



# Order of Service

Sunday, March 8, 2020 ■ Services at 9:15 and 11:15 a.m.

## 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.

Text and translations for choral music in our services are on our website under Worship/Music Ministry.



For the month of March, we share our plate collection with WomenFirst Transition and Referral Center. WomenFirst provides nourishing environments where women can rebuild their lives and self-worth through peer mentorship, life skills, training, empowerment groups, and vital community support.

**\*Gathering Hymn**

“Come by Here”

**Chalice Lighting**

**Welcome**

Rev. Thomas Disrud

**Special Announcement**

Kathy Ludlow, Board Moderator

**Introit**

“We’re the Water in the Waves”  
Angela Salvaggione

Chancel Choir  
DeReau Farrar, Director

**Call to Worship**

Rev. Bill Sinkford

**\*Hymn #189**

“Light of Ages and of Nations”

**\*Responsive Reading**

“All Are Welcome”  
Wendy Bartel and Lynn Gardner

**\*Doxology #123**

“Spirit of Life”

**Offertory**

“Aria”  
Flor Peeters

Joe O’Donnell, organ

**Pastoral Concerns and Prayer**

Rev. Disrud

**Silent Meditation**

**Hymn #129**

“Let Love Continue Long”

**Reading**

“The Silence of the Stars”  
David Waggoner

**Anthem**

“More Love”  
Kevin Siegfried

**Sermon**

“Mama’s Last Hug”

Rev. Sinkford

**Prayer**

**\*Hymn #1007**

“There’s a River Flowin’ in My Soul”

**Benediction**

**Postlude**

“Carillon” from *L’Arlésienne*  
Georges Bizet

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

*Flowers are donated in Memory of Don Prather.*

## ■ TODAY AT FIRST UNITARIAN PORTLAND

**Younger Adult Potluck Brunch.** We'll gather for food and fellowship. Bring other dishes as you're able to add to the meal. Drop-ins welcome. 12:30–2:30 p.m., B-304.

**“Restorative Justice: A Personal Story.”** Join Stephen Fowler for a talk on community rehabilitation. Appetizers at 12:30 p.m., Daisy Bingham. Presented by Ending Mass Incarceration/Advancing Racial Justice.

**Downtown UU History Tour.** We will cover our church's history from our pioneer beginnings to the present. 12:30–2 p.m. We will meet in Eliot Chapel.

**Introduction to Singing Meditation.** Find your voice in peaceful contemplation. You don't need to be a singer to engage in this spiritual practice. 1–2 p.m., B-102.

**Learning Community Bake Sale and Raffle.** Visit our table in the Buchan atrium to support the Learning Community Family Camp and Boston Pilgrimage. Raffle items include an Apple Watch, one-hour massage, and baskets filled with food and fun for all ages.

**Book Signing.** Marilyn Eichinger, member and author, will be at the bookstore after each service to talk about and sign her new book “Over the Peanut Fence” about youth homelessness.

**Preparing for the 50<sup>th</sup> Anniversary of Earth Day.** Community for Earth shares “Drawdown for Creation,” a tool to address climate crisis. Visit the CFE table in Margaret Fuller Hall and [drawdown4creation.com](http://drawdown4creation.com) for opportunities for soul deepening and practical actions.

**Mar. 28 SOLVE Beach Cleanup.** Get further information at the UUA Outreach table or Community for Earth's table in Margaret Fuller Hall. Contact Stan Jewett at [stanjewett\[at\]gmail.com](mailto:stanjewett[at]gmail.com) or 503-310-0679.

## ■ LEARNING COMMUNITY

**Sunday Afternoon Childcare.** Childcare is offered for all ages from 1–3 p.m. while you attend an event or meeting at church. Request care for your child(ren) at the Eliot Info Desk by 1 p.m. that day. Staff are released at 1 p.m. if no one has requested care by then.

## ■ ADULT FAITH FORMATION

**Pick up Your Winter/Spring Program Guide to Classes and Retreats at the Adult Programs Table!**

**BIPOC Social Caucus Dinner.** Second gathering for Black, Indigenous, Persons of Color (BIPOC) and bi-/multiracial congregants of First Unitarian. Wednesday, Mar. 11 6:30–8:30 p.m., Buchan Reception. RSVP to Lia Nagase at [lkagase\[at\]gmail.com](mailto:lkagase[at]gmail.com).

**UU Yoga Day Workshop.** We will focus on spine flexibility with flowing movements. Details: \$15, Saturday, Mar. 14, 9:30 a.m.–2 p.m. Register: [firstunitarianportland.org/registration](http://firstunitarianportland.org/registration).

**Last Wishes.** This two-part class, led by Rev. Disrud and attorney Tabitha Koh, will explore decisions related to the end of life. Mar. 22, 29, 1–3:30 p.m. \$35. Advance registration: [firstunitarianportland.org/registration](http://firstunitarianportland.org/registration).

**Women's Retreat.** Open to women, non-binary, and gender expansive individuals. Wednesday, Mar. 25, 9 a.m.–4 p.m. Still Meadow Retreat Center, Damascus OR. Spaces are limited. Register: [firstunitarianportland.org/registration](http://firstunitarianportland.org/registration).

**Laughing Is the Way Workshop.** Ann Lamott says that “laughter is carbonated holiness.” We invite you to explore with us the spiritual benefits and healing power of laughing. Saturday, Apr. 18, 10 a.m.–2 p.m. Advance registration: [firstunitarianportland.org/registration](http://firstunitarianportland.org/registration).

## ■ SOCIAL JUSTICE

**Speaking of Justice's Ninth Issue on Intersectionality!** Find the link in the *Front Steps* e-News. Don't miss an issue! Subscribe here: [www.firstunitarianportland.org/justice/speakingofjustice/](http://www.firstunitarianportland.org/justice/speakingofjustice/).

**Tamale Plate Lunch.** Come purchase a plate and then join our social justice gathering. Sunday, Mar. 15, 12:30–1 p.m., Buchan Atrium.

**“Social Justice Sunday: Youth and Climate Justice.”** Join YRUU, our high school youth, to discuss climate change as a defining challenge for their generation. Sunday, Mar. 15, 1:30–3 p.m., Buchan Reception Hall.

**Sign up for the Spring 2020 Cohort of Building an Interfaith Community to Counter White Nationalism.** A project for the Interfaith Movement for Immigrant Justice (IMIJ) and the Western States Center. Contact Abigail at [aclclauhs\[at\]gmail.com](mailto:aclclauhs[at]gmail.com). Register by Mar. 16.

**The Condor and the Eagle.** Award winning documentary about indigenous people's fight for the environment. Mar. 22, 7 p.m., Eliot Chapel. Visit the Community for Earth table for more details.

**End Unjust ICE Practices.** Saturday, Apr. 4, 3 p.m., for an action at the ICE building, 4310 SW Macadam. Support Hector Camdeco-Sanchez.

**COHMO (Committee for Hunger and Homelessness).** We need full-sized lotions, shampoo, conditioner bottles, hair care products for all hair types, new full and twin size light blue sheets, and size 5 and 6 diapers. Place donations at the cupboards next to kitchen in Fuller Hall. Contact Donna at [webbed\[at\]msn.com](mailto:webbed[at]msn.com) for questions.

## ■ OTHER NEWS

**March Art Wall.** Jenn Feeney's monotypes are featured. Using a very painterly approach to printmaking, she starts without a plan and manipulates the ink to let the images emerge. Come see the colorful organic results.

**Beacon Bookstore.** March is Women's History Month. Your bookstore has some great children's books that celebrate these influential women; good for adults too!

**Give the Joy of Flowers for Sunday Services.** Honor an anniversary or birthday by sponsoring flowers for the chancel. Call Marsha at 503-954-3534 or [marshamwarner\[at\]comcast.net](mailto:marshamwarner[at]comcast.net) for details.

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