



First Unitarian Portland  
*Order of Service*

Sunday, August 4, 2024 | In-person or [Livestream](#) | 10:15 a.m.  
Summer 2024 Spiritual Theme: "Rest, Renew, Reflect"

---

**Gathering Hymn — #204**

"Come, O Sabbath Day"

**Welcome**

Jen Thomas, Membership  
Engagement Coordinator

**Chalice Lighting**

**Voluntary**

Summer Handbells, Ellie Hodder,  
Guest Conductor

**Call to Worship**

Danielle Garrett, Intern Minister

**Hymn — #66**

"When the Summer Sun is Shining"

**Responsive Reading — #664**

"Give us the Spirit of the Child"

**Doxology**

**Offertory**

"Meditation"  
— Williametta Spencer

Joe O'Donnell

**Pastoral Concerns & Prayer**

**Silent Meditation**

**Hymn — #1031**

"Filled with Loving Kindness"

**Reading**

"Green, Green is my Sister's House"  
— Mary Oliver

**Voluntary**

**Sermon**

"The Spiritual Discipline of Having a Little Fun"

Danielle Garrett

**Prayer**

**Hymn — #100**

"Peace Like a River"

**Benediction**

**Postlude**

"Gott sei gelobet"  
—Williametta Spencer

Joe O'Donnell

# 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 8/4/2024

**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: B310

 **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!


-  **Cases of water bottles** 
-  **Gatorade and electrolyte drinks** 
-  **Sports bras M/L** 
-  **Boxers and 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](#). (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, 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

This week (and next week) we share our offering with the two Unitarian Universalist identified theological schools: [Starr King School](#) for the Ministry and [Meadville/Lombard Theological School](#).

# 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.



### *Young Adult Summer Meetups*

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

**Every Sunday at 12:15p**  
meeting rooms vary.

### *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 Gathering*

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**

### *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](mailto:Christine.wynne@yahoo.com)

### *Summer Vespers Schedule*

Join our contemplative Vespers services on Zoom at 5 p.m. every Friday. Summer services are on August 2 and 9

**[Join us via Zoom.](#)**