

THE SEASONS

Spirit's Calling (by Beautiful Chorus)

2nd FRET

Am-G / Be the love You are the love
E-D / Be the light You are the light
Am-G / Hear your voice Lift your voices
E-D / Spirit's calling Spirit's calling

2X

Am / Awaken to the rhythm
G-D-C / Of the falling rain
Am / Surrender to the moment
G-D-Am / Let it wash your pain away

2X

IN THIS CIRCLE (by Joan McMullen)

D-G-D / In this circle, no fear
D-G-D / In this circle, safety
D-G-Em-A / In this circle, greatest love of all
D-G-D / In this circle, deep peace

In this journey
In this body
This moment

WISDOM STORY + WONDERINGS

I AM HERE IN THE HEART OF PEACE

[Am, G, Am, D] (by Erin McGaughan)

Am G Am

I am here in the heart of peace.

Am D Am

Peace is here in the heart of me.

Am

Like the wave in the water (ocean)

G Am

and the water in the wave .

Am D Am

I am here in the heart of peace

I am here in the Heart of love.

Love is here in the heart of me.

Like the flame in the fire

and the fire in the flame

I am here in the heart of love.

I am here in the heart of hope.

Hope is here in the heart of me.

Like the wind in the springtime

and the springtime in the wind

I am here in the heart of hope.

I am here in the heart of faith.

Faith is here in the heart of me.

Like the rock in the mountain

and the mountain in the rock

I am here in the heart of faith.

Earth my body. Water my
blood. Air my breath and
fire my spirit.

@MyWitches1111



Through the Rain (by Mariah Carey)

1st FRET

G D/F# Em
When you get caught in the rain
Cadd9 G
With nowhere to run
D/F# Em
When you're distraught and in pain
Cadd9 G
Without anyone
D/F# Em
When you keep crying out to be saved
Cadd9 G
But nobody comes
D/F# Em
And you feel so far away
Cadd9 Am7 Bm
That you just can't, find your way home
Em7 Am7
Finding hope til you've flown
Cmaj7 D
It's okay, once you say
G D/F# Em
I can make it through the rain
Cadd9 G
I can stand up once again
D/F# Em
Heal in love and I know
Cadd9 G
That I'm strong enough to mend
D/F# Em
And every time I feel afraid
Cadd9 G
I hold tighter to my faith
D/F# Em
And I live one more day
Cadd9 G - D/F# - Em - Cadd9
And I make it through the rain
G D/F# Em
And if you keep, falling down
Cadd9 G
Don't you dare give in
D/F# Em
You will arise safe and sound
Cadd9 Am7 Bm
So keep pressing, on steadfastly
Em7 Am7
And you'll find what you need
Cmaj7 D
to prevail once you say

G D/F# Em
I can make it through the rain
Cadd9 G
I can stand up once again
D/F# Em
Heal in love and I know
Cadd9 G
That I'm strong enough to mend
D/F# Em
And every time I feel afraid
Cadd9 G
I hold tighter to my faith
D/F# Em
And I live one more day
Cadd9 G
And I make it through the rain
D/F#
And when the wind blows
Cadd9
As shadows grow close, don't be afraid
Bm
There's noo-thing you can't face
Em7
And should they tell you
D/F# Cadd9
You'll never pull through, don't hesitate
Am7 Cmaj7 F# D
Stand tall and say

[BACK TO CHORUS]

PRECIOUS LORD (by Thomas Dorsey) – 3rd Fr 1st page bottom left

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

Firework (by Katy Perry)

[Intro]

G Am Em C

[Verse 1]

G Am
Do you ever feel / like a plastic bag,
Em C
drifting through the wind / wanting to start again?
G Am
Do you ever feel / feel so paper thin
Em C
like a house of cards / one blow from caving in?
G Am
Do you ever feel / already buried deep?
Em C
six feet under screams / but no one seems to hear a thing
G Am
Do you know that there's / still a chance for you
Em C
'Cause there's a spark in you / You just gotta

[Pre-Chorus]

G Am Em C
Ignite, the light, and let it shine
G Am Em C
Just own the night like the 4th of July

[Chorus]

G Am
'Cause baby you're a firework
Em C
Come on, show 'em what you're worth
G Am
Make 'em go "Oh, oh, oh"
Em C
As you shoot across the sky-y-y
G Am
Baby, you're a firework
Em C
Come on, let your colors burst
G Am
Make 'em go "Oh, oh, oh"
Em C
You're gonna leave 'em all in awe, awe, awe

[Verse 2]

G Am
You don't have to feel / like a waste of space
Em C
You're original / cannot be replaced
G Am
If you only knew / what the future holds
Em C
After a hurricane comes a rainbow

G Am
Maybe your reason why / all the doors are closed
Em C
So you could open one that leads you to the perfect road
G Am
Like a lightning bolt / your heart will blow
Em C
And when it's time you'll know you just gotta

[Pre-Chorus]

G Am Em C
Ignite, the light, and let it shine
G Am Em C
Just own the night like the 4th of July

[Chorus]

G Am
'Cause baby you're a firework
Em C
Come on, show 'em what you're worth
G Am
Make 'em go "Oh, oh, oh"
Em C
As you shoot across the sky-y-y
G Am
Baby, you're a firework
Em C
Come on, let your colors burst
G Am
Make 'em go "Oh, oh, oh"
Em C
You're gonna leave 'em all in awe, awe, awe

REFLECTION SHEET + INTRODUCE "WISDOM/NEEDS" + TOOLS

Breathe (by Marie Barnett)

2nd FRET [INTO] G-C

G-C / This is the air I breathe
G-C / This is the air I breathe
G-D-Em-D / Your holy presence
C-Em-D / Living in me
G-C / This is my daily bread
G-C / This is my daily bread
G-D-Em-D / Your very word
C-Em-D / Spoken to me
G-D-Em / And I...
D-C-Em-D / I'm desperate for you
G-D-Em / And I...
D-C-Em-D / I'm lost without you (*G)
2X

Earth to Water

Put Your Roots Down – 4th F (Molly Hartwell)

Am
Put your roots down
Put your feet on the ground
E
You can hear the earth sing
Am
If you listen
Am C Am
It's the - same sound of the river
Am E Am
As it moves across the stones
Am C Am
It's the - same sound as the blood in your body
Am E Am
As it moves across your bones
Am
Are you listening

WRITE ON MELTING PAPER - BURDENS

SHARE – RELEASE + RECEIVE (*1 GOOD WISDOM/ACTION)

A BLESSING FOR THE WEARY (by Catherine McNeil)

- You who go through the Seasons, may you find the tools to navigate especially when you are in the dark.
- May a beam of light shine on your face and your path.
- You who journey through death: may you encounter a surprise in the valley, a sign of new life.
- You who feel sunk into despair: may hope come near to you, for true hope is born in the depths.
- In exhaustion, may you find sleep and rest.
- In suffering, may you receive peace and relief.
- In isolation, may you feel presence, a steady hand on your back.
- You who have poured out all that you are: may life be restored to you.
- You who have lost more than you can face: may you discover you are never alone.
- You who can go no further: may you find strength to lay down in the presence of the One Who Heals & Renews.

WATER to EARTH SEED

Our Tears Falling Down Like Rain (4thF)

(by Paul Vasile; Psalm 126:6)

Am D
Our tears, falling down
C Am
like rain to the ground
Am G E
will water seeds of change

Am D
Let it be, let it be,
C Am
let it be, let it be
Am G Am
Let it be, O let it be

I've Got a River of Life Flowing Within Me (3rd Fret)

Em Am C G
V1. I've got a river of life flowing within me;
Em Am C G
It makes the lame to walk and the blind to see.
Em Am C G
It opens prison doors, sets the captives free.
Em Am C G
I've got a river of life flowing within me.

CHORUS:

Em-Am C G
Spring up, O well, inside my soul!
Spring up, O well, and make me whole!
Spring up, O well, inside my soul!

Em Am C G
O I got the river of life flowing out of me.

Em Am C G
V2. I've got a river of life flowing within me;
Em Am C G
It started gushing up when Love set me free.
Em Am C G
That I keep the flow is my only plea.
Em Am C G
I've got a river of life springing within me.

Sending You Light (By Melanie DeMore) – 1st Fr

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 ...

**MAY EACH OF US RECEIVE THE
LIGHT THAT WE NEED TO HEAL.**

**AS WE HOLD EACH OTHER IN
LOVE, LET US GO IN PEACE TO
SERVE & CARE FOR ONE
ANOTHER.**

- **DEAR FRIENDS, FROM THE DARK VALLEYS OF OUR LIFE'S STRUGGLES, FROM THE DARK & HARD SHELLS THAT WE PROTECT OURSELVES WITH...MAY WE ALL BREAK OUT FROM THE DARK GROUND, FIND THE LIGHT OF HEALING THAT WE NEED, AND COME ALIVE AGAIN.**
- **AS HIGHLIGHTED IN THIS CORNER OF THE SEASON, LET US GO IN PEACE TO LOVE AND SERVE ONE ANOTHER.**