



Thursday, October 16, 2025

## Sunday, October 19

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: Fuller Hall after the service.

LIVESTREAM SERVICE

## Belonging in Times of Trial

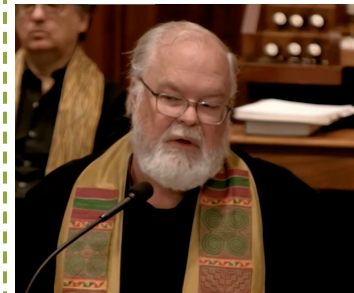
Pablo DeJesús, UUSJ / Guest Minister



Belonging comes before belief, but it is integral as we pursue justice, as the warp, right there with compassion, fellowship, and solidarity, as the weft. In this season of high tension and low tolerance, we must relearn how to journey together. We must remember how to call each other “into relationship” as a community of optimists. We

believe we belong to each other—and we must champion that! We must manage both the warp and the weft in our tapestry of justice.

*Pablo DeJesús is the Executive Director of [UUs for Social Justice \(UUSJ\)](#). He has a background in government affairs, having served in the Office of the Governor of Puerto Rico, first at its Planning Board in San Juan, PR, then at its Federal Affairs*



### 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 19's Shared Plate

Our plate this week will be shared with Unitarian

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*UUSJ, he consulted with CBOs and non-profits in New York and New Jersey, and worked on issue campaigns in Maryland and Colorado. Pablo holds a Master's in Social Policy from the University of Maryland's School of Public Policy and a B.A. from Oberlin College. He is also a Public Policy and International Affairs (PPIA) Fellow.*

(UUSJ). UUSJ works to make our government fairer by advancing equitable national policies and actions, aligned with UU values, through engagement, education, and advocacy.

**ORDER OF SERVICE**

**Ministerial Blog**

**Articulating Your Faith**

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

Sometimes I get asked the question, "Can you be a Unitarian Universalist on your own?" On one hand, the answer is yes, because ten times the number of people who are members in our churches say that they are UU when polled. On the other hand, given the nature of our faith it's difficult to do so outside of a community of practice. Being a Unitarian Universalist is exercised through interdependence and not independence...[MORE](#)



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

**Happening This Weekend**



**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

[Subscribe](#) to our email list.

**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 – be sure to 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](#).

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### **NEW! — Social Justice & Singing Sunday**

**Sunday, October 19, during social hour**

**Location:** Fuller Hall

On most 3rd Sundays of the month this year, we will highlight our social justice ministry during our social hour in Fuller Hall. Please join us after the service to grow together in fellowship, sing a few songs for justice, visit our SJ action group tables, and ask your questions of our guest speaker, Pablo DeJesus of UUs for Social Justice.

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## Featured News

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### **NEW! — Alliance Greens Sale**

**Location:** Online

[The Alliance](#)

The Alliance Greens Sale is now open and will continue through **November 9**. A variety of beautiful wreaths and garlands are available again this year with no price increases! Plus, there is a new item available for the first time, a 12-inch tabletop tree that can be replanted outside after the holidays!

Use [this link](#) to place your order online. Please feel free to share the link with friends and neighbors who might also be interested. Friendly assistance with ordering will be available after service on Sunday during social hour.

[Subscribe](#) to our email list.

Your purchases will be available for pick up at the church on December 5 and 6. Wreaths may also be ordered for mailing.

Funds raised from this sale will benefit recipients of The Alliance’s allocation grants to be awarded to non-profit organizations that support women, children, and marginalized communities.

Email the [Alliance Greens team](#) for any questions or assistance with your order.

[Order Now!](#)

**NEW! — Lotsa Helping Hands: Caring for One Another**

[Lay Ministry](#)

When life gets tough — whether it’s recovering from surgery or illness, going through treatment, or facing another challenge — our Lotsa Helping Hands team is here to support you. Coordinated by Lay Ministry, volunteers provide meals or visits to make things a little easier.



**Lotsa Helping Hands**

CREATE A CARE TEAM

If you’d like to volunteer or if you need some support yourself, email one of our Lotsa Helping Hands coordinators, [Leslie C.](#) or [Susan P.](#) We care for one another — because no one should go through hard times alone.

**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](#)

[Subscribe](#) to our email list.

### Calling All Weavers

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



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## 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!



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

**Deadline is this 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](#).



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### A Change to Our Donation Cards

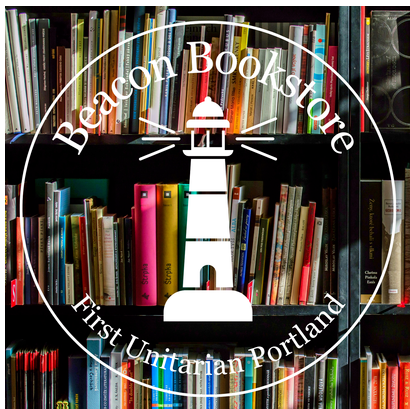
Some of you have noticed a change in our donation cards located in the Sanctuary pews. Instead of PayPal, the QR code and link now direct you to a company called Vanco. Vanco has been our secure payment processor for years, and acts as our "home page" for donations, giving you more choice over where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

[Subscribe](#) to our email list.

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!

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## **NEW! — In the Bookstore**



### **Teachers: We'd like to hear from you!**

Attention K-12 teachers of reading / literature / poetry (or art or music or theater): What books are you recommending / assigning to your students? What do your students particularly enjoy reading – or enjoy having read to them?

Please let us know by giving the title and author to the Bookstore's Cashier. Thank you!

### **Apocrypha and Pseudepigrapha**

Are you interested in reading material from the same time as Biblical writing, but for one reason or another was not included in the Bible? The Apocrypha and the pseudepigrapha are considered non-canonical by many Christians, but are included in some traditions Bibles. These ancient Jewish and Christian texts include books like the Gospel of Thomas, the Book of Enoch, 1st and 2nd Maccabees, the Testaments of the Twelve Patriarchs, the Gospel of Peter, and the Gospel of Mary.

The Gospel of Thomas presents alternative early Christian beliefs and teachings that are not found in the accepted Gospels. Your Bookstore carries some of this material and can get others for interested readers. Beacon Bookstore also carries several books offering background and additional information to help in understanding how various translations changed meaning over the centuries. We carry some of the sacred text material from other faith traditions such as the Quran.

### **Hot Topics**

Your Beacon Bookstore carries books being recommended for our adult discussions and classes, guidebooks on journaling and writing about your life and thinking during this important time in our

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Revolutionary War or Depression-Era writers), and some great “rest-your-brain” (or give-your-brain-a-workout) poetry. Looking for books about the lives of our LGBTQIA+ siblings and children after reading *Authentic Selves* in the last couple of months? We have a number of books for children, youth, and adults.

### And more...

T-shirts, mugs, pins, hymnals, and a variety of greeting cards.

Come take a look!

## Learning Community

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

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



### CHECK WEEKLY — October 19 Newsletter

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

Hello, Everyone:

In honor of October’s Interdependence theme, I offer you this poem:

Being by [Tanaya Winder](#)

*Wake up, greet the sun, and pray.*

*Burn cedar, sweet grass, sage—*

*sacred herbs to honor the lives we’ve been given,*

*for we have been gifted these ways since the beginning of time.*

*Remember, when you step into the arena of your life,*

*think about those who stand beside you, next to, and with you.*

*Your ancestors are always in your corner, along with your people.*

*When we enter this world we are born hungry,*

*our spirits long for us to live out our traditions*

*that have been passed down for generations.*

*Prayer, ceremony, dance, language—our ways of being.*

[Subscribe](#) to our email list.

*honor your ancestors.*

*Be a good relative.*

Wake up and be a good relative, indeed. May it be so...[MORE](#)

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## Social Justice

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

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### Renters' Rights!

**This Sunday, October 19, 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.

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### **NEW!** — **CARD Potluck**

**Saturday, October 25, 10:30 a.m. - 12:30 p.m.**

**Location:** Marni T.'s house

[Care and Action for Reproductive Dignity](#) (CARD)

Join us for an informative potluck on Saturday, October 25, from 10:30 a.m. to 12:30 p.m. at Marni T.'s house in SW Portland. We'll enjoy a cozy, social gathering and hear firsthand accounts from one of our members who volunteers for the [Northwest Abortion Access Fund](#) (NWAAF). Our in-home potlucks are replacing our after-church meetings.



Also make sure to visit our CARD table during the social hour this Sunday, October 19, to learn more about our social justice group.

Please RSVP by [emailing Marni T.](#) for potluck details and the street address.

[Subscribe](#) to our email list.

**NEW! — Targeting Doctors in Gaza: Breaking the Silence****Friday, October 30, 7 - 9 p.m.****Location:** Eliot Chapel

[Economic Justice Action Group](#) (EJAG), [Peace Action Group](#), and [UUs for Justice in the Middle East](#) (UUJME)

Join us for a vigil for murdered Palestinian health care workers, followed by a screening of Jan Haaken’s short film, “SUMUD: A Doctor’s Report on Genocide and Survival in Gaza,” and a presentation and Q&A with Dr. Travis Meleen on his experiences in Gaza in summer 2025.

**Doors open at 6:30 p.m.** \$5 – \$20 suggested donation; no one turned away for lack of funds.

To learn more, [visit our website](#).

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**Be Part of Our Food Drive****Location:** COHHO bins in Fuller Hall

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

[Subscribe](#) to our email list.

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!

**UPDATED! — 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:

- Food: Bread for sandwiches, peanut butter, jelly, dinner rolls, small oranges
- Men's clothes, especially jeans/pants/sweats (30 - 36)
- Hoodies, sweatshirts, coats, and rain gear

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- Women's underwear - NEW (S, M)
- [Direct monetary donations](#)

For questions, [email Casey C.](#)

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!

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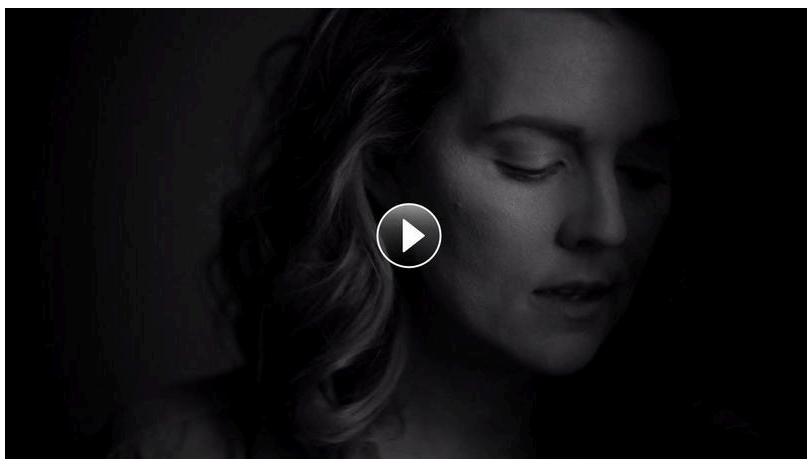
### **CHECK WEEKLY — Art for Social Justice**

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.

According to [an interesting article](#) in *The American Songwriter* a few years ago, this 2017 song by Brandi Carlile was inspired by Trump's first victory and the license it gave to those who mocked people who were different in their many and diverse ways. The writer quotes an interview with Carlile about the song:

"There are so many people feeling misrepresented [today] ... So many people feeling unloved. Boys feeling marginalized and forced into these kind of awkward shapes of masculinity that they do or don't belong in ... so many men and boys are trans or disabled or shy. Little girls who got so excited for the last election, and are dealing with the fallout. The song is just for people that feel under-represented, unloved, or illegal." To listen to "The Joke," watch the video below:



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## **In the Community**

[Subscribe](#) to our email list.

The chancel flowers last Sunday were given in loving memory of Ann Barber, member Bill Yasnoff's first wife who died of cancer in 1997.

We hold Rev. Bill Sinkford, our former senior minister. Bill's beloved wife, Maria, died last Thursday, October 9, at the age of 80. Maria got COVID at the end of the summer and was hospitalized for several weeks. Bill would welcome cards sent to the church but he is not up to texts or calls right now as he navigates the days ahead.

Member Judy Wilder died on Monday, October 6, at the age of 83. Judy was diagnosed with advanced pancreatic cancer just a few weeks before her death. Judy joined our church in 2017 and was involved in our Community for Earth, the Sojourners Group, and our Alliance. She leaves two daughters and we hold them and Judy's extended family in our thoughts and prayers. Judy's memorial service will be on October 24 at 11 a.m. in Eliot Chapel.

Child of the church Aceline Casas de Morhardt, daughter of member Cynthia Casas, celebrated her quinceañera here with a ceremony in Eliot Chapel last Saturday. It was an honor to host her extended family, mostly from Texas for this coming of age rite. We believe this is the first time a quinceañera was held here at First Unitarian Portland.



### Say it with flowers!

**Do you have a birth in the family, a graduation, an anniversary, a memorial, or other milestones to share?**

[Subscribe](#) to our email list.

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 Philippon

Benno Philippon 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.

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**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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