



Thursday, July 31, 2025

Sunday, August 3

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 Beyond Our Walls

Rev. Charlotte Cramer, Guest Minister



Join Rev. Charlotte in an exploration of the innovative work and transformative potential of street chaplains and spiritual care providers serving in marginalized spaces shaped by poverty, oppression and homelessness. Learn more about Rev.

Charlotte's personal journey into this calling—how she discovered

her passion for spiritual care for the unhoused, and how this work forever changed her understanding of community, care, and compassion. Together, we'll reflect on the ways that communities of faith and justice can spark a revolution in how we care for our unhoused and marginalized neighbors.

Rev. Charlotte Cramer is an interfaith minister and street chaplain and founder of [Temple of the Forcotten](#), a nonprofit dedicated to

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 Hall next to the kitchen. Thank

[Subscribe](#) to our email list.

and within the system of poverty. Her work centers trauma-informed interfaith ministry, nonjudgmental witnessing, and healing through connection. She believes that spirituality can help heal trauma and bring people out of isolation, and back into community and belonging.

[ORDER OF SERVICE](#)

Ministerial Blog

Questions Are a Spiritual Practice

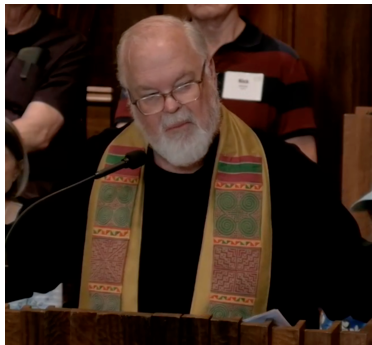
[Rev. Alison Miller](#), Senior Minister

At a campus ministry workshop a number of years ago, we were comparing the slogans we put on signs for tabling at college activities fairs. One that sticks out in my mind is – “Unitarian Universalists: we have a question for your every answer.” This quip holds a fundamental truth about us as a people who believe that the act of questioning is a spiritual practice.

Coming up later this month we have a special tradition that speaks directly to this practice. We are holding our annual Question Box Service on Sunday, August 24th at our 10:15 am worship. It is your chance to ask me anything from the “big questions” connected to the meaning of life... to questions about our tradition of Unitarian Universalism, or about our congregation specifically... to questions like, what is the most unusual pet I have had? Or who is a spiritual leader that I admire and have learned from? [...MORE](#)

Great News! - AND a Correction!

Correction!: Rev. Tom Disrud had successful hip replacement surgery last week on Wednesday, **July 23**. He is home and doing well. Rev. Tom asks us to keep him in our thoughts and prayers as he heals. He'll be out of the office for the next few weeks recovering.



August 3's Shared Plate

This Sunday, we share our offering with the two Unitarian Universalist identified theological schools: [Starr King School for the Ministry](#) and [Meadville/Lombard Theological School](#).

Our UU "Identify schools" play a particular role in educating UU ministers. They also play an incubating role for evolving theologies in our larger movement.



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

[Subscribe](#) to our email list.

NEW! SAVE THE DATE — Annual Q&A Sermon is Coming

Up...

Sunday, August 24, 10:15 a.m.**Location:** Main Sanctuary[Rev. Alison Miller](#), Senior Minister

Sunday, August 24 is the annual Question Box Service. This is a time for members, friends, and visitors to ask questions of Rev. Alison about faith in general, Unitarian Universalism in particular, our congregation, or whatever question is on your heart and mind. Learn more in Rev. Alison's column [here](#).



Please drop your question(s) in the Question Box outside of the sanctuary or email them to QandA@firstunitarianportland.org by **Thursday, August 21**. Volunteers will go through them, make selections, and send the questions for Sunday morning. (The ones that aren't selected will offer fodder over the year for future columns and sermons.)

Happening This Weekend

NEW! — Gardening Session This Saturday, August 2**Saturday, August 2, 9 - 11 a.m.****Location:** 12th Ave side of church campus[First U Gardening Crew](#)

Clean up and tend garden beds to keep our block as tidy as we can. We provide rakes, brooms and any larger equipment that might be needed. YOU bring your gardening gloves, hand tools, hat, water bottle and GOOD ENERGY! See you Saturday.

Hope to see you there! We convene on the 12th Avenue side of the church campus and then get to work.

[Subscribe](#) to our email list.

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 (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!

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.

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 Fuller Hall during social hour. All are welcome to enjoy the

[Subscribe](#) to our email list.

Questions? [Email Christine.](#)



Featured News



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

NEW! — All-Church Action! Postcard Party

Sunday, August 10, 11:30 a.m. - 1 p.m.

Join us after the service on Sunday, August 10, for another postcard-writing party! We'll be sending pro-democracy messages to our representatives, grounded in our UU values of justice, equity, and compassion.

Together, we can strengthen our shared commitment to a more inclusive and participatory democracy!



Supplies will be provided – bring your favorite pen, if you'd like. All are welcome!

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

[Subscribe](#) to our email list.

experiences and dive into a timely topic:

- **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](#).

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](#)

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!](#)

Last Wishes: How Do We Want to Be Remembered?

Sunday, August 10, 11:30 a.m.

Location: Buchan Reception Hall

[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.

[Click to RSVP](#)



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.

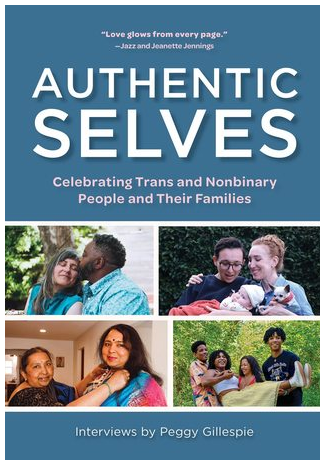
Fun for all ages—games and activities for kids and adults!

Bring your own lunch and a dessert to share.

Sponsored by First Unitarian's Good Times Committee.

[Subscribe](#) to our email list.

Summer Read!



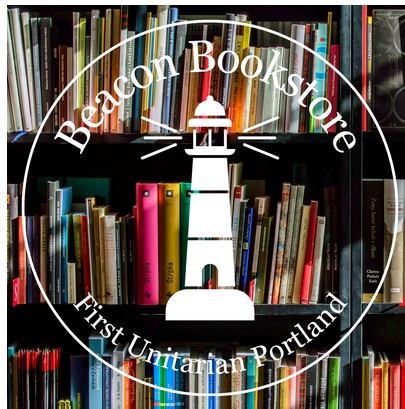
There is still time to take part in our Summer Read: *Authentic Selves: Celebrating Trans and Nonbinary People and their Families*. Pick up a copy in our Bookstore located in Fuller Hall during social hour.

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! — Your Beacon Bookstore is a Welcoming Place

Location: Fuller Hall

First Unitarian’s Bookstore – in the SW corner of Fuller Hall – has two important elements to its mission: the store carries books to help support the lives of the church’s members and friends; and the store is a quiet spot for those who might be “whelmed” or overwhelmed by the “cocktail party” conversation of the main part of Fuller Hall. We especially welcome visitors and new folks to bring your coffee cup and browse.



We can learn a lot about a new friend when we can see what’s in their bookcase, and the same is true with First Unitarian. We carry a number of books about UU history and our principles. In addition, you’ll find books on justice issues (environmental, racial, gender, LGBTQIA+, economic, and more), meditation, poetry, world religions, support for individuals and families, and lots of books for children.

Just like other small, independent bookstores, we purchase from a wholesaler and sell at a retail price. The “profit” of about 40% goes right to the bottom line of the church. Two of our greeting card lines provide 100% of their sale price to the church.

[Subscribe](#) to our email list.

Learning Community

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

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



CHECK MONTHLY — August 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,

Forgive me for rudely busting into your summer but did you know it will soon be fall?!

Don't let me rush you but please mosey on over to our website and check out our newly available program year information, including a [general welcome](#), [program descriptions](#), and [registration](#). We kick everything off on September 7th so be sure to save that date.

In the meantime, relax. Fall is still just barely on the horizon. I hope you'll join us for a picnic celebration of all things summer on August 17th. Details on the picnic, upcoming year, summer RE, and more can be found below. Come September, this email will be weekly...[MORE](#)

Social Justice Program

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

NEW! — Increasing the National Minimum Wage

This Sunday, August 3, during social hour

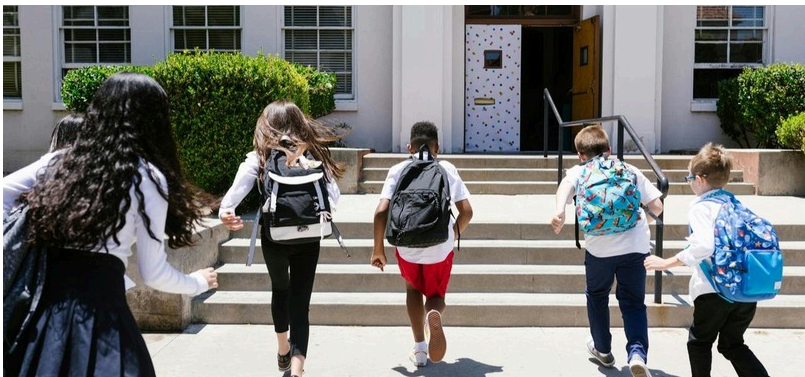
Location: Fuller Hall

[Economic Justice Action Group \(EJAG\)](#)

[Subscribe](#) to our email list.

Nationally, the Minimum Wage has not increased since 2009; it is stuck at \$7.25/hour. Learn of legislation to increase it to \$17/hour by 2030. Visit the Economic Justice Action table during social hour. It is an issue of economic justice.

And get a copy of our "Take These Steps to Reduce the Income and Wealth Gaps" flyer while you are there.



Backpack Collection for Western Farm Workers Association Families

Sundays, 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 two 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

[Subscribe](#) to our email list.

supply their pantry, which has seen an extraordinary increase in demand. THANK YOU!

CARD Summer Potluck

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

Location: 3236 NE Glisan St, Portland, OR 97232

[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.



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 go hungry, but at least have a place to live.



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. ❤️

[Subscribe](#) to our email list.

In the Community

Community Milestones, Joys, and Sorrows

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

Member Lucy Garrick's granddaughter, Maggie, is in the hospital with complications from strep throat. If all goes well, she should be able to come home today (Sunday, July 27). Lucy would appreciate it if we keep Maggie in our prayers. **Did she go home?**

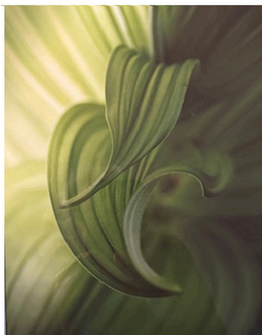


Say it with flowers!

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.

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](#)



[First Unitarian Portland](#) | Mail to: 1034 SW 13th Avenue, Portland, OR 97205

Share this email:



emma[®]

[Subscribe](#) to our email list.

[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1034 SW 13th Avenue
Portland, OR | 97205 United States

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.