

LEADER'S GUIDE

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IN THIS CIRCLE (by Joan McMullen)

D-G / In this circle, no fear

D-G / In this circle, safety

D-G-Em-A / In this circle, greatest love of all

D-G / In this circle, deep peace

In this journey

In this body

This moment

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

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

Am

Honor the dark, as you do the light

D

E

Receive the gifts that come to us by day and by night

Am

I choose to honor the dark, uncertainty and change

D

E

Am

Deliver us from fear until only love remains

Am

E

As the butterfly slips free from her dark cocoon

D

E

As the evening sky reveals the light of the moon

Am

E

Sometimes, fear surrounds us, sometimes, there will be pain

D

E

Let the darkness heal you until only love remains ...**Honor**

Am

E

As the seed emerges from under the dark earth

D

E

As a mother push's the dark womb to give birth

Am

E

Sometimes, fear surrounds us, sometimes, there will be pain

D

E

Let the darkness heal you until only love remains ...**Honor**

**ACTION – RECEIVE GROWTH IN
DARKNESS**

FREE MIND (by Tems)

4th FRET

Am Em C G-D

V1.

I said, "five in the morning"
I wake up to fight for my earnings
The fear in my mind is a warning
Praying to the one you rely in
I've been wandering all day
I try to be fine but I can't be
The noise in my mind wouldn't leave me
I try to get by but I'm burning

CHORUS: And behind my mind it runs

All these thoughts have troubled me
Fighting to give up my pain
Fighting to be on my lane
My mind running to the other side
When it's time to live my life
Then it tries to take me out
Tell you what I need right here
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need mine now
I really need, I need to free my mind now
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need my mind now, oh yeah

V2.

This is the peace that you cannot buy
Send me a love that you cannot mix
One is the joy that you cannot waste
And the other one price that you cannot fix
This is the peace that you cannot buy
Finding a way when you cannot see
Man will desist if he cannot pray
I need to find release

[BACK TO CHORUS]

V3. To set me free

Freer than the open mind
Farther than the eyes can handle
Freer than the ocean now yeah, yeah
So set me free
Now I need to find release
Set me to the open sky
Now I need to free my mind yeah, yeah

Soulbird Rise (by India Arie)

3rd FRET

Dm A
I believe in open doors
Dm A
I've taken off the screen
Dm A B
I'm ready to let the world come inside
Dm
And touch my life

Dm A
I will no longer be defined (by)
Dm A
What someone else believes that I (am)
Dm A
And now that I have dropped the weight
B
I am light as a feather
Dm
It's time to elevate

[CHORUS]

Dm A
Soulbird rise
Dm
Lift your eyes
A
Spread your wings
Dm
and prepare to fly↑
A
This is the moment
B
Of your life
Dm
Go ahead and fly

Dm A
I believe in open doors
Dm A
I'm outside of the box
Dm A
What did not demolish me
B
Simply polished me
Dm
Now the clearer I can see

Dm A
I know where I wanna go
Dm A
I am living in the flow
Dm A
Now that I have dropped the weight
B
I am light as a feather
Dm
It's time to elevate

[CHORUS]

Dm A
I believe in open doors

Isaiah 40:31

But those who hope in the Lord will renew their strength. They will soar on wings like eagles.

As You Fly (Regina Price)

3RD FRET

[INTRO] Cmaj7-F# (2X)

Cmaj7 The pain subsides,

F# I'm mindful,

Cmaj7-F#

Cmaj7 Days go by,

F#-Em7 Like grains of sand,

F# From our hands,

Cmaj7 ***When you rise,***

F# ***The sky will meet you,***

Em7 ***And I close my eyes,***

F# ***I always see you,***

Cmaj7-F# **Free as you**

Em7-F# **fly**

Cmaj7 You held me close,

F# Lifted me high,

Cmaj7-F#

Cmaj7 Now you can go,

F#-Em7-F# Fast in to the good night,

Cmaj7 ***When you rise,***

F# ***The sky will meet you,***

Em7 ***And I close my eyes,***

F# ***I always see you,***

Cmaj7-F# **Free as you**

Em7-F# **fly**

Cmaj7 ***When you rise,***

F# ***The sky will meet you,***

Em7 ***And I close my eyes,***

F# ***I always see you,***

Cmaj7-F# **Free as you**

Em7-F# **fly**

PRAYERS

Holy Wisdom,

Meet me in my loneliness. Help me have the confidence to speak with others about things that keep me trapped, things that prohibit me from finding freedom. Guide me in the work of finding a path out of my prison; Help me heal my mind, body and spirit – for you know that I long to be free, yet often I still feel so trapped by my thoughts, my fears and my worries. Cover me with your love and grace, until I can walk in freedom, break out and fully live again.

Source of Love & Light,

grant me the serenity to accept the things I cannot change; the Courage to change the things I can; and wisdom to know the difference.

If I'm Gonna Fall (by Ahlay Blakely)

3rd FRET [Intro: D - D5/A - D, A - A5 - A]

D / If I'm gonna fall [practice taking out
D / and if I'm gonna change; a finger per chord
A / may it serve the whole – except G]
D / may it turn a page.



D/ If I'm gonna fail,
D / if I'm gonna learn,
A / may it serve the whole --
D / may it serve the future ones!



D / I, too, deserve belonging.
D / I, too, deserve to heal.
G / I, too, deserve aliveness --
D-A / I deserve to court the shadows here [A] ↑↓
(2x)