

SPRING 2020



# Paths to Engagement

CLASSES, RETREATS & SMALL GROUP MINISTRIES FOR SPIRITUAL DEEPENING

FIRST UNITARIAN PORTLAND

*Living Our Liberal Faith*

1034 SW 13TH AVE., PORTLAND, OR 97205

ESTABLISHED 1866



## Welcome to Paths to Engagement—Winter/Spring 2020!

Welcome to First Unitarian Church and this Paths to Engagement guide for winter and spring. On Sundays at the beginning of most services we talk about being a place for individual growth and a place to build the Beloved Community. How does that happen? Well, it begins with our worship together every Sunday and continues through the week in all sorts of ways—groups of people coming together to learn and grow spiritually and to work for justice—all in the context of building community together.

We are living in times when it can be a challenge to maintain a sense of groundedness with all that is coming our way. In the pages that follow you'll discover many opportunities to make connections and hopefully to find that sense of groundedness.

We'd like to highlight some of the special things happening this winter and spring:

-if you are new to First Unitarian and want to learn more come to the First Connections after services on most Sundays. See page 6. Join us!

-If you want to learn more about White Supremacy Culture and what the church offers to challenge it, check out a four-part series on its history in Oregon on page 18. In addition we'll be making a caucus space for people of color to come together in community. Lots of opportunities to learn and to grow.

-You'll see more small group offerings being led by members of our lay ministry team on page 16. They will offer the Transforming Hearts program created by transgender Unitarian Universalists as a way to increase inclusivity and welcoming within the church. And lay ministers will continue to offer person-to-person pastoral care. Call on them if a listening presence would be supportive.

-We'll host Igniting Voices: Celebrating Trans and Non-binary Lives and Stories. This will be a community-wide event filled with food, music, storytelling, and connection.

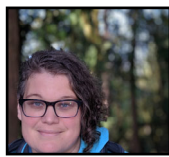
-and finally mark your calendars for the Sewell Lecture when "Step by Step: The Ruby ridges Suite" will be presented—see page 9. This musical work by our own Darrell Grant chronicles the story of Ruby Bridges, the trailblazing African American girl who, at age 6, integrated public schools in New Orleans.

We are glad to be on this journey together.

Blessings,



Rev. Thomas Disrud  
Associate Minister



Kerry Heintze  
Program Assistant for  
Membership and Adult Faith  
Formation

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Rev. Thomas Disrud,  
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### 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 life-long 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

	CLASS / EVENT	DAY/S	START DATE	PAGE
February	Introduction to Singing Meditation	Sunday	February 9	12
	Black Founders of the USA	Tuesday	February 18	19
	Igniting Voices: Celebrating Transgender Lives and Stories	Saturday	February 22	8
	UU Board Forum	Sunday	February 23	7
	Transforming Hearts	Monday	February 24	16
	Prayer for Unitarian Universalists	Tuesday	February 25	12
	Mysticism: Finding the Mystic Within	Tuesday	February 25	13
March	Spiritual Direction 101 Workshop	Sunday	March 1	12
	The Music Box	Sunday	March 1	9
	Mindful Movements	Thursdays	March 5	15
	Downtown UU History Tour	Sunday	March 8	6
	Erin's Daughters	Saturday	March 14	9
	UU Yoga Day Workshop	Saturday	March 14	14
	Multnomah DA Candidate Forum	Saturday	March 14	20
	Art Journaling as a Meditative and Healing Practice	Saturday	March 14	14
	Learning Community Family Camp	Saturday	March 21	11
	Last Wishes	Sunday	March 22	17
	Women's Retreat	Wednesday	March 25	10
Reclaiming Stolen Lands in the "Whitest City"	Tuesday	March 31	19	
April	Sing Portland! A Multigenerational Event	Sunday	April 5	8
	Maundy Thursday Communion Service	Thursday	April 9	4
	White Supremacy in Oregon	Thursday	April 9	18
	Easter Sunday Services	Sunday	April 12	4
	Laughing is the Way Workshop	Saturday	April 18	13
	Wellspring at First Unitarian	Sunday	April 19	7
	UU Board Forum	Sunday	April 19	7
	Survival Lessons: Reclaiming Your Life After Loss	Sunday	April 19	17
	Men's Retreat	Friday	April 24	10
	Q&A with Rev. Bill Sinkford	Sunday	April 26	6
May	Suicide Prevention Workshop	Saturday	May 2	17
	Art Journaling as an Intuitive and Spiritual Practice	Saturday	May 9	14
	Sewell Lecture: Step by Step	Saturday	May 9	9
	Wellspring at First Unitarian	Sunday	May 31	7
	Elevating Our Proudful Voices	Sunday	May 31	TBA
June	Flower Communion Sunday	Sunday	June 7	4
	A Walk Among the Dead: Riverview Cemetery	Sunday	June 7	6
	Community Sunday	Sunday	June 14	4
Various	Younger Adult Happenings	Various	Various	21
	Walk the Labyrinth	Sunday	1st Sundays	5
	First Connections	Sundays	See e-newsletter	6

## Maundy Thursday Communion Service

**April 9, 7 pm**

We hold a special Maundy Thursday Communion service every year to mark the last supper of Jesus and the disciples.

It is a time to remember and honor the life of Jesus and his ministry. In this service we use the silver communion service used by some of the founding members of our church in the 1860s.

## Easter Sunday Services for All Ages **April 12, 9:15 a.m. and 11:15 a.m.**

Join us on Easter Sunday for special services in the Sanctuary. The services will be planned with all ages in mind and will feature gospel music, a large Easter choir and preaching by Rev. Bill Sinkford.



## Flower Communion Sunday **June 7, 10:15 a.m.**

We will celebrate this important and meaningful ritual in the life of First Unitarian as well as for many UU congregations. The flower communion began at the Unitarian Church in Prague in 1923 by the minister **Norbert Čapek**, who was also the founder of the **Unitarian Church in Czechoslovakia**. He saw the need to unite the diverse congregants of his church, from varying **Protestant, Catholic, and Jewish** backgrounds. This ritual was a way to honor the universal beauty of nature as well as the gifts each congregant brings to the community. Congregants are invited to bring flowers to the ritual and then to leave with another flower.

## Community Sunday **June 14, 10:15 a.m.**

We will celebrate the conclusion of our church year and our community on this Sunday. We will name the Unitarian Universalist of the Year and celebrate the efforts of so many people to make this community what it is.

## Winter/Spring Spiritual Themes:

January: PERSEVERANCE

February: ANCESTORY

March: HUMILITY

April: POSSIBILITY

May: TRUST



### **Walk the Labyrinth** ***Every First Sunday***

The Labyrinth will be available 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. See the digital kiosk across from the info desk in the Eliot Center for room information.

## Deepen Your Connection. Become A Member.

Sometimes people ask: "So do I need to be a member to take part in all of these classes and events?"

We do our best to make our programs available to people whether they are members of the church or not. We recognize that it often takes a while to make the decision about whether to join the church or not. We ask that people take it seriously and sometimes you need to be involved for a while in order to make that choice. Often it is the process of making those deeper connections that leads to a deeper sense of belonging.



So while we don't require membership in order to take part in many of the programs of the church, I very much hope you'll consider formally joining the church. What I've noticed is that the decision to become a member and making that commitment often is what leads to greater connections in the community.

I think the membership decision reflects a larger decision to make First Unitarian your spiritual home. And the other decisions about membership and pledging flow from that. So I hope you will join and make that financial commitment as well. One of the blessings of community is that we come together and together are able to support something greater than our individual selves. It is all of us together, doing what we can, that make all we do here possible.

For more information on membership, here is a link to the new member packet: [firstunitarianportland.org/connection/become-a-member/](http://firstunitarianportland.org/connection/become-a-member/) I'd also particularly suggest checking out the First Connections classes to learn more about particular parts of the ministry of the church. And throughout, don't hesitate to call on me. If you have questions or would like to make an appointment to discuss membership with me, please contact Kerry, [kheintze@firstunitarianportland.org](mailto:kheintze@firstunitarianportland.org).

Whether you have been around the church for many years or are new to our community, I welcome you and hope you will get involved.

-Rev. Tom Disrud

## First Connections

Are you new to the First Unitarian community? Welcome! We look forward to getting to know you and welcome you.

You are invited to a welcome circle after each service most Sundays. The circle will happen in the sanctuary, in the north gallery. It will begin about 10 minutes after the service concludes and will last for about 20 minutes. Come and meet others who are new to the congregation and learn about some aspect of church life—our history, our programs, and how to get involved. This will also be a good chance to have your questions answered.



**Fee:** No charge.

Subscribe to our weekly e-newsletter, Front Steps, for class dates. Drop-ins warmly welcome.

## Downtown UU History Tour

This fun and informative walking tour led by Chris Jakel will cover our church's history from our pioneer beginnings 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's 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.

**Fee:** No charge

**Details:** Sunday, March 8, 12:30-2 p.m. Registration appreciated. Drop-ins welcome. We'll meet in Eliot Chapel.



## Q and A with Rev. Bill Sinkford

Bring your questions about First Unitarian Portland, Unitarian Universalism, theology—whatever is on your mind—to ask senior minister, Rev. Sinkford.



**Fee:** No charge.

**Details:** Sunday, Apr. 26, 1 p.m.  
Drop-ins welcome.

## A Walk Among the Dead: Unitarians of River View Cemetery

Back by popular demand!



This class is a walking history tour of Portland's River View Cemetery and visits the graves of many early members of First Unitarian Portland.

River View Cemetery opened in 1882 and is one of Portland's oldest and most beautiful cemeteries. Your tour guide is long time member Kate Brickey who has over 20 years experience developing and leading our church history tours.

**Fee:** \$10

**Details:** Sunday, June 7, 1 p.m.

Advanced registration required. Meet in the cemetery parking lot off SW Taylors Ferry Rd. The terrain is sloped, uneven, and possibly wet and slippery. Wear appropriate footwear. In case of persistent or heavy rain the tour will be cancelled and rescheduled.

## Looking Ahead: Wellspring at First Unitarian

*"What will you do with this one wild and precious life?"* asks the poet Mary Oliver.



## UU Wellspring, spiritual deepening for the UU soul

UU Wellspring™ is a 10-month program of distinctly Unitarian Universalist spiritual development designed to help participants answer that provocative question.

The Five Spokes UU Wellspring incorporates five elements designed to balance a knowledge of UU history/theology with personal spiritual practice and engagement with the world:

- A commitment to daily spiritual practice
- Participation in a small-group community
- Individual work with a spiritual director
- Readings and resources for knowledge and reflection
- Reflection and commitment to live out our values in the world

Each year, many members of our church participate in this amazing journey. Wellspring offers spiritual deepening within our Unitarian Universalist tradition, an opportunity for learning more about ourselves and our faith through a year-long small group experience. There are five interconnected components: commitment to a daily spiritual practice, monthly spiritual direction (self-reflection with a guide), small group meetings, reading about the theological and historical foundations of our faith, and putting our faith into action.

Wellspring groups begin in October and go through June. Join us for an informational meeting (see below).

**Fee:** No charge

**Details:** Sunday, Apr. 19, 10:45 and 12:45 p.m.

AND Sunday, May 31, 11:45 a.m. Drop-ins 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.

**Fee:** No charge.

**Details:** Sundays, Feb. 23 and Apr. 19, after each service. Drop-ins welcome.



## Special Events

### **Igniting Voices: Celebrating Trans and Non-Binary Lives and Stories**

Join us for this joyous community-wide church event filled with food, music, storytelling, and connection.

Complimentary light refreshments provided. American Sign Language Interpretation (ASL) provided by Fingers Crossed Interpreting.

We invite everyone, both cisgender and transgender, to join us in celebration!



*“Unlike facts and figures, stories activate a very different part of our brains.*

*They invite the storyteller and listener to become a part of one shared experience.*

*The receiver becomes activated in a very powerful and profound way.*

*In this day and age of information overload competing for our shorter attention spans, the ability to achieve a strong connection is very powerful. And as many of us know, powerful conversations and connections lead to transformation.” -Our Bold Voices*

**Details:** Saturday, Feb. 22. Performances from 3–4:30 p.m., followed by a community night market supporting local trans-led groups and artists from 4:30–6 p.m. Tickets are now available! Advance registration is appreciated.

**Sliding Scale:** Suggested \$25, Supporting \$35, Supported \$15, Financial Need \$0.00.

[firstunitarianportland.org/registration](http://firstunitarianportland.org/registration)

### **Sing Portland! Comes to First Unitarian: A Multigenerational Event**

Bring your parents, bring your kids! You don't need any prior experience to sing with those you love and your UU community.

In fact, you don't even have to sing! You can just listen and watch.

For those you take joy in singing, Marion will invite you into the singing circle as if you were already part of the choir and lead you in easy-to-follow-along songs. **Bathe yourself in vocal waters in this multi-generational, rejuvenating, and spiritually enriching after-service treat! All are welcome!**

*This is about far more than just singing. It's about joy.*

*It's about being able to let go of everything,*

*even if it's just for an hour.*

*And it's your chance*

*to connect with the people around you.*



**Fee:** No charge, but donations appreciated.

**Details:** After second service, Sunday, Apr. 5, 1 p.m. in Buchan Reception.

**Facilitator:** Artistic Director, Marion Van Namen, founded Sing Portland! with the conviction that all human beings are musical beings. Harmony and beauty is created, even with strangers, in minutes.



## The Sewell Lecture, *Step by Step: The Ruby Bridges Suite*

Come celebrate the story of Ruby Bridges, the trailblazing African-American girl who, at age 6, integrated the New Orleans Public Schools in 1960.

This musical work by Portland-based composer, Darrell Grant chronicles the story of Ruby Bridges in a multi-movement piece for eight instrumentalists, vocalists, and a narrator.



Drawing on gospel, jazz and chamber music along with spoken word and images, it illustrates an emotional portrait of a dramatic time in US history.



**Details:** Saturday, May 9, 7-9:30 p.m., \$25.

Contact, [nbeezly@firstunitarianportland.org](mailto:nbeezly@firstunitarianportland.org) for more information on Group Rates. Sponsored by The Sewell Lecture.

## The Magic Box and Other Tales from Ireland, Scotland and Wales

The folktales of the Celtic cultures are rich with magical, memorable characters and unforgettable plots.

First Unitarian Learning Community families are invited to join storyteller Will Hornyak on a journey featuring wise queens, brave sisters, itinerant peddlers, powerful wizards and more. Appropriate for all ages.

**Details:** Sunday, Mar. 1, 1-2 p.m., No charge.

## Erin's Daughters: Tales, Songs, Poems and Lore from the Wild Celtic Feminine

Master storyteller William Kennedy Hornyak shares tales, poems, songs and lore from Ireland. For mature audiences only.

**Fee:** \$15 cash at the door.

**Details:** Saturday, Mar. 14, 7-9 p.m.,

For ages 14 and older.

Reservations recommended: [hornyak.will@gmail.com](mailto:hornyak.will@gmail.com), 503 697-5808



# Retreats for 2020

## Women's Retreat

On a branch  
floating downriver  
a cricket, singing. - Issa

Come celebrate the transition into Spring - the time of year when our days begin to fill with more light and the chill of Winter thaws. This pivotal time is when we find our outer landscape in bud and coming alive. In many cultures, this is when we should also be opening-up and refreshing our inner landscape. Throughout our day in the wild and nurturing surrounds of Still Meadow we will enjoy some ageless, balancing practices for slowing down, paying attention, enjoying nature's wonders, and finding equanimity.



We will come together in spiritual community through deep relaxation, walking meditation, and reflecting on our relation to Earth's elements. There will also be time for creativity and getting to know one another.

Open to women, non-binary, and gender expansive individuals.

**Facilitator:** Katie Radditz is a student of Zen master Thich Nhat Hanh. She is a Spiritual Director who has taught aspects of Buddhism with Rev. Bob Schaibly, creative writing, and Retreats for First Unitarian Church over the past 15 years.

**Fee:** \$50. Includes lunch. 9-4 p.m.

**Details:** Wednesday, March 25, 2020. Still Meadow Retreat Center, Damascus, OR. Advanced registration required.

## Men's Retreat

Join us for the annual retreat of the First Church Men's Community. It will be a weekend of fellowship, spiritual growth and community.



We will gather, along with Rev. Tom Disrud, at Camp Magruder on the Oregon Coast.

Together, we will explore

- Community
- human relationships,
- spiritual growth
- compassion and
- gratitude.



**Fee:** \$220, 2 Nights shared lodging and meals included.

**Details:** Apr. 24, 25, and 26, 2020.

Camp Magruder, Rockaway Beach, Oregon coast.

Advanced registration required.

Questions?

Richard, 751candyman@gmail.com

# Learning Community Camps

## Portland Summer Chalice Camp 2020

After a successful first year, we are thrilled to announce the return of Chalice (Day) Camp this summer!

This year's Chalice Camp program will be expanding on last year's History and Identity in Unitarian Universalism and will introduce our kids to the history of social justice and how it connects to our shared Unitarian Universalist faith including lots of fun activities and time outdoors.

Chalice Camp is open to kids, entering first grade through sixth grade from the First Unitarian and greater Portland community as well as to First Unitarian Middle and High Schoolers to gain leadership experience by working as our counselors (or junior counselors) for the week.

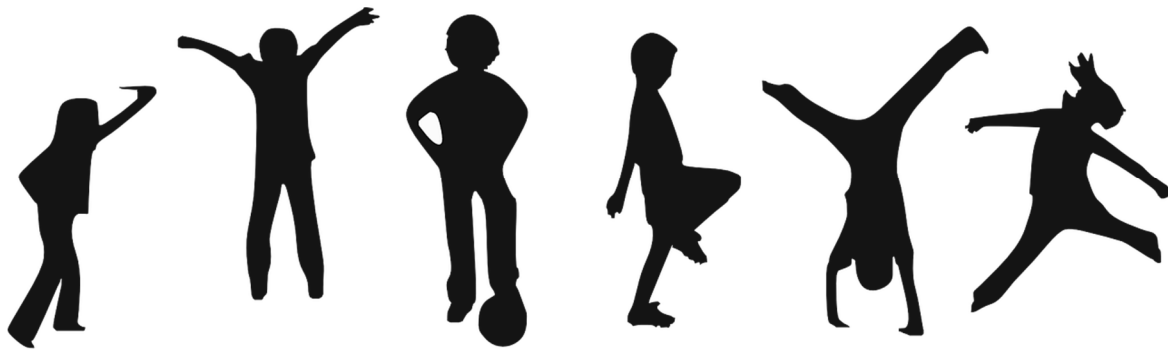
Week of July 6-10: Counselor Leadership Training

Week of July 13-17: Camp week option 1 (location TBD)

Week of July 20-24: Camp week option 2 (location TBD)



**Registration opening soon!**



## Learning Community Family Camp

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 Saturday of the weekend when Spring Break begins for most districts. 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, including boating on the lake and a fire circle. The beach is a short walk away. Camp concludes Monday morning.

Family Camp is open to families who are registered in the Learning Community this year. We ask that your oldest or only child be at least 5 years old to attend.

Do you have questions, dietary, ADA accommodations, or other accessibility needs?

Contact:

[cscheffman@firstunitarianportland.org](mailto:cscheffman@firstunitarianportland.org)

**Fees:** Adult \$150, Teen 13-17 \$130, Child 9-12 \$120, Child 5-8 \$ 85, *Scholarships Available.*

**Details:** Sat., March 21, 4 p.m. - Mon., March 23, 11 a.m. Shared rooms with single bunks, upper and lower, with shared bathrooms. Camp Magruder.

# Spiritual Direction

Spiritual direction helps guide the exploration of a person's spiritual path with a companion trained in deep listening, reflection, and discernment. First Unitarian Portland is fortunate to have trained Spiritual Directors who are members of the congregation. To learn more, you are invited to attend our workshop (see below) or classes facilitated by our Spiritual Directors. For more information on spiritual direction email Karen Shawcross, k.shawcross@yahoo.com

## Spiritual Direction 101 Workshop

*Would you like to go deeper on your spiritual journey? Are you curious about how spiritual direction can help?*

In this informal workshop hear several of First Unitarian Church's spiritual directors describe how they conduct a session, listen to a congregant's story about what this relationship has meant to them, and get a taste of what it might be like for you through individual or small group sessions. All are welcome.

**Facilitators:** Spiritual Director's Guild of First Unitarian Portland

**Fee:** No charge

**Details:** Sunday, March 1, 1-3 p.m., Registration appreciated. Drop-ins welcome.

## Prayer For Unitarian Universalists

*Wow! Help. Thanks. Shh. Love. Oops.*

Explore new ways to pray that work for you.

Find ways to incorporate prayer as a regular spiritual practice into a busy lifestyle.

Considering prayer practice from Buddhist, Christian, Pagan, Monastic and Native American traditions we will create prayers uniquely yours.

**Facilitators:** Sophia Douglas, Spiritual Director  
Ann Eames, Lay Minister emerita  
Karen Shawcross, Spiritual Director

**Fee:** No charge.

**Details:** Tuesdays from 10-12 p.m. on February 25, March 3, March 10, March 17. Advanced registration required.

## Introduction to Singing Meditation

Music touches our minds and hearts in special ways.

These sessions are intended to introduce us to finding our voices in peaceful contemplation and heartfelt meditation. You do not need to be a "singer" to join in this spiritual practice.



We will breathe, find our voices, and then sing simple songs of meditation together, interspersed with periods of stillness as we deepen our meditation. Songs from a variety of traditions will be taught by the leaders through listening and repetition. Sing as the spirit moves you as we use our voices to create a meditative space.

**Facilitators:** Barbara Walden and Alison Jakel are Certified Spiritual Directors, and active members of the Music program at First Church. Alison is also a social worker who has led many group activities, and Barbara is a flutist who has explored various forms of music meditation such as Kirtan and Taize. Both are eager to work with this spiritual practice in a UU setting.

**Fee:** No charge.

**Details:** Sundays after 2nd service, Feb. 9, 23, March 8, and March 22nd from 1-2 p.m. Advanced registration appreciated, but drop-ins warmly welcome. Attend all four classes or individual sessions.

# Spirituality and Philosophy

## Laughing is the Way Workshop

Anne Lamott says that “laughter is carbonated holiness.” We invite you to explore with us the spiritual benefits and healing power of laughing.

We'll share the ways humor and laughing has affected our lives, delve into various spiritual traditions' teachings on joy and rejoicing, and explore scientific findings on the benefits of laughter for mind and body.

You will laugh for the sake of laughing, with the guidance of a laughter yoga teacher. This workshop is accessible to all, including those who must remain seated. Those who are able will be invited to recline on the floor for a 15-minute laughter meditation at the conclusion of the yoga hour. Bring any props (mat, bolster/ pillow, blanket) you might need to make yourself comfortable. Wear comfortable clothing that's easy to breathe in, and prepare to be en-lightened!



You'll receive tools and suggestions to help make a practice of laughing, and smiling, part of your daily life. We hope this workshop can inspire you to share the healing magic of smiling and laughing with all who cross your path!

**Facilitators:** **Ruth Lewellen-Dix** has been a member of First Unitarian Church for 50 years. She served as Director of Religious Education where employing a sense of humor with teachers, children and staff helped her navigate her role with more ease. **Teri Martin** has been a First Unitarian Church member for 28 years, and wishes that she had devoted a larger portion of those years to laughing. **Andrea Crisp**, is the founder of Portland Laughter Yoga. As an EFT Coach & Laughter Yoga Teacher she helps women in transition move through grief with less stress and more joy & ease.

**Fee:** \$10

**Details:** Saturday, April 18, 10-2 p.m. Advanced registration required. Bring your own lunch. Complimentary refreshments provided. We'll be laughing a lot together during the last half of the workshop, so foods that are easily digestible will leave you free to enjoy making merry!

## Mysticism: Finding the Mystic Within

*"A mystic is a person who has a direct experience of the sacred, unmediated by conventional religious rituals or intermediaries." -Mirabai Starr*



Explore the mystical lives and experiences of Mary Magdalene, Gurumayi Chidvilasananda, Devaji, and Joel Morwood through ancient to modern times and listen to your inner spiritual guidance. Together we will read and discuss mystics, share experiences, practice meditation/contemplation, and join in chanting/sound healing

**Facilitators:** **Elizabeth Lavenue** is a non-denominational minister, sound healer, and voice teacher who received an important spiritual awakening in India at the age of 19. Since then, her spiritual journey with mysticism and music has led to deep transformation and a passion for guiding others to experience their inner divinity. **Bhadra Brothers** is a retired school teacher who taught young people from all over the world and in Portland for 33 years. She has practiced Siddha Yoga Meditation for over 40 years and embraces all great teachers and paths which blaze the trail of love, compassion, and unity for all.

**Fee:** No charge

**Details:** Tuesdays, February 25th, March 3rd, March 10, and March 17, 7-9 p.m. Advanced registration appreciated but drop-ins for first class are welcome. Questions? Contact Elizabeth, [elizabeth.d.lavenue@gmail.com](mailto:elizabeth.d.lavenue@gmail.com)

## Art Journaling as a *Meditative* and *Healing* Practice

Prayer, meditation and creating art all have the same effect on the physical body: they alter the brain waves by inducing an alpha state of deep relaxation.

In this 4 week structured class we will use drawing, doodling and collage as a means of accessing, expressing, releasing and transforming stress-producing emotions.

Art-making in class will be followed up with “homework” (as desired) which is intended to continue and develop each weeks’ explorations. Each class will finish with discussion about that day and about the previous week’s art journaling at home. Participants will provide their own sketchbook for use at home and in class.

In-class materials will be provided. Materials for use at home will be provided by participants. (All are welcome but especially for those who don’t identify as “artist” but love to do art.)

**Facilitator:** Ann Olson is a Life Coach, certified Spiritual Director and 25 year member at First Unitarian Portland (her new grandson is a fourth generation UU!). Ann is also a lifelong artist and former school teacher, athletic coach and has taught art to all ages from preschool through adult.

**Details:** Saturdays, Mar. 14, 21, 28 & Apr 4. , 1-4 p.m.

**Fee:** \$10 includes all classes. Advanced registration required.

## Art Journaling as an *Intuitive* and *Spiritual* Practice

Creating art is one way to tap into our inner selves for self-discovery and experiencing the sacred. The process of a journaling practice helps us to stay engaged and facilitates going deeper. Combining art and journaling allows us to engage with the particular kind of wisdom that is accessed through the heart via feelings, intuition, etc.

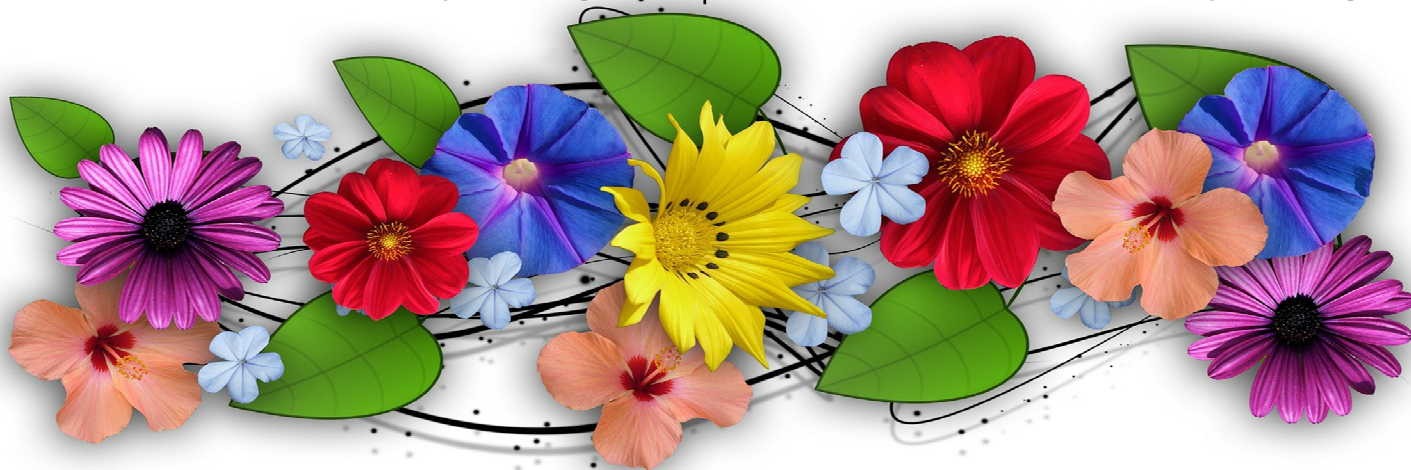
This less structured class is for anyone who enjoys making art (whether painting a masterpiece or doodling in a coloring book) and would like to explore using art for self-discovery or personal spiritual discernment.

Weekly art projects and discussions will be the focus. In addition, we’ll explore symbolism, archetypes (light and shadow) and metaphor to help you create and also to help you understand your art.

The first class will provide guidance on what kind of journal and media are right for you. Materials for in-class projects will be provided. Participants will provide their own journal and materials for home journaling as desired. (All are welcome but especially for those who don’t identify as “artist” but love to do art.)

**Details:** Saturdays, May 9, 16, 30, and Jun. 6, 1-4 p.m.

**Fee:** \$10 includes all classes. Advanced registration required.



## UU Yoga Day Workshop

This complete yoga workshop will focus on spine flexibility with flowing movements and will include asana (poses), pranayama (breath practices), yoga nidra (deep relaxation) and meditation. Light vegan snacks will be provided. Some props will be provided. Suitable for any level of experience and all abilities with use of modifications and props.

**Facilitators:** Linda Nelson with Jan Kelley assisting.

**Details:** Saturday, Mar. 14, 9:30-2 p.m., \$15, Advanced registration required. Questions? Linda, lupine@teleport.com

# Spirituality and Philosophy

## Mindful Movements

Have you ever wanted a spiritual practice that is dynamic? A form of meditation that allows you to fully embody what it means to truly 'let go'? Join us and discover joy in movement.

*This is all about what feels right to you. You will be encouraged to listen, trust, heal, and love your body. The practice is for all bodies, ages, and abilities. Movements are even chair adaptable.*

Each class has a unique theme that will be used to guide you through a simple intention for your practice.



**Facilitator:** Emily (Em) Rome is a certified NIA™ movement instructor. She has a playful and energetic style that is both inclusive and easy to follow. Em was looking for ways to integrate the joy she got from dancing at events into her regular, everyday life. For her, this movement practice was the answer. Joy, connection, fun, inspiration, create, curiosity, adventure are words she lives by.

**Fee:** \$10 per class

**Details:** Thursdays, March 5, 19, Apr. 2, 16, May 7, and 21. 6-7 p.m.

Advanced registration appreciated, but drop-ins are warmly welcome. Pay online or cash/check/credit at the door.

This is a barefoot practice, please wear comfortable clothes and bring a yoga mat. You may also sit in a chair.

## Gentle Yoga in the Evening

With a focus on spine health, energy renewal and community this class is inclusive for all bodies. Please bring your own yoga mat and wear comfortable clothing. Everyone is welcome.

**Details:** Every Monday and Wednesday, 5:30-6:30 p.m., Drop-ins welcome. Pay at the door; \$12 for individual classes. 8 Classes for \$8.00 a piece (\$64.00). Bring your own mats. Questions? Email Elizabeth, [smallhouse@aol.com](mailto:smallhouse@aol.com)

**Facilitator:** Elizabeth Domike is a certified yoga instructor and has been teaching this class for 4 years. She is a member of First Unitarian, Portland.

### Sunday Morning Complimentary T'ai Chi Chih

**Details:** Sundays, from 8:30-9 am.

Please check the digital kiosk in the Buchan building for meeting locations.



# Lay Ministry: Compassion and Caring

Our church's team of Lay Ministers are volunteers from the congregation who are trained in compassionate listening and caring. They lead a variety of supportive groups and are available to meet individually with church members. Lay Ministers are committed to understanding, spiritual awareness, open-mindedness, and integrity. Interactions with a Lay Minister are confidential.



## Transforming Hearts: Welcoming in Congregations

First Unitarian Portland's Lay Ministers will facilitate this program for allies. This course, which explores gender and welcoming at church, was created by transgender Unitarian Universalists with UU congregations in mind. We will watch six short presentations at home and then come together in beloved community for reflection and deepening. These presentations invite participants to the next level of congregational welcome, relationship-building, skills-building, and employs a deeply intersectional approach.

*"Being welcoming isn't something we are, it's something we do—welcome is a spiritual practice. In order to be fully affirming of the full spectrum of gender identities and experiences, we need to think differently about what the purpose of our spiritual communities is and what it means to truly practice welcome."*  
—Transforming Hearts Collective

**Facilitators:** Cynthia Casas and Patrick Malone

**Fee:** No charge.

**Details:** Mondays, Feb. 24, Mar. 2, and Mar. 9 from 7 to 9 p.m. Advanced registration required.

## Getting to 30: For Parents of 20-Somethings

Join other parents for support and understanding as we discuss the book *Getting to 30: A Parent's Guide to the 20-Something Years* by Jeffrey Jensen Arnett, a leading researcher on post-adolescence. Please read Chapters 1 & 2 before the first session.

**Details:** No charge. Advanced registration required. Mondays, Jan. 27, Feb. 10 and Feb 24, 7-9 p.m.

**Fee:** No charge

**Facilitators:** First Unitarian Lay Ministers, Linda Fitzgerald and Sue Palmiter.

**This event is full.**

## Caregiver Support Group

We gather to provide support, inspiration, and information relevant to those caring for a loved one. Open to new members.

**Facilitators:** Woody English and Sophia Douglas are Lay Ministers at First Unitarian Portland.

**Fee:** No charge.

**Details:** Monthly on the fourth Sun. of each month from 10:45-12:15 pm  
For information, contact: Sophia, [sophiadouglas02@gmail.com](mailto:sophiadouglas02@gmail.com)

## One-on-One Support

Lay Ministers can meet individually with members experiencing difficult circumstances or times of transition and provide support by:

- being present with the member
- offering an opportunity to talk
- offering empathy and emotional support
- offering prayer (silent and spoken)
- offering referral to other sources of help or community



To meet with a Lay Minister, church members may call the office at 503-228-6389 or send a message to [office@firstunitarianportland.org](mailto:office@firstunitarianportland.org).



# Transitions and Growth

## Last Wishes

We don't like to think about or plan for death, but if we can make our wishes known we give a gift to those we leave behind.

This class offers a space to think through the decisions related to the end of life.

During this seminar, participants will make a checklist for a "last wishes" file: a will, final services, legal and medical issues. One of the sessions will be led by an attorney with expertise in end-of-life planning.

**Facilitators:** Rev. Tom Disrud is Associate Minister at First Unitarian Church. Tabitha Koh is licensed to practice law in Oregon, Washington, and California. Her practice areas include adoption, surrogacy, and assisted reproductive technology, as well as estate planning and probate.

**Details:** Two Sundays: Mar. 22 and 29; 1-3:30 p.m.

**Fee:** \$35, Advanced registration required.



## Suicide Prevention Workshop

Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.



QPR stands for Question, Persuade, and Refer – the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

**Facilitator:** Sandy Moses, MS, represents Multnomah County's Behavioral Health Prevention Program. She served as the Lane County (Eugene) Suicide Prevention/Mental Health Promotion Coordinator for eight years. Sandy is a member of First Unitarian, Portland.

**Fee:** No charge

**Details:** Saturday, May 2, 10-12 p.m. Registration opens in March. Register at [www.gettrainedtohelp.com](http://www.gettrainedtohelp.com), Questions? [amanda.kubisch@multco.us](mailto:amanda.kubisch@multco.us)

## Survival Lessons: Reclaiming Your Life After Loss

When we've lost someone we love 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.

**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. She has survived significant deaths in her own life, and currently co-facilitates an adult grief group at Portland's Dougy Center.

**Fee:** No charge.

**Details:** Sundays, April 19 and 26, May 3 and 17 from 10:45-12:15 p.m., Advanced registration required. Limited to 8 people.

## **White Supremacy in Oregon: *History and Current Issues***

Despite Oregon's progressive and forward-thinking reputation, our history tells another story – indeed, many refer to Oregon as the South of the North, as we have historically embraced segregation, exclusion and displacement. Now, the disparities between communities of color and white people are extreme. Participants in this course will spend four weeks delving into our state's history and our current realities. We will collectively build an understanding of how Oregon's whiteness, historically and today, has functioned, an understanding that will help us move forward to develop a better future for us all.



(Sign in NW Portland, 1930's)

**Week One:** *What is Race, and is Portland Truly Progressive?*

**Week Two:** *Exclusions, genocide, segregation and deportations*

**Week Three:** *World War II and its Aftermath*

**Week Four:** *Displacements, and Portland at the Crossroads*

**Facilitator:** *Kristin Teigen*, MA, M.Ed. is an educator at Portland State University, where she teaches the history of white supremacy in Oregon and issues of women's homelessness. She's also an anti-oppression activist, having worked in feminist, queer and people of color movements, and is a trained anti-oppression facilitator.

**Fee:** This class is offered on a sliding scale. \$40, \$55, or \$75. Please pay what you are able in good conscious. Advanced registration required.

**Details:** Thursdays, Apr. 9, 16, 23, and 30, 6:15-9:15 p.m.

Complimentary tea and coffee will be provided. Please bring your own snacks and/or dinner.

# Acting for Justice

## Reclaiming Stolen Black Lands in the "Whitest City"

Our presenter Byrd is a founding member of Emanuel Displaced Persons Association2 (EDPA2), librarian, researcher, descendant and local expert of the Emanuel Hospital Expansion. Byrd will be joined by long-time Portland artist and visual historian, Bobby Foucher.

This thought provoking lecture will provide compelling advocacy for the survivors and descendants of this unresolved and painful era in Portland's history. Survivors and descendants will present their lived experiences and discuss why the past has relevance in our current times. There will be space made for questions and answers following the lecture.

**Facilitator:** Emanuel Displaced Persons Association 2 and Byrd who is a Library Outreach Specialist. She has increased services and library visibility to the local African American and LGBTQ+ communities, homeless populations, and more.

**Fee:** No charge. Sponsored by Ending Mass Incarceration/ Advancing Racial Justice

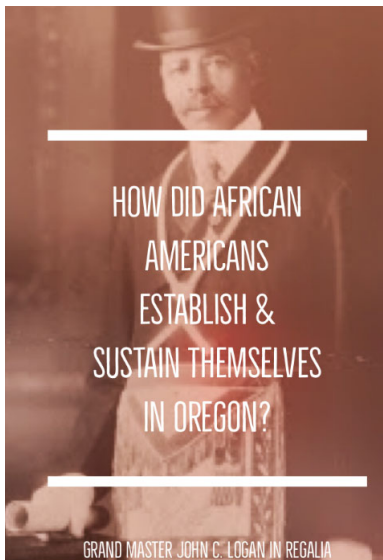
**Details:** Tuesday, Mar.31, 7-8:30 p.m. Advanced registration appreciated, but drop-ins are welcome.



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## Black Founders of the United States of America

Over recent years, scholars and activists have been examining the question, "Why aren't there more black people in Oregon?"



In this talk about Black Founders of the USA, **Brandon Lee** explores the roots of how black people established and sustained themselves in Oregon. There is a direct correlation between the growth of the number of successful African Americans in the United States and the development of Prince Hall freemasonry. Come learn about this important piece of American and Oregon history.

**Facilitator:** **Brandon Lee** is a congregant of First Unitarian Portland. At Oregon State University, Brandon served as a faculty member and Director of Fraternity and Sorority Life. Civically, he became the first and only Grand Historian appointed to the M.W. Prince Hall Grand Lodge of Oregon, Idaho & Montana Jurisdiction.

**Fee:** Sliding Scale, Suggested \$20, Supporting \$30, Supported \$10

**Details:** Tuesday, Feb. 18, 6:30-8:30 p.m.

Questions? Contact Nikki: [nbeeley\[@\]firstunitarianportland.org](mailto:nbeeley[@]firstunitarianportland.org)

## Portland United Against Hate Quarterly Coalition Gathering

First Unitarian Portland is represented on the Steering Committee of the Portland United Against Coalition. Come connect with other community members, organizations and neighborhood groups to network, learn and share. This is an opportunity to learn about the training, data tracking, and rapid response projects coalition members have been developing in our unity to confront acts of hate in Portland.



**Facilitator:** Portland United Against Hate is a coalition of 80+ community-based organizations, neighborhood groups, and the City of Portland. Our mission is to track, respond to, and prevent acts of hate while providing the support that our communities need.

**Fee:** No charge

**Details:** Friday, January 31, 9:30-12 p.m. Drop-ins welcome.

## Multnomah DA Candidate Forum

Join Advancing Collective Equity, Oregon DA for the People, and ACLU-Oregon for this important forum for the position of Multnomah County District Attorney.

The ACLU has called the District Attorney "the most powerful person you've never heard of." On May 19, 2020, Multnomah County will elect a new DA. This candidate forum will be an excellent opportunity to learn more about the critical role of DAs in our criminal justice system and how their work affects everyone in our community.

Please come with your questions for the candidates.



**Details:** Saturday, Mar. 14, 12-3 p.m., Eliot Chapel. Sponsored by the Ending the Mass Incarceration/Advancing Racial Justice action group of First Unitarian Portland.

## Social Justice Sundays

All are welcome. Social Justice Sundays happen in the Buchan Reception Hall from 1-2:30 p.m. after second service every 3rd Sunday.

*Tamale lunches by Dora are for sale from 12:30-1:00pm*



### Upcoming Social Justice Sundays Topics Include:

February 16: **Pay to Play, Money Out of Politics, Sponsoring Groups:** Economic Justice Action Group and Community For Earth

March 15: **Youth Climate, Sponsoring Group:** Community For Earth

April 19: **Immigrant Justice, Sponsoring Group:** Immigrant Justice Action Group

# Younger\* Adult Connections

\*\*There are no age restrictions. 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 community and events are for you!

## Tuesday Spiritual Deepening

Come enjoy a short worship and spiritual conversation around a particular theme.

Fee: No Charge

Details: Every 4th Tuesdays of each month, 7-8:30 p.m.

Drop-ins warmly welcome.

## Wednesday Spiritual Deepening

Come enjoy a short worship and spiritual conversation around a particular theme.

Fee: No Charge

Details: Every 2nd Wednesday of each month,

7-8:30 p.m. Drop-ins warmly welcome.

## Second Sundays Potluck Brunch!

We'll gather for fellowship and social time, games, planning for upcoming events, and projects. Activities and topics will vary each month. The church will provide a little something, such as bagels and spread along with coffee/tea; please bring other dishes as you're able to add to the meal. You are welcome even if you do not bring a dish. Just bring your wonderful self!



Fee: No Charge.

Details: Every second Sunday of each month, 12:30-2:30 p.m.

Drop-ins welcome. If you are bringing a dish to share, you are welcome to leave it in the room prior to the second service. For room information, check the digital kiosk across from the information desk.



Childcare is available every Sunday from 1-3 p.m. For childcare, check in at the information desk before or after the second service.

## Younger Adult Email List!

To sign up for our Younger Adult email list or if you have any questions, suggestions, or would like help finding community here, please email Kerry, [kheintze@firstunitarianportland.org](mailto:kheintze@firstunitarianportland.org)

# Ongoing Opportunities for Community and Support

## **Africa Connections**

This church social justice group supports advocacy and outreach work in communities in Kenya and Zimbabwe that have been deeply impacted by HIV AIDS. We do this through support of the IMANI Project, Zimbabwe Artists Project, and Quilts for Empowerment. Questions? Email Ann Pickar, apickar@cs.com

## **Aging Together Learning Group**

We use books, movies, poems and various art forms to catalyze group dialog about our personal experience of aging. Meetings are held monthly on the first Monday from 1-3pm in Buchan Hall. For more information or to register, please contact Lucy Garrick, lucygarrick@icloud.com

## **The Alliance**

The Alliance meets September through May, usually on the first Wednesday of the month, for a luncheon, business meeting, and program. If you're not acquainted with The Alliance, you're invited to come to our next meeting or call our Membership Chair Marty Anderson, at 503-643-1177 or email her at martaffy@aol.com.

## **Animal Ministry**

Typically meets on the fourth Sunday, 12:45 p.m. Questions? Email Keith, idings@comcast.net

**Bed & Breakfast Hosting** If you have an extra bedroom you are willing to offer to UU's visiting from other cities for short stays, please join our program. You provide the bed/bath and a simple breakfast. All of the rental proceeds go to the church. Good times and enriching contacts with others are the result! Questions? Contact Ruth Robinson at mickrob@comcast.net

## **Caregiver Support Group**

We usually meet the fourth Sunday of the month, September through May. We gather to provide support, inspiration, and information relevant to those caring for a loved one. Email Sophia, sphiadouglas02@gmail.com

## **Committee on Hunger & Homelessness (COHHO)**

Meets monthly September through May on the third Sunday at 12:30 p.m. in A303, the Fireside Room, or visit our table in Margaret Fuller Hall on the second and fourth Sundays. Questions? Email Ingrid Gjestvang, ngrid.gjestvang@gmail.com

## **Community for Earth—Earth Justice**

We strive to connect our spiritual community through education, action, and faith in our ability to protect the Earth for future generations and ourselves. Questions? Email Bryan Brumley, bebrumley@yahoo.com

## **Contemplative Practice Group**

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

## **Economic Justice Action Group (EJAG)**

The Economic Justice Action Group (EJAG) educates and advocates on issues of economic justice. We meet the third Sunday of every month, September to June, at 9 a.m. Email Michael Wade, wade.michael@comcast.net for more information.

## **Ending Mass Incarceration/Advancing Racial Justice**

Typically, monthly meetings on the fourth Tuesday, 6:30-8 p.m., B302. Questions? Email Kathryn, Kathryn@withyscott.com

## **Good Times Committee**

Join with fellow congregants for social gatherings—from happy hour to hikes, from dinners to plays. There is also a Good Times Book Group. Learn more and sign up with Good Times during social hour on Sundays. Questions? Contact Laura Gadley, humanlaura@aol.com or 847-525-8700.

## **The Immigrant Justice Action Group (IJAG)**

Meets the second Sunday of every month from 1:30-3 p.m. Our focus is on making connections, education, and action on immigrant justice. We offer quarterly educational meetings on topics of relevance to the congregation, focused on issues/needs of immigrant and refugee communities. Contact Ann Zawaski, annzawaski@gmail.com.

## **Meditation Group**

Beginners welcomed. Wednesday Night Meditation Group continues! Wednesdays, 7-8:30 pm. Questions? Please contact Mary Ann Harman at maharman2@gmail.com.

# On-going Opportunities for Community and Support

## **Mental Health Action Group**

The work done by the Mental Health Action Group is a response to the calling of the first principle of Unitarian Universalism: to affirm and promote “the inherent worth and dignity of every person.” Our mission: To promote awareness and understanding of mental health issues across the lifespan within the church and community. Contact, Rosemary Kirwin-Alvord, rbka1@frontier.com

## **Peace Action Group**

Monthly on the second Saturday, 10 a.m.–12 p.m., Questions? Contact Tess Beistel, tesslovesgreen7@gmail.com

## **Queer Pride Group**

Visit our Facebook page: First Unitarian Pride, Portland or pick up a flyer at our table in Margaret Fuller Hall for upcoming LGBTQ+ projects and events. Questions? Email Lonnie, nomoredrama0711@gmail.com

## **Quilts of Love Group**

Third Thursday meeting is now 10–11:30 a.m., B310. Sew-in is on the first Thursday at Modern Domestic, 1408 NE Alberta St., from 10:30 a.m.–3:30 p.m. This group creates quilts for families served by Portland Homeless Family Solutions as they transition from the shelter to a permanent home. Questions? Contact Kathleen Vinson, kathleenvinson@gmail.com.

## **Racial/Social Justice Book Group**

We read and discuss books relating to racial justice. Spaces are very limited. Questions? Contact Pat, pewatne@hotmail.com

## **Rahab's Sisters Volunteer Drop-in**

Rahab's Sisters, located at 247 SE 82<sup>nd</sup> Ave, invites First Unitarian congregants (women, non-binary, and gender expansive) to volunteer each first Friday of the month. Join fellow congregants and experience the beloved community through radical hospitality! Contact, eliza@rahabs-sisters.org for more info or to RSVP. Men, please email for other ways you can help.

## **UU Book Group**

We explore, discuss, and learn from literature while getting to know other Unitarian Universalists. Questions? Contact Susan, myrtleconn@earthlink.net

## **UU Knitting Group**

The knitting circle meets on the second and fourth Thursdays of the month during the church year. Questions? Susan Pryor, 503-894-9945.

## **UU Men's Community**

An open group where identified men of all ages can share life experiences, learn from each other, develop friendships, support one another, and have fun. Questions? Richard Turner at 503-734-5854

## **UU Movie Group**

Meets on the fourth Sunday of the month over a potluck meal at members' homes. For more information, contact Nancy Panitch, 503-318-0776, or Ellie Kirkham, 971-544-7003. More info at the Good Times table in Margaret Fuller Hall.

## **UU Poetry Group**

Twice monthly, on the second and fourth Thursdays, 7 p.m. Questions? Rodger Blackburn, 503-519-3494.

## **UUA Outreach Group**

Monthly on the last Wednesday at 7 p.m. If your interest lies in the larger picture of UU ministry, join us! Questions? Bill Pryor, bspryor@gmail.com or 503-894-9945. We'd love to hear from you.

## **Unitarian Universalists for Justice in the Middle East**

We work within the Unitarian Universalist community to promote peace and justice in Israel-Palestine, including a settlement of the conflict affirming the equality, dignity, freedom and security of all peoples involved. Questions? Contact Curt Bell, curt.c.bell@gmail.com

## **Women's Circles**

Women's Circle I: First and third Mondays at 7 p.m. Questions? Tess Beistel, 503-257-2042.

Women's Circle II: We are welcoming new members. All women are welcome on the second and fourth Monday evenings in the Channing Room from 7–8:30 p.m. Email or call, Kim Streuli, 503-869-1486 or streulik@gmail.com.

Women's Circle IV: Twice a month on Wednesday evenings. We are looking for participants of all ages for supportive sharing and discussion about such topics as parenting and spirituality. Questions? Amy, 503-241-5451.

# Participation and Registration

## 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 near Eliot Chapel.

**Register:** [firstunitarianportland.org/registration](http://firstunitarianportland.org/registration)

## Childcare

We want to support the participation of all adults in our offerings. Childcare can usually be arranged by request 2 weeks before an event. To request childcare contact Aaron, [apeet@firstunitarianportland.org](mailto:apeet@firstunitarianportland.org)

## 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 email, [kheintze@firstunitarianportland.org](mailto:kheintze@firstunitarianportland.org)

## Accommodations

If you have a request for accommodations that will support your participation in our programs, please email or call Kerry, [kheintze@firstunitarianportland.org](mailto:kheintze@firstunitarianportland.org) 503-228-6389 ext. 218.

## Getting Here

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

### Monday–Thursday Evenings

U-Park – S.W. 12<sup>th</sup> 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.

[firstunitarianportland.org/registration](http://firstunitarianportland.org/registration)

## Class Fees

We work hard to make classes as financially accessible as possible to everyone. Many of our classes and small groups have no fees. We are able to offer many classes without fees because of the generosity of our volunteer facilitators.

We do charge fees for some of our classes to cover costs of facilitation and supplies. We seek to be fair and just in our relationship with our facilitators by offering reimbursement to those who request a stipend in recognition of their work. Retreat fees also cover the cost of the venue and meals.

We welcome all participants in our programs. Scholarships are available for all classes. Retreat scholarships are limited and are available on a first come first serve basis. Payment plans are also available. If you would like to arrange a scholarship or payment plan, please email or call Kerry, [kheintze@firstunitarianportland.org](mailto:kheintze@firstunitarianportland.org) 503-228-6389 ext. 218.

