

First Unitarian Church

1800 Bell Avenue

Des Moines, IA 50315

Phone: (515) 244-8603 **Fax:** (515) 244-9761

Web site: www.ucdsm.org

Rev. Mark Stringer ~ minister@ucdsm.org

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Moira Leu, *Music Coordinator* ~ moiraleu@hotmail.com

JoLynn Evans, *Office Assistant* ~ officeassistant@ucdsm.org

Bruce Martin, *Pianist*

Our Mission Statement:

We are a welcoming, inclusive community. Celebrating life, we strive to transform ourselves and our larger community. Together we support one another, encourage religious inquiry, nurture spiritual and intellectual growth and work for social justice.

July 26, 2009



ORDER OF SERVICE

Sunday, July 26, 2009, 10:00 a.m.



Life will bring you pain all by itself. Your responsibility is to create joy.
– Milton Erickson, M.D.

Intoning the Chime

Call to Gather

***Chalice Lighting** Leader: Life is a gift for which we are grateful.
People: We gather in community to celebrate the glories and the mysteries of this great gift.
Leader: So let us kindle now the flame of our liberal religious heritage.
People: In its glow, may our reason and our passion lead us to be true to ourselves, true to each other, and true to what we can together become.

***Hymn # 346** *Come Sing a Song with Me*

Welcome

Doxology From all that dwell below the skies
(*tune: Old Hundred* let songs of hope and faith arise;
#371) let peace, good will on earth be sung
through every land, by every tongue.

Sharing a Story *Each Breath a Smile*
by Thich Nhat Hanh

Singing the Children Out *Children's Benediction* by B. Bradfield
(*words by* "Go in joy. Go in peace to meet the day. With
Barbara Pescan open hearts embrace life's wonder. We will guide
you. We will love you on your way.")

Sharing Our Abundance

Joys & Concerns

**Diane
Shelby Churchill**

David Churchill

Scott Emison Clair

**Quinn
Emison Clair**

Scott Emison Clair

Meditation Silence Musical Response

59th Street Bridge Song by Paul Simon

Doug Hoffman,
Guitar and vocals

Readings *Revel in the Ordinary* by Mary Jean Iron
If I Had My Life to Live Over
by Nadine Stair

Judith Muller

Special Music *New Shoes* by Paulo Nutini

Doug Hoffman,
Guitar and vocals

Sermon "A Search for Joy"

**Diane
Shelby Churchill**

***Hymn #326** *Let All the Beauty We have Known*

***Closing Words** From Sarah Ban Breathnach:
"Begin today. Declare out loud to the
Universe that you are willing to let go of
struggle and eager to learn through joy."

***Extinguishing
the Flame** Leader: I extinguish the symbolic flame of this
gathering. May we carry its light into the world.
People: *Let us go from this place, open to life,
expecting to love, and prepared to serve.*

***Closing in Song** *Hymn of Valor* (inside back cover of Hymnal)

***Please stand as you are able.**

A Warm Welcome to all guests today. We're glad you're here!

Thank You To All Service Participants And Today's Hospitality Team:

Hospitality Team: Dave Proudfit, Mark Campbell, Patty and Doug Dornacker,
Eileen Lundberg, Pat Headley, and Ruthanne Harstad.

Next Week's Service:

"Spiritual Journeys Through South Africa" with Stephen Lauer

Sunday, August 2, 10:00 a.m., Auditorium

Stephen will share insights from his study abroad experience last spring. Join him on a journey that crosses spiritual boundaries as well as continents as he searches for his place in our ever changing world.

FIRST UU HAPPENINGS JULY 26 TO AUGUST 2:

SUNDAY, JULY 26:
Multi-Age Child Care
8:45 a.m. Toddler Room

Tai Chi
9:00 a.m. on the Patio
Join us for 45 minutes of FREE relaxed, simple exercise. No special shoes, clothes, mats, etc. are required. Led by member **Sherry Levine**.



Multi-Age Child RE
UU Movers & Shakers: Joseph Priestley
10:00 a.m., Large Activity Room

MONDAY, JULY 27:
Climate Change
National Day of Action Meeting
6:30 p.m., Channing Hall
The organization 350.org has called for a National Day of Action on Climate Change. It has been set for Saturday, October 24. This meeting will discuss planning an event here in Des Moines.

TUESDAY, JULY 28:
UU Women's Potluck
6:30 p.m., Off-site
Tonight's potluck will be at the home of **Mary Hays**. RSVP to MHAYS@dux.com or call 278-4541. Please bring a dish to share.

SCRIPTease SUMMER SHORTS
A Collection of Short Plays
by Various Playwrights
7:00 p.m., Auditorium Stage

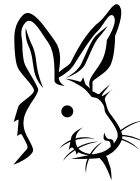
WEDNESDAY, JULY 29:
Iowa Health Care Working Group
6:30 p.m., Conference Room



SATURDAY, AUGUST 1:
Welcome Back Tonelli/Vandegrift Family Potluck
5:00 p.m., Channing Hall
Please join us as we welcome back Darcie, Victor, Anson and Risa from Venezuela with a potluck dinner and conversation. Please bring a dish to share and BYOB, if desired. Questions or RSVPs to **Lori Emison Clair** at dcl@ucdsm.org.

SUNDAY, AUGUST 2:
Multi-Age Child Care
8:45 a.m. Toddler Room

Tai Chi
9:00 a.m. on the Patio
See July 26 description for details.



Multi-Age Child RE
UU Movers & Shakers: Beatrix Potter
10:00 a.m., Lg. Activity Room

Interweave Potluck
11:30 a.m., Channing Hall
We offer social interaction for gay, lesbian, bisexual, transgender persons and allies. Contact **Mark Metz** at scorpiored48@yahoo.com or 274-0925 for information. Please bring a dish to share.

Windbreakers
6:00 p.m., Channing Hall
Come see why nearly 50 guys in our church attend at least one Windbreakers potluck during the year. (Many attend every month). For more information or a ride to the meeting, contact **Bill Paxson** at 274-0769 or paxson@mchsi.com.

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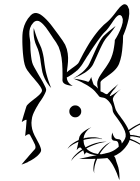
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THIS WEEK AT FIRST UNITARIAN CHURCH: JULY 26 TO AUGUST 2, 2009

<p>Sunday, 07/26</p>	<p>8:45 a.m. 9:00 a.m. 10:00 a.m. 11:00 a.m</p>	<p>Multi age child care...Toddler Room Tai Chi...Patio "A Search for Joy" Diane Shelby Churchill...Aud. Child RE...Lower Level Social Time...Gathering Place</p>
<p>Monday, 07/27</p>	<p>6:30 p.m.</p>	<p>National Day of Action Planning...Channing Hall</p>
<p>Tuesday, 07/28</p>	<p>6:30 p.m. 7:00 p.m.</p>	<p>Women's Potluck...Off-site StageWest's Scriptease...Auditorium Stage.</p>
<p>Wednesday, 07/29</p>	<p>6:30 p.m.</p>	<p>Iowa Health Care Working Group...Conf. Room</p>
<p>Saturday, 08/01</p>	<p>5:00 p.m.</p>	<p>Welcome Back Potluck...Channing Hall</p>
<p>Sunday, 08/02</p>	<p>8:45 a.m. 9:00 a.m. 10:00 a.m. 11:00 a.m 11:30 a.m. 6:00 p.m.</p>	<p>Multi age child care...Toddler Room Tai Chi...Patio "Spiritual Journeys Through South Africa" with Stephen Lauer...Auditorium Child RE...Lower Level Social Time...Gathering Place Interweave Potluck...Channing Hall Windbreakers...Channing Hall</p>

From July 12 through August 9, First Unitarian will be collecting school supplies to be distributed to children. Please bring the listed items and place them in the collection box in the foyer. The items collected will be given to Children & Families of Iowa to distribute to needy children in their programs. If you have questions, please contact **Amy Knudsen** at 262-1291 or via email at gumby123490@msn.com. Together we can help kids start the school year in a positive way!

Items needed:

- | | |
|------------------|--------------------------|
| Backpacks | Markers |
| Filler paper | Single subject notebooks |
| Calculators | Pencil cases |
| Crayons | Colored pencils |
| Scissors | Rulers |
| Glue/Glue Sticks | Supply boxes |

