Inviting the Bell
Heidi Levine

*Hymn #145 As Tranquil Streams
Rob Malcomson
song leader

Welcome
Heidi & Rev. Meredith Garmon

Chalice Lighting
The chalice lit among us is a beacon: a beacon of hope, in a world in crisis; a beacon of possibility, made manifest in community; a beacon of warmth in our interdependence; a beacon of light illuminating our shared wisdom; a beacon of connection.

Spoken Invocation

Sung Invocation
Open my heart to all that life brings.
Let me be part of the love that's giv'n.

Story
Have You Filled a Bucket Today?
Birch Spick

Children's Benediction
Go in joy, go in peace to meet the day!
With open hearts embark life's wonder.
We will guide you, we will love you on your way.

Anthem
Living in the Holy City
Choir

Meditation

Joys and Sorrows
Ann Mowery

Moment of Silence

Sung Response #1031 Filled with Loving Kindness

Reading

Offering Words and Offertory

Sermon, pt 1
Rev. Meredith Garmon

Interlude

Sermon, pt 2

*Hymn #1018 Come and Go with Me

*Extinguishing the Chalice
We are one, after all. Together we suffer, together exist – And forever will recreate one another.

*Spoken Benediction

*Sung Benediction #1058 Be Ours a Religion

Accessibility at First Unitarian
- Assistive Listening Devices, full-page magnifiers, large-print hymnals and hymnals in Braille: These are available just inside the Auditorium doors, on the shelves to your left.
- Disability placards/license plates: Parking is available outside the west doors just past the drop-off lane in the right lane, or in the lot just south of the church on Casady Drive.
- Push Button Electric Entrance/Exit Door: Main floor, south and west sides of the building
- Lift to all building levels: Main floor on the east side of the coatroom.

Today’s Forum – 11:00-12:00 in Griffin Hall
Iowa Trans Mutual Aid Fund
A speaker on behalf of the Iowa Trans Mutual Aid Fund, one of this year’s Faith in Action Partners, will talk about the work of that organization. The Iowa Trans Mutual Aid Fund financially supports trans, nonbinary, and gender diverse Iowans as they access gender-affirming care. Learn more about how mutual aid works, the kinds of healthcare and other needs they support, how individual Iowans can access funds to help them seek it.

*Please stand as willing and able
FAITH IN ACTION. Our 2023-24 Faith in Action Partners are Freestore and Iowa Trans Mutual Aid Fund. To contribute, please see our Faith in Action page – this QR code can take you there.

CONNECTION CIRCLES SIGN-UP. Connection Circles are a way of connecting with one another in deep and meaningful ways. Groups of 8-10 people gather once a month to engage with a different spiritual theme through reflection, practice, deep listening, and open-hearted sharing. Scan to sign up.

SIGN UP FOR REALM. View church documentation, connect with your groups, and check for schedule changes all in one place! Scan the QR code below or email OfficeStaff@ucdsm.org to request an invitation to Realm.

Welcome to the First Unitarian Church of Des Moines

BRAVING Trust
Boundaries
Reliability
Accountability
Vault
Integrity
Nonjudgment
Generosity

"Trust"
Rev. Meredith Garmon
Sun Nov 12, 2023 – 9:30
8th Sunday of Autumn