



Thursday, August 7, 2025

Sunday, August 10

Sunday Worship at 10:15 a.m.

The Providence Bridge Pedal takes place this Sunday. If you're traveling across the river, plan your commute accordingly. [For more details, visit their website.](#)

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.

Children and Youth Learning Community program classes start soon! [Read more and register now!](#)

Social Hour: Fuller Hall after the service.

LIVESTREAM SERVICE



Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

In-Person & Livestream

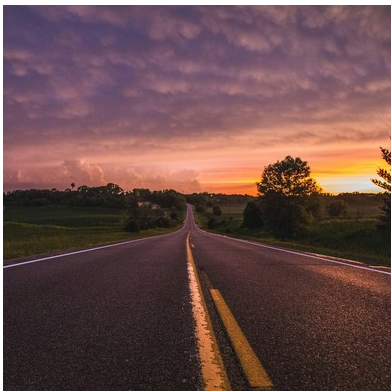
[Friday Vespers](#) – 5 - 5:40 p.m.

via Zoom through August 8 (returns September 5)

SERVICES

Last Leg of the Journey

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



Our spiritual theme of this past year has been “Join the Journey.” It is fitting that we reflect on the journey’s end as the topic for our twelfth month. After a long sojourn, the journey homeward may be the most important part. While many focus on the destination, it is when we finally return that we discover where the path led us.

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:

- New boxer briefs (M - L)
- New women's underwear (M - L)
- New sports bras (M - L)
- Shoes
- Belts

[Subscribe](#) to our email list.

ORDER OF SERVICE

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

Ministerial Blog

A Community of Spiritual Companions

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

Last Sunday, the Reverend Charlotte Cramer, an interfaith chaplain who works as a street chaplain, spoke of the critical importance of spiritual care for houseless people. I agree with her and would add that spiritual care is important for all of us. The ministry of spiritual care happens in multiple ways in our community and is upheld by many hearts...[MORE](#)



August 10'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 "identified schools" play a particular role in educating UU ministers. They also play an incubating role for evolving theologies in our larger movement.

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.)



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

Happening This Weekend

Last Wishes: How Do We Want to Be Remembered?

[Subscribe](#) to our email list.

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

Location: Buchan Reception Hall

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



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

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

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commitment to a more inclusive and participatory democracy!

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

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 offerings —let's celebrate the season's abundance together.



Questions? [Email Christine.](#)

Featured News

NEW! — Community Circles

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Community Circles (also known as Chalice Circles) are small, supportive groups where participants gather in a safe space to share, reflect, and build deeper connections. Circles provide a welcoming environment for meaningful conversation and spiritual growth, helping foster connection and a sense of belonging.

If you enjoy organizing groups and supporting others' growth, we would love to hear from you! Facilitators play a vital role in maintaining a safe, inclusive atmosphere where participants can truly connect.

Are you interested in being a facilitator for Community Circles at First U PDX? Please [email Jen Thomas](#) and help strengthen our community, one circle at a time!

Speaking of Democracy Series

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

Location: Zoom

First U PDX's Democracy in Action team

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:

- **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

NEW! — Volunteer Opportunity: A Beautiful Chapel, A Joyous Occasion

Thursday, August 14, 9 - 11 a.m.

Location: Eliot Chapel

Our historic Eliot Chapel is a wonderful venue for weddings

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the first wedding ceremonies scheduled in our Chapel since the pandemic.

Help freshen the Eliot sanctuary, narthex (lobby), and wedding preparation rooms on Thursday, August 14, from 9 to 11 a.m. We will spruce up the areas to make them welcoming for both the wedding and the start of the church year in September.

Seeking 15 people to help efficiently work together while enjoying the company of others to fine-tune the space for this and future events. [Email Marti Y.](#) for further details.

NEW! — Sign Up for Summer Yoga on August 17

Sunday, August 17, 9 - 10 a.m.

Location: Room A108

Join us for Summer Yoga on August 17 to start your morning off right! Class is limited to 15 folks and all levels are welcome to attend. Wear clothing appropriate for yoga and then join the congregation for Sunday service at 10:15 a.m.



For more information and to reserve your spot for the first session, [visit this form](#). Hope to see you there!

Each session requires separate registration.



All-Church Picnic

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

Location: Peninsula Park (N Portland)

[Subscribe](#) to our email list.

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.



NEW! — Shower Project Open House

Sunday, August 24, 11:30 a.m. - 1 p.m.

Location: Buchan Reception Hall

Curious about our [13 Salmon Shower Project](#) that our congregation runs weekly on Wednesdays and Thursdays in the lower level of the Buchan Building? Come to the Open House after church on Sunday, August 24, from 11:30 a.m. - 1 p.m. Meet us in the Buchan Reception Hall for snacks and a brief movie about the Shower Project. We'll then head downstairs to tour our shower, day room, and clothing closet and experience the welcome our unhoused guests receive. The Open House is open to all - with stickers for the kids! The space is ADA accessible.

If you'd like to contribute to the Shower Project, feel free to bring NEW men's or women's underwear (size M boxer briefs, sports bras, etc.) or USED clothes, shoes, and belts for the clothing closet.

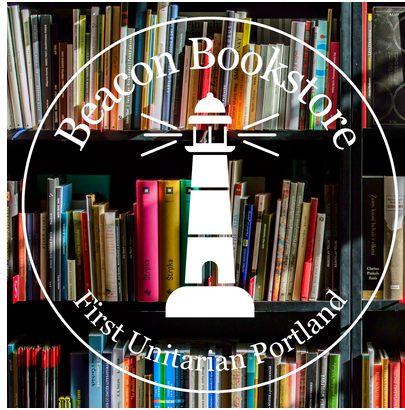
UPDATED — Your Beacon Bookstore is a Welcoming Place

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

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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.

The Bookstore welcomes your suggestions! We’re always seeking ideas for currently-in-print books you find valuable on your own spiritual path, poetry that touches your heart, stories about people who inspire you... The Bookstore Cashier has suggestion cards for you to complete. Please help us create the best possible tiny bookstore we can! Young people: Your ideas are most especially sought!

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.

Learning Community

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

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

CHECK MONTHLY — August Newsletter

[Subscribe](#) to our email list.

[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 7 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 17. 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 \(SJAG\)](#).

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.



Increasing the National Minimum Wage

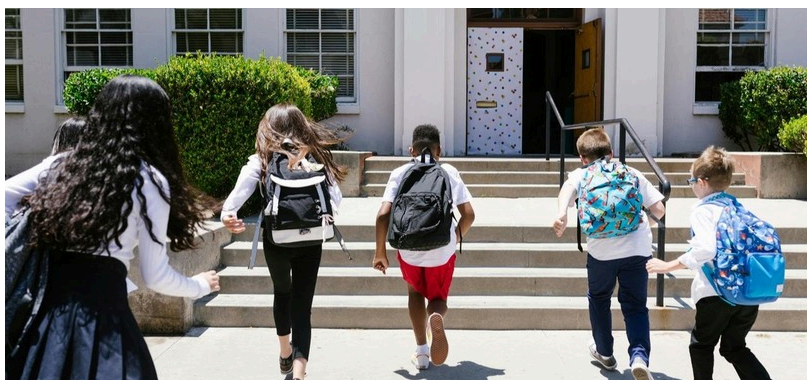
This Sunday, August 10, during social hour

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

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.



LAST CHANCE — Backpack Collection for Western Farm Workers Association Families

Sunday, 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 this Sunday 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 THIS SUNDAY, AUGUST 10.**

Church members have been extraordinarily supportive of WFWA members during this difficult year. You donated to the tamale drive,

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refrigerator, and provided ongoing monetary contributions to supply their pantry, which has seen an extraordinary increase in demand. THANK YOU!

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. ❤️

In the Community

Community Milestones, Joys, and Sorrows

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

Long-time member Nathan Sanders was recently diagnosed with pancreatic cancer. Old timers might remember that Nate served as our organist from 1977 through 1995. Nate and his wife, Rosie Sumner, now live on Lopez Island off the coast of NW Washington with his wife, Rosie Sumner. As Nate undergoes chemotherapy, he and Rosie would appreciate healing thoughts, prayers, cards, yodeling... whatever to help keep challenged spirits afloat!

Member Judy Wilder is currently receiving care at Legacy Emanuel Medical Center for serious physical and emotional challenges. Please hold Judy and her daughters in your hearts

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Our Chancel flowers last Sunday were provided in memory of Paul Albrecht, one of our Shower Project volunteers, and his love for nature.

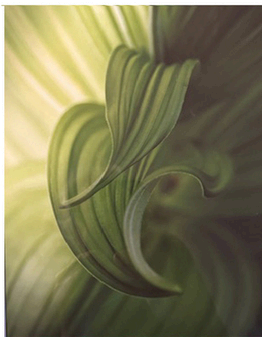


Say it with flowers!

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.](#)



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

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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

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