

# 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) – 1<sup>st</sup> 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.

