



Thursday, May 1, 2025

Sunday, May 4

[Pancake Breakfast at 8:45 a.m.](#)

[Sunday Worship at 10:15 a.m.](#)

[Auction Celebration after the service](#)

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 and Auction Festivities: Buchan Reception Hall after the service.

LIVESTREAM SERVICE

Borders and Belonging

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



Our congregational year’s spiritual theme is “Join the Journey,” and our topic for the month of May is Belonging. The story of humanity can be told as a journey of migration. People move around the globe seeking economic opportunity and expanded human rights, fleeing from

war and violence, from the impacts of climate change, and to reconnect with family members or to separate from them. Some have also been moved by force. Let us explore the moral questions connected with immigration in these times of



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** on

May 6 & 20, and June 3 & 17

[Friday Vespers](#) – 5 - 5:40 p.m.

via Zoom

SERVICES



May's Shared Plate

For the month of April, we share our plate with [Voz](#). Voz is a

[Subscribe](#) to our email list.

our lives and our life stories intersect with the story of immigration? What does our first principle call us to do in terms of upholding the worth and dignity of every human being? Who is included when we talk about caring for our neighbors?

***This was the sermon topic bid on during last year's Auction by Laurie Lester. To name a sermon, you can bid on [the Auction item](#) until this Sunday at 5 p.m.*

ORDER OF SERVICE

Minister's Blog

We Are Part of a Wider UUA

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

In May, we are kicking off our topic of “Belonging” as a part of our year’s spiritual theme of “Join the Journey.” While many of you have chosen to belong to this community by becoming a member, our congregation is also a member of the wider Unitarian Universalist Association of congregations along with over 1,000 other communities. This is a good time to reflect on that wider set of relationships as one of the major gatherings, our Annual General Assembly, is coming up in the middle of next month, and you might think about joining one, a couple, or many of the offerings...[MORE](#)



NEW! — Celebrate the Auction 2025: Welcome In!

Sunday, May 4, after the service

Location: Buchan Reception Hall

empowers diverse day laborers and immigrants to improve their working conditions and protect civil rights through leadership development, organizing, education and economic opportunity. Voz provides direct economic empowerment opportunities by connecting day laborers to jobs at the Worker Center. We offer accessible workforce development opportunities that build skills and knowledge so that day laborers can earn higher wages and achieve long-term economic stability. Justice for day laborers is a community struggle! We mobilize community members in defense of immigrant and worker rights by organizing teams of rapid responders and legal observers, and by demanding that public officials pass legislation that protects and empowers workers and immigrants.

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:

- Masculine jeans (esp. smaller sizes)
- Sweatshirts
- Blankets & throws of all shapes and sizes
- Snacks & protein bars
- Cup o' Noodles & ramen
- Plastic bags with handles

Please bring your items to

[Subscribe](#) to our email list.

Join in the fun! After the service, gather with families, members, and friends of the congregation in the Buchan Reception Hall to celebrate the Auction's success. There will be bubbles, games, face, painting, the famous Unitunes musical ensemble, and a special rendition of "This Little Light of Mine" by the K-2 chorus.

Enjoy the festivities and celebrate another year of support for our church.

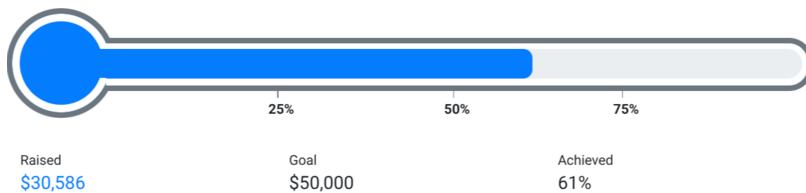
(Bidding is open now [here](#) until this Sunday at 5 p.m. Remember, you must register in order to bid. To register, [click here.](#))

Let's come together to make this auction a massive success! Bid, bid, bid! Thank you! See you Sunday.

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!**



Bid now!

NEW! — Attention Voting Members!

One of the rights and responsibilities of a **voting** member is to decide issues of significance to the church. To encourage the greatest possible participation in this annual election, your Board of Trustees has again authorized a vote-by-mail process. This year you are asked to consider Board-endorsed Bylaws changes, the recommended candidates to serve on the Board of Trustees and the Nominating Committee, the church's operating budget for fiscal year 2025-2026, and a candidate for our Foundation's Board of Stewards. The Foundation is a separate non-profit corporation whose sole purpose is to benefit First Unitarian Church of Portland.

Voting members will be receiving their ballot packets in the mail soon. You can also view it online [here](#). If you think you should have received a packet, but haven't, please contact the church office.

Happening This Sunday

[Subscribe](#) to our email list.

The Labyrinth Returns!

Sunday, May 4, 9:30 a.m. - 12 p.m.

Location: Fuller Hall



Join us this Sunday, May 4, for a special spring labyrinth in Fuller Hall from 9:30 a.m. to noon. We will be marking the midpoint between the spring equinox and summer solstice and celebrating the promise and new growth that comes with longer days and warmer weather. Come walk the labyrinth, use one of our finger labyrinths, or sit for a few moments of quiet contemplation and explore what's blooming in your life this season.

We're always looking for more volunteers to help us set up our sacred space and plan other labyrinth related activities throughout the year. If you'd like to volunteer, [email Teri M.](#)

First Steps Class on May 4

Sunday, May 4, after the service

Location: Channing Room (A101)

[Jen Thomas](#), Member Engagement Coordinator, and [Rev. Leah Ongiri](#), Acting Director of Lifespan Faith Formation & Family Ministries

Are you new to our community? A great way to start exploring First U PDX is to come to our First Steps class this Sunday, May 4. Childcare will be available.

You can become a member at any time of the year. If you are considering joining First U PDX in membership, [email Jen Thomas](#) with questions or to receive a membership packet.

[Click here to RSVP!](#)

Featured News

NEXT WEEK — Connect & Reflect

Tuesday, May 6, 5:30 - 6:15 p.m.

[Subscribe](#) to our email list.

[Danielle Garrett](#), Assistant Minister, and [Jen Thomas](#), Member Engagement Coordinator

This Tuesday, come share in conversation centered on the topic of the most recent sermon.

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

NEXT WEEK! REGISTER NOW — The Alliance Presents "Building Power for Frontline Communities"

Wednesday, May 7, 10:30 a.m. with catered lunch (\$25) after the program

Location: Eliot Chapel, or [online](#)

[The Alliance](#)



Ronda Rutledge, Executive Director of Ecotrust and member of the Cherokee Nation, will give a presentation on building power for frontline communities.

This is the final Alliance program of the 2024-25 year!

To join for the buffet lunch (\$25) following the program, [register here ASAP](#).

*If the previous link does not work for you and **ONLY** if it does not work, you can [pay here](#) and [email our Communications team](#) to let us know your number of attendees and any dietary restrictions.*



Help Us Plan OWL

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

[Subscribe](#) to our email list.

First Unitarian has a long tradition of offering [Our Whole Lives](#) (OWL), the UU lifespan sexuality education program for kindergarten through adulthood. We're planning to do this program a little differently next year, including launching a class for adults, and we want your feedback!

Please help us by completing the short survey below.

[Click here for survey](#)

SAVE THE DATE! — Danielle's Ordination

Saturday, June 7, 2 p.m.

Location: Main Sanctuary

We are delighted to host Danielle Garrett's ordination on June 7 at 2 p.m. in First Unitarian Portland's Main Sanctuary.



Please visit [the Ordination page](#) on our website to RSVP and for all the details and ways to help with the planning and volunteering.

You can also make a financial gift to help cover the cost of the ordination festivities at [this link](#).

Bake Pies for Danielle's Ordination

For Saturday, June 7, 2 p.m.



We're on a mission to make Danielle's ordination reception a "pie-ous" celebration! If you're willing to help, we *knead* volunteers to bake 9-inch pies—let's make this gathering a truly "holy" slice of community. Sign up and let's show Danielle just how sweet this congregation can be!

Crust us, your baking will be the cherry on top of this special day!

Sign up through [this link](#).

[Subscribe](#) to our email list.

Around the Church

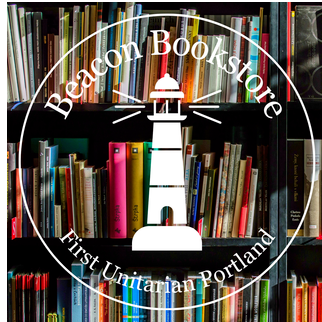
Enjoyed coming to gatherings at First Unitarian Portland? Consider contributing to sustaining our community. Your support goes a long way in fostering meaningful connections. Thank you!

DONATE

NEW! — Mother's Day is Sunday, May 11!

Location: Fuller Hall

Your Beacon Bookstore has hundreds of book-gift choices for the special people in your life! Books of meditation and thoughtful essays, books of prayers, books of poetry or inspirational life stories, hymnals, lovely picture books, books about justice issues, and a number of books written by our own congregational friends. You'll also find a wide selection of greeting cards for all occasions.



If you've recently read a book you purchased from the Bookstore, we'd love to receive a short paragraph review! It's always fun to read the staff reviews at Powell's – wouldn't it be more fun (and helpful) to read a review from someone you actually know? Ask for details from the Bookstore cashier. And remember, we'll be at our regular Buchan Book Table this Sunday, May 4.

Learning Community

Learn more about the [Learning Community program](#). Register your child for the 2024-25 program year [here](#).



CHECK WEEKLY May 4 Newsletter

[Subscribe](#) to our email list.

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

Dear Learning Community,

This Sunday I get to join our Membership and Engagement Coordinator Jen Thomas to connect with key leaders, ask and answer church questions, and take a tour. You're welcome, too!

Are you new, returning, and/or curious? This is a great way to deepen your sense of belonging in our community--which is our May theme.

Childcare provided. Click on [this link](#) to RSVP...[MORE](#)

Social Justice Program

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

NEXT WEEK — Forum: Opportunities to Help Our Immigrant Neighbors

Tuesday, May 6, 7 - 8:30 p.m.

Location: Zoom ([Register](#) to receive the link)

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

The third (and final!) in our series of forums on protecting immigrants in our communities will explore different paths to active allyship with our immigrant neighbors, whether as individuals or as a community. We want to be informed, prepared, and ready for action, as the current administration's attacks on immigrant populations continue. Through an anti-racist lens, we will explore strategic ways we can act in solidarity to promote and defend the human dignity of immigrants and other marginalized communities in our state.

Register [here](#) to receive the Zoom link on the day of the event.

Our Panelists:

- Keren Rodriquez - Interfaith Movement for Immigrant Justice ([IMIrJ](#))
- Parker Berger - Western Farm Workers Assn. ([WFWA](#))
- Beth Ronk - Immigrant Mutual Aid Coalition ([IMAC](#))
- Romeo Sosa - Portland Immigrant Rights Coalition ([PIRC](#))

Please plan to join us!

[Subscribe](#) to our email list.

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](#).

On March 4, our second event, which highlighted legislative advocacy, featured presentations by State Rep. Ricki Ruiz, Ira Cuello-Martinez of PCUN, and Jessica Maravilla, Policy Director at ACLU of Oregon. The recording of that session is available [here on YouTube](#).

Help Diminish Food Insecurity in Portland

Location: Fuller Hall

[Committee on Hunger and Homelessness](#) (COHHO)

Did you know that last year Oregon Food Bank's network of food assistance sites saw a staggering 31% increase of visitors from the year before? In Oregon, one in eight people and one in six children live in households that struggle to afford food.

Inflation, compounded with recent cuts to pandemic-era federal supplemental food benefits, has caused food insecurity to soar for many in our community. Families are forced to make impossible choices between paying the rent or putting meals on the table.



What can you do locally to help meet this growing need? One way is to join COHHO in supporting [Lift UP](#), a local non-profit that distributes food to individuals and families in the pantry they operate (Preston's Pantry) and in 50 affordable housing buildings in Northwest and Downtown Portland.

You can purchase whole grain pasta; brown rice; low-sodium broths, veggies and sauces; canned tuna, salmon or meat; nut butters, and/or shelf-stable milks. Then drop off the items in the COHHO bins located in Fuller Hall by the kitchen. Every two weeks we will gather your donations and deliver them to Lift UP's warehouse. Or, you can make a financial donation directly to [Lift UP](#). Thank you!

[Subscribe](#) to our email list.

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.

Unitarian Universalists from across the country joined the UU the Vote "How We Thrive" virtual choir to sing the MaMuse song, "We Shall Be Known." The chorus for the song was the inspiration for a UU the Vote Live event 4 years ago, "How We Thrive." To watch, 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.](#)

Don Tarbutton died on March 24 at the age of 88. Don was a longtime member of First Unitarian Portland and, for the last five years, a member of Kitsap Unitarian Universalist Fellowship (KUUF).

He was supported in this passing by the Bainbridge Island Senior Center Queer Elders Family Group, which he helped found, and Kaiser Hospice. He looked forward to reuniting with his soul partner, Steve Glancy, who preceded him in 1995 when Don was the Executive Director of Hospice of Kitsap County.

He said that he wanted to be remembered for having lived a meaningful life *because* of being a gay man, not in spite of it. Don shared this encouragement, shortly before his death: "When you grow up different, it makes life harder to live. It's good to see other queer people in prominent positions and activities in the church now. So, keep up the good work!"

[Subscribe](#) to our email list.



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! — May/June Art Wall Exhibition

Artwork by Julian Hunter

From [The Art Wall Committee](#)



Julian Hunter is an artist and an art lover originally from Tehran, Iran.

Come on down to Fuller Hall to enjoy this beautiful and unusual display.

Recurring Workshops, Classes &

[Subscribe](#) to our email list.

[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 on the 1st & 3rd Tuesdays of most months through June 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

[Subscribe](#) to our email list.

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.](#)

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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