

**More Than Just Weight-Lifting: A Buddhist Perspective on Meditation**

**Service Leader:** Patti Fitchett

**Presenter:** Brendan Alviani

**Music Director:** Rhys-Maxwell Barnes



10:00 A.M. Sunday, March 29<sup>th</sup>, 2026

**Sung Meditation**

- Sara Dan Jones

*When I breathe in, I breathe in peace  
When I breathe out, I breathe out love.*

**Welcome & Call to Worship**

**Prelude** – Meditation from Thais

- Massenet

**Chalice Lighting**

*We light this chalice knowing that none of us have arrived.  
We are not here because we've figured it out.  
We are here because showing up is its own kind of practice,  
Imperfect, recurring, and worth doing anyway.  
May this flame hold space for everything  
We bring through that door this morning.*

**5-Minute Guided Meditation**

- Lil'Jon

**Poem** – *Shoveling Snow with Buddha*

- Billy Collins

**Sharing of Joys & Concerns**

**Hymn # 1031** - *Filled with Loving Kindness*

**Offertory** – *Rêverie*

- Debussy

**Video** – *Have You Ever Tried to Mediate?*

- Josh Johnson

**A Buddhist Perspective on Meditation**

**Extinguishing the Chalice**

*We extinguish this flame,  
but the practice doesn't end at the threshold.  
Every conversation is practice.  
Every moment of patience is practice.  
Every time we begin again — that, too, is practice.  
May we be gentle with ourselves in the trying.*

**Postlude** – *Daoona Nayeesh*

- Badri, Warmbrand

**Announcements**

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Please join us after the service for coffee and conversation.

## IN GRATITUDE

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Special thanks to our Music Director Rhys-Maxwell Barnes, Office Administrator, Destiny Cooks and the Sound Team.

## UPCOMING EVENTS AT BRADFORD UU

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**Sunday, March 29: More Than Just Weight-Lifting: A Buddhist Perspective on Meditation**

Sunday, April 5: Books as Salvation

## UPCOMING MEMBERSHIP CLASSES

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The Membership Council is hosting two new Member Classes and a New Member Welcome.

**Class 2: Sunday, March 29 at 11:30 a.m.** Sharing our faith and life journeys. **New Member Welcome:**

**Sunday, April 19** during worship, followed by a potluck. Sign up at the back of the sanctuary. Contact Joy Latuvnik for childcare or questions.

## BRADFORD'S ANNUAL AUCTION

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**On-line bidding begins on April 1st** but you can view the items and register to bid now.

**The live event is April 11th starting at 5:30 pm at Bradford Church, 5810 8th Ave,**

**Kenosha.** Auction website <https://bradfordauction2026.auctria.events>.



## CALLING ALL BAKERS!

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It's time to start thinking about what deliciousness you can create for the Auction Bake Table. We need your sweet treats: cookies, brownies, cakes, pies, cupcakes, muffins, sweet rolls, breads, candies, spiced nuts, etc. Last year, we sold out! See Dani or David for details.

## THE COALITION FOR DISMANTLING RACISM

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The Coalition for Dismantling Racism is partnering with UW-Parkside for a Courageous Conversation **livestream on March 31 at 6 p.m.** The topic is Election Integrity and Its Impact on Communities of Color. More information is available at

<https://www.uwp.edu/learn/colleges/socialsciencesprofessionalstudies/courageousconvo.cfm>

## OLYMPIA BROWN UU CHURCH TRANS DAY OF VISIBILITY EVENT

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The Freedom & Inclusion Community Event will take place on **April 1st from 6:00 p.m. to 7:30 p.m. at First Presbyterian Church, located at 716 College Ave in Racine, WI.** This engaging event will feature speakers, games, food, and a variety of community activities designed to bring people together. **It is sponsored by the 8th Principle and Social Justice Committees of Olympia Brown Unitarian Universalist Church.**

## SCHOOL SUPPLY DRIVE

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The Social Concerns Committee Collecting school supplies and hygiene items for Washington Middle School (Special Education) **from March 29–April 19. Drop off in boxes at the back of the sanctuary; item list available at church.**

## SCRIP CARDS BY RAISE-RIGHT – AVAILABLE

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Use Scrip cards to help the church! A portion of each card sold goes to support Bradford UU's operating budget.

**Sign up at the Scrip Table after service or contact either at [carolynfeldt@att.net](mailto:carolynfeldt@att.net) or [kenntack@ameritech.net](mailto:kenntack@ameritech.net).**

**DONATE WITH YOUR PHONE**

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[www.bradforduu.org/giving](http://www.bradforduu.org/giving) for more details.

