Inviting the Bell

Passing the Peace

La paz esté con ustedes.

Y con tu espíritu.

Hymn #6 "Just as Long as I Have Breath"

Welcome

Chalice Lighting

We light this chalice for all who are here, and all who are not; For all who have ever walked through our doors, for those who may yet find this spiritual home, and for those we can't even yet imagine. For each of us and for us all, may this flame burn warm and bright.

Covenant – First Unitarian Church of DSM Bond of Union

Responsive Invocation #584 A Network of Mutuality

Sung Invocation "Spirit of Truth" (tune #318)

Story It's Okay Not to Be Okay

by Esther Marshall

UU History_{video} Ch. 22: Transylvanian Unitarianism Down to this Day

Special Music: "Hang on Little Tomato"

by China Forbes & Thomas M. Lauderdale

Spotlight – Free Food Pantry

Joys and Sorrows

Moment of Silence

Sung Response #1002 "Comfort Me"

Training in Compassion: *Unstick from Yourself*

Offertory

Reading An Excerpt from "Constructive Psychotherapy" by Michael J. Mahoney

Speaker Elijah Evans – Internal Community

Hymn #318 "We Would Be One"

*Extinguishing the Chalice

We extinguish this flame but not its meaning and mission in our hearts. Our time together has come to an end. Go in peace, be of service to one another, and may you move through the world in love for all of your days.

*Spoken Benediction

*Sung Benediction "Hymn of Valor"

*Please rise in body or spirit.

Minister: Rev. Meredith Garmon

Speaker: Elijah Evans Celebrant: Bill Brauch

Storyteller Elijah Evans, Bill Brauch

Song Leader: Barbara Martiin

Special Music: Chrissy Williams, vocal

Julie Murphy, clarinet Suzie Pritchett, piano

Pastoral Care Associate

Hospitality Team Lead

AV Tech

John Morrow

Louise Alcorn

Gianfranco Berardi

Today's Forum

30 minutes after service ends

Please join Elijah Evans and Linda Lemons as together we reflect on our June theme of community and the morning service. What was your reaction with the check in question, how is it with your soul? How does the concept of Internal Community impact you? What stands out for you from today's service and the packet on Community?

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 **AI 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.



ACCESSIBILILITY:

- 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.

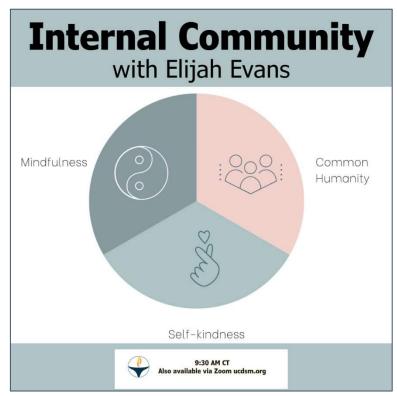
Lift to all building levels: Main floor on the east side of the coat room.



to the

First Unitarian Church of Des Moines

Love radically. Grow ethically and spiritually. Serve justly.



2025 Jun 29 ~ 9:30-10:30 2nd Sunday of Summer

