



First Unitarian Church
of Portland

Thursday, May 22, 2025

Sunday, May 25

Sunday Worship at 10:15 a.m.

RE Holiday/No classes for children and youth: Older children and youth are welcome to attend the service. **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



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 June 3 & 17**

[Friday Vespers](#) – 5 - 5:40 p.m.

via Zoom (except May 30)

SERVICES

The Task of Belonging

[Danielle Garrett](#), Assistant Minister



It is a beautiful thing to experience a sense of belonging—whether it is the spiritual work of learning to belong to oneself, the joys of belonging to a community, or the moral awakening that comes when we recognize we belong to the earth and to one another. Poet David Whyte calls it “one of the great triumphs of human

existence.” This week, we’ll explore what that sense of belonging asks of us in return. What tasks and responsibilities are we called to once we recognize ourselves as a vital part of a greater whole?

This Sunday, the [Portland SAGE Singers](#) will provide our music in their inaugural public performance. Founded in October 2024, the

This Week's Shower Project Requests

Since opening our doors last year, the Shower Project has had over 1,200 guest visits, 600+ showers, and 1,050 clothing closet visits!

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:

[Subscribe](#) to our email list.

chorus' mission is to promote the value of Q+ Elders and Allies and bringing joy to our world through song, storytelling and community building. Conducted by famed GALA (Gay and Lesbian Association) conductor, Dr. Timothy Seelig, the SAGE singers uplift the value and worth of all folks through the lens of Queer+ vocal excellence and joy.

ORDER OF SERVICE

- Snacks (chips, granola bars, etc.)
- Packs of men's white t-shirts (M & L)
- Boxer briefs (M & L)
- Colored pencils, pencil sharpener, drawing paper, watercolor paints
- Men's pants (32-36)
- Hoodies
- Backpacks
- Blankets

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

Ministerial Blog

Highlights from the Year

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

As we move towards the end of our third year of shared ministries here at First Unitarian Portland, I am conscious of all the ways that 2024 – 2025 has been filled with renewal, inspiration, and commitment.

Last Sunday was a prime example: We honored our Coming-of-Age Students (7th and 8th graders) in a special service celebrating the community they have built together and hearing their thoughts about the meaning of this church and the values that guide their lives. We were witness to a soaring presentation of Fauré's Requiem by our choirs and instrumentalists in our Music & Worship service. We shared in the business of running this spiritual village at our Annual Forum where we had the chance to hear how the staff and volunteers have furthered our work of putting love at the center of our lives.

There were a number of brief reflections shared that highlight all we have done together, the ways we are healing and growing, and the ways we are shaping a bright future with one another. I encourage you to click the links below to check these out, if you missed any of them on Sunday. Each link goes directly to that particular reflection...[MORE](#)



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

Featured News

NEW! — What is Your Response to the Nursery Rhyme that Asks...

Fridav. June 6. 9 - 11 a.m.

[Subscribe](#) to our email list.



How does your garden grow?

Do you have tea roses, lavender, zinnias, tulips, or peonies? We're accepting donations of these flowers to create arrangements for Danielle's ordination and reception on June 7.

Contact [Marti Y.](#) for details and additional information.

Flowers can be dropped off at our Salmon St. entrance on June 6 between 9 a.m. and 11 a.m. Flowers used in the ordination will be used the following day (June 8) for the flower communion.



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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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!

DONATE

NEW! SAVE THE DATE — Learn About Unitarian Universalism Beyond Our Walls

Sunday, June 1, 1 - 2 p.m.

Location: Fireside Room (A303)



Gather together in the Fireside Room (A303) to talk about our relationships with other Unitarian Universalists beyond our church. How do we connect to neighboring UU congregations, the UUA Pacific Western Region, and the national Unitarian Universalist Association? Come help with the rejuvenation of the Denomination Relations

Committee. How can our church fulfill our covenant with other UUs and congregations?

For questions, contact [Art U](#).

NEW! — Your Beacon Bookstore Has Hundreds of Gift

[Subscribe](#) to our email list.

Location: Fuller Hall

The Bookstore is a great source of thoughtful gifts for Mothers’ Day, Fathers’ Day, for kindergarten or university graduation, for someone’s special birthday, or just to let someone know you are thinking about them. We have some recent arrivals in the Poetry and Meditation sections, in Children’s Books, and in current hot topics. We carry several brands of greeting cards, including lovely one-of-a-kind art cards.



If you haven’t browsed our Bookstore in the southwest corner of Fuller Hall recently, you’re in for a treat! There is something for everyone. Bring your coffee cup and take a look.

Learning Community

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

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



JUNE 8TH 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 25 Newsletter

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

Dear Ones,

One of my favorite neighborhood walks is through a tiny historic cemetery, where holiday-specific grave décor helps mark the time of year. In honor of Memorial Day, American flags have already popped up at the gravesites of US military who died while serving.

Whether or not you and your loved ones mark Memorial Day with traditional observance, this might be a season where parents and other caregivers find themselves in the position of wanting to have frank, kind conversations with their young people about war-

[Subscribe](#) to our email list.

Social Justice Program

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



NEXT WEEK — 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.

[Register here](#). For more information, [click here](#).



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

NEW! SAVE THE DATE — Come Learn How You Can Protect Democracy!

[Subscribe](#) to our email list.

Every Sunday during summer starting June 1, during social hour

Location: Fuller Hall

[Social Justice Collaboration Team](#)

Are you concerned about the nation's slide toward autocracy? Are you looking for things that you can do to protect democracy at all levels of energy and time commitment? Whether you're interested in protesting, contacting your legislators, learning more about a particular issue, or finding fellowship with like-minded congregants, we have you covered!

Starting June 1, please come visit the Democracy in Action Corner after the service to learn more.



UUJME Information & Events

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

Learn more from UUJME 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)
- Meeting of First U's UUJME 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.

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Ecumenical Ministries of Oregon presents the 2025 Collins Lecture

A CALL TO JUSTICE

How Faith Communities Can Support LGBTQIA2S+ Rights

Thursday, May 29, 2025

Pendleton Center for the Arts, Pendleton, Ore.

Virtual option will be available

NEXT WEEK — 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.

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NEXT WEEK — Benefit for the People of Gaza

Friday, May 30, 7:30 p.m. (doors open at 6)

Location: Main Sanctuary

[UUJME](#) (UUJME)

Join UUJME in the Main Sanctuary next Friday, May 30, for a benefit concert for the people of Gaza. [Tickets are available at this link.](#)

Join Our Food Drive

Location: Fuller Hall

[COHHO](#) (COHHO)



Thank you for helping to make a difference in the health and well-being of the many who are food-insecure by responding to our request for food donations.

We delivered them to [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.

Sadly, the need continues. So, please remember that fact the next time you go food shopping. And please contribute to our mission.

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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 so much!

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.

Rising Appalachia is an American Appalachian folk music group, led by multi-instrumentalist sisters Leah Song and Chloe Smith. Their commitment to uniting art with activism and community engagement led to the inception of the Rise Collective—a diverse assembly of performers, educators, activists, and artists. The Smith sisters' dedication to leveraging their art for positive change and cultural development remains at the core of their creative ethos. To watch the music video for their song "Resilient," 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.*](#)

Travis Lay and his family, who just moved to Portland this spring, are mourning the death of Travis's dad. Larry Lay of Somerset, Kentucky, died earlier this month at the age of 86.

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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.](#)

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

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nature's purest form, and only then to share his experiences with others through his interpretation.

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 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.](#)

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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.](#)

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 [email us here.](#)

Deadline: Tuesdays at 5 p.m.

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



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