



First Unitarian Church of Portland

Thursday, October 30, 2025

## Sunday, November 2

 [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 [RE classes](#). Nursery and toddler care available during worship.

Social Hour: Buchan Hall after the service.

**LIVESTREAM SERVICE**



Daylight Savings Time ends Saturday night. It's time to "fall back"... Remember to turn your clocks back 1 hour before you go to bed!

## We Are All Part of the Story

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

On this All Souls Day service, we will name those in our congregation who have died in the last year. And in this month when we begin the theme of Story, we'll talk about how they—and each of us—are part of a larger story of faith, of hope, and of love.



### 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**



**IMIrJ**

**November's Shared Plate**

[Subscribe](#) to our email list.



**ORDER OF SERVICE**

**Please be sure to gather in Buchan Hall after the service for a special celebration of Rev. Tom's 30 years of ministry with us!**

**Ministerial Blog**

**Rev. Tom's 30th and Our Shared History**

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

Throughout the month of November, we are focused on the stories that are woven through our lives as individuals and as a community of faith. You will hear some of these stories in worship or in coffee hour, and you will read about some of them in our newsletter or on the community timeline in Fuller Hall. As I look over that timeline with a focus on the last 30+ years, there are events and people that stand out.

One of the stories that has been interwoven with our lives is that of the Rev. Tom Disrud's arrival thirty years ago in the fall of 1995...[MORE](#)

**NEW! — Welcome to Our Season of Giving**

Each autumn, First Unitarian asks its members and friends to make a promise of financial support (a Pledge) for the coming calendar year. You can give to the church anytime, but it is our *Season of Giving* that funds our budget and pays our staff.

Now is the time to reflect on what this church means in your life and to practice generosity as a way of strengthening our shared

This November, we share our plate with the [Sanctuary Fund](#) of the Interfaith Movement for Immigrant Justice (IMrJ), a long-time partner First Unitarian. IMrJ is guided by the shared teachings of diverse faith traditions of the members that call us to uphold the dignity and humanity of all people, especially those most impacted by injustice. We believe that every person deserves a safe place to live, food on the table, and the opportunity to move forward and thrive. The Sanctuary Fund provides emergency financial support to newly arrived immigrant families and individuals facing the consequences of deportation.

Through the Sanctuary Fund, our interfaith movement provides support that extends beyond emergency relief, fostering stability, a sense of belonging, and the conditions for long-term well-being. We believe true sanctuary is not only protection—it's the collective work of creating a just and generous world where everyone can flourish.



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fabric strong enough to hold us through change, and big enough to embrace the future.

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

Special thanks to our Sustainers! It is because of your commitment that we were able to launch our campaign at **54% of our 1.475 million dollar goal!**

Sustainers are the folks who have signed up to have their pledge renew automatically. If you are not currently a Sustainer, we hope you will consider making this meaningful commitment to let us know that you are among the people we can count on to pledge year after year.

Every gift, no matter the size, helps us move forward with courage and hope. Please join us in weaving a future filled with love and possibility, something that is more important now than ever.

Questions? [Email Stewardship.](#)

**PLEDGE FOR 2026**

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## Happening This Weekend

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### **NEW! — Gardening Session**

**Saturday, November 1, 10 a.m. - 12 p.m.**

**Location:** Eliot Chapel steps (12th & Salmon)



It is now time to cut back perennials, rake, transplant donations, water, and mulch. We would be glad to have young and energetic people to help with shoveling mulch out of the truck into the wheelbarrow and around to garden beds. Most of our gardeners are skilled AND well into retirement so more hands would

make much lighter work!

If you are separating hellebores or sword ferns in your own garden

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plantings in front of Eliot Chapel.

If you are planning on joining the work crew, please bring gloves, trowels, and water bottles. Rakes and heavier equipment provided.

Enjoy Halloween and see you on November 1!

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### **NEW! — Pancake Breakfast**

**Sunday, November 2, 8:45 - 10 a.m.**

**Location:** Buchan Hall

[UU Men's Community](#)

Join us for free, delicious pancakes in Buchan 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!



### **NEW! — First Steps Class This Sunday**

**Sunday, November 2, 12 p.m.**

**Location:** Eliot Chapel

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



Please join us for the next First Steps class offering! We will meet in Eliot Chapel for a quick look at the historic chapel and then gather in the Channing Room (A101) for a little more First Unitarian history and a tour of the campus.

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### **Fall Sr. Minister and Board Forum**

**Sunday, November 2, 12:15 - 1:45 p.m.**

**Location:** Eliot Chapel

[Board of Trustees](#)

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Your Board of Trustees invites you to our Fall Forum. Join Rev. Alison and your Board of Trustees for this update. Topics include...

- Priorities for 2026 – 2027 budget
- Updates on congregational life plus reports from Stewardship Committee and Foundation
- Report on last Spring's congregational survey - [preview the report here!](#)
- Report on Board goals 2025 – 2026

Childcare available!

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### Souper Sunday Mug Drive

**Location:** Fuller Hall

Our mug supply needs a boost! If you have clean, no-longer-used, reasonable-sized ceramic beverage mugs, please bring them to Fuller Hall beginning October 26.



Mugs that are too large or too tiny can be passed along to donation centers—but the “just right” ones will help us serve up warmth and community on Souper Sundays.

Thank you for helping to keep this beloved tradition going strong!

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## Featured News

### Grief and the Holidays

**Sundays, November 9 and 23, and December 7 and 14, 11:45 a.m. - 1:15 p.m.**

**Location:** First Unitarian

Rev. Duane Fickeisen and Dr. Bill Yasnoff

In this class for people who are grieving the loss of a close family member, we will explore the nature of grief, offer the opportunity to share your own grief story, and make a plan to navigate the winter holidays. We will meet in person on four Sunday afternoons, from 11:45 a.m. to 1:15 p.m., on November 9 and 23 and December 7 and 14. The Rev. Duane Fickeisen and Dr. Bill Yasnoff will

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personal experience with being widowed and in facilitating grief groups.

There is no cost, but pre-registration is required. [More info and preregister here.](#)

## **NEW! — The Alliance Presents "It Takes a Village to Support Justice and Healing"**

**Wednesday, November 3, 10:30 a.m.**

**Location:** Eliot Chapel

[The Alliance](#)



Slava Jovanovic and Kelly Manzo Hernandez ([Victim Services Specialists](#), Portland Police Bureau) will share their insights on the reality of sex trafficking in Portland and their involvement in recognizing and assisting survivors or trafficking.

Their collaboration with community and system partners is the key component of their unit's success at the PPB.

Kay Mosby (Director, [Giving Connection](#)) will describe how Giving Connection, a previous Alliance grantee, offers the community a way to answer the question, "What can I do to help?"

Bring your lunch for after the program.

Email [AllianceRSVP@firstunitarianportland.org](mailto:AllianceRSVP@firstunitarianportland.org) to join for the dessert (\$5).

## **FUSE Forum: Transitions and Housing Options**

**Sunday, November 9, 12 - 2 p.m.**

**Location:** Buchan Hall

First Unitarian Senior Engagement (FUSE)

**Come at 11:30 a.m. for soup, sides & conversation!**

First Unitarian Senior Engagement (FUSE) presents this forum on transitions and housing options:

- Should you "age-in-place" and/or build an Accessory Dwelling Unit?
- Would you prefer to move to a senior community? How do

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- Do you wonder if you qualify for affordable senior housing?
- What if you need medical or memory care?

Come hear a panel of First Unitarian members about their search for the best housing for them as they grow older. This forum is for people of all ages, including older members wondering where to live as they age and younger members wondering what might be the best housing option for a beloved older relative or friend.



No registration required.

**CORRECTED — Articulating Your Faith: A Spiritual Development Opportunity for Adults of All Ages**  
**Second Wednesdays from November through June, 5:30 - 7:30 p.m.**  
**Location:** First Unitarian

Join Rev. Alison and Rev. Tom for an 8-session course of theological exploration and discovery. Together, we will trace our spiritual paths, explore our understandings of the sacred, human nature, and religious practice, and develop our personal credos: an expression of our most sacred beliefs and fundamental values that guide our lives. We will also get a chance to learn a little more about Unitarian Universalist history and build community with one another!

Registration required. [Register here now!](#) **\*\*Link has been corrected\*\***

**Dates:** November 12, December 10, January 14, February 11, March 11, April 8, May 13, and June 10.

[Subscribe](#) to our email list.



## **NEW! — Registration for OWL Available Now: Classes for Adults and Youth**

We have a long tradition of offering Our Whole Lives (OWL) lifespan sexuality education.

OWL values:

- Self worth
- Sexual health
- Responsibility
- Justice/inclusivity

[Click here to register](#) and for more information!

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## **Music Ministry Transition Team Message**

"October's poplars are flaming torches lighting the way to winter."  
- Nova S. Blair

This is an update from your Music Ministry Transition Team. We began our work in July 2024. Our first task was to find an interim music director. After reviewing resumes and inviting candidates to come out and meet with us, we concluded that Garrett Bond was the best candidate. Garrett has served marvelously in this position. We are so thankful and appreciative of all that he brought to our church. His calling is directing him elsewhere but he has agreed to remain with our church through June 2026.

Our work continues. We will now be engaged in searching for a more settled director. I am most grateful to the people on this committee (Rich Scher, Ameena Amdahl-Mason, Michael Murray, Holly Stern, Rev. Alison Miller, and Rev. Tom Disrud) who have worked together to support the music program. The application and information about the Music Director position will be available on the church website beginning in November. We ask for your continued prayers and blessings on our endeavors. You can [email](#)

[Subscribe](#) to our email list.

- Theo Harper

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### 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.

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!](#)

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### 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.

[Subscribe](#) to our email list.

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.



**Lotsa Helping Hands**

CREATE A CARE TEAM

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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!

[DONATE](#)

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**Have You Spotted the Rainbow Lanyards? Look for the Helpers!**

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Colorful threads are showing up all over First Unitarian Portland—in the form of rainbow lanyards! If you've seen someone wearing one with their name tag, you've just found one of the many people helping to weave our community together.



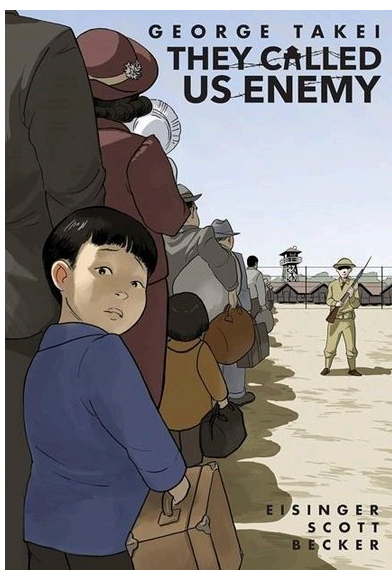
Hospitality volunteers—ushers, greeters, folks at the First Connections table, Welcome Circle members, and those who add warmth and beauty to our spaces—are now easy to spot. These lanyards are a simple, bright invitation: “Come say hello, ask questions, or let us help you find your way.” Each conversation and connection adds a vibrant new strand to the tapestry of our community.

A big thank you to Kathleen V. for crafting these beautiful lanyards, and to all our hospitality volunteers for their warmth and dedication. By welcoming new faces and guiding familiar ones, you're at the heart of what it means to weave community—one smile, one moment of care, one colorful thread at a time.

If you're ever feeling lost, curious, or just want some company, look for the rainbow. Together, we're weaving something strong and welcoming.

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### **NEW!** — In the Bookstore This Sunday



George Takei's newest book, *They Called Us Enemy*, a *New York Times* best-selling graphic novel for people aged 10 and older, is in our Fuller Hall store. You will remember Mr. Takei as Hikaru Sulu, helmsman of the USS Enterprise in the Star Trek franchise. The book is a memoir of Takai's childhood imprisonment with his parents in an American concentration camp at Tule Lake Segregation Center, California during World

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when the family was forced from their home by an order of President Franklin D. Roosevelt. Every person of Japanese descent on the west coast was rounded up and shipped to one of ten "relocation centers," where they would be held for years under armed guard. "What does it mean to be American? Who gets to decide? When the world is against you, what can one person do? To answer these questions, George Takei joins co-writers Justin Eisinger and Steven Scott and artist Harmony Becker for the journey of a lifetime."

The Bookstore carries the books being recommended for adult classes this fall, as well as books from previous terms. You'll also find works to support meditation and contemplation, writing as a spiritual journey, and learning about Unitarian Universalist history and ideas. Seeking background on justice topics? The Bookstore has quite a lot of material. Thought about reading the Quran or the Bible in relatively modern language? An easy to read and light-hearted explanation of the Old Testament? They are in the Fuller Bookstore. Have you been assigned to provide the Blessing at your multi-religious family's Thanksgiving dinner? You'll find not only books with prayer / reading ideas, but also copies of our *Singing the Living Tradition* gray hymnal with dozens of readings in the back.

Thank you for supporting our Beacon Bookstore where 40% of our sale price goes right to the Church's bottom line. Need a dessert cookbook or book of hikes around Portland? We're always happy to do special orders.

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## Learning Community

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

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

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### CHECK WEEKLY — November 2 Newsletter

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

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Dear Ones,

This month our theme is Story. Children and youth who attended church last Sunday received \$5 each to make magic of their choosing as part of a reverse offering. Now we're ready for your stories!

What did your family do? Or, what ideas are you considering? Did your money get matched, giving you even more dollars to work with? Was this fun? What did you learn? What surprised you most?

How does it feel to know you made a little piece of magic for the world? In this and so many other ways, our individual stories co-create one big Story that we all share. May we make it a good one for everyone...[MORE](#)

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## Social Justice

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

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### **TONIGHT — Protect Oregon District 4 Training**

**Thursday, October 30, 6 - 7:30 p.m.**

**Location:** Southwest Portland (Location TBA after registration)

Announced by our [Democracy in Action Group](#)

This will be an in-person event to gather with fellow southwest Portland residents to learn how we peacefully build action plans to oppose any military takeover in our communities. Location will be shared with those who register. Space is limited, and early registration is requested to assure participation. [Register here.](#)

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### **MigraWatch Trainings**

Announced by our [Immigrant Justice Action Group](#) (IJAG)

[Subscribe](#) to our email list.



Learn how to safely identify and respond to potential ICE activity in your community:

- How to spot and verify ICE presence
- How to plug into PIRC's rapid response network
- Know Your Rights

After training, you can join the PIRC hotline ecosystem and receive real-time alerts to help confirm ICE sightings in your community.

There are two sessions available:

- **Wednesday, November 5, 7 p.m.** - ONLINE. [Register here.](#)
- **Saturday, November 15, mid-morning to early afternoon** - SW Portland. Details TBA after registration. [Register here.](#)

### **TONIGHT — Targeting Doctors in Gaza: Breaking the Silence**

**Thursday, 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.](#)

### **NEW! — Help Bring Participatory Budgeting to Portland**

**Sunday, November 2, during social hour**

**Location:** Buchan Reception Hall

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

Visit the Economic Justice Action Group table to sign the petition.

[Subscribe](#) to our email list.

the City of Portland. This initiative enhances the democratic process to include the city's budget, giving citizens a vote in how 2% of the city budget is spent.

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### 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
- Boxer briefs - NEW (M, L)
- 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.

Eric Bibb, son of the legendary Leon Bibb, has known many different Americas—the good, the bad, and the ugly. Born in New York City on August 16th, 1951, the thunderbolt of the Sixties folk

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can still recall the idealism on the night air of Greenwich Village and picture Bob Dylan standing in his living room. Yet just as vivid are the dark societal flashpoints of the last years, when protesters highlighted the open wound of US injustices while a bitter Presidential election scrawled jagged battlelines. To listen to his song "Make a Change," click the video:



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## In the Community

Community Milestones, Joys, and Sorrows

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

Member Emily Daniel died on October 4 at the age of 73 of pancreatic cancer. Emily joined the church in 2015. Her family plans a memorial in the spring. She leaves her partner, Bruce, her son, Pete, and daughter, Kate.

Member Jean Robinson died on October 10 at the age of 90. She was a member since 2004 and in recent years mostly watched services online. Jean was a teacher at Vernon Elementary School and Jefferson High School. A memorial is planned for Jean on January 10 at 11 a.m. in the Eliot Chapel.

Member Sharon Slatore died on October 17 after suffering a heart attack. She became part of our church after moving to Portland from Salt Lake City in 2019. She was part of our Sojourners group. A fellow Sojourner said of her: She was generous, well read, and intellectually curious with a somewhat quirky sense of humor.

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## Pastoral Care Resources

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[Subscribe](#) to our email list.

- **Contact a Minister:** Our ministers are available for pastoral support to congregants in need and to officiate at rites of passages including memorial services and weddings. Call the church office at 503-228-6389, or [send an email](#).
- **Contact a Lay Minister:** Lay Ministers support the pastoral work of the ministerial staff. They are church members who offer one-to-one caring and support for folks in times of need. Call the church office at 503-228-6389, or [send an email](#). You can [learn more here](#).
- **Friend to Friend Outreach Program:** This program provides connection to seniors and individuals who may be homebound and unable to attend church regularly. It offers members up to four in-person visits per year from a Lay Minister. [Send an email to Lay Minister Steve K.](#)
- **Lotsa Helping Hands Support Network:** This care calendar enables volunteers to provide meals or visits for congregants going through challenging times. For support or questions, [email coordinator Leslie C.](#) To volunteer, [send a request here](#).
- **Join an Affinity or Support Group:** Build community through our identity-based affinity groups and experience-specific support groups. [Learn about them here](#).

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## You Will Be Interested...

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### **NEW! — DRUUMM Elder Spiritual Odyssey with Rev. Bill Sinkford**

**Thursday, November 13, 5 p.m.**

**Location:** Online ([Register here](#))

Sponsored by First Unitarian Portland, [All Souls Church Unitarian](#), and [Diverse & Revolutionary UU Multicultural Ministries](#) (DRUUMM)

This Elder Spiritual Odyssey is more than a storytelling session—it is a sacred space to honor the journeys of our elders who have shaped and strengthened Unitarian Universalism through their wisdom, activism, and leadership. It reflects DRUUMM's vision of building a multigenerational, multicultural faith community grounded in resilience, reconciliation, and the shared pursuit of liberation.



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of the past with our hopes for tomorrow. Together, we will form a circle to hold and honor these stories, building a bridge between generations and cultivating a deeper collective identity within our faith.

Rev. Dr. Sinkford's ministry has been a beacon of transformation. A lifelong Unitarian Universalist and founding leader of DRUUMM, he served as the first African American President of the Unitarian Universalist Association (2001–2009) and later as Senior Minister of First Unitarian Church of Portland, where he was named Minister Emeritus in 2022. Called back to serve during pivotal moments in our movement, including as one of three Interim Co-Presidents of the UUA in 2017, Bill has consistently guided our faith through times of challenge and renewal. His voice for racial justice, inclusive language, and spiritual depth continues to inspire new generations.

We invite you to join us for this powerful evening of reflection and gratitude—to listen, learn, and celebrate the living history of a leader whose ministry has shaped who we are and who we are still becoming. [RSVP here.](#)

For more information, [email Noemi](#) at DRUUMM.



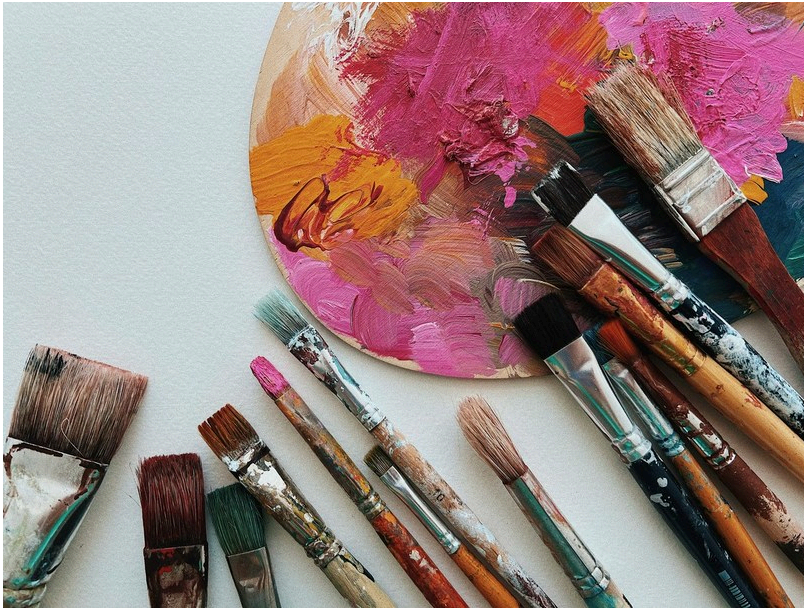
**Say it with flowers!**

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**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.



**NEW! — November & December Art Wall Exhibition**  
**Biennial Congregant Art Show**

Come down to Fuller Hall to see the talented artists we have in the congregation during November and December!



**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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