



Thursday, May 15, 2025

## Sunday, May 18

Sunday Worship at 10:15 a.m.

🍌 Momos & pakora after the service 🍌

🎵 Singing Sunday after the service 🎵

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

## Music and Worship Service: Fauré's Requiem

[Garrett Bond](#), Interim Director of Music Ministries, and [Rev. Thomas Disrud](#), Associate Minister



This amazing *Requiem* depicts the timelessness of human existence, the procession of generations, human longings, profound sorrow, fear of the unknown, as well as light, hope, the ultimate joys of heaven, and, above all, peace.

Come take in the beautiful music presented by First Unitarian's Radiance Choir, members of our Chelice Choir, and special guest artists from



### Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

**In-Person & Livestream**

[Monday Loving Kindness](#)

[Meditation](#) – 8 - 8:30 p.m.

**via Zoom until June 30**

[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

### 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:

- Blankets and/or sleeping bags

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Portland State University and the Salem Symphony Orchestra.  
Directed by Garrett Bond.

*Offerings given to this service's plate will go to our music ministry program.*

**ORDER OF SERVICE**

- Men's pants (30-32 W)
- Snacks
- Packs of white t-shirts (M & L)

Please bring your items to donate to the cabinet in Fuller Hall, next to the kitchen. Thank you for your support!

## Ministerial Blog

Notes on *Requiem* by Gabriel Fauré

[Garrett Bond](#), Interim Director of Music Ministries

Whenever I was taught about the great masterworks of our human civilization, the *Requiem* by Gabriel Fauré is a perfect example. A work of French genius which contains layer after layer of different flavors, some poetic, some darker and richer, infinite nuance and intrigue; and yet, at the same time, everything is perfectly balanced, harmonious, not one element overpowering the others. This brilliance of balance – depth of content with refinement and grace – is the unique gift of French art. Gabriel Fauré was a definitive exponent of this art...[MORE](#)



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

**Attention, Voting Members!**

[Subscribe](#) to our email list.

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.

**Ballots can be submitted in person at the church until this 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 know that provisional ballots will be available Sunday morning in the narthex/lobby.

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## Happening This Sunday

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### Year-End Congregational Meeting

**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.

*Childcare is provided. Nursery for young ones and B202 & B203 for school-aged children.*

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### **NEW! — Momo Dumplings and Pakora**

**Sunday, May 18, after the service**

**Location:** Fuller Hall

This Sunday, our very own Kamal (a dedicated long-term member of our facilities staff) will be serving us a delicious lunch of

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Nepalese momo dumplings and pakora from his family's restaurant [Killer Banh Mi & MoMo](#).

\$5 suggested per serving.

**NEW! — Singing Sunday**

**Sunday, May 18, after the service**

**Location:** Fuller Hall

Please join us! We are learning and singing some fun social justice songs in Fuller Hall after the service this Sunday. We will be doing this on most third Sundays of the month going forward.



**NEW! — Drop-In Community & Parenting Circle**

**Sunday, May 18, after the service**

**Location:** Fuller Hall

Drop in for discussion on the month's theme.

All are welcome to join for discussion and engagement! Great opportunity to meet folks and enjoy time together. You are welcome to bring your Souper Sunday momos/pakora or other lunch. *Childcare is provided. Nursery for young ones and B202 & B203 for school-aged children.*



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**UPDATE — Thank You All!****Plus: Pick Up Your Items, or Pay Your Bill****Sunday, May 18, after the service****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!!!

Those of you who won during the Auction can visit our table to pick up your items and/or to pay your bill **this Sunday, May 18**. You can write a check to First Unitarian Portland with "Auction" on the memo line or use your credit or debit card. We won't be offering additional sales.

*Sponsorships are tax-deductible and will need to be paid for separately from your "winnings" which are not tax-deductible.*

~ Your Auction Team

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## Featured News

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**NEW! THIS SATURDAY — UU Gardening Crew Meet-up****Saturday, May 17, 10 a.m. - 12 p.m.****Location:** SW 12th Ave & Main St

Meet at the corner of SW 12th Ave & Main St by the church to spruce up our green spaces.

Please bring water, gloves, and hand tools as you have them!

Questions? [Contact Laurie L.](#)

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### **NEW! — Looking for Volunteers: First Share**

Each year we bring our garden treats  
Apples, daisies, plums and beets.

We'll share the joy of giving free  
With this Beloved Community.

This year it starts June 28  
And runs 'til fall – that's quite a spate.

Just show up right after the service  
And help yourself – don't be nervous.

All that color, what a scene!

**Would you be able to help Christine?** ([Email here!](#))

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### **NEW! NEXT WEEK — Music Ministry Transition Team Online Listening Meeting**

**Tuesday, May 20, 7 p.m.**

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

Since its inception last summer, the Music Ministry Transition Team (MMTT) has been actively engaged in helping church leadership and the Interim Director of Music Ministries move our music program forward. We've come to a point where we need to hear from congregants. We have already had three in-person listening meetings. We know that in-person meetings do not work for everyone, so we have scheduled a Zoom meeting on May 20 at 7 p.m.

Our objective is to hear your thoughts about how the music program has been evolving so far, what you might envision for the future, and what you have found positive about our current music

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to hearing about your feelings, ideas, and suggestions, which will play a vital role in planning for the future of the music program at church.

[You can access the Zoom meeting here.](#)

**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](#).

## Around the Church

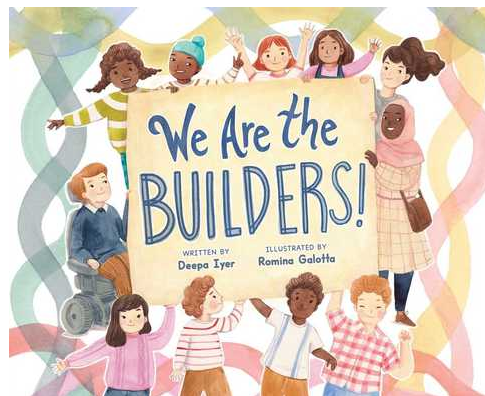
Enjoyed coming to gatherings at First Unitarian Portland? Consider contributing to sustaining our community. Your support goes a long way in fostering meaningful connections. Thank you!



**NEW! — New in the Bookstore!**

**Location:** Fuller Hall

*We Are The Builders* (\$19 retail) has arrived from our wholesaler! A number of you asked for the book when we read it during our service a few weeks ago. It'll make a great present for a child, a new graduate, or for some adult's special birthday!



Other books newly in our store include Therese DesCamp's book

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Lamott; Kobi Yamada's children's book, *Maybe*; several books about Humanism, and Barbara Coombs Lee's book on the end of life, *Finish Strong*. Barbara was a member of this church and was one of the principal people in Oregon's Death with Dignity action in the 1980s.

Thank you to several of you who have given us book recommendations. We're ordering *Surviving Autocracy*, *Papa's Coming Home*, *Earth Prayers*, *The Queen Who Saved Her People* (Queen Esther), *Discovering the Spiritual Wisdom of Trees*, and re-ordering *On Tyranny* (we've sold out twice!). New books are most often displayed on the rolling stand just outside the store of Fuller Hall.

We are very happy to do special orders! Give us the title and author's name and we can let you know within a day if we are able to obtain the book from our wholesaler. If so, we can most often get your book within 1-4 weeks depending on the publisher. When you purchase through us about 40% goes right to the Church's bottom line. Thank you.

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## Learning Community

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

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

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**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 18 Newsletter

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

Dear Learning Community,

I hope you'll consider staying for lunch after the service! Our very own Kamal (a dedicated long-term member of our facilities staff) will be serve a **delicious lunch** from his family's restaurant [Killer Banh Mi & MoMo](#) at 8201 SE Powell Blvd.

Following lunch will be **our last parenting circle of the program**

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parents/caregivers around our belonging theme, as well as a conversation about next year's parenting circle. No need to RSVP. Childcare provided...[MORE](#)

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## Social Justice Program

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

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### **NEW! SAVE THE DATE — Critical Energy Infrastructure (CEI) Hub and Statewide Impact**

**Wednesday, May 28, 7 p.m.**

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

[Community for Earth](#) (CFE)

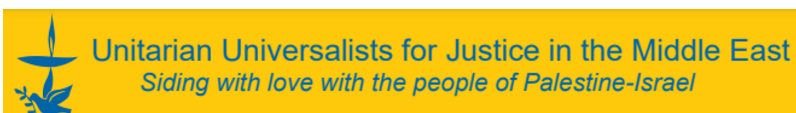
Join CFE for an online presentation and dialogue on how the Critical Energy Infrastructure (CEI) Hub is a ticking time bomb.

Why it is a statewide danger? The Hub stores 90% of the liquid fuels used throughout the state. Storage tanks sit on unstable ground within two earthquake zones. Millions of gallons of combustible fuels border Forest Park. In the event of an earthquake, the area would be prone to fires, releases and emissions which would travel down the Columbia River. It would be extremely difficult to transport these fuels elsewhere in Oregon.

Learn about bills pending in the legislature right now that could help mitigate this risk and how you can help get them enacted.

[Click here](#) for more information.

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### **NEW! — UUJME Information & Events**

[Subscribe](#) to our email list.

Learn more from UJME on recent actions and relevant upcoming events:

- Petition to end U.S. military aid to Israel
- Benefit concert for the people of Gaza (May 30)
- Testimonies from Apartheid-Free Unitarian Universalists (May 18)
- Meeting of First U's UJME chapter (May 27)
- Showing of the film *The Palestine Exception* (May 29)
- "A History of Palestine and Israel" course (June 2 - 30)

[Click here](#) for details and registration.



**NEW! SAVE THE DATE — EMO Collins Lecture on "A Call to Justice: How Faith Communities Can Support LGBTQIA2S+ Rights"**

**Thursday, May 29, 7 - 9 p.m.**

**Location:** Pendleton Center for the Arts or online

[Ecumenical Ministries of Oregon](#)

Ecumenical Ministries of Oregon's 2025 Collins Lecture will explore the duty and responsibility of faith leaders to protect the human rights of all people and what that looks like specifically for our LGBTQIA2S+ neighbors. Guest speakers from the faith community will share their unique perspectives on LGBTQIA2S+ rights. Following a brief presentation from each speaker, they will engage in a facilitated question and answer session.

[Click here](#) to visit the EMO website for event details and registration.

[Subscribe](#) to our email list.

## 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!

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### CHECK WEEKLY — Art for Social Justice

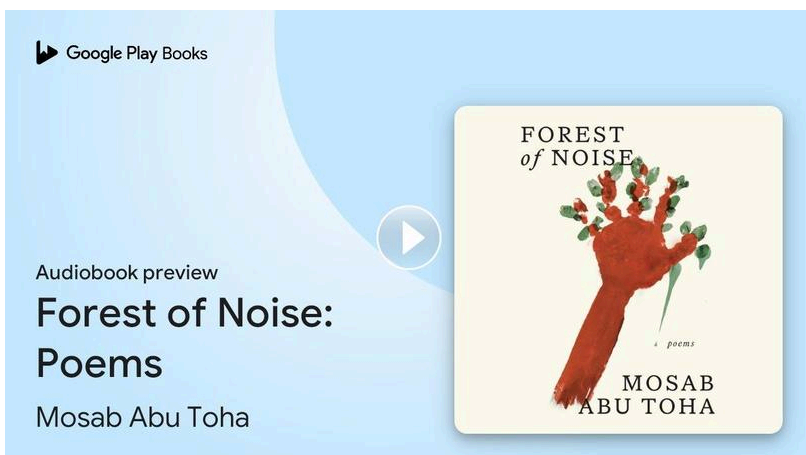
Curated by Ethel G., Speaking of Justice Editorial Team

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.

Mosab Abu Toha is a Palestinian writer, poet, scholar, and librarian from the Gaza Strip. Abu Toha, who has been targeted by pro-Israel groups in the United States for deportation, has just received the Pulitzer Prize for essays published in The New Yorker "on the

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reporting with the intimacy of memoir to convey the Palestinian experience” of the war. To listen to the preview of his audiobook *Forest of Noise: Poems*, 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.\*](#)

The flowers last Sunday were given by the family of Liz Julee whose memorial service was on Saturday. Liz died on March 21.

A memorial service will be held for member Marilee Thompson on Saturday, May 17, at 2:30 p.m. at Willamette View Retirement Community where Marilee lived. Marilee joined the church in 1998 and served as a lay minister for many years as well as being a member of the Alliance.



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## 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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## May/June Art Wall Exhibition

Artwork by Julian Hunter

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.](#)

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**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 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

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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.](#)

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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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