



Thursday, February 27, 2025

Sunday, March 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 and read RE news [here](#).

Social Hour: Buchan Reception Hall after the service.

LIVESTREAM 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

Ministry Behind Enemy Lines

[Rev. Sara LaWall](#), Minister of the Boise UU Fellowship



Ministry in a conservative, red, Christian Nationalist State often feels like a constant battle for a vision of the world that holds love at the center; protecting the rights and freedoms of every human. Holding on to that vision can sometimes feel exhausting and teeter on hopelessness. But when we come together as a

community, within or beyond our walls (or across state lines), offering comfort, care, support & partnership, we fortify hope; nourishing our spirits to sustain the vision for humanity's collective thriving.



March's

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We are hosting Rev. Sara LaWall from the Boise UU Fellowship for the weekend. She will participate on Saturday as the moderator of the Sewell Social Justice Panel and director of the monologues "A Tale of Two States: Abortion and Reproductive Stories from Idaho and Oregon."

ORDER OF SERVICE

NEW! — A Statement From Your Board of Trustees [Board of Trustees](#)

We understand that another email was sent to congregants by the group of nine individuals that identifies themselves as the congregant action team. They are looking for support in their efforts to remove Rev. Alison from her ministry with us and promoting petitions to address their priorities for the congregation.

We want to make it clear that your Board of Trustees strongly supports Reverend Alison Miller as our senior minister. We reject any effort to remove her. She brings so many gifts and is creating structures and an environment that support our staff, congregation, and broader community. She has engaged in support mechanisms for communities that are threatened by the current political conditions. And her sermons educate, challenge, and uplift us. We are so lucky to have her.

We're disturbed and saddened by both the content and approach of the group's ongoing efforts.

We ask you to reject the efforts of this group. We ask you to express your support for Rev. Alison and our staff through email, in-person interactions, and via [the congregational survey](#). We ask you to engage in the current work of the Board and the upcoming vote at our annual election.

Finally, we don't know how this group amassed the email addresses that they used to send their message or who received their email. We want to assure you that neither the church nor Board shared contact information with this group.

We are holding our church community in love, peace, and hope for the future.

For the month of March, we share our plate with the Oregon farmworkers union, [PCUN](#) (Piñeros y Campesinos Unidos del Noroeste). Its mission is to empower farmworkers and working Latinx families in Oregon by building community, increasing Latinx representation in elections, and policy advocacy on both the national and state levels. PCUN values the ability of workers to take action against exploitation. PCUN strives to strengthen workers' rights by creating safer workplaces, advocating for fair wages, and pushing for enough economic security to care for families. PCUN was founded by farmworkers, and today, that legacy continues.

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 (M & L)
- Winter coats (all sizes)
- Shoes (all sizes)
- Backpacks
- Belts

[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!

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NEW! — Welcome to Foundation Month

Each spring we turn our attention to the future of the First Unitarian Church of Portland, and ways our current congregation can help ensure our church remains a strong and active part of the lives of future generations.

In March, there will be opportunities to learn about legacy giving by including [the Foundation](#) in your estate plan, or making a cash gift to the Foundation. The Foundation’s Legacy Society honors those congregants who have made a commitment to the future of this church.

This Sunday, look for Foundation information in the pew boxes, stop by our table in the lobby, or [email us](#) anytime.

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

THIS WEEKEND! — The 2025 Sewell Lecture

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

Location: Main Sanctuary (1211 SW Main St)

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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

Happening This Sunday

Join the Journey in Membership

Sunday, March 2, following the service

Location: Channing A101

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

Are you ready to deepen your connection with our faith community? Are you interested in making a deeper commitment to First Unitarian Church? Then please join Rev. Alison Miller and

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"Considering Membership" class on March 2! This class is designed for anyone considering taking the next step towards membership. It's a wonderful opportunity to:

- Ask questions about membership and stewardship
- Receive necessary paperwork
- Learn more about the membership process and if ready, you can sign the membership record book!

The decision to become a member is a very individual one, and we want to provide you with all the information you need to make an informed choice.

We would love to have you join our journey in membership! For more information, please contact [Jen Thomas](#).

No Labyrinth This Sunday!



Labyrinth has been canceled this Sunday. Please join us next month on April 6 when the Labyrinth will be available from 9:30 a.m. - 12 p.m.

NEW! — The Bookstore's "Mini-Me" Table in Buchan

Every first Sunday during Social Hour

Location: Buchan Reception Hall

Come visit the Bookstore table in Buchan when our Social Hour moves one Sunday each month. The Buchan Bookstore Table displays some of our terrific books for children and youth, as well as a slice of current adult 1st UU best sellers. Our library cart holds used books (2 books for \$1) and a selection of books Rev. Bill donated from his own library.



Our Cashier is happy to take your special order for books we don't

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gotten pretty good at answering miscellaneous questions or sending you to the right expert at another table. No matter what, we're a very friendly bunch!

Featured News

First Unitarian Congregational Survey 2025

Help Your Board - Complete This Survey, Please!

[Board of Trustees](#)

Your Board of Trustees is conducting a congregational survey as part of our annual evaluation of the church and our ministry.

Please take a few minutes to [complete the survey here](#).

Responses will inform planning for the future, including preparation for a long range planning process.

This year's questionnaire is modeled on past surveys that had very high response rates, so we can track changes over time.

If you prefer a paper version, stop by the Board table during Social Hour this Sunday.

Thank you!

STARTING TONIGHT — 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

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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.

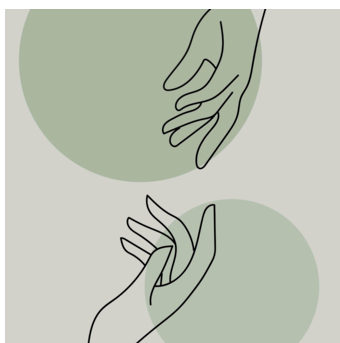


Connect & Reflect!

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

Location: [Zoom](#)

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



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!



Online Greeters Wanted

Attention: tech-savvy people wanted! We are looking for a small team of folks that would like to be online greeters. The purpose

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would be to engage with folks during the service that are attending online. Interested? [Contact Jen Thomas](#) for more information.

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](#)

NEXT WEEK — Part Two: How Do We Protect Immigrants in Our Community?

Tuesday, March 4, 7 - 8:30 p.m. Registration closes at 5 p.m. on March 4.

Location: Zoom ([Register here](#))

[Advancing Racial Justice Action Group](#) (ARJAG) and [Immigrant Justice Action Group](#) (IJAG)

This second session in our three-part series will focus on legislative advocacy. We want to be informed, prepared, and ready for action, as the Oregon legislative session progresses. Through an anti-racist lens, we will explore strategic ways we can act in solidarity to promote and defend the rights and human dignity of immigrants and other marginalized communities in our state.

We are excited to host these outstanding panelists: Ricki Ruiz, District 50 Oregon State Representative; Ira Cuello-Martinez, Policy and Advocacy Director of [Pineros y Campesinos Unidos del Noroeste](#) (PCUN); and Jessica Maravilla, Policy Director of the [ACLU of Oregon](#).

[Register here by March 4 at 5 p.m. to receive the Zoom link on the day of the event.](#)

It's not too late to see Part 1! On January 28, more than 150 people participated in the first session, which featured informational presentations by VOZ Workers' Rights Education Project, Innovation Law Lab, and Oregon for All Coalition. [The recording of that session is available here on YouTube.](#)

NEXT WEEK — The Alliance Presents "Breaking a Bad Law: The Relevance of Abortion History in the U.S."

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

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[The Alliance](#)



Judith Arcana is a Jane, a member of the Chicago abortion underground in the late 1960s through early 1970s, and a long-time abortion provider prior to Roe v. Wade.

To join us for a brown bag lunch & dessert (\$5) following the program, email AllianceRSVP@firstunitarianportland.org.



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 the Auction committee](#).

NEW! REGISTER NOW — Upcoming Antiracism Learning Circles

Starting in March

Location: Zoom

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

Three Learning Circles start in March, and there's still time to

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- [Subtle Acts of Exclusion](#) by Tiffany Jana and Michael Baran — exploring how to understand, identify, and stop microaggressions (starts March 3)
- [The Land That Has Never Been Yet](#) — audio podcast telling the history of our “democracy” and whether we’ve ever had one (starts March 12)
- [Poverty, by America](#) by Matthew Desmond — why the richest country on earth has more poverty than any other advanced democracy (starts March 18)



Simply [go to this registration link](#), scroll to the very bottom of the page, and let us know which Learning Circle(s) you’d like to join.

REGISTER NOW — Good Grief: Navigating Personal Loss

Sundays, March 9, 16, 23, and 30, 11:45 a.m. - 1:15 p.m.

Location: First Unitarian Portland (in person)

The Rev. Duane Fickeisen and Dr. Bill Yasnoff

This four-session group is for folks who have experienced bereavement due to loss of a partner or close family member. We will offer a safe space for your emotions and stories. Each participant will be invited to share their grief story. We’ll discuss how grief is a sign of your love for the person who has died, provide resources, and offer a ritual of remembrance. Our approach is that grief is not something neat and tidy to ‘get over,’ but a feral thing and likely a life-long condition. Still, we’ve found that our lives have expanded to include our grief in a healthy way.

Preregistration required. [Register here](#). Minimum enrollment six, maximum ten.

The Rev. Duane Fickeisen is a retired UU minister and grieves the loss of his wife. He facilitates a support group for retired UU clergy and partners who are grieving. Dr. Bill Yasnoff is a retired physician and grieves the loss of his first wife. He has also facilitated bereavement support groups. Both are members of First Unitarian Church.

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Saturday, March 8, 8 a.m. - 12 p.m.

Location: Buchan Reception

[UU Men's Community](#)

A Process of Personal Introspection and Practical Planning

Aging is inevitably a time of slowing down and presents us with unique challenges. Yet aging is also a time ripe with possibilities for change and growth. Folks of any age are invited to join the UU Men's Community for a half-day workshop which will be presented in two parts: First, we will connect with one another, exploring our hopes, fears and strategies for making the most of the years still ahead of us. Second, we will look at the nuts and bolts of estate planning and end-of-life health decisions. Cathy Hall, member of the board of directors of the [Oregon Memorial Association](#), will join us to describe the services OMA provides. She will include an overview of OMA's comprehensive end-of-life planning workshop, [All's Well That Ends Well](#), which is offered monthly.

Please RSVP to [Richard T.](#) There is no registration fee for this class, but [donations are always welcome](#).

NEW! SAVE THE DATE — Announcing Danielle Garrett's Ordination

Saturday afternoon, June 7

Location: Eliot Chapel

Dear Members and Friends of First Unitarian Portland,

I am thrilled to share some wonderful news with our congregation. The Board of Trustees has voted to approve the ordination of Danielle Garrett, which will take place on June 7, 2025, in our beloved Eliot Chapel. This is a joyous occasion for our community, and we invite everyone to participate in this celebration of Danielle's journey and our shared faith.

An ordination committee, led by Jen Thomas, is already hard at work planning this special event. This is a true community celebration, and there are many ways for you to get involved:

1. Financial support: We are collecting funds to support the ordination expenses.
2. Volunteer opportunities: We need help with various tasks, including but not limited to:
 - Flower arranging and donations
 - Strawberry picking

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- Volunteering on the day to help with the service

Your participation, in any form, will contribute to making this a memorable and meaningful occasion for Danielle and our entire congregation...[MORE](#)



NEW! — Discover the First Unitarian Bookstore: A Community Hub Supporting Our Church

Visit us every Sunday during Social Hour

Location: Fuller Hall

Located in the heart of our vibrant community, the First Unitarian Bookstore is more than just a place to find great reads—it's a hub that supports our church's mission and fosters connection among congregants. This welcoming space offers a diverse selection of books on spirituality, Unitarian Universalism, social justice, poetry, and children's literature, ensuring there's something for everyone.

A Legacy of Community Support

Did you know? Our bookstore has been a cornerstone of our community for over 65 years, providing a unique service that benefits both our church and its members. A number of the books are published by our own UUA Beacon Press. The store has always carried books that have been controversial and/or banned – it's part of our heritage. We seek out work representing people who have been marginalized.

Special Ordering and Community Benefits

One of the bookstore's standout features is its ability to special order any book you might be interested in. This service not only

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financially, as proceeds from sales directly benefit our community programs. Don't forget your book groups! We can order and have books available for you and the entire group...[MORE](#)



UUA GENERAL ASSEMBLY
BALTIMORE • JUNE 18 - 22, 2025

Be a Delegate for the 2025 UUA General Assembly

Wednesday, June 18, through Sunday, June 22

Location: Baltimore, MD

First Unitarian is allowed 16 delegates to the GA, in addition to the ministers. We would love to have a full complement. Delegates can attend remotely or in person. They may attend only the business sessions online for no charge, or register for the full program which includes lectures, workshops and other events for \$410 until May 31. Learn more about the General Assembly [here](#).

Delegates can vote representing the congregation. They prepare for voting by participating in pre-GA online discussions. Last year there were 12 hours of business. The agenda which includes the times for the business sessions will be available later.

Delegates are expected to report to the congregation, usually in a brief written statement about their experiences. Some funds are available for scholarship.

Interested in learning more? In becoming a delegate? [Email our church office](#).

Learning Community

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

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

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CHECK WEEKLY — March 2 Newsletter

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

We have a note and invitation from Ruth Lewellen-Dix and the Mosaic Committee:

It's Mosaic Month in our Learning Community. Each RE class will get to tour our treasured mural **God is Everywhere** on an upcoming Sunday to learn about its creation, repairs, and big move! Kindergartners did their mosaic unit already.

Everyone is welcome: Check out the bulletin board opposite Buchan elevator or visit the courtyard mosaic.

Thank you, Mosaic Committee members, for keeping this important and beautiful history alive!...[MORE](#)

Social Justice Program

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

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



NEW! — "No Place to Grow Old" Documentary Screening

Sunday, March 16, 12 - 2:30 p.m.

Location: Buchan Reception Hall

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[Committee on Hunger and Homelessness](#) (COHHO), First Unitarian's [Shower Project](#), and [WeShine](#)

Filmed in Portland, "No Place to Grow Old" is a poignant documentary that sheds light on the growing crisis of senior homelessness in America. It's a call to action and a reminder that homelessness is not just an issue for the young or the forgotten. It's a problem that affects us all in the Portland area and beyond. The film's director, Davey Schaupp, will be present as will representatives from COHHO, our Shower Project, and WeShine.

[Watch the trailer](#) and prepare to be moved. Pizza and cookies will be served. \$10 donation requested. [PLEASE RSVP!](#)



NEW! — A Shower Project Update

First Unitarian's [Shower Project](#)

It's exciting to be in our second year of providing warm showers to people experiencing homelessness in our neighborhood. And we've expanded! We are now open both Wednesday and Thursday afternoons and have been serving a record number of guests, sometimes 30 or more each day. Because of the efforts of the Portland Food Project, some local restaurants, and church volunteers, we are now able to offer some meals as well. Our guests are so thankful for the chance to come in, rest, and have a good lunch.

We've cleaned our clothing closet and hope you can clean yours, too! One of our most popular offerings is our clothing closet; it serves even more people than our shower. A volunteer team recently cleaned, rearranged, and upgraded the closet with more space and storage, and **we need donations of clean clothes to meet the growing demand.**

Bring us your jeans, sweatshirts, shoes, and jackets that you no longer use. And we always give our shower guests a new T-shirt

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white under shirts. Put an extra package in your cart for us next time you shop. Please bring your donations to the cupboard in Fuller Hall by the kitchen.

With the increase in service hours and numbers of guests, we could use more volunteers. If you are interested in helping, please fill out this [Volunteer Interest Form](#) and we will follow up with a phone call. Thank you!



Ongoing Need for Food Donations to Lift UP [Committee on Hunger and Homelessness](#) (COHHO)

Earlier this month, we delivered 46 pounds of food that you donated to Lift UP. Thank you so much! As the need is ongoing, please continue thinking of this organization that does such outstanding work when you shop for groceries. High protein foods like nut butter, beans, salmon or tuna would be greatly appreciated (check the expiration date).

Drop off your donations to the COHHO cabinet in Fuller Hall (by the kitchen) and we will deliver them to Lift UP. Every action we all take—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.

Recorded April 26, 2024, at the Othering & Belonging Institute, Berkeley, CA. Melanie DeMore (she/he/they) is a 3-time Grammy

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vocal activist who believes in the power of voices raised together. To watch her performance of "Harmonizing Belonging," click the video below:



In the Community

Community Milestones, Joys, and Sorrows

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

Long-time former member Harriet Levi died on February 19 during an afternoon nap. Among other things, she was an artist and a teacher in a women's studies program. She is survived by her husband Charles, and children Naema, Aaron, Adam, and Anyka. We hold the Levi family. May her memory always be a blessing.

Last Sunday's flowers were dedicated by Jean Kempe-Ware in memory of her loving husband, Gordon Marshall Ware. His memorial service took place in Eliot Chapel on February 23.

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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.](#)

NEW! — March/April Art Wall Exhibitions

Artwork by volunteers, originally created by Leslie Lee

From [The Art Wall Committee](#)



During the months of March and April 2025, the Art Wall will feature a series of six panels known as The Soul Box Project.

Originally created by Portland artist Leslie Lee in 2018, it is an artistic representation of the impact of gun violence in the United States. The project culminated in 2021 when over 200,000 Soul Boxes, each representing a person killed by firearm violence, went on display on the National Mall in

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Last year in the United States, some 15,000 persons were killed by a gun. Many more were wounded and permanently impacted. As of 2020, firearms were the leading cause of death for children and teens in the United States.

On average, every year, 600 people in Oregon are killed by a gun. The six panels that are a part of the display are a visual account of that tragedy.

Since 2021, the project has “branched out” over 23 states and almost 60 branches. The display you are seeing at First Unitarian is one of those branches. The project is possible in a large part because of the contributions of so many volunteers who came together to craft individual origami paper boxes to memorialize victims. First Unitarians played a huge role in that effort. Thanks to all who participated.

Recurring Workshops, Classes & Gatherings

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

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

The Alliance: The Alliance provides regular opportunities for fellowship, life-long learning, and spiritual growth for its members as well as service to the church and larger fellowship. Learn more about our program and monthly presentations [here](#).

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 Sunday morning preservice slides and our weekly 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

[Subscribe](#) to our email list.

Contemplative Practices: First Thursdays and third Thursdays from 1 - 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 W.](#) 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: Most first Sundays of the month in Fuller Hall. [Check the Church Calendar](#). *No Labyrinth on March 2.*

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.

"T" Time: A Trans, Nonbinary, and Gender-Expansive,

Exclusive Gathering: A group for anyone who 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.](#)

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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](#)



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