

Our Metamorphosis

Awake Awake (by John Phillip Newell & David Poole)

Awake, awake, your light has come
Awake, awake, my soul, O my soul

MISTY MOUNTAINS (by J.R.R. Tolkien)

Far over the Misty Mountains cold
To dungeons deep and caverns old
We must away, ere break of day
To find our long forgotten gold

The pines were roaring on the height
The winds were moaning in the night
The fire was red, it flaming spread
The trees like torches blazed with light



A Medicine Woman's Prayer

I will not rescue you,
For you are not powerless.
I will not fix you,
For you are not broken.
I will not heal you,
For I see you in your wholeness.
I will walk with you through the darkness,
As you remember your light.

The Dragons in Our Lives

"Perhaps all the dragons in our lives are [people] who are only waiting to see us act, just once, with beauty & courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love."
(Rainer Maria Rilke)

SERENITY PRAYER (by Reinhold Niebuhr)

Grant me the serenity to accept things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time, enjoying one moment at a time.

Graveyard (by Halsey)

Verse 1

It's crazy when
The thing you love the most is the detriment
Let that sink in
You can think again
When the hand you wanna hold is a weapon and
You're nothin' but skin
PRE-CHORUS
Oh, 'cause I keep diggin' myself down deeper
I won't stop 'til I get where you are
I keep runnin', I keep runnin', I keep runnin'
They say I may be making a mistake
I would've followed all the way, no matter how far
I know - when you go - down all your darkest roads
I woulda followed all the way to the graveyard

CHORUS

Oh 'cause I keep diggin' myself down deeper
I won't stop 'til I get where you are
I keep running when both my feet hurt
I won't stop 'til I get where you are
Oh - when you go - down all your darkest roads
I woulda followed all the way to the graveyard

Verse 2

You look at me
With eyes so dark, don't know how you even see
You push right through me
It's gettin' real
You lock the door, you're drunk at the steering wheel
And I can't conceal

(PRE-CHORUS + CHORUS)

Oh, it's funny how
The warning signs can feel like they're butterflies
(PRE-CHORUS + CHORUS)

SOUL SEARCHING (by Glenn Frey)

The time is coming, to do some soul searching
No more running, no more bridges burning
The time is comin for you and me
To take a look inside no matter what we see
Let's do some soul searchin, just you and me

The time keeps passing, and the clock is running
But the river is flowing, and the rain keeps coming
Let's join our hands before we're washed away
Time to leave the pain of yesterday
Let's do some soul searching, just you and me

Our lives are changing, this old world is turning
We sit here wondering, what we're learning
We can help each other, we can be a friend
Let's be true to each other the best we can
Let's do some soul searching, just you and me

The time is coming, to do some soul searching
No more running, no more bridges burning
It's time to stop pretending that we're somebody else
Perhaps you can't change this world, but you can change yourself
Let's do some soul searching, just you and me

The wind is blowing, the season's passing
The sun's brightly shining, the sea is rising
We're gonna change our lives, and drop our foolish pride
We're gonna to make amends, and we're not gonna hide
Let's do some soul searching, just you and me

Broken hearts are beating, our feet are walking
Our bodies breathing, our arms are carrying
It's time for all of us to build a new life together
Working hand in hand, & helping each other
Let's do some soul searching, just you and me

HONOR THE DARK (by Lea Morris) – 1st Fr

*Honor the dark / As you do the light (Am)
Receive the gifts that come to us (D) by day and by night (E)
I choose to honor the dark / Uncertainty and change (Am)
Deliver us from fear until (D) only love (E) remains (Am)*

As the butterfly slips free from (Am) her dark cocoon (E)
As the evening sky reveals the (D) light of the moon (E)
Sometimes, fear surrounds us (Am)/ Sometimes, there will be pain (E)
Let the darkness heal you until (D) only love remains (E) ...**Honor**

As the seed emerges from under (Am) the dark earth (E)
As a mother push's the dark womb (D) to give birth (E)
Sometimes, fear surrounds us (Am)/ Sometimes, there will be pain (E)
Let the darkness heal you until (D) only love remains (E) ...**Honor**

**"In the end, it's only a passing thing,
this shadow. Even darkness must
pass. A new day will come. And when
the sun shines, it will shine out the
clearer."**

(Samwise Gamgee in Lord of the Rings; by J.R.R. Tolkien)



**In moments of darkness,
may you begin to see
a flicker of light sparkling in the distance,
dancing next to you,
and illuminating your path,
and...
May the small light you see remind you
of the light that lives within you.
Amen.**
(“A Blessing for Light” by Chaplain Alisa)

Sending You Light (By Melanie DeMore)

I am sending you Light
to heal you, to hold you
I am sending you Light, to hold you in Love

**I am sending you Light
to heal you to hold you
I am sending you Light, To hold you in Love**

No matter where you go
No matter where you've been
You'll never walk alone
I feel you deep within, so...

No matter what you feel
or what you choose to show
I'm always there for you
And so I want you to know, that...
I walk the path with you
Go slow dear one don't hurry
I'll go just like you need to go
There is no need to worry, cause...

Come Light of Lights Into My Heart

(by Ruth Cunningham)
Come light of lights into my heart
Come wisdom of spirit into my heart

PRECIOUS LORD

Precious Lord, take my hand
Lead me on, let me stand
I am tired, I'm weak, I am worn
Through the storm, through the night
Lead me on to the light
Take my hand, precious Lord - Lead me home

Coming Alive Again (by David Lamotte)

When we moved here in the winter
Everything was dry and brown
Never saw the place in summer
No idea what's in the ground
Barren dogwood in the front yard
I wasn't sure if it was gone
Then about the first of April
I saw what was going on

CHORUS

**Coming alive again, Coming alive
Coming alive again, Coming alive**

We hid out in our houses
'Til the medicine arrived
Now the buds have turned to blossoms
We're stepping to the other side
It's been a long and lonely winter
It's been a long and lonely year
It's gonna take a while to understand
But one thing is getting clear

CHORUS

In the distant days of childhood
There was a story that I heard
About how dying's part of living
But it's not the final word
So the leaves that fell in Autumn
Turned to flowers in the Spring
And the sorrow of our losses
Turns to songs that we can sing

CHORUS

AMAZING GRACE (by John Newton, 1779)

Amazing Grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

Through many dangers, toils, and snares
I have already come
'Tis grace that brought me safe thus far
And grace will lead me home

May the Light of Love

(White Sun, adapted by Chaplain Donnel)
May the light of love shine upon you
All life surround you
And the pure light within you
Guide your way home

I SEE THE LIGHT

(Alan Irwin Menken / Glenn Evan Slater)

All those days watching from the windows
All those years outside looking in
All that time never even knowing
Just how blind I've been
Now I'm here blinking in the starlight
Now I'm here suddenly I see
Standing here it's all so clear
I'm where I'm meant to be

CHORUS: And at last I see the light

*And it's like the fog has lifted
And at last I see the light
And it's like the sky is new
And it's warm and real and bright
And the world has somehow shifted
All at once everything looks different
Now that I see you*

All those days chasing down a daydream
All those years living in a blur
All that time never truly seeing
Things, the way they were
Now she's here shining in the starlight
Now she's here suddenly I know
If she's here it's crystal clear
I'm where I'm meant to go

A Prayer

(by Pádraig Ó Tuama)
So let us pick up the
stones over which we
stumble, friends, and
build altars. Let us listen
to the sound of breath in
our bodies.
Let us listen to the sounds
of our own voices, of our
own names, of our own
fears. Let's claw ourselves
out from the graves we've
dug. Let's lick the earth
from our fingers. Let us
look up and out and
around. The world is big
and wide and wild and
wonderful and wicked,
And our lives are murky,
magnificent, malleable,
and full of meaning.
Let us pray.

