



First Unitarian Church  
of Portland

Thursday, July 17, 2025

## Sunday, July 20

Sunday Worship at 10:15 a.m.

Care for **nursery & toddlers** is available during worship. **Ages 3 through 6-ish** are invited to play games and do crafts. **Older children** welcome in service. The full Learning Community (RE) program resumes in the fall.

**Social Hour:** Fuller Hall after the service.

**LIVESTREAM SERVICE**



### Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

**In-Person & Livestream**

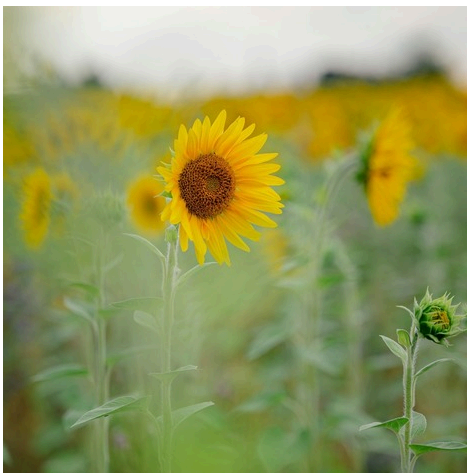
[Friday Vespers](#) – 5 - 5:40 p.m.

**via Zoom through August 8**

**SERVICES**

## Favorites

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



Existence always includes everyday irritations, but it can be especially easy to sweat the small stuff when surrounded by larger realities of crisis, repression, and hardship. As a countermeasure to inevitable annoyances, a “pet fave” is the opposite of a pet peeve. It can offer the relief of

satisfaction with the mundane. Join us for a service about the practice of recognizing minor pleasing details, which, paradoxically, can help ground us and open our lives to joy in

### This Week's Shower Project Request

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:

- Men's jeans/pants/sweats (32 - 36)
- New men's t-shirts (M - L)
- New boxer briefs (M - L)

Please bring your items to

[Subscribe](#) to our email list.

**ORDER OF SERVICE**

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

## Ministerial Blog

### An Update from Rev. Tom

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

Some of you may have noticed that I've been hobbling around a fair amount the last few months. I've been living with arthritic pain in my hips for some time and there has been a long wait to schedule replacement surgery. A couple weeks ago I received word that I am now on the schedule and next week I'll be having hip replacement surgery.

I expect I will be away from my responsibilities at the church for a few weeks and hopefully back for a new church year in September. In a few months I hope to have surgery on my other hip.

I can't say I look forward to the surgery but I do look forward to living with less pain. This journey so far has had its share of lessons, including a greater appreciation for people who live with chronic pain. I have also felt your care and concern for me through this time.

How can you help? I hope you'll keep me in your thoughts and prayers in the coming weeks. I would much appreciate that a great deal. I'll also ask you for some space so that I can focus on my healing and recovery.

I look forward to being back in a few weeks.

Blessings,

Rev. Tom

### Report from Our UUA General Assembly Delegates

Eleven delegates from our church attended the recent annual meeting (General Assembly) of the Unitarian Universalist Association (UUA), our denomination. They voted on the selection of Moderator (the highest lay office in UUA), the selection of the issue which will be studied by UU congregations for the next year, and three social action issues. A summary of the reports from the



### July 20's Shared Plate

This Sunday, we share our plate with [Black Lives of Unitarian Universalism](#) (BLUU). BLUU is committed to expanding the power and capacity of Black UUs within Unitarian Universalism, providing support, information, and resources for Black Unitarian Universalists, and justice-making and liberation for Black people through our faith.



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

[Subscribe](#) to our email list.

delegates with information about the resolutions passed can be read [here on the church website](#).

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## Happening This Weekend

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### Sign Up for Sunday's Pre-Service Yoga!

**This Sunday, July 20, 9 - 10 a.m.**

**Location:** Room A108



We had a fantastic start to our yoga summer sessions and look forward to the next one this Sunday, July 20! **There's still space available.** For more information and to reserve your space, [please sign up here in advance](#).

*Each session requires separate registration.*

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### Summer Community Choir

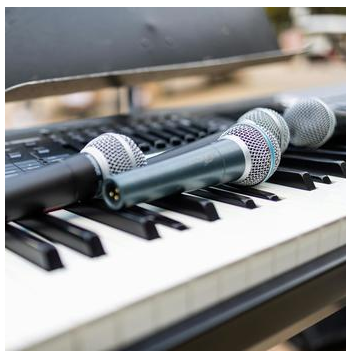
**Sundays through August 31, 8:45 a.m.**

**Location:** Main Sanctuary

**Our summer choir is “come one, come all!”**

If you'd like to sing, show up in the Main Sanctuary at 8:45 a.m. before the service on the Sunday/s of your choice to learn that day's music.

No commitment required! Sing once, or every week, or anything in between — whatever fits for you.




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### Share Your Garden Bounty

**Sundays through August 31, during social hour**

**Location:** Fuller Hall

Do you have a flourishing garden brimming with fresh vegetables,

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community by bringing it on Sundays to the First Share table in Fuller Hall during social hour. All are welcome to enjoy the offerings—let's celebrate the season's abundance together.

Questions? [Email Christine.](#)

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## Featured News

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**DEMOCRACY IN ACTION**  
LIVING OUR UU VALUES

### Speaking of Democracy Series

**Tuesdays, July 22 through August 26, 6:30 - 7:30 p.m.**

**Location:** Zoom

Meet with other UUs via Zoom to discuss actions we can take to defend democracy. Each session will offer space to share experiences and dive into a timely topic:

- **July 22:** UUs and Faithful Defiance
- **July 29:** Lessons from Successful Pro-Democracy Movements
- **Aug 5:** Boycotts & Economic Resistance
- **Aug 12:** Digital Safety
- **Aug 19:** Media Literacy
- **Aug 26:** Advocacy

For the Zoom link and more info, [email our Democracy in Action team.](#)

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### **NEW! — First Steps Class on August 3**

**Sunday, August 3, 11:30 a.m.**

**Location:** Channing Room (A101)

[Jen Thomas](#), Member Engagement Coordinator

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The next First Steps Class for new or returning folks will be on August 3 at 11:30 a.m. (following the service) in Channing Room (A101). This is a great opportunity to get to know some new folks, learn a little about First U PDX history, and take a tour of the building. You can RSVP for the class through [this link](#).

Hope to see you there!

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### With Courage and Faith / Staying in Touch

Did you miss Rev. Danielle's final ministerial blog? You can read "With Courage and Faith" from June 26 [on our website here](#).

We wish her the very best as she begins her new position as the minister of the [First Church in Salem](#), Massachusetts.



Many of you have asked about staying in touch with Rev. Danielle Garrett as she begins her new ministry. Best practices as recommended by the professional organization for UU ministers advises allowing ministers a full year to settle into their new congregations and to focus their energy on building new relationships. Rev. Danielle will be especially busy this month with her move and the early months of her new ministry in Salem, and we want to support her in this important transition.

After thoughtful conversation with Rev. Danielle and in accordance with the best practices recommended by the UU Ministers Association, we have mutually agreed that it is best for all to allow a period of space before reconnecting.

It also makes sense that you may like to send well wishes to Rev. Danielle. You are welcome to mail cards or notes to her new church at:

Rev. Danielle Garrett  
The First Church in Salem  
316 Essex Street  
Salem, MA 01970

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As we say goodbye, this time of separation is also an opportunity for our community to reflect on the ministry work Danielle was involved in during her time as our Assistant Minister. It gives us space to consider how we, as ministers, staff, and lay leaders, will carry forward those important pieces of ministry together. If you have thoughts or would like to help support this transition, please don't hesitate to reach out.

Thank you for your understanding and care during this time of change.

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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 fostering meaningful connections. Thank you!

[DONATE](#)



### All-Church Picnic

**Sunday, August 17, 12:30 - 3 p.m.**

**Location:** Peninsula Park (N Portland)

Join us for a day in the park with our church community.

Fun for all ages—games and activities for kids and adults!

Bring your own lunch and a dessert to share.

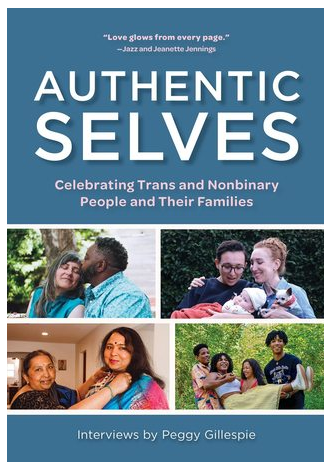
Sponsored by First Unitarian's Good Times Committee.

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### **NEW! — Summer Read!**

There is still time to take part in our Summer Read: *Authentic Selves: Celebrating Trans and Nonbinary People and their*

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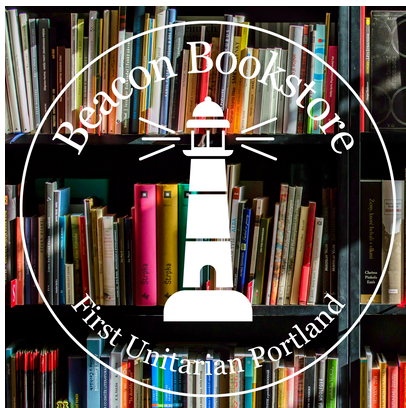
*Families.* Pick up a copy in our Bookstore located in Fuller Hall during social hour.

Join us for a discussion about the book on **Sunday, September 7**, following the service. The discussion will be led by Dr. Amy O and Aileen M.

## **NEW! — Pre-Loved Books in the Bookstore**

**Location:** Fuller Hall

Your Fuller Hall Beacon Bookstore has a Used Book Section and we invite you not only to shop, but to donate as well! Used books are on the landing to the south of the Bookstore doors. We're currently looking for paperback best-selling novels, mysteries, fantasy, and romance novels. We aren't able to accept children's books or textbooks. It doesn't matter how old the books are as long as they're in one piece and cover and pages are tight. We are able to give you a receipt just as Goodwill does if you would like one. The donation amount will not show up on your church records at the end of the year, but you may list them just like Goodwill donations. We sell them as 2 books for 1 dollar.



Some congregants buy our books and then donate them back – we have a few that seem to show up 2-3 times each year. 100% of the sale price goes right to the church!

## **Learning Community**

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

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

[Subscribe](#) to our email list.



### CHECK MONTHLY — July Newsletter

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

*Our Learning Community Newsletter is published monthly in June, July, and August.*

Dear Learning Community,

As we plan for next church year, let us give gratitude for the one just completed. One way to enact a sense of being grateful is to offer feedback. If you'd like to help us think about what went well and which areas might need more attention, [please complete this simple form](#). Kids are invited to share thoughts, experiences, and ideas, too.

In case you missed it in the church's Front Steps weekly email, check out [my Learning Community/RE program update](#) Growth, Fresh Air, and Other Blessings...[MORE](#)

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## Social Justice Program

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

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### Hunger Isn't On Vacation... Summer Food Drive Begins!

**Location:** Fuller Hall

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



The cost of housing, food and other living expenses continue to rise in the Portland area. Some people are forced to choose between paying rent and buying food. So they skimp on meals and go hungry, but at least have a place to

[Subscribe](#) to our email list.

**How can we help?** By continuing to shop for them as well as for ourselves when we're at the grocery store. Please 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](#). Your thoughtfulness will be much appreciated. ❤️

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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 Barbara LaCombe has been in intensive care at Legacy Emanuel Hospital following a long surgery last Monday. Barbara fell in June and has been dealing with the results of that fall since. Right now she is not up to visits or calls but would appreciate cards and our good thoughts. Barbara is part of our Peace Group here at the church.

Member Brock Turner's uncle, Mark Pullen, died on July 6 at the age of 78. Brock is back in the Washington, DC area this weekend for the funeral. Mark was a professor of computer science at George Mason University in Fairfax, Virginia.

Member Brian Setzler shares the joy that his daughter Terra Setzler, who grew up in the church, was joined in marriage to Heather Hargrove last Saturday (July 12) at Skamini Lodge in the Hood River area.



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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.](#)

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## July/August Church Member Art Wall Exhibition

Artwork by [the Art Wall Committee](#)

Leslie P.K. is showing etchings, Sam M. is showing photographs, and Connie C. is showing watercolors this month. Come down to Fuller Hall and see what the committee members have been working on this year.

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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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During our summer schedule, some groups and activities will pause until the new church program year begins in September. Check out our [Summer Program Guide](#) on our website to learn more.

For information about which groups are meeting over the summer, please visit our [Community Groups & Activities](#) page and contact the specific group in which you are interested.

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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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