

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 #6 Just as Long as I Have Breath

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

"Are You Ready To Play Outside"

by Mo Willems

Children's Benediction

Spotlight

Endowment Committee

Stewardship Testimonial

Joys and Sorrows

Moment of Silence

Sung Response #1002 "Comfort Me"

Offering

"The Juggler" Viola Pritchett Moose
by Mauro Giuliani (arr. Faber)

Reflection

Elijah Evans

Music

"Cantabile" Bell Ave. Ringers
by Emily Li

Sermon

"The Problem with Should" Rev. Steve

*Hymn #16 'Tis a Gift to be Simple

*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: Elijah Evans

Storyteller: Faithyna Leonard

Song Leader: Ren Cullery
Suzie Pritchett, Karen Kraemer, Bell Ave.

Musicians: Ringers, Viola Pritchett Moose

Pastoral Care Associate: Jim Carty

AV Tech: Oge Nnadi

Hospitality Team Lead: Crystal Loving

TODAY'S FORUM: What's up with our woods?

Prairie Fire Restoration is removing non-native and invasive plants in our woods. Owner Andy James will give an update on the progress so far, and the process for total removal in spring and continuing in summer.

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)
- **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**

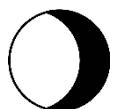
Love radically. Grow ethically and spiritually. Serve justly.

The Problem with 'Should' with Rev. Steve Sieck



 SUNDAY
9:30 AM

2026 February 8 ~ 9:30-10:45
8th Sunday of Winter



Waning Gibbous