**A Message from Bradford**  
Try this with me:  
Breathe.

Drop your shoulders, release your neck and jaw, and Breathe.

Soften your facial muscles, relax the back of your neck, drop those shoulders again, and Breathe.

I’m capitalizing the word “Breathe” because I want you to remember it. I want everyone to remember it.

Our body is constructed in such a way that most of the time, it Breathes for us, and we don’t even have to think about it! That’s amazing!!! Thank God, right?!

I say “most of the time” because…sometimes I forget to breathe. It can be when I’m sitting in traffic or waiting in line at the grocery store. Or when I’m running late for something.

Weirdly enough—I also notice it when I’m learning new music. When I’m highly-focused on a particular section, I eventually realize that I’ve stopped breathing. I notice it with my students, too.

So what does this mean?  
I think it means that when you feel tension, whether it’s

physical

mental

emotional

spiritual

…Breathe.

Even if it’s not your tension, and you just feel it in the room, Breathe.

From Oxford Languages, courtesy of Google:  
Inspire (verb)  
1. To fill with the urge or ability to do or feel something, especially to do something creative  
2. Breathe in air; inhale

It almost sounds like to Breathe is to inspire…

Breathe, my friends. Relax, release, Breathe.

Thank you all for making Grace such a wonderful place to be.

Chart

Description automatically generatedPeace  
Joy  
Love  
Strength  
To you   
Bradford

[This Photo](https://mfidie.com/prayer-high-five-emoji-people-confused/) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)