



Thursday, July 24, 2025

Sunday, July 27

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

Journeying to Unexpected Places

Rev. Sarah Schurr, Guest Minister



We are reminded of unexpected sources of advice for Unitarian Universalists, coming from General Assemblies in years past. One calls us to stretch into an embrace of pluralism, even when it is difficult. The other inspires us to journey toward good trouble as we seek to heal the world.

Rev. Sarah Schurr is a member of First Unitarian Portland, who came of age in our church. She recently retired from eight years of service at the UUA. Prior to institutional ministry, she served as minister at the West Hills Fellowship in Portland and at our congregations in Juneau and Fairbanks.

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 donate to the cabinet in Fuller

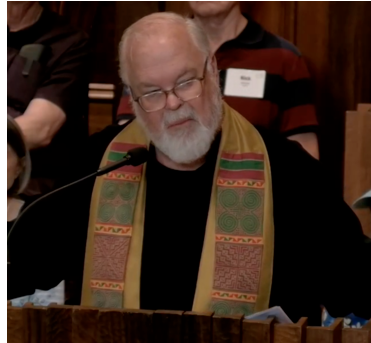
[Subscribe](#) to our email list.

ORDER OF SERVICE



Great News!

Rev. Tom Disrud had successful hip replacement surgery yesterday, June 23. He is already home and asks us to keep him in our thoughts and prayers as he heals. He was on the wait list for some time so he is really glad to have had the surgery happen. He'll be out of the office for the next few weeks recovering.



July 27'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.

Happening This Weekend

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.



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

Share Your Garden Bounty

Sundays through August 31, during social hour

Location: Fuller Hall

Do you have a flourishing garden brimming with fresh vegetables, fruits, herbs, and flowers? Share your garden's bounty with our community by bringing it on Sundays to the First Share table in

Subscribe to our email list.

Fuller Hall during social hour. All are welcome to enjoy the offerings —let's celebrate the season's abundance together.

Questions? [Email Christine.](#)



Featured News



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

Speaking of Democracy Series

Tuesdays 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 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.](#)

First Steps Class on August 3

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

Location: Channing Room (A101)

[Jen Thomas](#), Member Engagement Coordinator

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.

[Subscribe](#) to our email list.



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!

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! — Share Your Pet Faves!

Rev. Leah’s July 20 sermon was about “pet faves.” What is a pet fave? Author T. Wise coined the phrase to describe the opposite of a pet peeve. A countermeasure to inevitable annoyances, pet faves can help us recognize the small things that bring unlikely joy and make it easier to cope with everything life throws at us.



So, what’s your pet fave? [Watch the service here](#) for inspiration, then [share yours here](#). Some examples from the sermon are the shell of a hard-boiled egg coming off smoothly in one piece; dogs in cars, especially if at first glance they appear to be people; cutting wrapping paper in one long continuous motion; leaf imprints on sidewalks; raindrops on roses and whiskers on kittens.

[Click to share your pet faves!](#)

NEW! — Last Wishes: How Do We Want to Be Remembered?

[Subscribe](#) to our email list.



What are the life stories you want others to know and remember about you? What do you want your legacy to be? How do you start sometimes difficult conversations regarding your last wishes with friends and family? Join Rev. Duane Fickeisen and First Unitarian Senior Engagement (FUSE) members in

Buchan Reception Hall for an afternoon of conversation with one another about the journey of life, whom we have become along the paths we've taken, and what we hope others will remember. We'll talk about how to plan for a memorial service and how to approach writing your obituary. We will also ask for your ideas on topics for future forums. All ages welcome!

Bring your own lunch. Drinks will be provided. Please [RSVP here](#) so we can plan accordingly.



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.

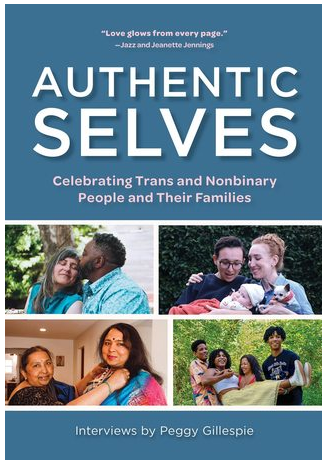
Fun for all ages—games and activities for kids and adults!

Bring your own lunch and a dessert to share.

Sponsored by First Unitarian's Good Times Committee.

Summer Read!

[Subscribe](#) to our email list.



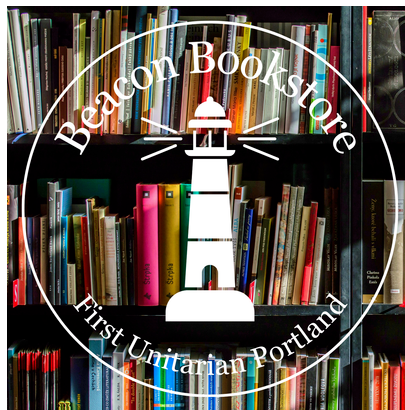
There is still time to take part in our Summer Read: *Authentic Selves: Celebrating Trans and Nonbinary People and their Families*. Pick up a copy in our Bookstore located in Fuller Hall during social hour.

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! — In the Bookstore

Location: Fuller Hall

Joanna Macy, Buddhist scholar, teacher, environmental activist, and writer died peacefully at her home in California last week. She was 96. For over 50 years, your Beacon Bookstore has carried her work and many of us have been moved by her writing on “deep ecology”:



the interconnectedness of all living things. For some of us, her work with Father Matthew Fox (former Catholic, now Episcopal) is what brought us to connecting our faith with our understanding of ecology. The Bookstore has two of her books on order: *World as Lover, World as Self: Courage for Global Justice and Planetary Renewal* and *Pass It On: 5 Stories that can Change the World*. Matthew Fox is still writing on eco-justice and gender justice and his daily thoughts are posted on Instagram.

“The heart that breaks open can contain the whole universe.”

- Joanna Macy

PLUS: Now is a great time to read *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families* – Interviews by Peggy Gillespie, published by the Unitarian Universalist Skinner House Books in Boston. The book is this year’s UU Everybody Reads selection and our congregation will be doing a structured follow-up program in the fall on September 7. You’ll find it in our

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originally created for Family Diversity Projects, and is a collaboration with PFLAG (Parents and Friends of Lesbians and Gays) National and the Transgender Legal Defense and Education Fund. One of the families featured in the book is that of U.S. Representative Sarah McBride from Delaware, one of many extraordinary and inspiring stories.

Learning Community

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

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



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](#)

Social Justice Program

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

[Subscribe](#) to our email list.



NEW! — Backpack Collection for Western Farm Workers Association Families

Sundays, July 27, August 3, and August 10, during social hour

Location: Fuller Hall

[Immigrant Justice Action Group](#) (IJAG)

Members of IJAG will collect new, sturdy, good-quality backpacks for WFWA over the next three Sundays during social hour at church.

While the temptation may be to buy many cute, less-expensive backpacks for more kids, parents tell us those wear out and fewer items of better quality are preferred. Suggested brands are Eddie Bauer, JanSport, and L.L. Bean.

Folks preferring to order directly online can have items delivered c/o Laurie Lester, 218 SW Bancroft Street, Portland, OR 97239.

WFWA has suggested this method of delivery so they can keep better track of donations and their sources, which has been hard if deliveries go straight to them without attribution. I will collect all donations and deliver to Western Farm Workers. **DONATIONS MUST BE RECEIVED NO LATER THAN AUGUST 10.**

Church members have been extraordinarily supportive of WFWA members during this difficult year. You donated to the tamale drive, made direct gifts to replace WFWA's malfunctioning industrial refrigerator, and provided ongoing monetary contributions to supply their pantry, which has seen an extraordinary increase in demand. THANK YOU!

NEW! — CARD Summer Potluck

Saturday, August 9, 10 a.m. - 12 p.m.

[Subscribe](#) to our email list.

[Card and Action for Reproductive Dignity \(CARD\)](#)

Please join Care and Action for Reproductive Dignity (CARD) for a summer potluck on August 9 from 10 a.m. to noon! It's a great opportunity to connect and discuss plans for the next church year. Bring a dish to share: 3236 NE Glisan St, Portland, OR 97232. Text Holly B. with any questions at 512-586-7378.



NEW! THIS SATURDAY — "No Place to Grow Old" Showing

Saturday, July 26, 7 p.m.

Location: Tomorrow Theater in SE Portland



If you haven't seen "[No Place to Grow Old](#)" yet, consider taking the opportunity to view it this Saturday at the [Tomorrow Theater](#), 3530 SE Division St. This documentary was made in Portland showing the realities of being over the age of sixty and

houseless. You can read more about it here in the [Willamette Week](#).

Co-sponsored by the Shower Project and COHHO, "No Place to Grow Old" was shown at First Unitarian in March and attended by over 100 people. Their feedback was very positive and included comments like "everyone should see this film."

Hunger Isn't On Vacation... Join Our Summer Food Drive!

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

[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. ❤️



In the Community

Community Milestones, Joys, and Sorrows

[Please email us here if you have any joys or concerns to share.](#)



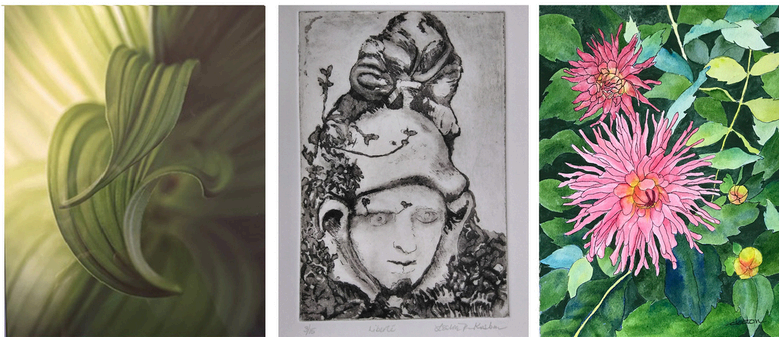
Say it with flowers!

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.](#)

[Subscribe](#) to our email list.



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.

Recurring Workshops, Classes & Gatherings

[Check out our church calendar for more info!](#)

— Visit a more comprehensive list of our [Community Groups & Activities](#). —

During the summer, some groups and activities will pause, returning when 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.

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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