



First Unitarian Portland
Order of Service

Sunday, February 23, 2025 | In-person or [Livestream](#) | 10:15 a.m.
February 2025 Spiritual Theme: "Grief"

Gathering Hymn	"Sing Out Praises"	
Welcome		Rev. Alison Miller
Chalice Lighting		
Call to Worship		Rev. Duane Fickeisen, Guest Minister
Anthem	"No Night There" Dan Forrest	Chalice Choir / Garrett Bond, Director
Responsive Reading	Excerpt from "Essex II" Amanda Gorman	Rev. Fickeisen
Doxology	"Spirit of Life"	
Offertory	"Darkness and the Light"	Garrett Bond, piano
Pastoral Concerns & Prayer		Rev. Miller
Silent Meditation		
Hymn	"Every Night and Every Morn"	
Reading	"Blessing for the Brokenhearted" Jan Richardson	
Anthem	"Home to Me" Reed Criddle	Chalice Choir / Garrett Bond, Director
Sermon	"Good Grief: Embracing Grief and the Trouble with Not Doing So"	Rev. Fickeisen
Prayer		
Hymn	"Let Hope and Sorrow Now Unite"	
Benediction		
Postlude	"Take My Hand"	Garrett Bond, piano

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 2/23/2025

- **New folks!** Please join us right after the service. Gather at the "Welcome Circle" sign at the Sanctuary's front right corner.
- **Social Hour:** This Sunday we will be in Fuller Hall.
- **"T" Time: A Trans, Nonbinary, & Gender-Expansive, Exclusive Gathering:** Please join us in the Channing Room after the service.
- **Childcare 6mo-3yrs:** Next door in A-103 Nursery.
- **Free Parking Every Sunday** in the U-Park across the street until 4 p.m. First-come first-serve.
- **Visit our Beacon Bookstore** in Fuller Hall for some great new books!

Shower Project Needs

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

- New white men's t-shirts (M/L)
- Men's boxer briefs (M/L)
- Belts (men's & women's)
- Sneakers (men's & women's)
- Men's jeans/pants (all sizes)
- Sweats (all sizes)
- Protein bars
- Lysol
- Coffee Creamer

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!

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

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

First Steps: First Sunday of most months @12:15p in Channing.

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

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

"T" Time: A Trans, Nonbinary, & Gender-Expansive, Exclusive Gathering: Meet on the 2nd and 4th Sundays in Channing Room after the service.

Alliance Presents: Usually every first Wednesday of the month @10:30a in Eliot Chapel.

Labyrinth: First Sundays of the month in Fuller Hall.



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.

This week's Connect & Reflect question:

What has been helpful to you in the past when you have been grieving?

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

For the month of January, we are pleased to share our plate with [Innovation Law Lab](#). They write "The U.S. government's vast detention and deportation machine works to grind down the spirit of the immigrant. In its wake, communities are torn apart, families separated, and refugees forced to relinquish their right to freedom, inclusion, and safety."