



Thursday, March 20, 2025

## Sunday, March 23

Sunday Worship at 10:15 a.m.

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 and read RE news [here](#).

Social Hour: Fuller Hall after the service.

LIVESTREAM SERVICE

## Inward Springs

Rev. Alison Miller, Senior Minister



Our inner vision helps guide us on our individual and collective faith journeys. What we hold as significant religious intuitions and what we claim is of ultimate importance – these both shape who we are becoming. In a faith where people hold many differing beliefs and philosophies, where can we find sources of inspiration and spiritual practices to nourish and replenish our inner vision over time?

ORDER OF SERVICE

## Ministerial Blog

Honoring Our Connection: A Membership Celebration

Jen Thomas, Member Engagement Coordinator



### 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



March's

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In these days that can feel dark and stormy, it's a joy to come together and celebrate the vibrant life of our community. On April 6, 2025, First Unitarian Portland will celebrate our members and welcome new folks to membership in the church in the Sunday service. It is a moment to shine a light on the deeper connections that membership brings and remember what it means. As Rev. Alison reminded us in her January column, membership is more than a formal commitment and more than just signing the book—it's about embracing our shared humanity and fostering meaningful relationships...[MORE](#)



### NEW! — Watch Last Week's Service

Last week, we had technical issues during our service. Our A/V team worked hard and we now have a working version available on our Boxcast. [Watch here.](#)



### 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

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:

- Small bags of potato chips, pretzels, Doritos, etc.
- Protein bars
- Cup o' Noodles
- Cookies

[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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In March, we offer opportunities to learn about legacy giving by including [the Foundation](#) in your will or other 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.

On Sundays this month, 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!**

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## Happening This Sunday

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### **NEW! — Congregant Budget Meeting**

**This Sunday, March 23, from noon - 1:30 p.m.**

**Locations:** Eliot Chapel, and via [livestream](#)

#### [Board of Trustees](#)



Join other congregants to learn about the proposed budget for the upcoming fiscal year, which begins on July 1. Church Finance Committee and Executive Team members will walk folks through the numbers and the basis for decisions made.

This budget will be presented for the Board's approval at their April 2 meeting and then on to our Voting Members at our May election.

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### **NEW! — Music Ministry Transition Team Letter and Meeting Schedule**

**Sundays, March 23 and 30, and April 13, after the services**

**Locations:** Check the kiosk on Sunday mornings for details

Music Ministry Transition Team

Dear ones,

We are certainly living in interesting times, at church and beyond. We hope that you are finding your way through to joy during this period.

Since its inception last summer, the MMTT has been actively engaged in helping church leadership and the Interim Director of Music Ministries move our music program forward in support of the worship and communal life of our church. We've come to a point

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three listening meetings, with more to come. Our objective is to hear your thoughts about how the music program has been evolving so far, and what you might envision for the future.

Our first meeting will be with choir members, bell ringers and other church musicians on **Sunday, March 23** in the Sanctuary after the service. Then we will meet with interested congregants on **Sunday, March 30** in Eliot Chapel. Our third meeting, this time with parents from the learning community, will be held on **Sunday, April 13** in the Daisy Bingham room. All of these meetings will be held at 11:45 a.m. There will also be a survey for people to fill out online.

The MMTT looks forward to hearing about your feelings, ideas and suggestions, which will play a vital role in planning for the future of the music program here at First U.



**NEW! — Celebrate Nowruz (Persian New Year)**

**This Sunday, March 23, during social hour**

**Location:** Fuller Hall

Stop by a special table hosted by Rosette K. and Leili W. in celebration of Nowruz, the Persian New Year. Nowruz takes place on March 20. Learn more about this 3,000-year-old holiday this Sunday!

**LAST CHANCE — Share Your Testimonial in Our Special Membership Service**

**Contact Jen by this Sunday, March 23**

**Location:** Main Sanctuary

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On April 6, we will be honoring membership in the Sunday service. It's wonderful to have welcomed many new members into the church this past year. We will recognize these new members as well as celebrate membership in the church on this special day.

Do you have a testimonial you would like to share about your decision to become a member? Please [send to Jen Thomas](#) by **this Sunday**, March 23.

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## **NEW! — The Super Sale Continues in Your Beacon Bookstore!**

**This Sunday, March 23, during social hour**

**Location:** Fuller Hall



Books in our three “Justice” stacks are 50% off (excludes books in the new books sections). Books donated by Rev. Bill Sinkford from his own library and books in the “Bargain” section are 100% off with a coupon available at the Bookstore. We have quite a few of the titles mentioned in recent

sermons or discussed in recent classes – as well as new poetry and meditation books (always popular with Unitarians). Sale ends on Sunday, March 31st.

We just received 20 copies of the US Constitution and the Amendments from the American Civil Liberties Union! Maybe you need one for your pocket?

Our selection of picture books for children is top-notch! Books about climate change, diversity, life experiences, caring, justice with quality writing and illustrations. Books about people who lived with courage and bravery. Books about artists and political leaders written for children. You’ll also find some books on parenting. Loved hearing the story about Queen Esther last Sunday? The award-winning book: *Queen Esther: The Queen Who Saved Her People* will be in our store either this Sunday or March 31st.

A new book by Portland writer and Rabbi, Brian Mayer, is in our bookstore. Albert S., congregant and our official Beacon Bookstore Reviewer, provides the following: “*Rabbi Brian’s Highly Unorthodox Gospel* guides one towards compassion, kindness,

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examination of the human condition and religious practices, and what one can do with this knowledge. This book deserves your consideration. I recommend it.”

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## Featured News

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### **NEW! SAVE THE DATE — First Steps Class and Campus Tour**

**Sunday, April 6, 11:45 a.m.**

**Location:** Channing Room (A101)

Jen Thomas, Member Engagement Coordinator

Join us on April 6 following the service for First Steps class and tour. This is a great opportunity to learn more about the church and its history as well as meet some new and return folks and other leaders in the church. We will meet in Channing Room (A101) at 11:45 a.m. Check in with volunteers at the Welcome Desk for directions to the room. [RSVP here](#), or if you have questions about the class or membership at First Unitarian Portland, please [contact Jen Thomas](#).

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### **SAVE THE DATE — Matins for Lent 2025**

**Mondays, March 24 through April 14, 8:30 - 9 a.m.**

**Location:** Zoom

Lent is a season for self-reflection and renewal. We invite you to **Matins for Lent**, a series of four quiet Zoom services to inspire you with a uniquely Unitarian perspective on the season.

Offered on Monday mornings from 8:30 to 9 a.m. on March 24 through April 14.

Through music, poetry, reflection and prayer, we will explore the metaphors of the scriptural stories as they speak to our own inner

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For more information, contact [Karen S.](#)

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### **REGISTER NOW — 2025 Passover Seder**

**Sunday, April 13, 12:15 p.m.**

**Location:** Buchan Reception

You are cordially invited to attend our First Unitarian Seder in celebration of Passover, the Jewish holiday that symbolizes the universal human quest for liberty. This special ceremonial UU interfaith event, beautifully structured for all ages, is a remembrance of the Jews' flight from slavery in Egypt long ago. Our community Passover Seder will be led by Rev. Alison Miller and her family, Bill Yasnoff, Rich Scher, and the Seder team. It is a worship service, a songfest, a banquet, and a blend of goodness, goodies, gravity, and joy. Children, Youth, Adults, Elders - All are welcome. We will provide a delicious lunch of traditional Seder foods.

Adults \$25 each / Children \$10 each

Come one and all to enjoy food, fellowship, candlelight, stories, music and more!

[Please register now here.](#)

**Register early as space is limited!**

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### **NEW! — Letter from the Board: March 2025**

[Board of Trustees](#)

Dear Congregants,

[Subscribe](#) to our email list.



My three-year term on the Board started on July 1, 2024, with my first official Board meeting in September. We're about halfway through the church year, and I want to report to you on some of the progress we have made toward making the church stronger and more resilient.

But before the progress report, I'm compelled to celebrate the powerful church weekend we experienced March 1 and 2. It reminded me of why this church means so much to me and how our work together feeds me spiritually...[MORE](#)

## First Unitarian Congregational Survey 2025

### **Under 50? We Need Your Opinions!**

#### [Board of Trustees](#)

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

To date, we have 369 responses, but only 33 from those under 50.

Please take a few minutes to [complete the survey here](#). We want to hear from everyone in attendance, regardless of membership.

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!

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## 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](#)



### Auction 2025: "Welcome In!" Starts Soon!

**Donations start March 23, bidding starts April 20**

**Location:** Online

The latest edition of "Creating Connections: Welcome In!" is just around the corner! Donations start March 23rd and end on Monday, April 7. For a list of donation ideas, go [here](#). Online bidding starts April 20 and continues through May 4. Join us! Look for more information in the weeks to come.

For questions, [contact the Auction committee](#).

### First Gardening Day of Spring

**Saturday, March 29, 10 a.m. - 12 p.m.**

**Location:** 12th Ave side of church campus

[First U Gardening Crew](#)



After two months of "hibernation" during winter, we are ready to tend the gardens again!

Please join us as you are able and interested—bring water to drink, gloves, clippers and hand trowels as you have them.

We convene on the 12th Avenue side

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and compost bags provided. Also clementines. 😊

Questions? Contact [Laurie L.](#)

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**NEW! SAVE THE DATE — The Alliance Presents "P:ear - What It Is, Who Is Involved, What We Do"**

**Wednesday, April 2, 10:30 a.m.**

**Location:** Eliot Chapel

[The Alliance](#)

Antonio Camacho Martinez, program director of the organization p:ear, will present what it is, who is involved, and what they do.



To join us for a brown bag lunch & dessert (\$5) following the program, [RSVP to the Alliance.](#)

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**The Art Wall Committee is Looking for New Members**

[The Art Wall Committee](#)



You don't have to be an artist to join, just be interested in art. Members commit about one day a month to attending a meeting or helping install the new show, usually the last Thursday of the month. Committee members recommend artists who might be a good fit for Fuller Hall and the committee juries the artists. If you are interested, [contact Connie C.](#)

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**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 23 Newsletter**

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

Dear Community,

[Your board](#) wants some feedback, especially from parents and older youth.

Please only take this survey if you ever:

- enjoy anything or anyone at church
- are disappointed here
- have good ideas that could benefit us all
- wonder why something happened or didn't happen
- help with programs or events
- offer leadership
- take pride in being a part of this place
- want the best for this community

I think you get the idea...they want to hear from YOU!

[Take the survey.](#)

Thanks for all your (our) collective care!...[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.](#)

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### **NEW! THIS SUNDAY — CARD Meeting**

**Sunday, March 23, 11:30 a.m.**

**Location:** Fireside Room (A303) or online

[Care and Action for Reproductive Dignity](#) (CARD)

All are welcome to our monthly CARD meeting this Sunday, March 23 in Room A303 (Fireside Room) from 11:30 AM - 1:00 PM.

Share reactions to the Sewell Lecture on March 1. [Watch the](#)

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We will be learning more about the [SACReD](#) curriculum at this meeting and consider future plans. [See video clips here.](#)

Please [contact Marni](#) if you anticipate attending virtually. This helps us be prepared.



## **POSTPONED** — How to Talk About Climate Change with Family and Friends

[Community for Earth](#) (CFE)

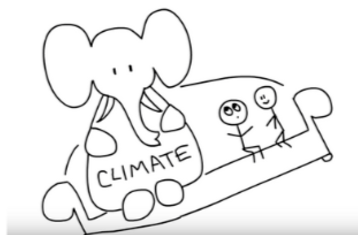


Image from video "The Secret to Talking about Climate Change" from Alliance for Climate Education

The workshop originally scheduled for March 23rd has been postponed to avoid competing with other events. Until it is rescheduled, [here is a list of videos, tip sheets, research studies, and more on the topic.](#)



## **NEXT WEEK!** — Gathering For Those Wanting to Engage More in the Struggle for Justice and Human Rights in Palestine/Israel

**Tuesday, March 25, 6:30 p.m.**

**Location:** Buchan Reception

[Unitarian Universalists for Justice in the Middle East](#) (UUJME)

Perhaps you have been disturbed by the oppression of the human rights of Palestinians by the state of Israel, or troubled by the billions of dollars in unconditional military aid to Israel given by our own country, the United States, that makes this oppression possible. Perhaps you would like to learn more and engage more on this issue. If so, come to the gathering on March 25 that will be

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new Unitarian Universalists for Justice in the Middle East Chapter at First Unitarian Church. This will be the second meeting. Notes from the first meeting on February 25 are [here](#).

Note the article, [Three Tiered Resource Guide for UUs Organizing for Palestinian Liberation](#) (from National UUJME), that we plan to discuss at our upcoming meeting and hope you will read before the next gathering.

You are welcome and please invite other members of First Unitarian who are interested in joining us.



### **NEW! SAVE THE DATE — IJAG Lunch and Meeting**

**Monday, March 31, noon**

**Location:** Elephant's Deli on SW Corbett and Boundary (parking available)

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

Grab your lunch downstairs and join the group in the big dining room upstairs. We have a convivial time of catching up, a discussion of personal activities related to immigrant justice and upcoming activities of the group.

And **SAVE THE DATE** for our May 6 panel discussion on Opportunities to Help Our Immigrant Neighbors (on Zoom).

This is the third of three forums co-sponsored by IJAG and [ARJAG](#) and will present tangible ways we can help those most at risk in our communities. See Front Steps for more information closer to the date or contact Laurie to be added to the mailing list.

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### **NEW! — Peace Action Group Reading**

[Peace Action Group](#)

Here is a reading from the recent Peace Action Group meeting, excerpted from a recent *New York Times* interview article titled "Ed

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**"Interviewer:** So, putting work aside, one could reasonably feel a sense of moral injury just as a result of living in the world right now. We can change our work situation, or at least try, but changing the bigger problems is beyond our scope. Any advice for how to get through that feeling?

**"Ed Yong:** There are three ideas that come to mind.

"One is a quote from the amazing Mariame Kaba, who says, 'Hope is a discipline.' She argues that hope is not this nebulous, airy thing. It is a practice that you cultivate through active effort.

"I think of a line by the great and late global-health advocate Paul Farmer, who said that he 'fought the long defeat.' By which he meant that he was often swimming against forces that were extremely powerful, and he knew that he was going to suffer defeats and setbacks, and that he was going to fight nonetheless.

"Then the third one is an idea called the Stockdale paradox, which was named after Vice Adm. James Stockdale, who was a prisoner of war. When he was finally released, after a long time in captivity, he was asked how he managed to survive what he endured, and he talked about how he made it because he was able to hold two seemingly contradictory ideas in his head at the same time. One was the full and brutal realization of his situation, combined with the indomitable hope that things could get better.

"These three ideas anchor me in these moments when it feels like the gulf between what we hope the world should be and what it actually is seems vast and growing. That gulf is agonizingly difficult to bear, but we bear it nonetheless."

[Read the full interview here.](#)

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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.

Known for fearless, truth-telling lyrics and melodies you can't resist singing, Emma's Revolution is the award-winning activist duo of

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more than 20 years, Emma's Revolution has written about critical issues happening in the world, lending their voices to the movements those issues inspire and delivering moving, uplifting performances. To listen to their song "Keep on Moving Forward/Sigamos Adelante," click the video below:



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## In the Community

Community Milestones, Joys, and Sorrows

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

Alyssa Leigh Smith's mother, Marcia Smith, had knee replacement surgery last week. Alyssa is in Spokane to support the recovery process for a couple weeks. The family would appreciate our prayers of healing and wellness during this time.

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**Say it with flowers!**

**Do you have a birth in the family. a graduation. an**

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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.

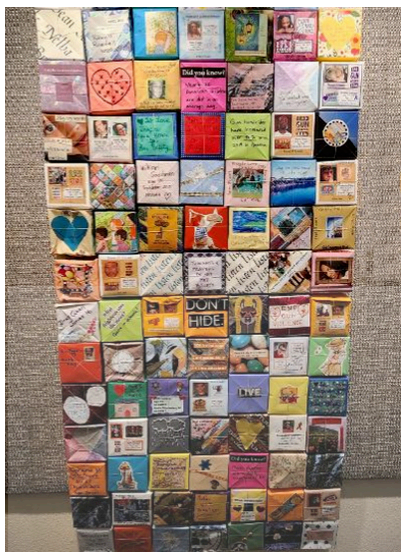
Questions? [Contact Marsha.](#)

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## March/April Art Wall Exhibition

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.

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...[MORE](#)

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## Recurring Workshops, Classes & Gatherings

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

— Visit a more comprehensive list of our [Community Groups & Activities.](#) —

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**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.](#)

[Subscribe](#) to our email list.

**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 details.

**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](#).

**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.

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**"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](#).

**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](#).

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**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.

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