

**Bell & Bird Call to Worship** video

**Passing the Peace** *Shanti, shanti, shanti. Om shanti shanti*

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

**Welcome**

**Chalice Lighting**

**Covenant** *from the UCDSM Mission*

**Spoken Invocation** *Complaint of El Rio Grande*  
Richard Blanco

**Sung Invocation** (words: #381; tune: #371)

**Story** *I Don't Like the Sound of NO*  
Julia Cook

**Children's Benediction**

**Stewardship**

**UU History** video *Chapter 5: From Plague to Protestants*

**Music** *Harriet Tubman*

**Joys and Sorrows**

**Moment of Silence**

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

**Training in Compassion** *Rest in the Openness of Mind*

**Offertory**

**Sermon, part 1**

**Interlude**

**Sermon, part 2**

**Hymn #1023 Building Bridges**

**\*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:	Elijah Evans
Storyteller	Faithyna Leonard
Song Leader:	Kellie Paterson
Pianist:	Suzie Pritchett
Musicians:	Kellie Paterson & Susan Jellinger
Pastoral Care Associate	Ana Davis Evans
Hospitality Team Lead	Sarah & Jeremy Guenther
AV Tech	Bill Paxson

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### **Today's Forum**

*AMOS and Our First Unitarian Mission*

Our mission: Love radically, grow ethically and spiritually, and serve justly. How can we do that? And with who? Our church supports the work of AMOS (A Mid-Iowa Organizing Strategy), and AMOS provides opportunities to join in organizing for our local community. We'll do a brief teaching on AMOS and recent actions, alignment with First U mission, and help you explore your own self-interests (they are OK to have!). Please bring a side of curiosity!

**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.

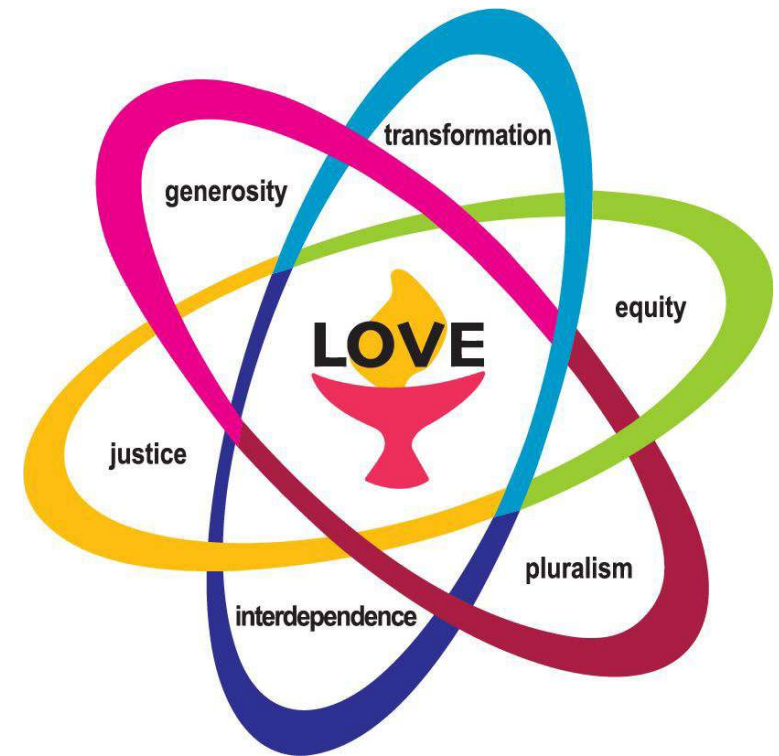


**ACCESSIBILITY:**

- **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 Feb 9 ~ 9:30-10:45  
8th Sunday of Winter  
"Borders and Belonging"



*Waxing Gibbous*