

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”
by Mabel Daniels

The Opus 3

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”
by Mabel Daniels

The Opus 3

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:

The Opus 3 (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.

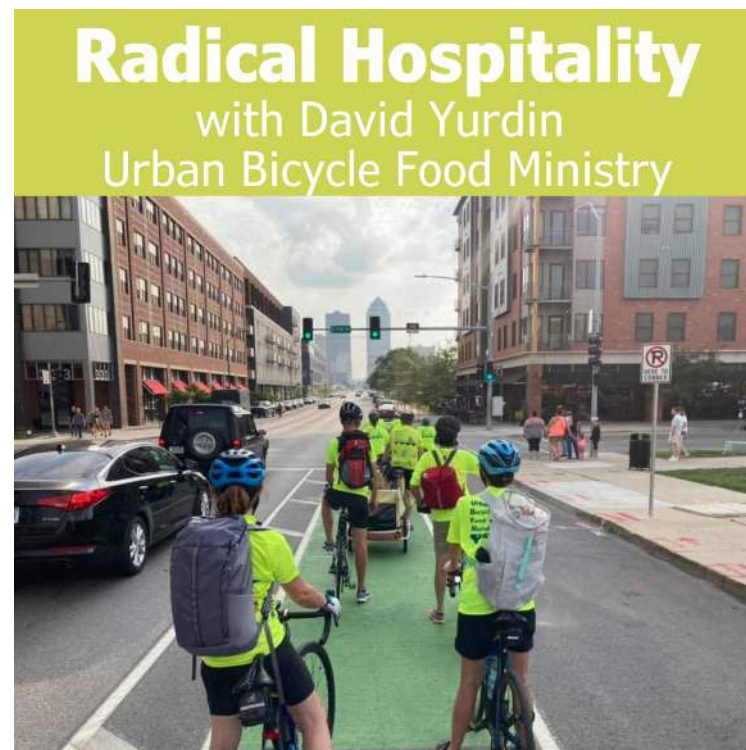
Lift to all building levels: Main floor on the east side of the coat room.

Welcome

to the

First Unitarian Church of Des Moines

Love radically. Grow ethically and spiritually. Serve justly.



2025 Jun 22 ~ 9:30-10:45
1st Sunday of Summer



Waning Crescent