

LEADER'S GUIDE

(Created by Chaplain Donnel Miller-Mutia. *Be creative: adjust, revise this guide to fit your needs/particular context. For more resources, go to <https://www.growingedgesnm.com/resources-for-spiritual-care-groups.html>).

ON OUR SEARCH FOR WISDOM – 2nd page

(By Anthony Bourdain). "If I'm an advocate for anything, it's to move. As far as you can, as much as you can. Across the ocean, or simply across the river. The extent to which you can walk in someone else's shoes or at least eat their food, it's a plus for everybody. Open your mind, get up off the couch, move. Maybe that's enlightenment enough: to know that there is no final resting place of the mind; no moment of smug clarity. Perhaps wisdom... is realizing how small I am, and unwise, and how far I have yet to go."

Come Whoever You Are (p. 1 Top)

(by Jellaludin Rumi) – 2nd FRET

D-A-D-G-D

DADG / Come, come, whoever you are,

DADG / wanderer, worshiper, lover of leaving.

C

DADC / Ours is no caravan of **despair**.

DAD / Come, yet again come

PEACE ALL AROUND US (by David Haas)

2nd Fr

Peace before us

Peace behind us

Peace under our feet

Peace within us

Peace over us

Let all around us be peace

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

I AM HERE IN THE HEART OF LOVE (2nd Fr)

(By Erin McGaughan)

Am G Am

I am here in the Heart of love.

Am D Am

Love is here in the heart of me.

Am

Like the flame in the fire

G Am

and the fire in the flame.

Am D Am

I am here in the heart of love.

I am here in the heart of peace.

Peace is here in the heart of me.

Like the wave in the water

and the water in the wave.

I am here in the heart of peace

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.

SACRED SPACE (no capo)

(by India Arie)

[Verse 1]

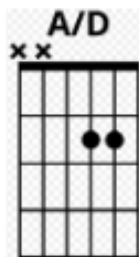
A A/D D
 You are where I go to hide
 A A/D D
 When the wind starts to blow
 A DA/D D
 When the lightning starts to strike
 A A/D D
 When the thunder starts to roll
 A A/D D
 When this life becomes a fight
 A A/D D
 You are where I put my gloves down
 A A/D D
 When I'm running out of time
 A A/D G
 You are where I go to slow down

[Chorus]

A A/D A - A/D - A
 You are my favorite place
 A A/D A - A/D - A
 You are my sacred space
 G D A A/D D
 Yes you are, yes you are, yes you are (Ooh)

[Verse 2]

A A/D D
 Where I go to be moved
 A A/D D
 Where I go to be still
 A A/D D
 Your love makes me new
 A A/D G
 In your presence I heal

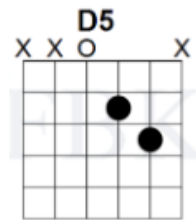


[Chorus]

A A/D A A/D A
 You are my favorite place
 A A/D A A/D A
 You are my sacred space
 G D A A/D D
 Yes you are, yes you are, yes you are (Ooh)

[Bridge]

D5 E
 No walls, no war
 D5 E
 no calls, no weapon formed
 D5 E
 No law, what for?



[Verse 3]

A A/D D
 You are where I go to hide
 A A/D D
 You are where I go to heal
 A A/D D
 You are where I go to feel
 A A/D G
 To remember what is real

[Chorus]

A A/D A - A/D - A
 You are my favorite place
 A A/D A - A/D - A
 You are my sacred space
 G D A A/D D
 Yes you are, yes you are, yes you are (Ooh)
 A A/D A A/D A
 Ooh

STORY + WONDERING

Give reflection sheets...

THIS IS HOME (by Sophia Efthimiou) **PAGE 1, LOW RIGHT**

This is home (D) where I belong (G)

In this breath (C), in this heart (A)

This is home (D) where I belong (G)

In this voice (A), in this song (D)

Wandering (Song by James Taylor) 5th Fr, p. 2 right side

D F#m
I've been wanderin' early late
Em C - G A
From New York city to the Golden Gate
D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

D
My daddy was an engineer
F#m
My brother drives a hack
Em
My sister takes in laundry
C - G A
While the baby balls the jack
D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

D
I've been in the army
F#m
I've worked on a farm
Em C - G A
And all I've got to show is the muscle in my arm
D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

D F#m
My ma she died when I was young
Em C - G A
My daddy took to stealin' and he got hung
D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

D
Snakes in the ocean
F#m
Eels in the sea
Em C - G A
I let a redheaded woman make a fool out of me
D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

D F#m
I've been wanderin' early late
Em C - G A
From New York city to the Golden Gate
D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

D F#m - Em
And it don't look like
G A D
I'll ever stop my wanderin'

IT'S OK (by NightBirde) – 3rd Fr

I moved to California in the summer time
I changed my name thinking that it would change my mind
I thought that all my problems they would stay behind
I was a stick of dynamite and it was just a matter of time, yeah
All day, all night, now I can't hide
Said I knew myself but I guess I lied

It's okay, it's okay, it's okay, it's okay

If you're lost, we're all a little lost and it's alright

It's okay, it's okay, it's okay, it's okay

If you're lost, we're all a little lost and it's alright

It's alright, it's alright, it's alright, it's alright

I wrote a hundred pages but I burned them all (Yeah, I burned them all)
I drove through yellow lights and don't look back at all (I don't look back at all)
Yeah, you can call me reckless, I'm a cannonball (uh, I'm a cannonball)
Don't know why I take the tightrope and cry when I fall
All day, all night, now I can't hide
Said I knew what I wanted but I guess I lied

I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR (by U2) - VOICE OF FISH & SEARCHER

... I have climbed highest mountains
I have run through the fields
Only to be with you (2X)
I have run
I have crawled
I have scaled these city walls
These city walls
Only to be with you
... But I still haven't found what I'm looking for
But I still haven't found what I'm looking for
... I have kissed honey lips
Felt the healing in her fingertips
It burned like fire
This burning desire
... I have spoke with the tongue of angels
I have held the hand of a devil
It was warm in the night

I was cold as a stone
REFRAIN
... I believe in the kingdom come
Then all the colors will bleed into one
Bleed into one
But yes I'm still running
... You broke the bonds
And you loosed the chains
Carried the cross
Of my shame (2X)
You know I believe it
REFRAIN

4 Possible Quotes that might give us some perspective about our search for sacred wisdom.

PARADISE IS ALL AROUND: "Here is an unspeakable secret: Paradise is all around us and we do not understand." *(Thomas Merton)*

ON BEAUTY (by Rev. Scott Tayler)
Beauty's work is never done until we remember we are a part of it.
It is woven around us, through us, between us.
We are here to notice those elegant strands.
The way they call to us. The way they hold us. The way they connect us. We are born in beauty and end that way too. In the space between, may we enable that beauty to shine.

WORKSHEET: COLORING ART?

Reflect, color, art, clay

And A Meadow Lark Sang

Ravindra Kumar Karnani

The child whispered, "God, speak to me"
And a meadow lark sang.
The child did not hear.

So the child yelled, "God, speak to me!"
And the thunder rolled across the sky
But the child did not listen.

The child looked around and said,
"God let me see you" and a star shone brightly
But the child did not notice.

And the child shouted,
"God show me a miracle!"
And a life was born but the child did not know.

So the child cried out in despair,
"Touch me God, and let me know you are here!"
Whereupon God reached down
And touched the child.

But the child brushed the butterfly away
And walked away unknowingly.

All Around Everywhere (3rd Fr)

All around

Everywhere

All around everywhere

Holy holiness

In the highest sky

In the deepest sea

In the highest sky, in the deepest sea

Holy holiness

In my heart

In your soul

In my heart, in your soul

Holy holiness

In all we do

In all we are

In all we do, in all we are

Holy holiness

Every step

Every breath

Every step, every breath

Holy holiness

As with me

So with you

As with me, so with you

Holy holiness

In this bread

In this cup

In this bread, in this cup

Holy holiness

In the light

In the dark

In the light, in the dark

Holy, holiness

All around

Everywhere

All around everywhere

Holy holiness

SONG 2 DURING WORK TIME...

Sacred Space – India Arie

OR

WONDERFUL WORLD

ON BEAUTY (by Rev. Scott Tayler)

Beauty’s work is never done until we remember we are a part of it.

It is woven around us, through us, between us.

We are here to notice those elegant strands.

The way they call to us. The way

they hold us. The way they connect us. We are

born in beauty and end that way too. In the

space between, may we enable that

beauty to shine.

PRAYERS OR DEEP YEARNINGS

What are the deep yearnings of your heart? What are your hopes?

A BLESSING FOR LIGHT (by Chaplain Alisa)

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.

SONG: I’m sending you light

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

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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

**In our search for
meaning, our
search for sacred
wisdom,**

My we find holy
presence in each breath
that we take.

LET US GO IN PEACE...

IT'S A WONDERFUL WORLD (p.1) – 2nd F

C G Am Em
I see trees of green, red roses too
Dm C E7 Am
I see them bloom, for me and you,
F Fm G C [G]
And I think to myself, What a wonderful world.

C G Am Em
I see skies of blue and clouds of white,
Dm C E7 Am
The bright blessed day, the dark sacred night,
F Fm G C
And I think to myself, what a wonderful world

G G7 C
The colours of a rainbow are so pretty in the sky
G G7 C
Are also on the faces of people going by
Am Em Am Em
I see friends shaking hands saying how do you do
Am Em Dm C G
They're really saying I love you.

C G Am Em
I hear babies cry, I watch them grow
Dm C E7 Am
They'll learn much more than I'll ever know,
F Fm G C [Am]
And I think to myself what a wonderful world
F Fm G C
Yes I think to myself what a wonderful world.

E/C
Oh yeah

**IN OUR SEARCH FOR MEANING, MAY WE HAVE THE
EYES TO SEE SACRED BEAUTY AROUND US.**

AND LET US GO IN PEACE...

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 ...