



First Unitarian Portland  
*Order of Service*

Sunday, July 28, 2024 | In-person or [Livestream](#) | 10:15 a.m.  
Summer 2024 Spiritual Theme: "Rest, Renew, Reflect"

**Gathering Hymn — #100**

"Morning Has Come"

**Welcome**

Rev. Alison Miller

**Chalice Lighting**

Rev. Sunshine Jeremiah Wolfe

**Voluntary**

"We Rise Again"  
— L. Dubinsky/S. Macmillan

Summer pick up choir,  
Garrett Bond, conductor

**Call to Worship**

Rev. Wolfe

**Hymn — #318**

"We Would Be One"

**Sermon, Part 1**

"How do We Hold Ourselves in Struggle?"

Rev. Sarah Gibb Millspaugh

**Doxology**

Spirit of Life

**Responsive Reading**

"We Speak the Language of Love"  
— Rev. Erika Hewitt

Rev. Wolfe

**Offertory**

"The New Commonwealth"  
— Ralph Vaughan Williams

Joe O'Donnell, organ

**Pastoral Concerns  
& Prayer**

Rev. Miller

**Silent Meditation**

**Hymn**

"There is a Love"  
— Elizabeth Norton/Rebecca Parker

**Reading**

"Radical Gratitude Spell" from Fables and Spells  
— adrienne maree brown

Rev. Millspaugh

**Voluntary**

"Shine On Me"  
— Rollo Dilworth

**Sermon, Part 2**

"How Do We Hold Ourselves in Struggle?"

Rev. Wolfe

**Hymn — #1017**

"Building a New Way"

**Benediction**

**Postlude**

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](https://tinyurl.com/enews-signup).

## Happening Sunday 7/28/2024

**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.

**WORKSHOP — From Reactivity to Responsiveness** BYOL Bring Your Own Snack/Lunch // 12-2p // Location: Buchan Reception Hall

**Young Adult Summer Meetup** 12:15p // Location: B101

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

## 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!

- Sports bras M/L
- Cases of water.

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](#). (Summer Dates: August 2, 9)

**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](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.

### 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](mailto: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

[Black Lives of Unitarian Universalism](#) (BLUU) is committed to expanding the power and capacity of Black UUs within Unitarian Universalism, providing support, information, and resources for Black Unitarian Universalists, and justice-making and liberation for Black people through our faith.



# 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](mailto:dgarrett@firstunitarianportland.org) with questions.

### *Drop-in Brown Bag Discussions*

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

- **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.

- **August 9: Summer Potluck** Bring a summer dish to share from 6 - 8p

**Buchan Reception Hall**



### *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!

**Sunday, August 11, 4 - 6:30p**  
Contact Christine to join  
[Christine.wynne@yahoo.com](mailto:Christine.wynne@yahoo.com)

### *Summer Vespers Schedule*

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

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

### *"T" Time*

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

**Channing Room at noon**  
2nd & 4th Sundays