

Note: This service will be recorded

Reader: Randy

Zoom helper: Renee

**Opening Song:** *Sonata in D Minor* by Scarlatti, performed by Amber

**Welcome and Announcements:**  
Kathy Converse

**Chalice Lighting:** *In Times of Cold We Seek the Warming Fire* By Brian Kiely

In times of darkness we stumble towards the tiny flame.

In times of cold we seek the warming fire.

In times of repression we reach for the lamp of truth.

In times of loss we pray for the comforting light.

In times of joy we light a candle of celebration.

Spirit of Life, as we kindle this light, help us find what we need this day.

**Silent Meditation**

**Story for All Ages:** [\*Hands are Not for Hitting\*](#) by Martine Agassi, ill. by Marieka Heinlen

**Presentation:** *Domestic Violence/Intimate Partner Violence 101* by Zoe Heitzinger (DIAS)  
*2nd Principle: Justice, equity and compassion in human relations*

**Discussion**

**Closing Words**

“Never forget that walking away from something unhealthy is brave even if you stumble a little on your way out the door.” — Unknown

**Closing Song:** STJ #124 *Be That Guide*

**Virtual Coffee Hour**

Guest/visitor welcome, Joys and Concerns and chatting



***Prairie UU Society Bond of Union***

We, the members of Prairie, wish to associate ourselves together in a religious community which affirms that we share a common humanity, that we need one another, and that our futures are inescapably bound together. Together we would expand our intellectual horizons, enrich our sensory experiences, and deepen our emotional sensitivities. We would sharpen our ethical awareness and broaden our sense of social responsibility. We would stand tall in our quest for integrity of life, yet not at others' expense. As the prairie stretches out until it becomes one with the sky, let us reach out to touch and be one with the natural world, and with one another.



PROVIDING ASSISTANCE TO HOMELESS MEMBERS OF THE DANE COUNTY LGBTQ COMMUNITY.

We are sharing our **Offering** this quarter with the **Willma's Fund**. Created by Donald Haar aka Willma Flynn-Stone in 2011, Willma's Fund provides assistance to homeless members of the LGBTQ community residing in Dane County and is a program of OutReach LGBT Community Center. Click **Give** on the Prairie UU website <https://uuprairie.org/>

## Upcoming Events

### **Prairie Study Group (2nd & 4th Mondays) 7pm**

This study group is part of Prairie's initiative to become a more truly welcoming congregation to those of all ethnic and class backgrounds, genders and sexual orientations as we proclaim at the start of our services. Please participate if you can.

Join by computer: <https://us02web.zoom.us/j/88309002767>

Join by phone: 1 (312) 626-6799 Meeting ID: 883 0900 2767

### **Tuesday Trivia (1st and 3rd Tuesdays of every month) 7pm**

During covid19 in person trivia has moved online! Prairie members and non members are invited to play. Email Renee reneesdchard[at sign]gmail.com to get added to the trivia email list.

Join by computer: <https://us02web.zoom.us/j/89006194902>

### **Thursday Fun 6:30pm**

ALL are welcome. Wednesday activities may include read alouds, show & tell, virtual hide & seek, talent shows, pet demonstrations, sing-a-longs, or general tomfoolery. Actually, the tomfoolery is guaranteed. Hope to see you there! Fun usually ends by 7pm

Join by computer: <https://us02web.zoom.us/j/84638913138>

### **Prairie Sing Along (2nd and 4th Thursdays) 7pm**

Join us for our Sing Along! We meet every 2nd and 4th Thursday of the month at 7:00pm. Music and lyrics are displayed on the screen. Visitors and guests are always welcome!

Join by computer: <https://us02web.zoom.us/j/83721450396>

Join by phone: 1(312) 626-6799 Meeting ID: 837 2145 0396

### **Virtual Dungeons and Dragons (advanced group) (every Friday) 4:30pm**

Bring your character and immerse yourself in a virtual world of storytelling and decision-making. Camera & microphone will be necessary to interact fully. This group is open to anyone! Ages 9 & up will be most comfortable.

Join by computer: <https://us02web.zoom.us/j/81808854406>

### **Virtual Dungeons and Dragons (beginners group) (every Saturday) noon**

Looking for a fun way to get social with friends? Well, this is the group for you! No prior experience necessary - though a camera & microphone will be required for full participation. This group is open to anyone! Ages 9 & up will be most comfortable.

Join by computer: <https://us02web.zoom.us/j/81775992109>

### **Joint Service with Free Congregation of Sauk County to hear Pema Lisa Antoniotti 3/14 10:10am**

Pema Lisa Antoniotti, APC is a Certified Yoga Therapist and the Co-Founder of Joyful Path Meditation and Healing Center, where she serves as a teacher and administrator. Pema began practicing mindfulness meditation in 1995 and Tibetan Buddhist meditation in 2001. Pema is certified in Yoga of the Heart with Nischala Joy Devi, former Director of Stress Management for Dean Ornish's Lifestyle Heart Trial and co-founder of the Commonweal Cancer Program. Pema has been a student of Domo Geshe Rinpoche since 2001, ordained Buddhist since 2003, and a Dharma Teacher in training since 2004.

Go to Sauk's Website at 10am to get the link:

<https://www.freecongregation.org/sunday-programs.aspx>

## Be That Guide

♩ - 104

1. Be that guide whom love sus - tains. Rise a - bove the  
 2. Be that help - er noth - ing daunts — doubt of friend or  
 3. Be that build - er trust - ing good, bit - ter though the  
 4. Be that teach - er faith di - rects. Move be - yond the

dai - ly strife: lift on high the good you find.  
 taunt of foe. Ev - er strive for lib - er - ty.  
 test may be: through all a - ges they are right,  
 old fron - tier: though the fright - ened fear that faith,

Help to heal the hurts of life.  
 Show the path that life should go.  
 though they build in ag - o - ny.  
 be to - mor - row's pi - o - neer!