



First Unitarian Church
of Portland

Thursday, May 29, 2025

Sunday, June 1

🕒 **Pancake Breakfast at 8:45 a.m.** 🕒
Sunday Worship at 10:15 a.m.

Together Time: Children and youth start in the Sanctuary at 10:15 a.m. before the final day of 2024-25 Learning Community (RE) classes. **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

To Be A Blessing

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



Our spiritual theme this month is Blessing. What does it mean to be a blessing? What does it mean to be blessed?

And as we are about to recognize the blessings around us and our own potential to bless, can we contribute to the healing of the world?

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 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

This Week's Shower Project Request

Our biggest need right now:

Thursday volunteers!

[Click here](#) for the Volunteer Interest Form and more details.

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

[Subscribe](#) to our email list.

Ministerial Blog

Join the Shower Project

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

If we desire to create holistic and positive change around an issue of social justice, this will inevitably include education, service, advocacy, public witness, community organizing, and fundraising. Our shower project is one opportunity we offer in our building to engage in direct service to ensure more of our houseless neighbors have access to better hygiene and greater wellbeing and health. This is an essential service in a society where access to clean water has become increasingly privatized or accessible only within home spaces.

When our guests arrive at the Shower Project they are met with compassion and hospitality alongside the opportunity to receive a shower, clean clothing, nourishment, and a quiet, cooler place to rest on a hot day or a warmer place to rest on a cold day. This ministry is a meaningful exchange among the volunteers and the guests every week, and we are finding the need is increasing with as many as 40 guests served in a day.

Recently, we expanded our hours from noon – 4pm on Wednesday to add noon – 4pm on Thursday. However, without enough volunteers to staff this vital offering, we had to close early the last two Thursdays. In fact, just a little before 3pm today, one of our neighbors arrived here in the office hoping to take a shower, but I had to share the news that we were no longer open for the day...[MORE](#)

Happening This Sunday

NEW! — Volunteer Appreciation
This Sunday, June 1, during the service

This Sunday, June 1, come to an important Together Time in the Sanctuary so we can recognize the many volunteers who power our community. We couldn't do it without you! So...

If you led, taught, volunteered, subbed, assisted, cleaned, organized, cooked, greeted, gardened, planned, suggested, scheduled, washed, pitched in, showed up, or said yes to helping make church happen this year, please come to be appreciated. You are a blessing!



June's Shared Plate

For the month of June, we share our plate with [Unite Oregon](#). Unite Oregon is a membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. They work across Oregon to build a unified, intercultural movement for justice. With Unite Oregon, members engage in advocating at the legislature, organizing in communities, learning how to join citizen advisory committees and run for office. Unite Oregon works to ensure that collective community voice is heard at the tables where decisions are made. They focus on 6 primary areas: Climate Justice, Housing Justice, Community Safety, Education Equity, Economic Justice, and Health Equity.



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

[Subscribe](#) to our email list.

UPDATE — Learn About Unitarian Universalism Beyond Our Walls

This Sunday, June 1, noon - 1 p.m.

Location: Fireside Room (A303)



Update: This gathering will take place at noon.

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? How can our church fulfill our covenant with other UUs and congregations? Come help restart our Denomination Relations Committee.

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



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

Come Learn How You Can Protect Democracy!

Every Sunday during summer starting June 1, during social hour

[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.

[Subscribe](#) to our email list.

Featured News

Connect & Reflect This Tuesday

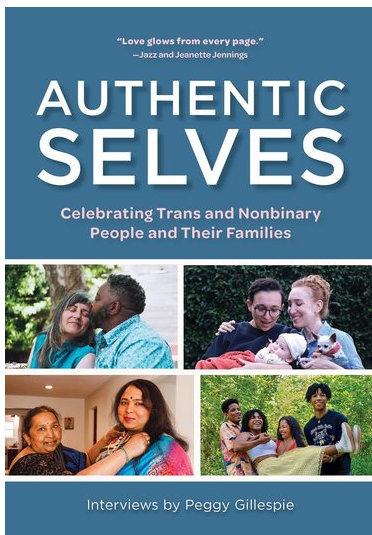
Tuesday, June 3, 5:30 - 6:15 p.m.

Location: [Zoom](#)

Join Rev. Alison Miller and Jen Thomas from 5:30 - 6:15 p.m. on Zoom. Come share in an informal conversation centered on the topic of the most recent sermon. [Click here to join.](#)



NEW! — UU Common Read



Join your fellow UUs across the globe this summer in reading *Authentic Selves: Celebrating Trans and Nonbinary People and their Families* (Skinner House, 2023).

You can purchase this book now from the Beacon Bookstore in Fuller Hall during social hour. On September 7, Dr. Amy O. and Aileen M. from our congregation will lead a discussion around the book and its topics.

The UUA states, "Through interviews and photo portraits, the subjects of this book invite readers into their real lives—their revelations, challenges, joys, and networks of support. This Common Read invites UU groups to explore the nature of living authentically and the ways connections among us help us thrive."

NEW! — No Vespers This Friday, May 30

Our regular Friday Vespers service will take a break this week.

[Subscribe](#) to our email list.

[Zoom.](#)

What is Your Response to the Nursery Rhyme that Asks...

Friday, June 6, 9 - 11 a.m.

Location: Salmon St. entrance



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

[Subscribe](#) to our email list.

All that color, what a scene!

Would you be able to help Christine? ([Email 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!

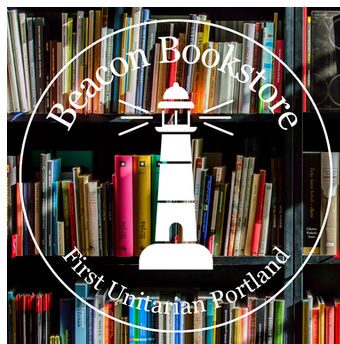
DONATE

NEW! — Find Peace at the Beacon Bookstore

Location: Fuller Hall

Are you ready for some peaceful reading? Maybe a dose of mindfulness? A daily thoughtful thought from a poet or the Dalai Lama?

Maybe your time for a quiet reading is as you're putting a child to bed? Maybe you've only a few minutes to anchor a quote in your mind before you begin a busy day? Your Beacon Bookstore can help.



We have many books of poetry, short essays, daily thoughts – and many wonderful picture books to provide adults with the spoonful

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same children’s story over and over when you were small—and you did not tire of it? It brought you comfort to hear big thoughts in small stories. It still will. Stressed adults: take a look at our lovely collection of children’s books. Be prepared to find just the right one to read over and over to your little ones – or to read over and over to yourself. Books invite us in.

Learning Community

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

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



CHECK MONTHLY — June Newsletter

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

This e-news is monthly in June, July, and August.

Dear Learning Community,

This Sunday, June 1st, is our last day of RE classes for the church year, and a meaningful time for students and teachers to say goodbye. Come to an important Together Time in the sanctuary so we can recognize the many teachers and leaders who power our community before RE students head to classrooms for a special treat. (Popsicles. The treat is popsicles. Spread the word.)

If you lead, taught, volunteered, subbed, assisted, cleaned up, pitched in, showed up, or said yes to helping make church happen this year, please come to be appreciated. You are a blessing!

Please continue reading for two Important Notes about June 8th...[MORE](#)

Social Justice Program

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

[Subscribe](#) to our email list.

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

TONIGHT — 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.



TOMORROW — 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.

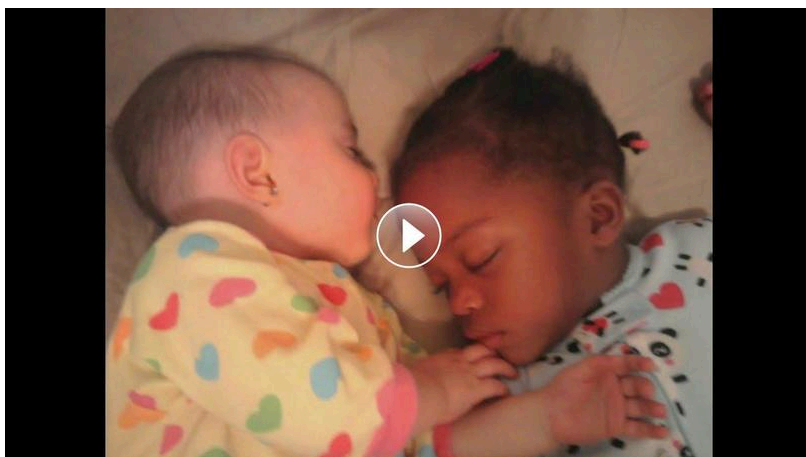
Thank you so much!

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.

"Circle 'Round For Freedom" was written by Linda Hirschorn and performed by Dr. Glen Thomas Rideout, Music Director of UU Ann Arbor, and Allison Halerz. The video was remade in February, 2021, by UU Roanoke, VA. This version was made after January 6, 2021, the storming of the Capitol Building. 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.](#)

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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 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](#). —

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

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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.

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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