

Inviting the Bell

Chalice Lighting

by Rev. Steve

We light this chalice, symbol of our living tradition, to mark our time together. Here in this fellowship of love, we give and receive the gift of attention. May this flame remind us of the love which binds us together.

***Passing the Peace** “Peace be with you”

***Hymn #352** “Find a Stillness”

Welcome

Covenant First Unitarian Church of Des Moines Mission Statement

*We covenant together to advance our mission:
to love radically, grow ethically and spiritually,
and serve justly.*

Hymn #1009 Meditation on Breathing

Story “Interrupting Chicken”
by David Ezra Stein

Children’s Benediction

Spotlight AMOS Crystal Loving
RIVA Susan Ackelson

Meditation

Joys and Sorrows

Moment of Silence

Sung Response #1031 “Filled with Loving Kindness” verse 3

Offering

Reading “Reclaiming Attention Elizabeth Williams
in an Overconnected World”
by Dr. Melissa Perry

Music “Hands are Knockin” UU Singers
by Kyle Pederson

Sermon “The Work of Attention” Rev. Steve

***Hymn #1008** “When Our Heart is in a Holy Place” (verse 2)

***Extinguishing the Chalice** by Rev. Loré Stevens
*We extinguish this flame, but not our focus.
We quench this candle, but not our quests.
To observe this splendid world, to witness each other,
these we continue all the moments of our lives.*

*Spoken Benediction

***Sung Benediction** “Hymn of Valor”

**Please rise in body or spirit.*

Minister	Rev. Steve Sieck
Celebrant:	Elizabeth Williams
Storyteller:	Faithyna Leonard & Anne Sieck
Song Leader:	Barbara Martin
Musicians:	Bruce Martin, Karen Kraemer, UU Singers
Pastoral Care Associate:	Laura Berardi
AV Tech:	Gianfranco Berardi
Hospitality Team Lead:	Louise Alcorn

TODAY'S FORUM:

Choosing Hope: A Garment, A Ripple, and A Button

As America faces growing political and social challenges, Ellie Krug shares how hope and compassion can help us move forward and build a more just society. A former civil trial attorney in Cedar Rapids, Ellie transitioned from male to female in 2009, has given over 1,000 talks on inclusivity, authored a two-part memoir, and in 2022 was elected to her local school board, becoming one of the few transgender school board directors in the U.S.

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.

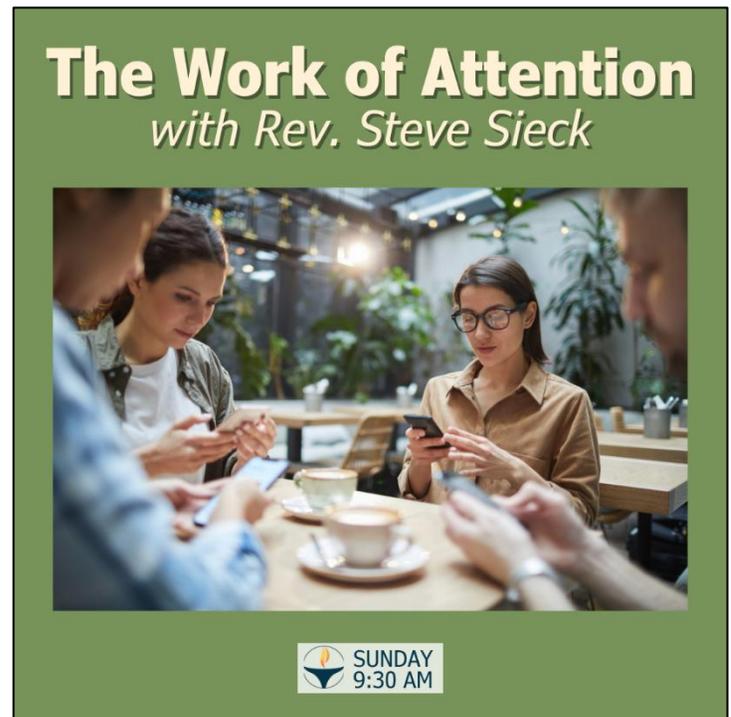
ACCESSIBILITY:

- **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.



2026 March 8th ~ 9:30-10:30
12th Sunday of Winter



Waning Gibbous