



First Unitarian Church of Portland

Thursday, March 27, 2025

Sunday, March 30

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

Honing Our Prophetic Vision

[Danielle Garrett](#), Assistant Minister



Peace activist Philip Berrigan once said, “The poor tell us who we are, the prophets tell us who we could be, so we hide the poor, and kill the prophets.” Clarity of vision, about both what’s happening in the present and what’s possible in the future, is dangerous to the forces of injustice. In these

days where that kind of clarity is so necessary, how can we lean on our faith, spiritual practices, and religious community to help us cultivate our powers of perception?

ORDER OF SERVICE



Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

In-Person & Livestream

[Monday Matins for Lent](#) – 8:30 - 9 a.m.

via Zoom (through April 14)

[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

[Subscribe](#) to our email list.

Justice is the Work of Many Minds, Hands, and Hearts

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

Unitarian Universalism is a faith that lifts up the “prophethood and the priesthood of all believers.” While I may possess the title of Reverend and the role of a minister, the ministries of our congregation – creating worship, teaching, caring, organizing, serving, justice-making – all of these are our shared work. You are also invited to minister to one another and to the brokenness and possibilities in our individual lives, in our congregational life together, and in the world beyond our walls...[MORE](#)



Final Sunday of 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, we encourage our members and friends to consider making a legacy gift to First Unitarian 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 this final Sunday in March, look for Foundation information in the pew boxes, stop by our table in the lobby, or [email us](#) anytime.

NEW! — Having Trouble Accessing Connect & Reflect?

Are you having trouble accessing the Connect and Reflect Zoom meet up on Tuesday from 5:30 to 6:15 p.m.?



March's Shared Plate

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:

- Snacks of all kinds, especially protein bars

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A few folks have had difficulty, and we wanted to be sure that everyone can attend if they are interested.

You can just [click here](#) to join, or go to <https://tinyurl.com/Connect-Reflect>. You'll also find links on the [church calendar](#), in Front Steps, and on [Facebook](#). Below is some of the necessary information needed. You might keep the password handy if you are asked.

Meeting ID: 858 2507 6918

Passcode: DaisyB#

You can also email [Jen Thomas](#) at the time, and she will try to help you.

We thank for your grace as we work out the details.



NEW! — Auction 2025 is Officially OPEN for Donations! 🎉

Donations end on April 7, bidding starts April 20

Location: Online

The auction team is thrilled to announce we're now accepting your amazing contributions! We're talking events, incredible services, dreamy vacation home getaways, and fantastic sponsors. This year, we're pouring our hearts into making our church even better, focusing on vital security, a brand-new welcome desk in the narthex, and more. Our theme is: "Welcome In!"

Join us in making this year's auction unforgettable! You can donate right now, right [here](#). ✨ Need some inspiration? Check out these amazing [donation ideas](#). And if you're ready to shine as a sponsor, find all the details [here](#).

- Cup o' Noodles
- Coffee creamer
- Men's pants (32 & 34 waist)
- Shorts

[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!**

Happening This Sunday

[Subscribe](#) to our email list.

An Invitation from our Music Ministry Transition Team

Sundays, March 30 and April 13, after the services

Locations: Check the kiosk on Sunday mornings for details

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 where we need to hear from congregants. We are scheduling 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.

On Sunday, March 23, we met with members of our choral and handbell choirs. Our next meeting will be with interested congregants **this 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. Both of these meetings will be held at 11:45 a.m. and **childcare will be provided**. 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.

Bookstore Super Sale Ends Sunday!

This Sunday, March 30, during social hour

Location: Fuller Hall



50% off 3 sections of Justice Books! 100% off Bargain Books and Books from Bill Sinkford's Own Library!

We know you're making a note when a friend's name is spoken during Community Concerns in the service. Did you know you can find a greeting card in the Bookstore? Congregant Sam

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just restocked locally produced and always popular Waterknot cards and Stonehenge cards (with the bookmark inside). Now you can purchase a stamp when you purchase your card – mail it on the way home so you don't forget!

Several Thich Nhat Hanh books just arrived – along with other books in the Buddhism, meditation, and reflection sections. Now seems a good time to start or strengthen your self-care quiet time! Some of us write to reflect. Buddhist teacher and author, Natalie Goldberg, has published several books on writing that we carry, including *Writing Down the Bones* – a particular favorite.

The children's book, *Maybe*, was cited a couple of weeks ago. It sold out right away, but 2 more copies just came in. Are you one of the people who asked just after the last one sold? Or would you like your own pocket copy of the U.S. Constitution? Come on downstairs to the store today!

Thank you to those congregants who have made special orders through us! We're always happy to do that – and then the Church receives the profit! Ask the Bookstore Cashier to help you.

Featured News

POSTPONED TO MAY 4 — First Steps Class and Campus Tour

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

Jen Thomas, Member Engagement Coordinator

The First Steps class originally scheduled for Sunday, April 6, has been postponed.

Join us next month on Sunday, May 4, following the service for our 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. Look for more details in upcoming Front Steps!

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Thursday Afternoon Volunteer Wanted!

Looking for something meaningful to do on Thursday afternoons? We're seeking a Front Office Volunteer to staff our main reception desk from 1 - 4 p.m. each Thursday.

You'd welcome congregants, staff and other visitors to the church office, answer phones, help manage the reception area, and assist with occasional administrative tasks such as photocopying and data entry as needed. It's a wonderful way to get to know our ministers and staff and have the inside track on all the goings-on at the Church.

Sound interesting? Contact [John Rosette](#) in our Front office or give him a call at 503-228-6389 x102.



SAVE THE DATE — Matins for Lent 2025

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

Location: Zoom

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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. 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 lives. [Join on Zoom here.](#)

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



REGISTRATION DEADLINE IS APRIL 6! — 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!

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Register now as space is limited!

Letter from the Board: March 2025

[Board of Trustees](#)



Dear Congregants,

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](#)

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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!

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](#)

THIS WEEK — 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 of the church campus and then get to work. Shovels, plastic bags and compost bags provided. Also clementines. 😊

Questions? Contact [Laurie L.](#)

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NEXT WEEK! — 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](#).



NEW! — Hands Off! Portland Fights Back

Saturday, April 5, times vary

Locations: Read below for details

Co-sponsored by [UUs for Social Justice](#) and [League of Women Voters](#)

On Saturday, April 5, UUs are encouraged to join a nationwide protest standing against those who seem to think they can take away our rights to health care, social security, elections, privacy, free speech, educational funding, and so much more.

You can find a protest near you on [this website](#).

Some in the Portland area are here:

- **Southeast Portland:** 9:30 - 11:30 a.m. at 7530 SE 22nd St (South end of Westmoreland Park)
- **East Portland:** 10:30 - 11:30 a.m. at 400 SE 103rd Dr (East

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- **Northwest Portland:** 12 - 4 p.m. at 100 NW Naito Pkwy (Japanese American Historical Plaza)
- **Vancouver:** 12 - 3 p.m. at 605 Esther St (Esther Short Park)
- **Beaverton:** 2:30 - 4:30 p.m. at 12375 SW 5th St (Beaverton City Library)

Protestors are encouraged to bring signs. Here is some suggested wording from Third Act:

- “Social Security is Not a Ponzi Scheme.”
- “Old Enough to Know It’s Far Easier to Break Things than to Build Them.”
- “My Hair Was Not This Gray Until Musk Showed Up.”
- “We Marched for the Environment on the First Earth Day; It’s Crazy We Have to Do It Again.”

A broad coalition of organizations, including UUs for Social Justice (UUSJ) and the League of Women Voters are promoting the event. The organizers insist, “A core principle behind Hands Off! is a commitment to nonviolent action. We expect all participants to seek to de-escalate any potential confrontation with those who disagree with our values.”

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.](#)

Learning Community

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

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

[Subscribe](#) to our email list.



CHECK WEEKLY — March 30 Newsletter

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

Dear Ones,

Welcome! We're trying a new format and platform for this weekly newsletter. Now you can:

- click through to links
- more easily forward to someone who might be interested in our program
- manage your subscription preferences

Let me know what you think...about the e-news or anything else. Keep in touch!...[MORE](#)

Social Justice Program

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

NEW! THIS SUNDAY — "Act for Justice": Letter Writing in Support of Immigrants

Sunday, March 30, 2 p.m.

Location: First Christian Church (corner of SW Park Ave & SW Columbia St)

[Ecumenical Ministries of Oregon](#) (EMO) and [First Christian Church](#)

Ecumenical Ministries of Oregon (EMO) and First Christian Church are co-hosting an "Act for Justice" informational session and letter writing campaign in support of immigrants in Oregon.

The purpose of the event is to inform and encourage support with

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7888, known as "The Pathways to Protection and Citizenship Act". The legislation would expand the existing Oregon Department of Human Services' immigration legal services programming through grants to culturally-specific and non profit legal service providers in Oregon. These grants would improve access statewide to immigration legal services.

Attendees will hear about the many benefits to our communities, cities, and state if we can offer pathways to lawful permanent status. The immigration process is complex and expensive to maneuver for people who are not familiar with immigration law and a stumbling block for many trying to become productive members of our communities.

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

[Community for Earth](#) (CFE)

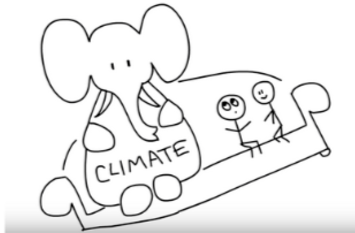


Image from video "The Secret to Talking about Climate Change" from Alliance for Climate Education

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! — IJAG Lunch and Meeting

Monday, March 31, noon

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

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

[Subscribe](#) to our email list.

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 L.](#) to be added to the mailing list.

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 Yong Wants to Show You the Hidden Reality of the World":

"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

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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.](#)

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.

RAFEEF ZIADAH is a Canadian-Palestinian spoken word artist and activist. Her debut CD *Hadeel* is dedicated to Palestinian youth, who still fly kites in the face of F16 bombers, who still remember the names of their villages in Palestine and still hear the sound of Hadeel (cooing of doves) over Gaza. To listen to her piece "We teach life, sir," 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.](#)

Marilee Thompson, a member of First U since 1998, as well as a Legacy Society member, died on February 18, 2025. Our thoughts are with Marilee's family and friends at this time.

Member Dean Baker had a seizure on March 17. After a brief

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Dean was able to return home on Monday. He appreciates our healing thoughts and prayers.

Member Christopher Doo's mother was hospitalized briefly following an injury. Christopher was able to travel to be with her and is pleased to report that she is now recovering at home.



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.](#)

March/April Art Wall Exhibition

Artwork by volunteers, originally created by Leslie Lee

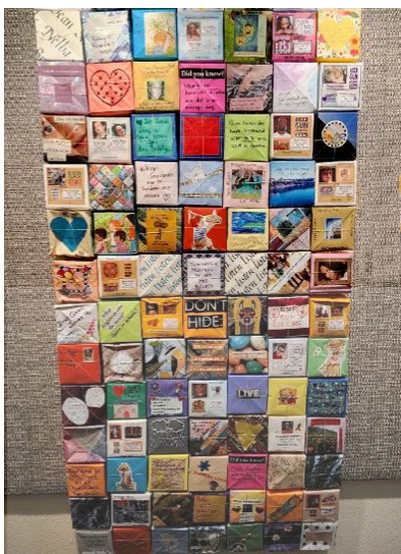
From [The Art Wall Committee](#)

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](#). —

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 details.

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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.

"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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