



Thursday, February 6, 2025

Sunday, February 9

Sunday Worship at 10:15 a.m.

 Souper Sunday after the service 

Learning Community (RE) classes are 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: Fuller Hall after the service.

LIVESTREAM SERVICE

A Liberation Theology without God

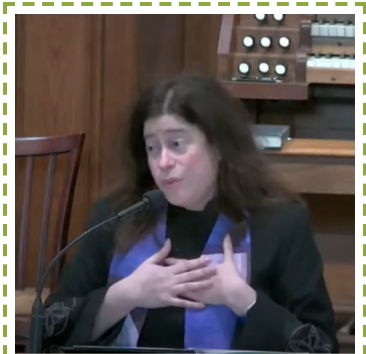
[Rev. Alison Miller](#), Senior Minister



Can you have religion without God? Our answer is yes as a religiously diverse movement, which includes humanists (atheists, agnostics, skeptics) and theists of all stripes. This feels especially relevant as the numbers of people who identify as nontheists and as religiously unaffiliated are on the rise. In honor of Black

History Month, let us honor the contributions Black humanists have made to meaning-making, including about suffering, in ways that lead to liberation.

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**

[Subscribe](#) to our email list.

First Unitarian Congregational Survey 2025

NEW! — Congregational Survey [Board of Trustees](#)

Share your opinions, experiences, and hopes for our shared ministry in our [Congregational Survey](#), now underway.

This online survey takes just 3-5 minutes to complete and helps your Board of Trustees understand what you value in our congregational life.

If you'd prefer to use a printed survey, come to the Board table after service this week for a copy.

Thank you!

Interested in the Board's recent actions and goals? Want more detail on proposed bylaws changes? [Learn more on our webpage.](#)

In response to the devastating wildfires, and the impact of other 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.



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](#)

[Subscribe](#) to our email list.

Happening This Sunday



Souper Sunday

This Sunday, February 9, after the service

Location: Fuller Hall

[Souper Sunday Team](#)

This Sunday is sure to be Souper!

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.](#)

Drop-In Parenting Circle

Sunday, February 9, 11:45 a.m. - 2:30 p.m.

Location: Daisy Bingham

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

Join the community of parents at First Unitarian and share stories, wisdom, and explore spiritual reflection. These circles are great for

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!



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

[Subscribe](#) to our email list.



those who share a parenting journey.
Meets every 2nd Sunday of most months from October to May. *Childcare provided.*

For more info, [check out the flyer.](#)

Drop-In Community Circle: "Grief"

Sunday, February 9, 11:45 a.m. - 2:30 p.m.

Location: Daisy Bingham

[Jen Thomas](#), Member Engagement Coordinator

Drop in for discussion on this month's theme: Grief.

All are welcome to join for discussion and engagement! Great opportunity to meet folks and enjoy time together. You are welcome to bring your Souper Sunday soup or other lunch. Class time is about 90 minutes.



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.

[Subscribe](#) to our email list.

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

And since you've asked: We have Bishop Mariann Edgar Budde's 2023 book, [How We Learn to Be Brave](#), on backorder and will announce when it comes in. It's a HOT book all over the country!

Featured News

NEW! REGISTER NOW — Journey to Articulating Your Faith: A Spiritual Development Opportunity for People in Their 20s and 30s

Second and fourth Thursdays beginning February 27, 7 - 9 p.m.

Location: First Unitarian Portland (in person)

[Rev. Alison Miller](#), Senior Minister, and [Danielle Garrett](#), Assistant Minister

Join Rev. Alison and Danielle Garrett for an 8-session course of theological exploration and discovery for young adults. Together, we will trace our spiritual paths, explore our understandings of the sacred, human nature, and religious practice, and develop our personal credos: an expression



of our most sacred beliefs and fundamental values that guide our lives. We will also get a chance to learn a little more about Unitarian Universalist history and build community with one another!

Dates: February 27, March 13, March 27, April 10, April 24, May 8, May 22, June 12.

[Click here to register](#) or email [Danielle](#) with any questions.

Connect & Reflect!

Every Tuesday from 5:30 - 6:15 p.m.

Location: [Zoom](#)

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

[Subscribe](#) to our email list.

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.

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

GET TICKETS NOW — The 2025 Sewell Lecture

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

Location: Main Sanctuary (1211 SW Main St)

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 SUNDAY — Climate Teach-in: Acting to Address Climate Change

[Subscribe](#) to our email list.

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 [350PDX](#). This teach-in is open to anyone who wants to learn how to talk to their legislator!

A light lunch will be served.



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

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asking if we are a "Sanctuary Church", and if not, what would we need to do to become one...[MORE](#)

Letter from the Board

[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 our annual Congregational Survey. Complete the survey online (see the article above for the link) or pick up a printed copy at church on Sunday. 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](#).



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Floaters Wanted for Front Office Team

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.

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](#)

NEW! — An Exciting Shower Project Update!

[First Unitarian's Shower Project](#)



Our Shower Project is excited to announce we are opening an additional day each week. The new hours of operation are:

- Wednesdays from 12 - 4 p.m.
- Thursdays from 12 - 3 p.m.

Thank you to all who are volunteering time and energy, donating clothing, providing lunches, and otherwise helping to keep this ministry going.

If you would like to volunteer, please fill out this [Volunteer Interest Form](#).



[Subscribe](#) to our email list.

NEW! — Auction 2025 is Coming Up!**Donations start March 23, bidding starts April 20****Location:** Online

A special thanks to all donors and participants of Auction 2024, Zap the Gap, Too. Last year's auction raised over \$60,000, our best year ever! It was because of your generosity and we're so grateful.

Now... mark your calendar for the latest edition of Creating Connections: Auction 2025! Donations start March 23 so start thinking of how you want to contribute. Online bidding starts April 20 and continues through May 4. Join us! Look for more information in Front Steps to come.

For questions, contact [Bill C.](#)

Learning Community

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

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

**CHECK WEEKLY — February 9 Newsletter**

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

Any parent (or person in similar role) is welcome at our drop-in Parenting Circle. Meet in Fuller Hall after the service for lunch on 2/9 and most second Sundays.

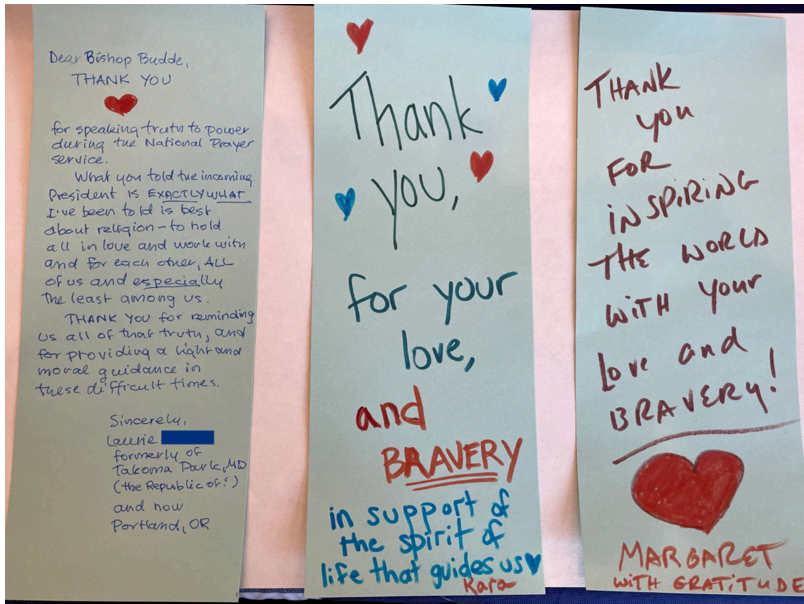
Kids and youth hang out in childcare. Grownups listen, reflect, and share about parenting and everything else. Co-led by me, Rev. Alison, and assistant minister Danielle...[MORE](#)

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Social Justice Program

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

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



Notes of Appreciation to Rev. Marianne Edgar Budde

Sunday, February 9, during Social Hour

Location: Buchan Reception

[Peace Action Group](#)

You are invited to write a brief personal note to Marianne Budde, the Episcopal Bishop of the National Cathedral, in response to her remarks at the inaugural prayer service held in Washington DC on January 21. View her full 15-minute sermon [here](#). Her reflections touched powerfully on the deep values of mercy, compassion and diversity. We began collecting your notes/reflections last Sunday and will compete that outreach this coming Sunday, February 9, at the Peace Action table in Fuller Hall. *Click [here](#) or the image above to read some of the messages from last week.*

We plan to assemble all your notes and send a packet with a handmade cover card to her in mid-February. Your participation is a priceless element in our communication of gratitude for her spiritual leadership during challenging times in our nation.

NEW! — Tamale Orders Ready for Pickup

Sunday, February 9, during Social Hour

Location: Fuller Hall

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[Immigrant Justice Action Group](#) (IJAG)

Thank you, First Unitarian!

Through your generous support of the Western Farm Workers Association tamale drive, as well as your outright donations, we have provided more than \$1,600 to the organization!



These funds help support the daily operations of the all-volunteer office that works with a membership of farm workers, seasonal and other low-paid workers uniting to end their poverty conditions.

For the second year in a row, First Unitarian's order was the largest placed and some fifteen members of the church worked one shift this past week in the multi-step operation of making tamales. Your generosity is most appreciated. Enjoy your tamales!



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!

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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.

In 2017, the Loft presented linked programming around the theme of Vigilance. Through this theme, the Loft explores how poems and stories can bear witness, and how words can help us to hold light in the darkness. Here, Danez Smith performs Langston Hughes' "Let America Be America Again." To listen, 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 Jody Feldman's mother Lois Feldman died on January 27. Lois was 93; she had been in memory care for 4 years and in hospice care for one year. She is survived by her three children, four grandchildren, and two great grandchildren. Among her accomplishments, Lois taught tailoring and textiles at the college level. She served as a member of the City Council in Stevens Point, Wisconsin, for 12 years, and as its president for 2 of those years. She was an amazing role model.

Leslie Pohl-Kosbau's older brother Robert died at home in Siletz Oregon of natural causes in late January, at age 82. He was a physicist/engineer who graduated from Cal State Northridge and worked for Hughes Aircraft and Raytheon before retiring to Siletz, Oregon, in 2006.

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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 floral bouquet. As we connect with friends, say it with flowers on 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-familars 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

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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. 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

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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 and clean up team to name a few. We are appreciative of all that 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](#).

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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](#)



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