

Video Bell & Bird Call to Worship

*Hymn #1028 *Fire of Commitment*

Welcome

Chalice Lighting

Covenant

Responsive Invocation #568

Sung Invocation #1013

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

Story

I Promise
LeBron James

Children's Benediction

Joys and Sorrows

Meditation & Moment of Silence

Sung Response #1009 *Meditation on Breathing*

Offertory

Sermon, part 1

Interlude

Sermon, part 2

Hymn #151 *I Wish I Knew How*

*Extinguishing the Chalice

*Spoken Benediction

*Sung Benediction #363 *Alleluia! Sang Stars*

**Please rise in body or spirit.*

Minister:	Rev. Meredith Garmon
Celebrant:	Elijah Evans
Storyteller:	Faithyna Leonard
Song Leader:	Louise Alcorn
Pastoral Care Associate:	Ellen Taylor
Hospitality Team Lead:	Theresa Miller
AV Tech:	Rob Macolmson

Today's Forum

From "Awe and Wonder" to "Vow"

1: What came up for you during the December exploration of the theme of "Awe and Wonder." What did you learn, or how were you changed? It's good to hear from each other.

2. We'll start to explore the theme of "Vow." We'll start on some of the exercises in the January "Vow" packet – so that, at your Connection Circle meeting this month, you'll be prepared to go deeper.

FAITH IN ACTION. Our 2024-25 Faith in Action Partners are **AI Exito!** and **Young Women's Resource Center.** To contribute, please see our Faith in Action page – this QR code can take you there.



CONNECTION CIRCLES. 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.



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.

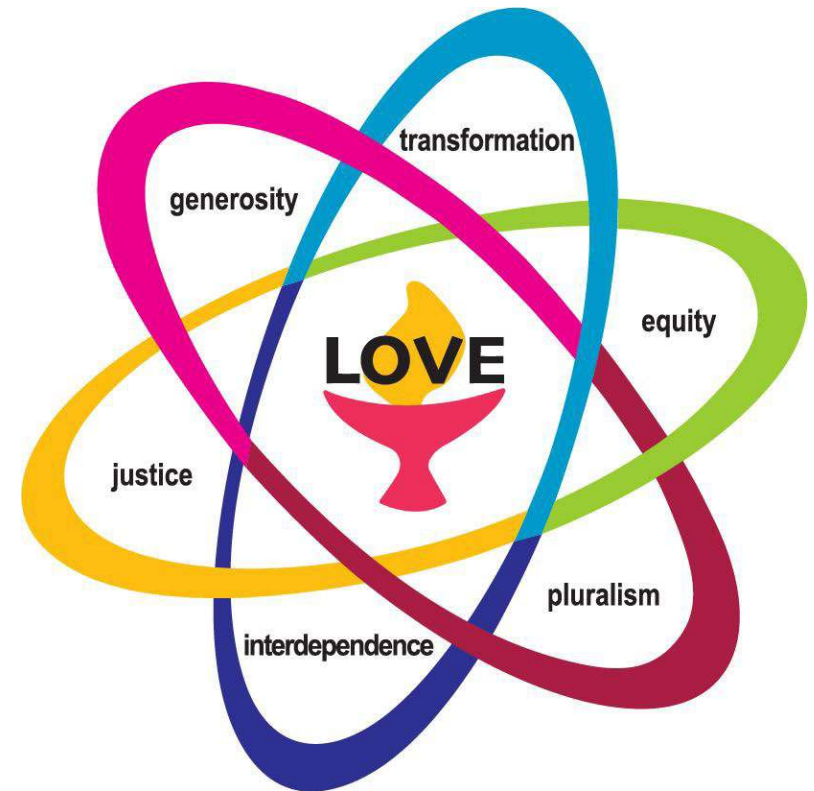


ACCESSIBILITY:

- **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
- **Push button electric bathroom door:** Main floor gender neutral bathroom.
- **Lift to all building levels:** Main floor on the east side of the coatroom.

Welcome to the First Unitarian Church of Des Moines

Love radically. Grow ethically and spiritually. Serve justly.



2025 Jan 5 ~ 9:30-10:45
3rd Sunday of Winter
"Vow"



Waxing Crescent