

TODAY'S FORUM: Aging in Place

Join us for a Forum with Crystal Doig from Aging Resources. Learn about home safety and modifications, getting help at home, and local resources including transportation, homemaker services, personal care, respite care, and more for aging people and their families.

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 hymnals:**
These are available in 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.

You are invited to a ceremony at 10:45 a.m. today in the Memorial Garden outside to give thanks and say goodbye to trees on our property that will be felled next month as part of our creek restoration.

Welcome

to the

First Unitarian Church of Des Moines

Love radically. Grow ethically and spiritually. Serve justly.

All Things in Time *with Rev. Steve Sieck*



2026 August 23rd ~ 9:30- 10:30
10th Sunday of Summer



Waxing Gibbous

Opening Words by Alice Anacheke-Nasemann

Chalice Lighting by Alice Glasse

*We kindle light, and with it, possibility:
That we are more than the sum of our parts,
That the world is more than a problem to solve,
That illumination is more than simple flame.
We light the chalice and open to possibility.*

***Passing the Peace** "Peace be with you"

***Song** "Change is Coming" by Molly Bajgot
Change is coming; what do we need to imagine?

Welcome

Spotlight Adult Programming

Covenant First Unitarian Church's Mission Statement
*We covenant together to advance our mission: to love
radically, grow ethically and spiritually, and serve justly.*

Song "Change is Coming" by Molly Bajgot
*Change is coming; what do we need to imagine?
I know, from brokenness there's whole.*

Meditation "All Things in Time"
by Jason Robert Brown

Joys and Sorrows

Moment of Silence

Sung Response #1009 "Meditation on Breathing" (x3)

Offering

Reflection Elijah Evans

Music "Violin Sonata no. 1 in G minor" Katherine Vance
by J.S. Bach

"Allegro" Eric Vance
by S. Suzuki

Sermon "Change is Coming" Rev. Steve

***Hymn** #1020 "Woyaya"

***Extinguishing the Chalice** by Rev. Birch Cue
*Take this as an invitation:
To cross thresholds of challenge,
Not on our own, not for ourselves alone,
But side by side, spirits rising and expanding together.*

***Spoken Benediction**

***Sung Benediction** #1057 "Go Lifted Up"

***Backpack Blessing**

**Please rise in body or spirit.*

Minister:	Rev. Steve Sieck
Celebrant:	Elijah Evans
Chalice Keepers:	Laura & Giafranco Berardi, Dontae & Dominic Ortiz-Berardi
Song Leader:	Ren Culliney
Musicians:	Katherine Vance, violin; Eric Vance, violin
Pastoral Care Associate:	Kellie Patterson
Hospitality Team Lead:	Sarah Letourneau, Natalie Mason
AV Tech:	Rob Malcomson