



Thursday, May 8, 2025

## Sunday, May 11

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**

## A Sense of Home

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



Mother's Day is a day that is both particular and expansive for our community, which celebrates many kinds of families. As we explore our spiritual theme of "Join the Journey" through the lens of belonging, let us reflect on the role of family in our lives. Does it bring up a sense of longing or

belonging or both? How can we cultivate spaces of belonging and becoming in our families and chosen families?

**ORDER OF SERVICE**



### Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

**In-Person & Livestream**

[Monday Loving Kindness](#)

[Meditation](#) – 8 - 8:30 p.m.

**via Zoom**

[Tuesday Connect & Reflect](#) –

5:30 - 6:15 p.m. **via Zoom** on

**May 20 and June 3 & 17**

[Friday Vespers](#) – 5 - 5:40 p.m.

**via Zoom**

**SERVICES**



### May's Shared Plate

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

[Subscribe](#) to our email list.

## Minister's Blog

### Back from Sabbatical

[Rev. Thomas Disrud](#), Associate Minister

It is good to be back.

I've been on a sabbatical leave for the last four months and last Sunday was my first time in church since January. It was a gift to be back and to see so many of you. For many years I've been in church most Sundays and so being away for a few months was indeed strange. Four months is long enough that some of the familiar begins to fade away—at least a little bit...[MORE](#)

### NEW! — Rebook Meetings for the Summer and the New Church Year

Please [email John Rosette](#) in our front office to rebook your group for the summer and for the new church year by **May 30**.

### 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.

**If sent by mail, ballots must be received at the church office by Thursday, May 15. They can also be submitted in person at the church until Sunday, May 18, at 10:45 a.m.**

Voting members should have received their ballot packets by now. You can also view it online [here](#). If you think you should have received a packet, but haven't, please contact the church office by phone (503-228-6389) or [by email](#).

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:

- New white T-shirts (M-L)
- Boxer briefs (M-L)
- Sports bras (M-L)
- Men's sneakers (sizes 10-12)
- Belts (all sizes)
- Backpacks
- Sweatshirts/hoodies
- Snacks of all kinds

Please bring your items to

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**Sunday, May 18, 12 - 1 p.m.**

**Location:** Eliot Chapel and [livestream](#)

Join the Board of Trustees for a Congregational Meeting and announcement of election results. The agenda includes reports from Rev. Alison Miller and Board Moderator Leslie Pohl-Kosbau, as well as a report from our Executive Team's Human Resources Advisory Committee, information on the newly approved all-church Right Relations program, and a preview of our congregational annual report process.

Hall, next to the kitchen. Thank you for your support!



## Happening This Sunday



**NEW! — Thank You All! Plus: Purchase Additional Events/Services, Pick Up Your Items, or Pay Your Bill**

**Sundays, May 11 and 18, after the services**

**Location:** Fuller Hall

Thank you to all our wonderful bidders and sponsors for the success of this year's auction. We are projected to take in nearly **\$48,000**. Thank you, thank you, thank you!!!

There are still some opportunities for you to purchase events and services. Come see us at the Auction table in Fuller Hall the next two **Sundays, May 11 and 18**.

Those of you who won during the Auction can visit our table to pick up your items and/or to pay your bill the next two **Sundays, May 11 and 18**. You can write a check to First Unitarian Portland with "Auction" on the memo line or use your credit or debit card. Sponsorships are tax-deductible and will need to be paid for separately from your "winnings" which are not tax-deductible.

~ Your Auction Team

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

[Subscribe](#) to our email list.

## Featured News

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### **NEW! — The Music Retreat Talent Show!**

**Saturday, May 10, 7 - 9:30 p.m.**

**Location:** Buchan Reception Hall (Enter through doors on Salmon St.)

Come experience the “home version” of our “Saturday Night Soiree” talent shows that have occurred at our yearly Music Department retreats over the years. See a collection of serious and not-so-serious acts from the singers and ringers in our music department. There will be snacks and beverages to boot. Come on out and have some fun while helping to support the church! *Please enter through the Salmon St. door.*

You can buy \$20 tickets at the door if you don't already have slots that you purchased from last year's auction.

*Please note! There's a Timbers game at 7:30pm that night, and parking on the street and in lots may be difficult, so plan to arrive early for parking.*

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### **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](#).

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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

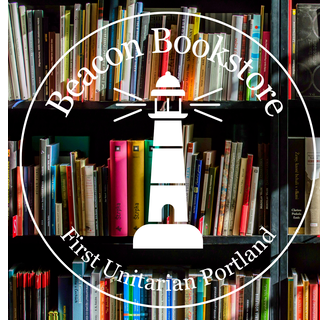
[Subscribe](#) to our email list.

**DONATE**

**NEW! — Need a Last-Minute Gift or Card for Mother's Day?**

**Location:** Fuller Hall

Keep your Beacon Bookstore in mind! Have you visited the shop? Even if you're not shopping this Sunday, you're invited to bring your coffee cup and window shop! Lots of books for children to browse too!



**Learning Community**

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

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



**JUNE 8<sup>TH</sup> BRIDGING RITUAL**

Is your young person entering K/elementary school?  
Middle or high school? Graduating to adulthood?

RSVP for Bridging, a ceremony during our Flower Communion service to honor children/youth as they transition to the next phase of growing up

Thanks for letting us share this milestone

**CHECK WEEKLY — May 11 Newsletter**

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

Dear Learning Community,

This year we are expanding our tradition to include a broader understanding of Bridging as a meaningful transition and ritual for young people of more ages and experiences.

Instead of only honoring those who are promoted to and graduating from high school, we also want to mark the journeys into elementary and middle school. We continue to be open to including other milestones in our celebration, such as a high school year abroad.

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Please consider participating if your family contains children/youth who are Bridging to a new life phase. Questions welcome!...[MORE](#)

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## Social Justice Program

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

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**NEW! THIS TUESDAY — First Unitarian Conversation:**  
**How Do We Protect Immigrants in Our Communities?**

**Tuesday, May 13, 7 - 8 p.m.**

**Location:** Zoom ([register here](#))

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

Over the past few months, we've learned so much at the Immigration Forums hosted by IJAG and ARJAG. Now it's time to do something! Please join other members and friends of First Unitarian as we deepen our conversations about what we can do, both individually and as a congregation.

Many of you are already involved and might like others to join you. If you are not involved, would you like to do so with others? Come & meet people who want to do something!

Let's do something!

[Register here!](#)

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## 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,



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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!

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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.

The Resistance Revival Chorus (RRC) is a collective of more than 60 women and nonbinary singers who join together to breathe joy and song into the resistance and to uplift and center women’s voices. Self-filmed during quarantine at the height of the pandemic, this video illustrates how our intrinsic individual and collective joy can never be locked up, shut down or taken away, even during our darkest struggles. Lead vocals: Abena Koomson-Davis. To watch their performance of "This Joy," 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.](#)

Member Sarah Schurr had a successful knee replacement surgery last week and is at home, recovering well and diligently doing her physical therapy. Her steady and helpful presence in the Shower Project will be especially missed as she recuperates. We wish her a speedy and successful recovery.

The chancel flowers last Sunday were donated in honor of Arliss Ungar's 90th birthday by her husband of 69 years, Arthur Ungar, and her children Lyle, Lauren, Lynn, and Lowell to express their love.

A reminder that a Celebration of Life will be held for Liz Julee this Saturday, May 10, at 2 p.m. in the Eliot Chapel. Liz died on March 21.



### 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.](#)

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**UPDATE — May/June Art Wall Exhibition**

[Subscribe](#) to our email list.

From [The Art Wall Committee](#)



Julian Hunter has been painting for the past sixty years. He has developed a painting method that harnesses the latest color pencil & acrylic layering, a technique to empower the painter with a high degree of artistic control that has never been possible before.

As an artist, he has come to believe that beauty is not out there waiting to be discovered. Rather, beauty is created by the human act of noticing and appreciating natural wonders. He feels that his primary task as an artist is to notice and to appreciate the *hidden secrets* of natural beauty in nature's purest form, and only then to share his experiences with others through his interpretation.

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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.](#)

**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.](#)

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**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 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](#).

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**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 [email us 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](#) | [Community Groups](#) | [Update Records](#)



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