



First Unitarian Portland
Order of Service

Sunday, July 14, 2024 | In-person or [Livestream](#) | 10:15 a.m.

Summer 2024 Spiritual Theme: "Rest, Renew, Reflect"

Gathering Hymn — #347

"Gather the Spirit"

Chalice Lighting

Welcome

Danielle Garrett,
Summer Minister

Voluntary

"May I Be Still"
— Brian Tate

Summer Choir /
Signe Lusk, Director

Call to Worship

Rev. Mitra Rahnema,
Guest Minister

Hymn — #288

"All Are Architects"

Responsive Reading

"Transcendental Etude"
— Adrienne Rich

Danielle Garrett

Doxology

"Spirit of Life"

Offertory

"Summerland"
— William Grant Still

Joe O'Donnell, organ

Pastoral Concerns & Prayer

Danielle Garrett

Silent Meditation

Hymn — #353

"Golden Breaks the Dawn"

Reading

"Mother Questions"
— Robert Fulghum

Rev. Rahnema

Voluntary

"Lean on Me"
— Bill Withers

Sermon

"What On Earth Have You Done?"

Prayer

Hymn — #324

"Where my Free Spirit Onward Leads"

Benediction

Postlude

"Basse Dance" from *Capriol Suite*
— Peter Warlock

Joe O'Donnell, organ

A Glimpse of Upcoming Gatherings

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

Happening Sunday 7/14/2024

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: This Sunday we will be in Fuller Hall, right down stairs below the Sanctuary.

Newcomers! Please join us right after the service // Gather at the "Welcome Circle" sign at the Sanctuary's front right corner.

 **Young Adult Summer Meetup** 12:15p // Location: Channing Room

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

 **Pride Kick-Off: Tea & Treats** Noon // Channing Room


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 boxer briefs M/L
- Men's and women's shorts and jeans M/L
- Single-serving, microwaveable snacks like mac and cheese, oatmeal, ramen
- Snacks like protein bars.


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


Recurring Workshops, Classes & Open Gatherings

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

 **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 most months @12:15p in Channing. No meeting in July.

 **Friday Vesper Services:** from 5 - 5:40p [via Zoom](#). (Vespers will be on break on August 15, 23, and 30. It will resume on July 19 through August 9 and then again on September 6.)

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

 **Good Times: Movie Group** Sunday movie meetup, July 14 and August 11, from 4-6:30p

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



DONATE

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

Need help locating a room?

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

Your group still meeting during the summer?

Contact communications@firstunitarianportland.org

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.

Shared Plate Plate

[DRUJMM](#) is a UU People of Color ministry and anti-racist collective bringing lay and religious professionals together to overcome racism through resistance and to transform Unitarian Universalism through our multicultural experiences.

2024 Summer Activities at First Unitarian Portland

Rest, Reflect, Renew

Summer's slower pace is an opportunity for us to gather in community, have a little fun, and refresh our spirits! I invite you to lean into our summer church theme, "Rest, Reflect, Renew," with these low-commitment, laid-back offerings. Join us at one that sparks your interest or come to all of them.

Bring new friends! And come as you are: Flip-flops and hiking shorts are welcome. Reach out to summer minister Danielle Garrett at dgarrett@firstunitarianportland.org with questions.

Drop-in Brown Bag Discussions

Join summer minister Danielle Garrett for informal Wednesday lunchtime conversations and community building.

- **July 24: Finding the Sacred in Pop Culture** Discuss meaningful books, movies, TV shows, and music
- **August 7: UU History Grab-Bag** Explore favorite moments and figures from Unitarian Universalist history
- **August 21: All We Kindred Pilgrim Souls** Talk about pilgrimage experiences and the spirituality of travel

Buchan Reception Hall
from noon-1:30p

Evening Community Gatherings

Experience fun and fellowship in the Buchan Reception Hall and Courtyard with these lively summer events.

- **July 16: S'mores & Campfire Sing-Along**
Enjoy treats and songs from 7 - 9p
- **July 25: Poetry Night**
Share a dessert and read a favorite or original poem from 7 - 9p
- **August 9: Summer Potluck** Bring a summer dish to share from 6 - 8p

Buchan Reception Hall
varying times



Young Adult Summer Meetups

Expect fun social events, thought-provoking discussions, and opportunities to connect

Every Sunday at 12:15p
meeting rooms vary.

UU the Vote

Community & letter writing

Every Sunday at Social Hour
Look for the blue table cloth!

Good Times: Movie Group

Go to the movies or watch at home with other members and chat with snacks!

Sundays, July 14 & August 11, 4 - 6:30p
Contact Christine to join
Christine.wynne@yahoo.com

Summer Vespers Schedule

Join our contemplative Vespers services on Zoom at 5 p.m.

Summer Dates: July 19, 26, August 2, 9
[Join us via Zoom.](#)

"T" Time

A Trans, Nonbinary, & Gender-Expansive, Exclusive Gathering

Channing Room at noon
2nd & 4th Sundays