

Inviting the Bell

Chalice Lighting by Rev. Scott Taylor

*We gather knowing that our light can't reconstitute itself.
Without each other a coldness sits in. Leaning on each other,
trusting each other, helping each other fall back in love with
life over and over again—only from this does the flame
emerge. Today, may it rise again.*

*Passing the Peace “Peace be with you”

*Hymn #123 “Spirit of Life”

Welcome

Covenant First Unitarian Church of Des Moines Bond of Union

*We covenant to associate ourselves together for the study and
practice of morality and religion, as interpreted by the growing
thought and noblest lives of humanity, hoping thereby to prove
helpful one to another and to promote truth, righteousness and
love in the world.*

*Hymn #396 “I Know this Rose will Open”

Story “The Strong Oak and the Bendy Reed”
by Faithyna Leonard

Children’s Benediction

Spotlight

Stewardship Testimonial

Joys and Sorrows

Moment of Silence

Sung Response #1002 “Comfort Me”

Offering

Reflection Bill Brauch

Music “I Dreamed of Rain”
by J. Garrett, arr by L. Nickel UU Singers

Sermon “Bending and Breaking” Rev. Steve

*Hymn #1020 “Woyaya”

*Extinguishing the Chalice by Rev. Linda Barnes
*May you embrace your growing with compassion.
May courage be yours as you answer your heart’s calling.
May beauty and wonder be yours even when the going gets rough.
And may love always be at your center.*

*Spoken Benediction

*Sung Benediction #1058 Be Ours a Religion

**Please rise in body or spirit.*

Minister	Rev. Steve Sieck
Celebrant:	Bill Brauch
Storyteller:	Faithyna Leonard
Song Leader:	Kellie Patterson
Musicians:	Bruce Martin. Karen Kraemer, UU Singers
Pastoral Care Associate:	Jim Carty
AV Tech:	Kent Newman
Hospitality Team Lead:	Sue Huber

TODAY'S FORUM: Aging in Place

Join us to explore aging in place and the range of services that enable us to stay independent in our homes as we age. Crystal Doig from Aging Resources of Central Iowa will lead us in conversation about what aging in place means to each of us, the costs associated with aging in place, and what we need to thrive as we age.

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

- **Your Pledge**
- **Basket Donation**
- **Faith in Action Partners**
- **Endowment**
- **and more!**

FAITH IN ACTION. Our 2025-26 Faith in Action Partners are the **YMCA Supportive Housing Campus** and **Refugee and Immigrant Voices in Action**. 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.

ACCESSIBILITY:

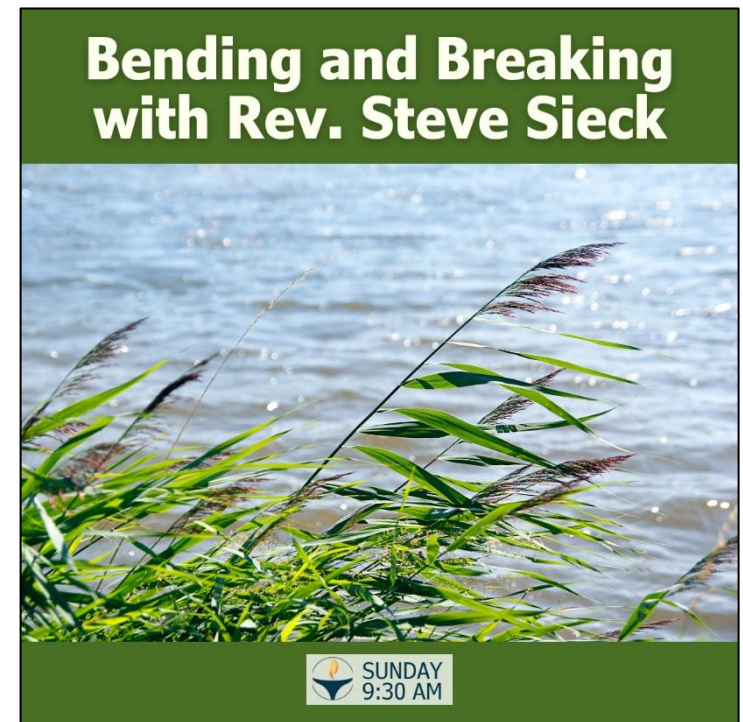
- **Assistive Listening Devices, full-page magnifiers, large-print hymnals and hymnals in Braille:** These are available just inside the Auditorium doors, on the shelves to your left.
- **Disability parking and accessible entrances:** Parking is available outside the west doors just past the drop-off 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 coatroom.

Welcome

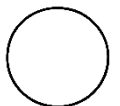
to the

First Unitarian Church of Des Moines

Love radically. Grow ethically and spiritually. Serve justly.



2026 February 1st ~ 9:30-10:45
7th Sunday of Winter



Full Moon