

Intoning the Bell

Opening Words

Chalice Lighting by Shawn Trapp
This flame is our promise that in our smallness and our short time on this Earth, that we live intently and deeply, with love for one another, with honesty and integrity, to be guided by rational thought and critical thinking, and with a sense of shared responsibility—for as the late astronomer Carl Sagan reminded us, this pale blue dot is the only home we’ve ever known.

Passing the Peace

***Hymn #1064** “Blue Boat Home”

Welcome

Covenant: First Unitarian Church of Des Moines
We covenant together to advance our mission: To love radically, grow ethically and spiritually, and serve justly.

Joys and Sorrows

Moment of Silence

Hymn #1009 “Meditation on Breathing” (2x)

Spotlight Social Justice Team Sally Boeckholt

Reading by Robert T Weston

Music “Rocket Man” C.W. Smith
by Elton John and Bernie Taupin

Offering Words and Gratitude

Offertory

Reflection “The Overview Effect” Diane Ford

Reflection “Space & Spirituality” Faithyna Leonard

Reflection “The Final Frontier” Louise Alcorn

***Hymn #302** “Children of the Human Race”

***Extinguishing the Chalice** by Irene Glasse
*As we extinguish our chalice, may we remember
The flame of life in all things, The bright center of our planet,
The star that lights our world,
And the way those points of brightness connect
Within us, and within all things. May we carry the light;
May we share it freely; May we find it everywhere*

***Closing Words**

***Sung Benediction** Hymn of Valor

***Please rise in body or spirit.**

Service Leaders:	Diane Ford, Louise Alcorn, and Faithyna Leonard
Song Leader:	Andy Curl
Musicians:	Bruce Martin, pianist; C.W. Smith, vocal and guitar
Pastoral Care Associate:	Ellen Taylor
Hospitality Team Lead:	Crystal Loving
AV Tech:	Gianfranco Berardi, Bill Paxson

TODAY'S FORUM:

Strength for What Lies Ahead

Iowa City writer and UU Andy Douglas' new book, *Strength for What Lies Ahead: Restoring Balance in a Time of Crisis* looks at where we stand today in terms of climate and other crises, explores grief related to these ruptures and strategizes around themes of community, resilience, spiritual practice, joy, economic democracy, and our relationship with the natural world. Drawing on interviews and research, the book offers hope and practical ways to navigate these challenging times. You may remember Andy reading at UU Des Moines a few years ago from his book *Redemption Songs*, about singing in a choir with prisoners. His new book will be available for purchase.

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

- **Your Pledge**
- **Basket Donation**
- **Endowment**
- **and more!**



ACCESSIBILITY:

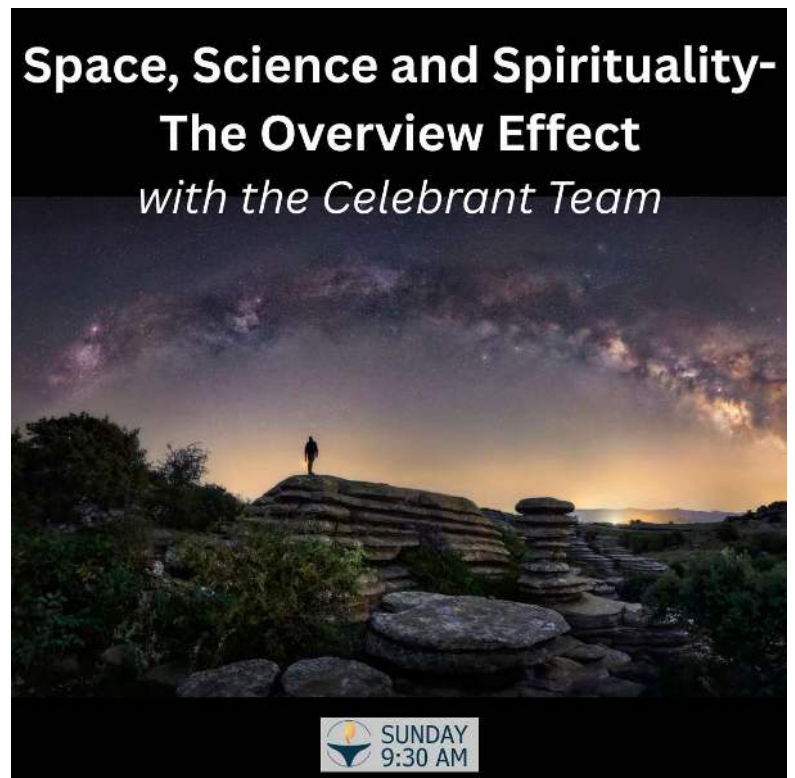
- **Large-print and Braille:** These are available inside Griffin Hall.
- **Disability parking and accessible entrances:** Accessible parking is available in the south parking lot on Casady Drive. The south lot also includes a designated drop-off and pick-up lane.
- **Lift to all building levels:** Main 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 July 19th ~ 9:30-10:30
5th Sunday of Summer



Waning Crescent