

**Inviting the Bell**

**Passing the Peace**

Live Long and Prosper *Peace and Long Life*

**Hymn #84** *How Far Can Reach a Smile? (v. 1, 2, 4)*

**Welcome**

**Chalice Lighting**

*At times our own light goes out  
and is rekindled by a spark from another person.  
Each of us has cause to think with deep gratitude  
Of those who have lighted the flame within us.*

**Covenant – Mission of First Unitarian Church of Des Moines**

**Responsive Invocation #666**

**Sung Invocation #159**

**Story** Bike On, Bear!  
Cynthea Liu

**UU History**video *Ch. 21: The Connection Reason*

**Special Music:** “Tangonic” **The Opus 3**  
by Mabel Daniels

**Joys and Sorrows**

**Moment of Silence**

**Sung Response #1013** *Filled with Loving Kindness*

**Training in Compassion:** *Practice for Life as Well as Death*

**Offertory:** “Canonic” **The Opus 3**  
by Mabel Daniels

**Reading** A Craft for Humanity  
by Diane Glass

**Speaker** David Yurdin  
Urban Bicycle Food Ministry

**Hymn #299** *Make Channels for the Streams of Love*

**\*Extinguishing the Chalice**

*As we extinguish the flame on our chalice, we ignite it inside ourselves. Our commitment to our mission and to one another is an unquenchable flame. Until we again re-light this flame, we remain together in spirit.*

**\*Spoken Benediction**

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

*\*Please rise in body or spirit.*

Minister:	Rev. Meredith Garmon
Speaker:	David Yurdin, Urban Bicycle Food Ministry
Celebrant:	Diane Ford
Storyteller:	Faithyna Leonard
Song Leader:	Karen Kraemer
Special Music:	<b>The Opus 3</b> (Rebekah Hickok, flute, Julie Murphy, clarinet, and Marie Eikenberry, bassoon)
Pastoral Care Associate:	Ana Davis Evans
Hospitality Team Lead:	Elaine Imlau
AV Tech:	Kent Newman

**Today’s Forum**

*Begins 30 min. after the service ends.*

Join us after service to hear more about the Urban Bicycle Food Ministry.

**ONLINE GIVING.** Support various programs with online donations! Scan the QR code and select a fund:

- **Your Pledge**
- **Basket Donation**
- **Faith in Action Partners** (donations split evenly among partners)
- **And more!**



**FAITH IN ACTION.** Our 2024-25 Faith in Action Partners are **Al Exito!** and the **Young Women's Resource Center.** You can now give to these groups through our online giving or by using the envelopes located in the auditorium. All donations will be split evenly between the two organizations.

**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.



**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 parking and accessible entrances:** 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.

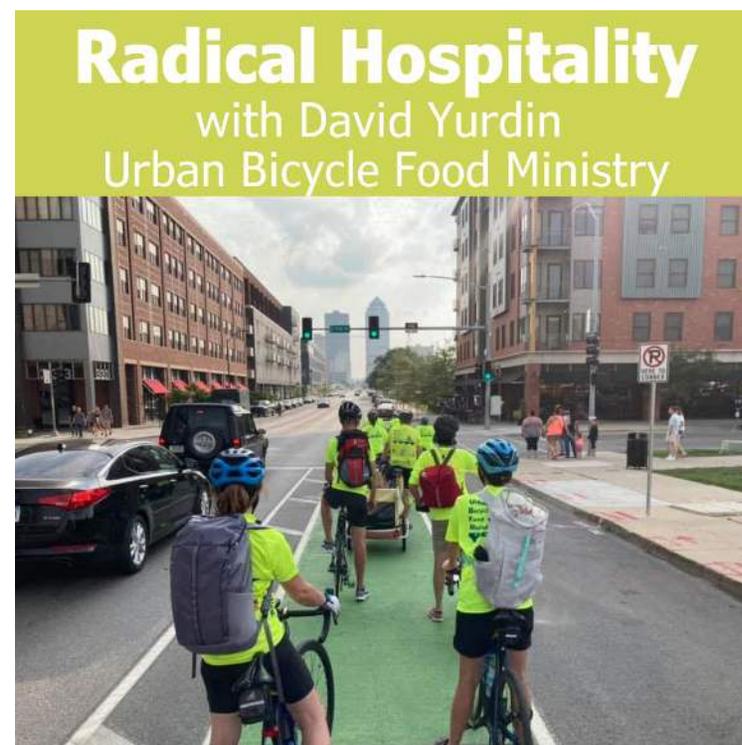
**Lift to all building levels:** Main floor on the east side of the coat room.

# Welcome

to the

## First Unitarian Church of Des Moines

*Love radically. Grow ethically and spiritually. Serve justly.*



2025 Jun 22 ~ 9:30-10:45  
1<sup>st</sup> Sunday of Summer



*Waning Crescent*