



First Unitarian Portland  
*Order of Service*

Sunday, May 19, 2024 | In-person or [Livestream](#) | 10:30 a.m.

May 2024 Spiritual Theme: "Grace"

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<b>Prelude</b>	"Praise God" — Duke Ellington	Chancel Choir & Band with DeReau Farrar, Director
<b>Welcome &amp; Chalice Lighting</b>		Rev. Thomas Disrud
<b>Pastoral Concerns &amp; Prayer</b>		
<b>Voluntary</b>	"Heaven" — Duke Ellington	
<b>Call to Worship</b>	"Freedom" — Duke Ellington	
<b>Hymn — #153</b>	"Woke Up This Morning"	
<b>Responsive Reading</b>	"Strayhorn's Four Moral Freedoms"	
<b>Doxology</b>	"Spirit of Life"	
<b>Offertory</b>	"Freedom-Suite" — Duke Ellington	
<b>Reading</b>	"Letter to the Local Police" — June Jordan	
<b>Voluntary</b>	"The Shepherd" • "Come Sunday" "David Danced" • "T.G.T.T." — Duke Ellington	
<b>Prayer</b>		
<b>Hymn — #151</b>	"I Wish I Knew How"	
<b>Benediction</b>		
<b>Postlude</b>	"Praise God & Dance" — Duke Ellington	

# A Glimpse of Upcoming Gatherings

Subscribe to our weekly "Front Steps" for FULL church updates, links, events, and special information: [tinyurl.com/enews-signup](https://tinyurl.com/enews-signup).

## Happening Sunday 5/19/2024

**Free Parking Every Sunday** in the U-Park across the street until 4p. First-come first-serve

**Childcare 6mo-3yrs:** Location: A103 Nursery

**Social Hour:** After the service // Fuller Hall // Check out our bookstore for books and greeting cards!

**Welcome Circle:** Right after the service // Gather at the Sanctuary's front right corner

**UU the Vote: Join Us For Community & Letter Writing**  
Right after the service // Blue table cloth in Fuller Hall

**MTG — Care & Action for Reproductive Dignity (CARD):**  
12:10p // Location: Fireside Room

**MTG — Committee On Hunger and Homelessness:**  
11:40a // Location: Blue Sky Room

**FILM SCREENING — Who We Are: A Chronicle of Racism in America:** 12:30 - 2:30 p.m. // Location: Room A108

## Shower Project Needs Clothes & Snacks

Your donations of these specific items will make a big difference in the lives of those we serve. Thank you for your support!

- Men's new white tee shirts M/L (urgent need!)
- Men's boxer briefs M/L
- Sugar Packets
- Single-serving, microwaveable snacks like mac and cheese, oatmeal, ramen

Items can be left in the COHHO bins in Fuller Hall.



DONATE

Navigate to the [Front Steps](#) or [Church Calendar](#) for more information on gatherings: [beacons.ai/firstupdx](https://beacons.ai/firstupdx)

Your donations support the work of this church.

Thank you! Please feel free to add a note to direct your donation to a specific effort.

### Our Mission

First Unitarian aims to create a welcoming community of diverse individuals; to promote love, reason, and freedom in religion; to foster lifelong spiritual growth; and to act for social justice.

### Our Vision

First Unitarian Portland is a beacon of hope for us and for our community, a spiritual center in the heart of our city that helps each of us to find our moral compass, calling and challenging us to build the beloved community with an ever-deepening sense of spirit, diversity, & inclusion.

### Today's Plate

First Unitarian Portland's Music Ministry. "We aim to craft beautiful and meaningful worship experiences for the congregation every week and strive to build a deep sense of community among our ensembles. We, singers, ringers, and players alike, feel proud and honored to serve this congregation in these ways."

## Recurring Workshops, Classes & Open Gatherings

**Art Wall Exhibition:** Come down to Fuller Hall and enjoy a wide variety of art each month!

**Beloved Community of Color:** Every second Thursday evening and fourth Saturday morning of the month.  
[Email them for more info.](#)

**Caregivers Support Group:** Open to Newcomers. Fourth Sunday of each month at 9a [via Zoom](#).

**First Connections:** Third Sunday of each month @12p in Daisy Bingham.

**First Steps:** First Sunday of each month @12:15p in Channing.

**Friday Vesper Services:** from 5 - 5:40p [via Zoom](#).

**Labyrinth:** Most second Sundays of the month in Buchan Reception Hall.

**Loving Kindness Meditation:** [resumes on Zoom](#)  
Mondays from 8-8:30p.

**Mental Health Caregivers Group:** Second Wednesdays every month via Zoom 7-8:30p. [Email them for the link.](#)

**"T" Time: A Trans, Nonbinary, & Gender-Expansive, Exclusive Gathering:** meet on the 2nd and 4th Sundays in Channing Room at noon.

## First Steps 🌱

**Sunday, June 2, from 12:15 - 1:30 p.m.**

**Location: Channing Room**

Discover additional insights into life at First Unitarian Portland, avenues for connection, and delve deeper into Unitarian Universalism.

**Questions?** [Email Jen Thomas.](#)

**Need help locating a room?**

Ask an usher with a red name tag! They'd be happy to help.