

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	John Morrow
Hospitality Team Lead	Louise Alcorn
AV Tech	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 **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.


Internal Community

with Elijah Evans

Mindfulness

Common Humanity

Self-kindness



9:30 AM CT
Also available via Zoom ucdsm.org

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



Waxing Crescent