



Thursday, April 3, 2025

Sunday, April 6

🍳 [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

A Liberating Love

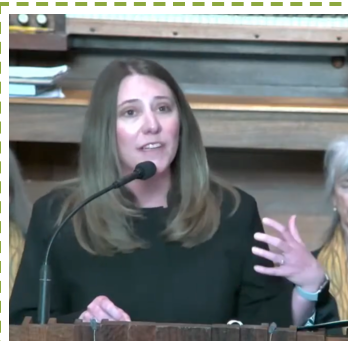
[Rev. Alison Miller](#), Senior Minister



All are invited to come to our Membership Celebration Sunday! We will be welcoming our newest members and honoring our longtime members – our spiritual companions on our shared religious journey. Our community is dynamic and always reforming as new people join with us in upholding Unitarian

Universalist promises and values, which invite us to place love at the center of our lives.

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



April's

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Minister's Blog

Going to the Rally Together

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

As you may have read in last week's minister column, "In a time when so many of our values, such as promoting democracy and human dignity, are under attack, our shared social justice ministries can be a grounding and guiding force in our lives and in the world. I have heard from many of you that you want to figure out ways we can show up for our values together."

One opportunity is happening this Saturday, in nonpartisan rallies across the country, where folks are coming together to push back against attacks on our democratic institutions and basic rights. This is an opportunity for us to publicly share our UU values that keep love at the center and call us to defend our neighbors and our democracy.

Many of you have asked how we can join these efforts as a church in an organized way. Below you will find answers about what we're planning for Saturday and how you can get involved...[MORE](#)

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.?

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.

Thank for your grace as we work out the details.

For the month of April, we share our plate with [Adelante Mujeres](#). They write, "Latine women and their families, generations of poverty, racism, sexism, and isolation have limited opportunities for empowerment. We're on a mission to change that." Through education, leadership training, and enterprise opportunities, Latine women and their families are becoming strong, empowered leaders. Adelante Mujeres serves more than 17,000 people in and around Washington County, Oregon each year.

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:

- Coffee creamer
- Cup o' Noodles
- Snacks of all kinds, especially protein bars
- Belts of all sizes
- Pants (sizes 30 - 35)
- Men's shoes (sizes 10 - 13)
- Backpacks and/or plastic bags with handles

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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Creating Connections
"Welcome In!"

Auction Donations Needed!

DONATION DEADLINE: APRIL 14

Do you have a skill, interest, or hobby that you'd be willing to auction off to share with others?

- Bird watching?
- Dance lessons?
- Dinner for 4?
- Computer help?
- Figure drawing?
- House cleaning?
- Cooking classes?
- Waterfall hike?
- Wine tasting?
- Karaoke night?
- Homemade dinner?
- Custom scarf?
- Gift basket?
- Anything you enjoy!



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

UPDATE — Auction 2025: We Need Your Donation! 🎉

Donations deadline April 14, bidding starts April 20

Location: Online

The Auction team is thrilled to announce we're now accepting Auction contributions! We're talking events, services of all kinds, dreamy vacation home getaways, and our generous sponsors.

This year, we're pouring our hearts into making our church even better, focusing on vital security and cleanup for our downtown block, a brand-new welcome desk in the Narthex/lobby, and more. Our theme is: "Welcome In!"

Join us in making this year's auction unforgettable! We need the donations of this community to make our Auction a success. You can donate right now, right [here](#). ✨ Need some inspiration? Check out some helpful [donation ideas](#). And if you're ready to shine as a sponsor, find all the details [here](#).

Happening This Sunday

No Labyrinth This Sunday!

Labyrinth has been canceled this Sunday. Please join us next month on May 4 when the Labyrinth will be available from 9:30 a.m. - 12 p.m.

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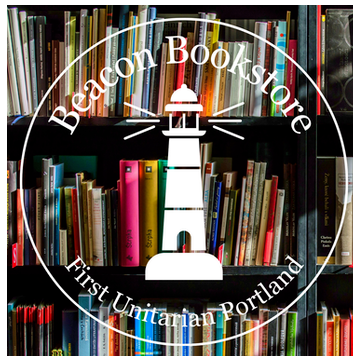


The Bookstore This Sunday

This Sunday, April 6, during social hour

Location: Buchan Reception

Our Bookstore is a table and a cart on the 1st Sundays of each month when we gather in Buchan for coffee. You'll find a nice, but small selection of books and the same friendly helpers. We are able to take your special orders. Remember that we're always looking for good book suggestions from congregants!



Featured News



THIS SATURDAY — Hands Off! Portland Fights Back

Saturday, April 5, 12 - 4 p.m.

Locations: Walk over together from First Unitarian (12th &

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Salmon) at 11:15 a.m., or meet at the Japanese American Historical Plaza at 12 p.m.

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.

Many people from First Unitarian will be attending, including ministers and some staff. Congregants may join together for group poster making at 10 a.m. in Buchan Reception, or meet at 12th and Salmon to walk over together as a group at 11:15 a.m. Read [this week's Ministerial Blog](#) for more information.

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 Portland Post Office)
- **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.”

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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!

NEW! — Meet Our New Members!

[Jen Thomas](#), Member Engagement Coordinator

Want to learn a little about our newest members? Check out their bios on the [new page](#) on our website.

Under the **Get Connected** tab > **Becoming A Member** page, you will be able to find mini bios of the new folks that have joined in membership. We will keep the bios up for a few months after their joining date. You can also [click here to see the bios](#).

We hope you will take this chance to connect more deeply.



SAVE THE DATE — Matins for Lent 2025

Mondays 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.

[Subscribe](#) to our email list.

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 THIS SUNDAY! — 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 now as space is limited!

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Sunday, April 13, after the service

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 second meeting was with interested congregants on March 30. Our next meeting, this time with parents from the Learning Community, will be held on **Sunday, April 13**, in the Daisy Bingham room. 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.

Letter from the Board

[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](#)

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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!

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](#)

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](#).

Carrying Our Words by Ofelia Zepeda

We travel carrying our words.
We arrive at the ocean.

With our words we are able to speak
of the sounds of thunderous waves.
We speak of how majestic it is,
of the ocean power that gifts us songs.

We sing of our respect
and call it our relative.

CHECK WEEKLY — April 6 Newsletter

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

Dear Ones,

This month we learn and worship about liberation! Here's a morsel about the deep freedom of knowing we are held in expansive connection. That our very words bind us in relationship even to the ocean. That our song matters to the waves. That this is one way we can know liberation...[MORE](#)

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Social Justice Program

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



NEW! — Welcome to "April is Earth Month"!

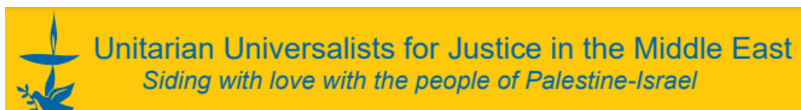
Earth Month action team of Community for Earth ([CFE](#))

During April, the Earth Month team will share actions and practices to consider all month (and all the time) in support of April 22, Earth Day.

Week 1 Action is SHOWING UP - SPEAKING UP. We offer these tips for making this happen:

- DO #1. Showing up in person and online with friends, family, and church circles.
- DO #2. Start a conversation with trust building – authentic inquiry into how they are doing.
- DO #3. Speaking up – share some enthusiasm that you recognize April as Earth Month, and then direct the conversation toward them, asking things like, would you like to join me in some little practice, or what places in nature do you like to go, and would you like to recognize earth month/day with a walk with me in nature.
- DON'T #1. Make this about politics.

Finally, [here is an empowering resource](#) for you to delve further into showing up-speaking up.



NEW! — Sign the Petition Calling for an End to U.S.

Military Support for Israel

Sundays, April 6 - 20, during social hour

UUJs for Justice in the Middle East ([UUJIME](#))

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The killing of Palestinians by Israel is done with U.S. bombs dropped from U.S. planes. Most UUs agree that U.S. complicity must stop. The Unitarian Universalist Service Committee (UUSC) in 2021 stated that U.S. military aid to Israel must stop until Israel respects the human rights of Palestinians, and 75% of the delegates to last Summer's UUA General Assembly voted for an Action of Immediate Witness calling for an end to U.S. military support for Israel.

Members of First Unitarian Portland now have the chance to tell their Congressional Senators and Representatives the same thing by signing a petition that will be at the UUJME table during the next three Sunday's coffee hour. The petition with all the signatures will be taken to the U.S. Senators and Representatives in the Portland area after the three weeks.

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.

Marc Bamuthi Joseph (born 1975) is a spoken-word poet, dancer, playwright, and actor who frequently directs stand-alone hip-hop theater plays. Last week, the Kennedy Center for the Performing Arts's new leadership fired at least seven members of its social impact team that worked to reach more diverse audiences and artists, including Marc Bamuthi Joseph, who served as vice president and artistic director of social impact. To watch his performance of "You Have the Rite," 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.](#)

Congregant Joanne O'Connell died on March 4 at the age of 67. Joanne was active in the Pride group for many years. She worked for Multnomah County for almost 13 years as a specialist for various programs and most recently as the contract liaison for the community services Veterans Directed Care program. She always had a smile on her face and would take the time to listen to everyone.

Long-time member Liz Julee died on March 21. Her daughter Tara Johnson-Medinger served as our Children's Christmas Pageant director in past years. A memorial service was held for Liz on Wednesday, March 26.

Radiance Choir member Jason Paris's mother died on Tuesday, March 25. Jason tells us that she was a spiritual, loving and supportive parent to him and an important influence in his music and acting, as she was also fond of performing. They both sang at Clear Lake Presbyterian Church in Houston, TX, all throughout Jason's childhood and high school years. She was always his biggest fan. We send our thoughts to Jason and his partner Pax Bennett at this time.



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

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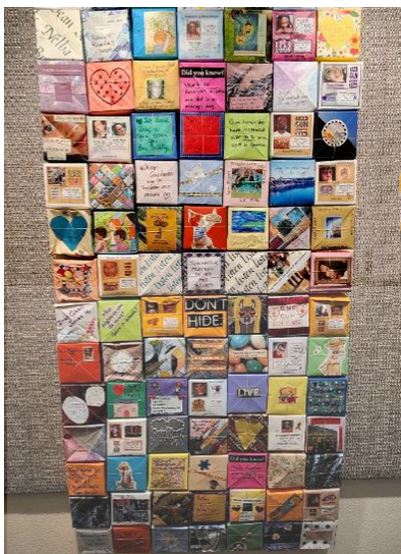
the Chancel.

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](#)

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

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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.

"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

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questioning their gender and parents of trans kids (and their kids, too!) are welcome. We meet on the second and fourth Sundays in Channing Room, shortly after the service until around 1:00 PM. Questions? [Email Aileen](#).

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

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

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

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

Deadline: Tuesdays at 5 p.m.

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

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



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