



Thursday, October 9, 2025

Sunday, October 12

Sunday Worship at 10:15 a.m.

Souper Sunday after the service

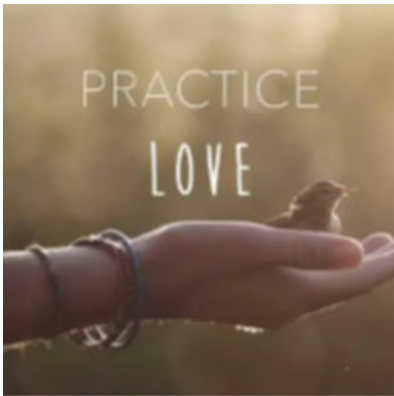
Children & youth start in the Sanctuary at 10:15 a.m. then head to Learning Community [\(RE\)classes](#). Care for nursery & toddlers is available during worship.

Social Hour: Fuller Hall after the service.

LIVESTREAM SERVICE

Practicing Love

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



The words *practice love* are part of our benediction every Sunday—and could actually succinctly say what we are about. Easy words. Not easy to put into practice. Our monthly theme for October is Interdependence. These are times when we need each other. Question is, how do we live into those words?

ORDER OF SERVICE



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 12's Shared Plate

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

Ministerial Blog

[Subscribe](#) to our email list.

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

Throughout the month of October, as a part of our annual theme of Weaving Community, you are invited to help us share our collective story and history. Our lives are interwoven with one another and with this church community over time. This is true whether you descend from the people who engaged in the work of founding our church between 1865 – 1867, or whether you are brand new...[MORE](#)

NEW! — A Change to Our Donation Cards

Some of you have noticed a change in our donation cards located in the Sanctuary pews. Instead of PayPal, the QR code and link now direct you to a company called Vanco. Vanco has been our secure payment processor for years, and acts as our "home page" for donations, giving you more choice over where you want your gift to go. It also offers a slight cost advantage to the church.

This change has been unwelcome for some; thank you for taking the time to let us know. We will soon be changing our donation slips to include both Vanco and PayPal as options for ease of use. And as always, thank you for your generosity, however you choose to give!

[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.

Happening This Weekend

BACK AGAIN! — Souper Sunday

This Sunday, October 12, after the service

Location: Fuller Hall



Souper Sunday returns this week after service in Fuller Hall. Our team of soup makers will be offering our regular tomato soup that is gluten-free and vegan, and a taco soup.

If you are inclined to contribute to the festivities, toppings for the soups or handheld desserts would be welcome. Please bring to Fuller

Hall before the service. See you Sunday!



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.

NEW! — Drop-In Parenting Circle**This Sunday, October 12, after the service****Location:** Rooms B201 and B202

Join our community of parents and caregivers. Share stories and wisdom, and take time to explore spiritual reflection. Long-time families and new folks are welcome. Meets most months from September to June. *Childcare provided.* Your lunch is welcome!

**DEMOCRACY IN ACTION**
LIVING OUR UU VALUES**De-Escalation Training****This 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 featuring role-playing and other skills embodiment exercises. 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).

NEW! TOMORROW — Rumble on the River and Public Grids**This Friday, October 10, 5 p.m.****Location:** Fuller Hall and Main Sanctuary[Economic Justice Action Group](#) (EJAG)[Subscribe](#) to our email list.

This Friday, join EJAG for a panel featuring Rumble on the River and [Public Grids](#), a national organization empowering people to ensure that our utilities serve the public and the planet.

This conversation will include guests who are a part of transformative, grassroots campaigns here and across the nation. Hosts: Mitch Green, Portland District 4 City Councilor, and Isaac Sevier of Public Grids. [Learn more here.](#)

For questions, [email Susan W.](#)

Featured News

NEW! — Letter from the Board: October 2025

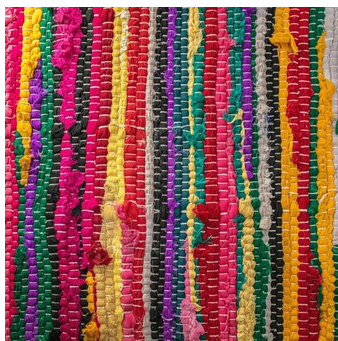
[Board of Trustees](#)



Your Board of Trustees started the church year with an August retreat with warmth and depth and ambitious wishes for the months ahead. We're finalizing our goals for the year at our October 8 meeting and are already hard at work toward several...[MORE](#)

NEW! — Calling All Weavers

If you might like to help champion a church-wide weaving project, please [email Leah Ongiri](#) to discuss ideas and possibilities.



[Subscribe](#) to our email list.



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 7 p.m. via Zoom. For questions, [email facilitator Sharon C.](#)



NEW! — Join Us in Solidarity: No Kings Rally & March

Saturday, October 18, 11:30 a.m. meetup

Location: Eliot Chapel steps (SW 12th Ave & Main St)

In June, millions of everyday Americans from every walk of life peacefully took to the streets and declared with one voice: No Kings! On October 18, millions of us are peacefully rising again to show the world: America has no kings, and the power belongs to the people. In Oregon, we welcome our neighbors and care for each other. That's why we're speaking out peacefully to declare that Oregon is Our Home and to rally against the threat of federal takeover in Oregon, which endangers our families and our communities.

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When and where? We'll meet at the church at 11:30 a.m. and then we'll walk and roll to the rally together to Waterfront Park. For details about the event, what to bring, and how to stay safe, see this guide. And, visit the Democracy in Action Corner during coffee hour for information on other activities and simple actions you can take in support of our democracy. For details, [see our flyer](#).

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 occasional invitations and updates as opportunities arise, giving 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](#)

[Subscribe](#) to our email list.

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](#)

Announcing the Dementia Caregivers Group

2nd Tuesdays at 6 p.m., starting this Tuesday, 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 this Tuesday, 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 next Sunday, October 19

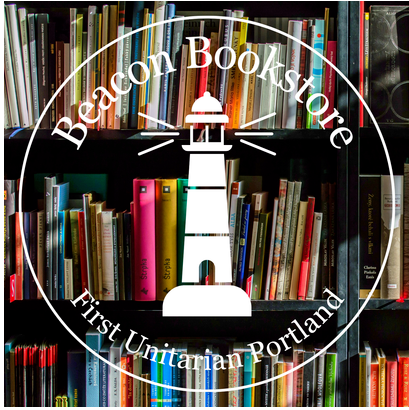
The Biennial UU Group show is coming up in November.

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! — In the Bookstore

Thank you to those of you who have recommended books to us! Special thanks to the young people who answered our request a few weeks ago. We now have some of R.J. Palucio's books recommended by Josie on our Buchan Book Table, and will soon have other books recommended by 5-7th graders. We are

currently looking for favorite holiday books for children ages 2-10. If you are in that age range, we'd love to hear from you!! An adult secretary may assist. Holidays might include Rosh Hashanah, Yom Kippur, Sukkot, Diwali, All Saints' Day, All Souls' Day, Advent, Saint Nicholas Day, Bodhi Day, Hanukkah, Yule, Christmas, or Epiphany, but are not limited to these. Give us your book's title and author at the Bookstore Cashier Table in Fuller Hall.

Are you signed up for one of the Fall adult classes? Recommended books are currently available in the Bookstore. Check the rolling rack. When you purchase from us about 40% of the purchase prices goes right to the church's bottom line and benefits us all. As you begin to think about holiday gifts, please keep us in mind. We can order just about anything currently in print and that same 40% rule still holds true.

We still have First Unitarian navy cotton T-shirts in stock in all adult sizes: S through XX-Large. They are \$25 each and run true to size. Also, check out our wide selection of greeting cards. Remember that most of our cards provide 100% of their sale price to the church. We can take VISA, Mastercard, checks, or cash.

Thank you for supporting the church through your Bookstore purchases!

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

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Bookstore in Fuller Hall during social hour. Available in sizes S, M, L, XL, and XXL, get yours while supplies last!

Learning Community

Learn more about our [Learning Community program](#). Register your child for the 2025-26 program year [here](#).



CHECK WEEKLY — October 12 Newsletter

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

Dear Ones,

This Sunday, like most second Sundays, we'll adapt the way we share the cares and celebrations of our community so this important ritual can sometimes be part of Together Time. We are always honored to share family milestones, such as a first job, school success, extracurricular opportunity, major pet news, or similar life happening. You can contact me or another member of our staff, or [email us](#) directly. Anyone with an October birthday will get special recognition this Sunday!

Have you noticed our new First Unitarian t-shirts, available now in our church bookstore? We're assessing interest in stocking

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If you missed Rev. Alison Miller's special letter to families, inviting feedback about Together Time and our Christmas Pageant, [read it here](#) and respond...[MORE](#)

Social Justice

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

NEW! — Renters' Rights!

This Sunday, October 12, during social hour

Location: Fuller Hall

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



The Rent is Too High! This Sunday, the Economic Justice Action Group shares their table with the Democratic Socialists of America who will be promoting their Renters Bill of Rights. Stop by and learn how you can support the effort.

Be Part of Our Food Drive

Location: COHHO bins in Fuller Hall

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

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

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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!

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)
- Flashlights
- 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

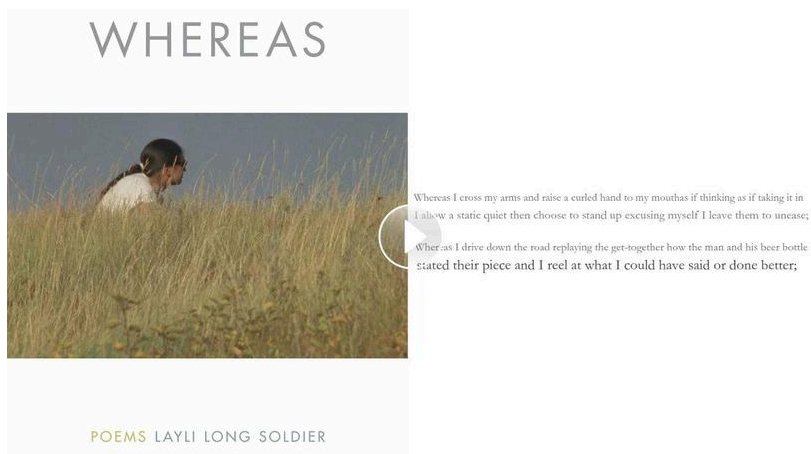
Curated by Ethel G., Speaking of Justice Editorial Team

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.

Layli Long Soldier's poem, "Whereas" is read by Julie Qiu. Layli Long Soldier (Oglala Lakota) was Newcomb Institute's 2020 Florio

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Indian Arts and an M.F.A. from Bard College. To listen, watch the video below:



You Might Be Interested...

NEW! THIS SUNDAY — Oregon Memorial Association Annual Meeting

This Sunday, October 12, 2 p.m.

Location: Zoom

[Oregon Memorial Association](#)

Nationally-certified Bereavement Facilitator, author, and podcaster Joanne Petrie will speak at the annual meeting of the Oregon Memorial Association at 2 p.m. this Sunday, October 12. To be held on-line, her topic is "Planning Celebrations of Life: Bring Comfort to You and Those You Love." A Q&A session will follow.

To register, [visit the OMA website](#).

The Oregon Memorial Association was established in 1961 by First Unitarian Portland members and continues to educate Oregonians about their end of life and body disposition options. All are welcome.

In the Community

Community Milestones, Joys, and Sorrows

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

Some of you will remember Jennifer Springsteen, a former member of our congregation who left some years ago to begin her studies for the UU ministry. Jennifer has now been granted

[Subscribe](#) to our email list.

Virginia and working as a chaplain. Jennifer served as our head usher when she was here. She also taught a number of classes in our adult faith formation program. Congratulations, Jennifer!

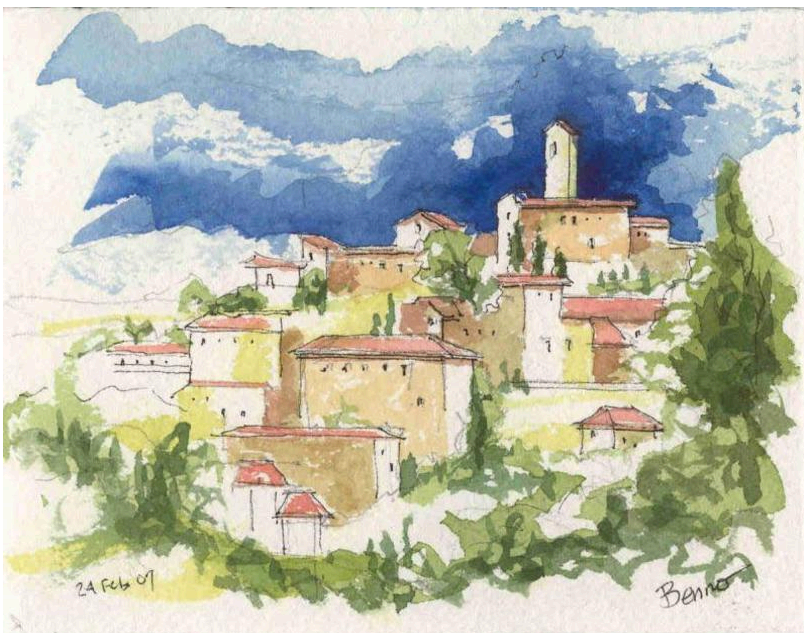


Say it with flowers!

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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October Art Wall Exhibition

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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