



Thursday, January 30, 2025

Sunday, February 2

 [Pancake Breakfast at 8:45 a.m.](#) 
[Sunday Worship at 10:15 a.m.](#)

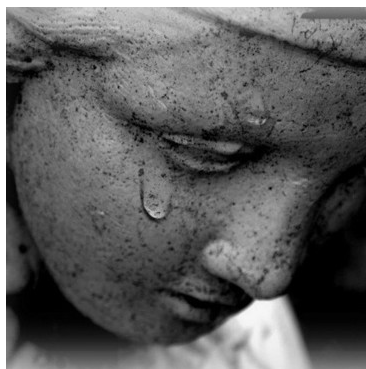
Together Time: Children and youth begin in the Sanctuary at 10:15 a.m. **Nursery and toddler care** is always available during our worship service. Learn about our program [here](#). Current news [here](#).

Social Hour: Buchan Reception after the service.

LIVESTREAM SERVICE

We Rise in the Mourning

[Rev. Alison Miller](#), Senior Minister



Our spiritual theme of the year is “Join the Journey,” and this month’s topic is Grief. At the very beginning of the journey with a new US president, we may feel as if we are disoriented and without a compass. For many, a sense of trust in our democracy has been broken and experiences of loss are

happening in terms of relationships, safety, identity, and more. Let us reflect on how we move through our collective grief in ways that give rise to life and love.

ORDER OF SERVICE



Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

In-Person & Livestream

[Monday Loving Kindness](#)

[Meditation](#) – 8 - 8:30 p.m.

via Zoom

[Tuesday Connect & Reflect](#) –

5:30 - 6:15 p.m.

via Zoom

[Friday Vespers](#) – 5 - 5:40 p.m.

via Zoom

SERVICES



February's Shared Plate

In response to the devastating

[Subscribe](#) to our email list.

Minister's Blog

Developing Our 2025 – 2026 Priorities

[Rev. Alison Miller](#), Senior Minister

We are actively working to name the priorities that will guide our planning and resources (allocation of money, staff time, volunteer time, and facilities use) for the 2025 – 2026 Congregational Year. While there are core ministries and functions that we always include, it is helpful to articulate some specific aspects of our congregational life that we hope to enhance in the coming year...[MORE](#)



Join Our Match 2025 Campaign

We are incredibly fortunate to have \$60,000 in matching gifts to challenge us to rise up and meet our Annual Fund goal. The amount you give will be matched dollar for dollar up to \$60,000. Your gift goes twice as far! Thank you!

[Learn More & Give](#)

Happening This Sunday

NEW! — Join the Journey on the Labyrinth

Most first Sundays, 9:30 a.m. - 12 p.m.

Location: Fuller Hall

This year, as we explore the church theme “Join the Journey,” we will have monthly opportunities to deepen our spiritual practices

climate change disasters such as Hurricane Helene, for the month of February we share our plate with the [UUA Disaster Relief Fund](#). The Fund is part of a covenant—a covenant between the UUA and congregations, between congregations who give generously and those in need, and with community partners. Through aiding our congregations, their members, and their community partners, we embody our faith and values. The UUA shares that the Disaster Relief Fund is currently at its lowest level since it was started in 2017. Our commitment to this shared plate will help sustain this fund going forward.

This Week's Shower Project Requests

Your donations make a big difference in the lives of those we serve. All donations are greatly appreciated. At this time, we are in special need of the following items:

- Men's pants (30-35)
- Leggings
- Belts (all sizes)
- Sports bras (S)
- Plastic bags with handles
- Coffee creamer

[Our page](#) includes a list of our most frequently-needed items.

Please bring your items to donate to the cabinet in Fuller Hall, next to the kitchen. Thank you for your support!

[Subscribe](#) to our email list.



Labyrinth will be set up in Fuller Hall on the first Sunday of most months from 9:30 a.m. to noon.

We're always looking for more volunteers to help us set up our sacred space and plan other labyrinth related activities throughout the year. If you'd like to volunteer, [reach out to Teri](#).



Want to know what this church has to offer? **Show up for events/classes/socials and stay engaged!**

First Steps Class This Sunday

Sunday, February 2, 11:45 a.m.

Location: Channing A101

[Jen Thomas](#), Member Engagement Coordinator

Please join us for the next First Steps class for new and returning folks this Sunday. This class is a great overview of First Unitarian and a chance to meet other new folks and take a tour of our campus.

Class meets at 11:45 in the Channing Room A101. If you need assistance, please drop by the Welcome Table in the Lobby/Narthex of the main sanctuary for directions. Or ask one of our friendly ushers who can direct you.

If you have questions or are interested in attending, please [contact Jen Thomas](#).

The next First Steps class will be offered on March 2.

NEW! — Notes of Appreciation to Rev. Marianne Edgar Budde

Sundays, February 2 and 9, during Social Hour

Location: Buchan Reception

[Peace Action Group](#)

You are invited to write a brief personal note to the Episcopal Bishop of the National Cathedral, Rt. Rev. Marianne Edgar Budde, in response to her remarks at the inaugural prayer service held on January 21st. View her full 15-minute sermon [here](#). Her reflections touched powerfully on the deep values of mercy, compassion and the value of diversity on many levels. We plan to collect your

[Subscribe](#) to our email list.

Budde in several weeks. Join us at the Peace Action table in coffee hour for two consecutive Sundays, 2/2 and 2/9. Your participation will be a priceless part of our communication of thanks for this spiritual leadership.



NEW! — Visit our Beacon Bookstore in Fuller Hall

Every Sunday during Social Hour

Location: Fuller Hall

Books make wonderful gifts! Visit our own Bookstore in the southwest corner of Fuller Hall during coffee hour.

We have a wide range available, including picture books for children, youth, and adults; books for the classes and discussion groups offered at First Unitarian; and a variety of topics.

Visitors tell us they wish their church had a shop like ours!

About 35% of the sale price goes to First Unitarian's general fund.

Featured News

[Subscribe](#) to our email list.



NEW! — Are We a Sanctuary Congregation?

[Social Justice Ministry](#)

The first two weeks of the second Trump presidency have been distressing, at best, as we learn about the rollback of human and civil rights protections in the U.S. Many congregants have been asking if we are a "Sanctuary Church", and if not, what would we need to do to become one. The nuanced answer about our commitment is below.

What is not nuanced is that First Unitarian Portland would ask ICE (Immigration and Customs Enforcement) or DHS (Department of Homeland Security) for a warrant in the unlikely event of their entering the church campus. The sign above will be posted at our entrances around the church. We expect that our staff and congregants would not give any information to immigration authorities about any person's immigration status. The Portland Immigrant Response Coalition (PIRC) requests that community members report immigration enforcement actions to their hotline: 1-800-622-1510. The policies and legal strategies are rapidly

[Subscribe](#) to our email list.

the information we have today and we'll inform the congregation of any changes.

As to our commitment as a sanctuary church, in 2017, First Unitarian signed a pledge with the Interfaith Movement for Immigrant Justice (IMIrJ) to be a Sanctuary congregation. The definition of a sanctuary congregation was expansive and adaptive to the time, as few houses of worship in the national "New Sanctuary Movement" were being called to physically house people.

Our commitment was, and is, to be part of a movement to expand sanctuary beyond the walls where individuals or families might be harbored. We have and will continue to work for sanctuary policies in cities, counties, schools, campuses, and will participate in community support networks, rapid response actions, and learning more about intervention. One example of this type of sanctuary involvement was in 2018 when First Unitarian supported 17 asylum seekers who were released from Sheridan Prison. We provided temporary housing and purchased tickets for each of them to travel to hosts throughout the country.

Another example is the collaboration between our Immigrant Justice Action Group and Advancing Racial Justice Action Group to host a webinar series called "How Do We Protect Immigrants in Our Communities?" Earlier this week they hosted speakers from Innovation Law Lab, the Oregon for All Coalition, and Voz to hear what the current needs and strategies are for protecting the rights of undocumented community members. You can watch that forum [here](#). On March 4 at 7pm, they will host the second session on legislative advocacy for immigrant rights. Please watch the Front Steps for registration information.

NEW! — Connect & Reflect!

Every Tuesday from 5:30 - 6:15 p.m., starting on February 4

Location: [Zoom](#)

[Rev. Alison Miller](#), Senior Minister, and [Jen Thomas](#), Member Engagement Coordinator

Please join Rev. Alison and Jen Thomas for our first Connect & Reflect session on Tuesday, February 4, at 5:30 to 6:15 p.m. by Zoom.

Every Tuesday, come share in conversation centered on the topic of the most recent sermon. Look for the discussion question on our Sunday morning preservice slides and Order of Service.

[Subscribe](#) to our email list.

[Join here.](#) Save the Zoom link—it'll work every week!

NEW! — Letter from the Board: January 2025

[Board of Trustees](#)



First, many thanks to the 80+ congregants who attended the All Church Forum on January 26!

We heard a check-in from Rev. Alison on congregational life, an update on the Annual Fund Drive, priorities for the 2025-2026 budget, and introductory information on two proposed

changes to the church bylaws. Also – you may have heard about the \$60,000 matching gift available to the church now. Make a new pledge, increase your existing pledge, or make a one-time gift... and it will be doubled dollar-for-dollar up to \$60,000! Learn more [here](#).

See the presentation and additional information on the bylaws changes [here](#).

Second, look for a Congregational Survey coming in your email and this Sunday at Church. This survey is part of the Board's evaluation of our church's ministry. Make your voice heard: how are we living into our mission and long range goals? Read more about them in the Board Governing Policies [here](#).

Finally, read an update on the Board's activities this year and a look ahead to the future [here](#).



Floater Wanted for Front Office Team

[Subscribe](#) to our email list.

We are looking for floaters who can occasionally fill in for our regular front office volunteers who need a day off from time to time. Regular shifts are Monday-Thursday from either 10 a.m. - 1 p.m. or 1 - 4 p.m. Basic computer and telephone skills required.

Volunteering in the office is a great way to get to know our ministers and staff, and to learn all about what's happening at the church. If any of these shifts are possible for you on a "now and then" basis, please email [John Rosette](mailto:John.Rosette@firstunitarian.org), or call him at 503-228-6389 x102.



What a Sunday!

We “planted” our hopes for our world during the service on January 19 ([see Rev. Alison's blog](#)), ate walking tacos together, and joined our voices in song. What a grand way to build community! Thanks to everyone who helped make this wonderful day happen!

Around the Church

Enjoyed coming to gatherings at First Unitarian Portland? Consider contributing to sustaining our community. Your support goes a long way in fostering meaningful connections. Thank you!

[DONATE](#)

GET TICKETS NOW — The 2025 Sewell Lecture

Saturday, March 1, 3 - 5:30 p.m.

Location: Main Sanctuary (1211 SW Main St)

[Subscribe](#) to our email list.

FIRST UNITARIAN PORTLAND'S MARILYN SEWELL SOCIAL JUSTICE LECTURE PRESENTS

A Tale of Two States:
Abortion & Reproductive Stories
from Idaho and Oregon

Witness monologues and be called to action by a compelling panel and the launch of Oregon's Equal Rights for All campaign.

EQUAL

RIGHTS FOR ALL



First Unitarian Portland

First Unitarian Portland
1211 SW Main St.
Portland, OR 97205
parking available across the street

Saturday, March 1, 2025 at 3 pm

Tickets \$10:
tinyurl.com/2025AbortionStories



GET TICKETS HERE

NEXT WEEK — The Alliance Presents "Friends of Tryon Creek"

Wednesday, February 5, 10:30 a.m.

Location: Eliot Chapel

[The Alliance](#)

[Friends of Tryon Creek](#) Executive Director, Gabe Sheoships, will share a presentation that draws cultural differences and parallels between Indigenous stewardship practices and Western models of environmental engagement, sharing examples and lessons from his work.

To join for the brown bag lunch & dessert (\$5) after the program.

[Subscribe](#) to our email list.



NEXT WEEK — Souper Sunday Next Week

Sunday, February 9, after the service

Location: Fuller Hall

[Souper Sunday Team](#)

Next Sunday will be a Souper Sunday!

On the menu: a vegan/gluten-free tomato soup and a taco soup.

Please add to this deliciousness by bringing the following to share with our soups:

- Cornbread
- Tortilla chips
- Muffins
- Gluten-free offerings

If you are able, a \$5 addition to our "soup fund" wouldn't be amiss. This will help cover the cost of ingredients and supplements

It takes a lot of folks to put on Souper Sunday every month—the organizers, cooks, servers, shoppers, and clean up team to name a few. We are appreciative of all who volunteer. If you are interested in helping out, please contact [Barbara M.](#)

REGISTER NOW — Winter/Spring Antiracism Learning Circles

[Subscribe](#) to our email list.

[Advancing Racial Justice Action Group](#) (ARJAG)

You are invited to join an Antiracism Learning Circle this winter/spring. It's on Zoom, so you can join from anywhere! First Unitarian in Portland is the organizer. The first Circles start next week.

Full descriptions, schedules & registration information are [HERE](#).

A printable flyer is [HERE](#).

This winter/spring 2025, we are offering:

1. [Tribal Histories of the Willamette Valley](#) (starts Thursday, January 16)
2. [On Tyranny](#) (starts Tuesday, January 21)
3. [Seeing White](#) (starts Wednesday, January 22)
4. [Doughnut Economics](#) (starts Monday, February 3)
5. [The 1619 Project](#) (starts Thursday, February 6)
6. [Caste: The Origins of our Discontents](#) (starts Thursday, February 6)
7. [The Land That Never Has Been Yet](#) (starts Wednesday, March 12)
8. [Subtle Acts of Exclusion](#)
9. [My Grandmother's Hands](#)
10. [Poverty, By America](#)

LEARNING CIRCLES are small discussion cohorts based on a book or podcast that provide:

- Important learning about white supremacy, racism, and our national history
- The opportunity to build trust and go deep in small group discussions over time
- A safe place to have difficult discussions and deal with discomfort
- An opportunity to create and strengthen relationships with others
- Connection, focus and purpose in a virtual setting

How Do LEARNING CIRCLES Work?

- Each cohort (typically 4-12) gathers for a series (from 6-12 sessions) of facilitated Zoom discussions.
- Register for specific Learning Circle(s). Meeting dates & times vary.

[Subscribe](#) to our email list.

- Everyone is given the opportunity to share reactions, then discuss as a group
- We ask that you plan to attend all sessions so we can build bonds of trust and insight
- Free of charge and open to all. Please invite neighbors and friends!

For questions contact [Jody F.](#)

Learning Community

Learn more about the [Learning Community programs.](#)

Register your child for the 2024-25 program year [here.](#)



CHECK WEEKLY — February 2 Newsletter

[Rev. Leah Ongiri](#), Director of Lifespan Faith Formation and Family Ministries

February's theme is grief. It might seem like an odd topic for a month full of Valentines-inspired love. Yet love can help us face loss, including death and other sorrow. Loving means we might feel sad and scared when there is change or hardship. Loving (and feeling loved in return) can help us bear it...[MORE](#)

Social Justice Program

Learn more about the [Social Justice Action Groups \(SJAG\).](#)

SJAGs: [Contact us to schedule meetings and events.](#)

NEW! SAVE THE DATE — Climate Teach-in: Acting to Address Climate Change

Sunday, February 16, 11:45 a.m. - 2 p.m.

Location: Buchan Reception

[Community for Earth](#) (CFE)

Learn the latest on climate related legislation in Oregon from

[Subscribe](#) to our email list.

to talk to their legislator!

A light lunch will be served.



Ongoing Need for Food Donations to Lift UP

[Committee on Hunger and Homelessness](#) (COHHO)

Sadly, the need for food in the Portland area continues to be ongoing. So next time you're ready to leave your house for Sunday service or a meeting at church, bring a can, jar, or carton of nut butter, jelly, soup, beans, salmon, or tuna with you. As long as it's non-perishable and without an expired date, please consider donating it to Lift UP. They do an excellent job of helping people facing food insecurity feel a tad more secure.

Drop off your donations to the COHHO cabinet in Fuller Hall (by the kitchen) and we will deliver them to Lift UP. Every action—big or small—is one step closer to a Portland where no one is hungry. You can also donate directly to them on [their website](#). Thank you!

CHECK WEEKLY — Art for Social Justice

Curated by Ethel G., Speaking of Justice Editorial Team

The Speaking of Justice Editorial Team offers weekly art to deepen our connection to the work for social justice and to build the Beloved Community.

"A three-year-old with an Afro puffball hairstyle discovers the power and peace that music can provide." Lee's origins are in the

[Subscribe](#) to our email list.

travels the world sharing songs and experiences to lift hearts and connect communities. To listen to her performance of "Wake Up In America," watch the video below:



In the Community

Community Milestones, Joys, and Sorrows

[Please email us here if you have any joys or concerns to share.](#)

Member Brock Leslie Turner's mother Sharon will be having back surgery on February 4. We are holding her in our prayers of compassion and healing.



Say it with flowers!

Do you have a birth in the family, a graduation, an anniversary, a memorial, or other milestones to share?

You can acknowledge it to the entire congregation by sponsoring a

[Subscribe](#) to our email list.

the Chancel.

Questions? [Contact Marsha](#).

January/February Art Wall Exhibitions

Artwork by Paula Bullwinkel

From [The Art Wall Committee](#)



Paula Bullwinkel is a narrative and figurative painter. Her female characters and beast-familiars are often in a doppelgänger tableau, suggesting an unsettling and boisterous multiverse. She has exhibited

widely, including Brooklyn, Los Angeles, Oakland, Switzerland, and Portland. Born in Northern California, she spent her childhood making miniature clay animals and figures in her mom's ceramic studio, reading classic fairytales, and playing for hours in the woods with imaginary characters. After earning a bachelor's degree in literature from UC Berkeley (and later a master's in art education), Bullwinkel spent years in New York and London as an editorial fashion photographer. Now she paints and lives in Portland.

Recurring Workshops, Classes & Gatherings

[Check out our church calendar for more info!](#)

— Visit a more comprehensive list of our [Ongoing Groups](#). —

Caregivers Support Group: Open to Newcomers. Fourth Sunday of each month at 9 a.m. [via Zoom](#).

Care and Action for Reproductive Dignity (CARD): We meet on the fourth Sunday of each month from 11:30 a.m. to 1:00 p.m. in Fireside and [via Zoom](#). [Contact Marni T.](#)

Connect & Reflect: Join Rev. Alison Miller and Jen Thomas every Tuesday from 5:30 - 6:15 p.m. [on Zoom](#). Come share in conversation centered on the topic of the most recent sermon.

[Subscribe](#) to our email list.

Look for the discussion question during preservice slides and order of service.

Committee on Hunger and Homelessness (COHHO): We meet on the 3rd Sunday of the month after services. [Contact Cynthia S](#) for details or to be added to our email list.

Community for Earth (CFE): We meet on the 2nd Sunday of the month before worship services (hybrid) and on the 4th week of the month at rotating times. [Contact our group](#) or [visit our calendar](#) for details.

Contemplative Practices: First Thursdays (in Channing, A101) and third Thursdays (in Buchan Reception, B101) from 1:00 - 2:30 p.m. This is a drop-in group. Any silent sitting practice is welcomed and no prior meditation experience is needed. Contact [Patty C](#) and [Ron](#) or [visit the event page](#) for more information.

Friday Vesper Services: Every week [from 5 - 5:40 p.m. via Zoom](#). Quiet prayer, reflection, meditation, and music.

Immigrant Justice Action Group (IJAG): [Check the IJAG page](#) on the church website for ways to get involved and groups that need our energy and gifts. For meeting info, [contact Laurie L](#).

Labyrinth: First Sundays of the month in Fuller Hall. [Check the Church Calendar](#).

Lotsa Helping Hands: A care calendar that enables volunteers to provide meals or visits for congregants going through challenging times. To join, [send a request here](#). For questions or to receive support, contact [Leslie C](#) or [Susan P](#).

Loving Kindness Meditation: Meets every Monday [from 8 - 8:30 p.m. via Zoom](#). Spiritual reading, meditation, and follow up sharing. Open to all. [Contact Katie R](#) for more information.

Mental Health Caregivers Group: Second Wednesday every month via Zoom 7 - 8:30 p.m. [Email Ellen Z](#) for more information.

Sojourners: Lollygagging Our Way To The Inevitable:

Sojourners and Sojourners 2 are two groups that meet for two hours at First Unitarian. Members support each other through aging with facilitated discussions, activities, personal stories, and social events, fostering growth and friendship. **All are welcome, but both groups are limited in size; no drop-ins, please.** [Email Lucy G](#) with questions.

Souper Sunday Committee: Once a month, we offer two different soups as part of our Social Hour. It takes a lot of folks to put on Souper Sunday every month: organizers, cooks, servers, shoppers

[Subscribe](#) to our email list.

volunteer. If you are interested in helping out, please contact [Barbara M.](#)

"T" Time: A Trans, Nonbinary, and Gender-Expansive, Eclusive Gathering: A group for anyone that identifies along the transgender spectrum. There are no requirements for medical transition status or gender presentation to attend. People who are questioning their gender and parents of trans kids (and their kids, too!) are welcome. We meet on the second and fourth Sundays in Channing Room, shortly after the service until around 1:00 PM. Questions? [Email Aileen.](#)

Wednesday Night Meditation: Every week from 7 - 8:30 p.m. All mindfulness and Buddhist-based meditations. Beginners welcome. A thirty-five-minute meditation followed by a member-led discussion to increase understanding and integration of Buddhist principles into our daily lives. For the link, [contact Robert S.](#)

Women's Circle II: Meets most second and fourth Mondays of the month. [Email Kim S.](#)

Women's Circle IV: Meets first and third Wednesdays of the month. [Email Anne M.](#)

Got something for Front Steps? Send in your church-related submission for our weekly publication. Use "Front Steps" as the subject line and [submit here.](#)

Deadline: Tuesdays at 5 p.m.

If your submission is urgent and couldn't be sent before the deadline, please include "URGENT" in the subject line.

[Events Calendar](#) | [Ongoing Groups](#) | [Update Records](#)



[First Unitarian Portland](#) | Mail to: 1034 SW 13th Avenue, Portland, OR 97205

Share this email:



emma[®]

[Manage](#) your preferences | [Opt out](#) using TrueRemove™

[Subscribe](#) to our email list.

View this email [online](#).

1034 SW 13th Avenue
Portland, OR | 97205 United States

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.