No charge, but donations are appreciated.

**Summer Vegan Potluck.** Share some of your favorite harvest foods of summer. No meat, fish, dairy, eggs, or honey. **Details:** Sunday, Aug. 18, 5–7:30 p.m. Spaces are limited and advanced registration is required. Location address will be emailed a week prior to event. Questions, email Keith, <u>idings@comcast.net</u>.

## ■<u>SOCIAL JUSTICE</u>

Speaking of Justice's Seventh Issue on Global Justice. Find the link in the *Front Steps* e-News or subscribe here: <u>www.firstunitarianportland.org/justice/</u><u>speakingofjustice/</u>.

**No U.S. War in Iran or Venezuela.** Please join Peace Action Group and Economic Justice Action Group for a rally and march on Sunday, July 28 at 1 p.m. Meet at Waterfront Park at Salmon St. Springs.

Evening with Janna Jihad, 13-Year-Old Journalist from the West Bank. The film *Radiance of Resistance* will also be shown and introduced by its director, Jesse Roberts. Monday, July 29, 7 p.m. Buchan Reception Hall. Sponsored by UUJME.

#### OTHER NEWS

**Abigail Clauhs's Ordination.** Palliative care chaplain Abigail Clauhs will be ordained as one our community ministers at 3 p.m. on Saturday, Aug. 24. Find more details and RSVP at <u>bit.ly/AbigailOrdination</u>.

Don't Forget to Rebook Your Meetings and Events for Next Year. For Social Justice events and meetings, contact <u>nbeezley@firstunitarianporltand.org;</u> for Adult Faith Formation events and meetings, contact <u>kheintze@firstunitarianportland.org</u>; and for all other events and meetings, contact irosette@firstunitarianportland.org

jrosette@firstunitarianporltand.org.

**July and August Art Wall.** The work of the Art Wall Committee is featured. Come down and see how varied their work is.

**Beacon Bookstore.** More books are available to help us better understand the transgender experience and terminology. Copies of Green Buddhism, authored by church member Stephanie Kaza, are also available.

**Give the Joy of Flowers for Sunday's Service.** For details about giving flowers for the chancel, contact Marsha at 503-954-3534 or *marshamwarner@comcast.net*.

**First Unitarian Neighborhood Connections.** Our rideshare program helps match riders with drivers and is organized by ZIP code. To learn more, contact Maina Ptolemy, 503-803-8992 or <u>mainaaptolemy@gmail.com</u>.

**Parish Concerns.** Have a joy or sorrow to be announced on Sunday and/or listed "In the Community" in our e-News? Send your info to parishconcerns@firstunitarianportland.org.

**Please Recycle Your** *UU World* **Magazines.** Drop off only recent issues at the Newcomer Table or the office.