

**Bell & Bird Call to Worship** video

**\*Hymn #1000** *Morning Has Come*

**Welcome**

**Chalice Lighting**

**Covenant**

**Responsive Invocation #592**

**Sung Invocation** (tune #159)

May truth and freedom come to every nation; May peace abound where strife has raged so long; That each may seek to love and build together, A world united, righting every wrong; A world united in its love for freedom, proclaiming peace together in one song.

**Story** *Horton Hatches an Egg*  
*Dr. Suess*

**Children's Benediction**

**Spotlight** Search Committee

**UU History** video *Chapter 1*

**Anthem** *Cats in the Cradle* UU Singers  
H. Chapin; arr. Nickel

**Joys and Sorrows**

**Moment of Silence**

**Training in Compassion** *The Basics*

**Sung Response #1031** *Filled with Loving Kindness*

**Reading** *Genesis 4: 1-16*

**Offertory**

**Reading** fr. *East of Eden*  
John Steinbeck

**Sermon, part 1**

**Interlude**

**Sermon, part 2**

**Hymn #116** *I'm On My Way*

**\*Extinguishing the Chalice**

**\*Spoken Benediction**

**\*Sung Benediction #1058** *Be Ours a Religion*

*\*Please rise in body or spirit.*

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Minister:	Rev. Meredith Garmon
Celebrant:	Diane Ford
Storyteller:	Faithyna Leonard
Song Leader:	Andy Curl
Pastoral Care Associate:	John Morrow
Hospitality Team Lead:	Terry Meek
AV Tech:	

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### **Today's Forum**

#### *Facing Death with Life*

Join Hilary Hippen and Linda Lemons as they engage in a conversation sharing their experiences in living with suicidal thoughts and behaviors, whether within oneself or as a family member, neighbor, or treatment provider. Our goal is to create a safe brave space that surrounds a painful challenging experience with care and love. This topic was suggested by previous participants of "Facing Death With Life" that Hilary has taught in the past and is facilitating again starting Sun Jan 19.

**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](mailto:OfficeStaff@ucdsm.org) to request an invitation to Realm.

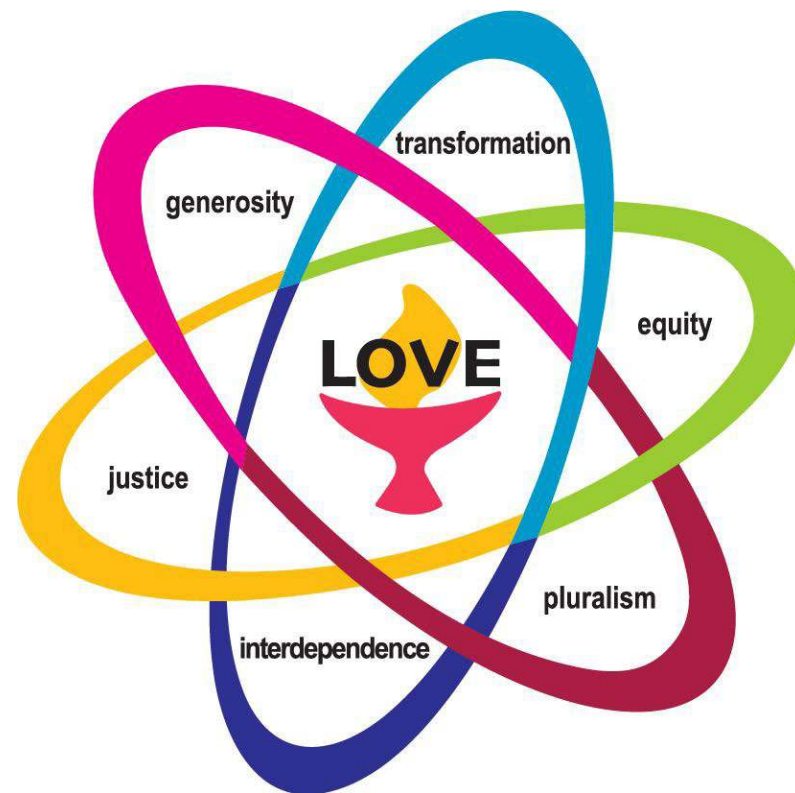


**ACCESSIBILITY:**

- **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 12 ~ 9:30-10:45  
4th Sunday of Winter  
“Freedom?”



*Waxing Gibbous*