



First Unitarian Church
of Portland

Thursday, October 2, 2025

Sunday, October 5

🥞 [Pancake Breakfast at 8:45 a.m.](#) 🥞

[Sunday Worship at 10:15 a.m.](#)

Children & youth start in the Sanctuary at 10:15 a.m. then head to Learning Community [\(RE\) classes](#). Care for nursery & toddlers is available during worship.

Social Hour: Buchan Reception Hall after the service.

LIVESTREAM SERVICE

Resistance is the Secret of Joy

Heather Vickery, UUSC / Guest Speaker



Alice Walker says “resistance is the secret of joy” but the inverse is also true. Joy is the secret of resistance. In these tough times we often focus on resistance and forget to be joyful together. But Joy is essential! Our joy is what scares them, our joy is what we are fighting for. Join us to hear about some of the Unitarian

Universalist Service Committee’s joyful resistance and to learn about how you too can lean into joy in these troubling times.

Please join Heather after the service in Eliot Chapel for a workshop on "Accompaniment." In these times, members of our

[Subscribe](#) to our email list.



Livestream Schedule

[Sanctuary Service](#) – 10:15 a.m.

In-Person & Livestream

[Monday Loving Kindness](#)

[Meditation](#) – 8 - 8:30 p.m. **via**

Zoom

[Wednesday Evening](#)

[Meditation](#) – 7 - 8:30 p.m. **via**

Zoom

[Friday Vespers](#) – 5 - 5:40

p.m. **via Zoom**

SERVICES



October 5 & 12's Shared Plate

For the first two weeks of October, our shared plate will go to support the UU Service

houseless neighbors — are often pushed to the margins and treated as "other." This workshop will explore how we can show up and accompany those most affected.

Heather Vickery (she/her) is the Coordinator for Congregational Activism at the Unitarian Universalist Service Committee (UUSC) and she supports UU congregations and other groups that want to do their justice work more effectively and faithfully. Heather is also an aspirant for UU ministry and a student at the Starr King School for the Ministry.

ORDER OF SERVICE

Ministerial Blog

Yom Kippur Homily

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

If you weren't able to attend our Yom Kippur service last night in Eliot Chapel, you can view it on YouTube by clicking the video below:



If you would prefer to read the text, [visit our website here](#).

Happening This Sunday

NEW! — Pancake Breakfast

Sunday, October 5, 8:45 - 10 a.m.

Location: Buchan Reception Hall

[UU Men's Community](#)

[Coalition](#) – a collaborative, trans-led effort with kindred UU organizations and other people of conscience to advance trans liberation. This Coalition works to create networks of care and safety for trans people and their families in the United States who need to flee to more welcoming locations to access healthcare and services or stay as safe as possible where they are. We are excited to share that a generous donor has agreed to match the money we are sending to the UUSC for this effort!

Throughout this 2025 – 2026 year of Weaving Community, we will be sharing our plates with community organizations with which First Unitarian has partnerships for justice and service.



Want to know what this church has to offer? **Visit our Calendar by clicking above to see our list of events/classes/socials!**

[Subscribe](#) to our email list.



Join us for free, delicious pancakes in Buchan Reception Hall from 8:45 to 10 a.m. on the first Sunday of the month. We will have plain, blueberry, chocolate, and blueberry-chocolate pancakes fresh off the griddle. All are welcome!

Join Our Next First Steps Class & Campus Tour

Sunday, October 5, 11:30 a.m.

Location: Channing Room (A101)

[Jen Thomas](#), Director of Congregational Life

Come and meet new friends, learn a little more about First U PDX and Unitarian Universalism in this introductory class. You're welcome to bring a beverage and we'll have some snacks to share.



[RSVP here!](#)

Hope to see you there!

First Unitarian T-Shirts Are Here!

While supplies last

Location: Beacon Bookstore in Fuller Hall



Remember the wonderful First U PDX Word Cloud that our congregation helped create last fall? It's now featured on fashionable and inspiring T-shirts that YOU can own! These shirts are a great way to represent our community. Visit the Beacon Bookstore in Fuller Hall during social hour. Available in sizes S, M, L, XL, and XXL, get

[Subscribe](#) to our email list.

Featured News



NEW! — Volunteer Wanted

Join our front desk team! We're looking for a volunteer to help out in our front office on Mondays from 1 - 4 p.m. Tasks will include answering the phone, greeting visitors, and other basic clerical work. Must have some computer skills and be a good communicator. If you're interested, [email John Rosette](#).

Working on Inclusion: A Learning Circle for First U Congregants

Mondays, October 13 and 27, November 10 and 27, and December 8, 7 p.m.

Location: Zoom

As a community, we are learning to be more inclusive in our words and actions. Based on discussions from last spring, we are offering an additional Learning Circle this fall just for First U participants, based on the book *Subtle Acts of Exclusion* by Michael Baran and Tiffany Jana.

[Click here for all the details and to register](#). Dates are Monday evenings Oct 13 & 27, Nov 10 & 27 and Dec 8 at 7pm via Zoom. For questions, [email facilitator Sharon C.](#)

A Thread of Community for Every Age: Join an Age-Related Mailing Group

We hope to help organize meaningful connections by age group within our congregation. By joining this mailing list, you'll receive

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you a chance to engage with others who share your generational experiences and journeys.

This is an open, inclusive opportunity to connect across diverse journeys and perspectives, with no expectation or pressure—just the chance to find common ground and fellowship within your peer

generation.

We will reach out by email with occasional invitations and updates, respecting your time and interest. Please share your contact information and your age group to be part of this evolving community connection.

Together, we celebrate the diversity of life stages that enrich our shared spiritual home. [Email Jen Thomas](#) for questions or ideas!

[Sign up today](#) to share your contact info and generational group. We look forward to helping you find community and connection as these opportunities arise.

[Sign up now](#)

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](#)



DEMOCRACY IN ACTION
LIVING OUR UU VALUES

NEW! — De-Escalation Training
Sunday, October 12, 1 - 4 p.m.
Location: Buchan Reception Hall

Please join us to learn the basics of nonviolent resistance and hone your de-escalation techniques in this dynamic workshop

[Subscribe](#) to our email list.

Facilitated by long-time activist and trainer Malcom Scott. [Please register here.](#)

Malcom Gregory Scott is a long-time AIDS survivor, activist, and writer with decades of experience organizing and participating in nonviolent direct actions. He currently serves as East Portland Indivisible's Safety Team Co-lead responsible for training and on an advisory group developing protest safety guidance for the Consolidated Oregon Indivisible Network (COIN).

Announcing the Dementia Caregivers Group

2nd Tuesdays at 6 p.m., starting October 14

Location: Channing Room (A101)



If you are caring for a parent, sibling, or partner with dementia, Lay Ministry invites you to a new support group.

We will be meeting in person on the 2nd Tuesday of each month at 6 p.m. in the Channing Room. The first session is planned for October 14.

This meeting will be facilitated by Scott V. and Kathleen V.

To register or ask questions, please email [Kathleen V.](#)

Calling All Artists! Submit Your Work for the Congregant Art Show

Deadline is Sunday, October 19

The Biennial UU Group show is coming up in November.

This is a non-juried show, open to all attendees of First Unitarian.

The deadline is Sunday, October 19, so pick up an entry form at the Art Wall in Fuller Hall or [on the website here.](#)



[Subscribe](#) to our email list.

NEW! — Visit the Bookstore Table in Buchan This Sunday



Beacon Bookstore sets up in the Buchan Atrium on the first Sunday of each month during the regular church year. You'll find a small assortment of some of our best-selling books for children and adults, as well as a few shelf-inches of our used books. This coming Sunday, October 5th, we'll also have a couple of each

size of the blue First Unitarian T-shirts. Looking for books being used for adult classes? We'll have some of those, too. Remember that about 40% of the sale price for new books goes right to the church's bottom line.

And then — browse the Bookstore in Fuller Hall on other Sundays of each month! We carry hundreds of titles — books we carefully choose to support individual spiritual journeys, books for classes, books to inform justice work, quality books for children, and several lines of greeting cards. Used books are on the landing next to the store for \$0.50 each. Your coffee cup is always welcome to join you in the shop.

Learning Community

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

Register your child for the 2025-26 program year [here](#).



CHECK WEEKLY — October 5 Newsletter

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

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If you're reading this, you're probably a child or youth in RE, a volunteer helping make it happen, or someone else who values our Learning Community. Whoever you are and whatever your role, you won't want to miss this Sunday!

Join us in the sanctuary at 10:15 a.m. to install our wonderful teachers and advisors with a simple and joyous blessing. After Together Time, our 2nd-5th grade, middle school (6th-8th grade), and YRUU (9th-12th grade) classes will kick off. Preschool and kindergarten-1st grade classes continue.

And...if you're reading this as a curious potential visitor, it's a fun Sunday to check us out. We'd love to have you...[MORE](#)

Social Justice

Learn more about our [Social Justice program](#).

NEW! — Be Part of Our Food Drive

Location: COHHO bins in Fuller Hall

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

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September was Hunger Action Month, but we think 2025-26 should be declared the Hunger Action Years! The recent Republican budget bill will slash Medicaid and take away SNAP benefits

(formerly known as food stamps) from thousands of

Oregonians. Due to federal uncertainty, tariffs and trade wars, the Oregon legislature announced it has less to spend on safety net programs. Families already on the brink will most certainly feel the impact of these policies and the economic realities of rising inflation and unemployment.



COHHO supports the non-profit organization [Lift UP](#) because it helps bridge the nutritional gap, especially for people living in SW and NW Portland. With your assistance, we can continue to deliver shelf-stable food to Lift Up's warehouse for distribution to those in need. Please deposit in the COHHO bins in Fuller Hall any of the following: whole grain pasta; brown rice; any low sodium items such as broths, veggies, and sauces; canned tuna, chicken, or other meat; nut butters; and/or shelf-stable milks. When people are fed, futures are nourished too. Thank you!

This Week's Shower Project Requests

Each week we offer unhoused neighbors a secure space to shower, enjoy a meal, get clean clothing, and experience refuge from conditions on the street. We are always looking for more volunteers to make this possible.

Volunteers sign up for 2-hour shifts that work for their schedule - and enjoy meeting other congregants this way. [If you're interested, please click here.](#)



Your donations make a big difference in the lives of those we serve. We are in special need of the following items:

- Men's jeans/pants/sweats (32 - 36)
- Hoodies, sweatshirts
- Boxer briefs - NEW (M, L)
- Women's underwear - NEW (S, M)

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- Camping gear
- Backpacks
- [Direct monetary donations](#)

Drop off your items in the marked cabinet in Fuller Hall during church hours or during Shower Project hours (Wednesdays and Thursdays between noon and 4 p.m.). Thank you for your support!

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.

This performance of "The Caged Bird Sings for Freedom" was featured on the Resonance Ensemble's recent concert "AMENDMENT: RIGHTING OUR WRONGS" - a program exploring human rights, featuring music by Melissa Dunphy, Joel Thompson, Rosephanye Powell, and more. To listen, 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.](#)

The chancel flowers last Sunday were in honor of long-time member Larry Conrad, who passed away in April. Sunday was the 45th anniversary of the day he and Topaz Faulkner were married.

Long-time member Brent Schauer continues a strong recovery

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rehabilitation facility soon. He is grateful for all of the well wishes. Cards and emails are welcome. Please no visitors at this time.



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.

[Email Marsha W.](#) to make arrangements.



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Paintings by Benno Philippson

Benno Philippson was a Portland architect who loved painting the beautiful buildings and towns he passed through while traveling. Come down to Fuller Hall and join him on trips through Europe as well as local ones.

Got something for Front Steps? Send in your church-related submission for our weekly publication. [Submit it here](#) (preferred) or [email us here](#) with "Front Steps" as the subject line.

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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