

Am – G11 / Fmaj7 - Dm (no FRET)

HUMAN *(Rag'n'bone Man)*

Maybe I'm foolish / maybe I'm blind

Thinking I can see through this / and see what's behind

Got no way to prove it / so maybe I'm blind

But I'm only human after all, I'm only human after all

Don't put your blame on me (2X)

Take a look in the mirror / and what do you see

Do you see it clearer / or are you deceived / in what you believe

Cos I'm only human after all, you're only human after all

Don't put the blame on me (2X)

[Chorus]

Some people got the real problems

Some people out of luck

Some people think I can solve them

Lord heavens above

I'm only human after all, I'm only human after all

Don't put the blame on me (2X)

Don't ask my opinion / don't ask me to lie

Then beg for forgiveness / for making you cry / making you cry

Cos ↑ I'm only ↑ human after all, ↑ I'm only ↑ human after all

Don't put your blame on me, don't put the blame on me

[Chorus]

Some people got the real problems

Some people out of luck

Some people think I can solve them

Lord heavens above

I'm only human after all, I'm only human after all

Don't put the blame on me (2X)

I'm only human I make mistakes, I'm only human that's all it takes

to put the blame on me / don't put your blame on me

[Bridge]

I'm no prophet or messiah

Should go looking somewhere higher

[Chorus]

I'm only human after all, I'm only human after all

Don't put the blame on me (2X)

I'm only human I do what I can

I'm just a man I do what I can

Don't put the blame on me

Don't put your blame on me

BEAUTIFUL SCARS (by Maximillian)

NO CAPO / INTRO: Em - D - C

Em D C
Broken all the pieces I've been shaping lately
D Em
Focused on the things that didn't make no sense
D C - D
Guess that growing up was never meant to be easy

Em D C
I got used to doing everything sideways
D Em
Didn't really care about how anyone felt
D C
Hiding my emotions down in different ashtrays

PRE-CHORUS

C
Oh, but what is lost ain't gone
D Em
No, you can't just let go
C
'Cause it's a part of you that, will make you strong
D
Embrace your flaws

CHORUS

Em D
I'm not gonna fight back what I've become
C
Yeah, I've got bruises where I came from
D Em D
But I wouldn't change if I could restart
C
I ain't gonna hide these beautiful scars
D Em D
I've been going way too hard on myself
C
Guess that it's the reason that I'm feeling like hell
D Em D
But I wouldn't change if I could restart
C (Em - D - C)
I ain't gonna hide these beautiful scars

V2
Em D C
I went down a road that only got me nowhere
D Em
I've seen every corner, every inch of this place
D C
Being all alone it really got me thinking
C
Maybe overthinking

PRE-CHORUS

C
That what is lost ain't gone
D Em
No, you can't just let go
C
'Cause it's a part of you that, will make you strong
D
Embrace your flaws

CHORUS

Em D
I'm not gonna fight back what I've become
C
Yeah, I've got bruises where I came from
D Em D
But I wouldn't change if I could restart
C
I ain't gonna hide these beautiful scars
D Em D
I've been going way too hard on myself
C
Guess that it's the reason that I'm feeling like hell
D Em D
But I wouldn't change if I could restart
C (Em - D - C)
I ain't gonna hide these beautiful scars
C Em D C
Hide these beautiful scars
C Em D C
Hide these beautiful scars

(BACK CHORUS)

I WONDER IF WE'VE EXPERIENCED HIDING OUR EMOTIONS OR OUR PAST.

Hiding emotions by self-medicating? nicotine / smoking.

BUT THE SONG SAYS, YOUR PAST ISN'T GONE - IT'S PART OF WHO YOU ARE. DO YOU AGREE: BY EMBRACING YOUR PAST, IT CAN MAKE YOU STRONG?

I WONDER IF SOMETIMES WE JUDGE OURSELVES FOR OUR PAINFUL PAST – OUR SCARS?

READ QUOTE!!!

YOU SAY (by Lauren Daigle) – 1st Fret

Intro: C-Em-Am-F

Verse 1

C Em Am F
I keep fighting voices in my mind that say I'm not enough
C Em Am F
Every single lie that tells me I will never measure up
C Em Am F
Am I more than just the sum of every high and every low?
C Em Am F
Remind me once again just who I am, because I need to know, ooh-oh

Chorus

C Em
You say I am loved when I can't feel a thing
Am F
You say I am strong when I think I am weak
C Em
You say I am held when I am falling short
Am F
When I don't belong, oh You say that I am Yours
C Em
And I believe, oh I believe
Am
What You say of me
F
I believe

Verse 2

C Em Am F
The only thing that matters now is everything You think of me
C Em Am F
In You I find my worth, in You I find my identity, o-ooh

Chorus

C Em
You say I am loved when I can't feel a thing
Am F
You say I am strong when I think I am weak
C Em
You say I am held when I am falling short
Am F
When I don't belong, oh You say that I am Yours
C Em
And I believe, oh I believe
Am
What You say of me
F
I believe

Love Me More (by Sam Smith)

Em G Am G
Have you ever felt like being somebody else?
Em G Am G
Feeling like the mirror isn't good for your health?
Em G Am G
Every day I'm tryin' not to hate myself
Em G Am G
But lately, it's not hurting like it did before
Em G Am G
Maybe I am learning how to love me more

Em G Am G
It used to burn every insult, every word
Em G Am G
But it helped me learn, self-worth I had to earn
Em G
*So I tried - every night
Am G
To sit with sorrow
Em G Am G
And eventually, it set me free

Em G Am G
Have you ever felt like being somebody else?
Em G Am G
Feeling like the mirror isn't good for your health?
Em G Am G
Every day I'm tryin' not to hate myself
Em G Am G
But lately, it's not hurting like it did before
Em G Am G
Maybe I am learning how to love me more
Em G
Just a little bit (love me more)
Am G
Just a little bit (love me more)
Em G
Oh, no (love me more)
Am G
Just a little bit (love me more)

Em G Am G
I used to cry, myself to sleep at night
Em G Am G
I'd blame the sky, when the mess was in my mind
Em G
*I couldn't see, I couldn't breathe
Am G
So I sat with sorrow
Em G Am G
And eventually, it set me free

Em G Am G
Have you ever felt like being somebody else?
Em G Am G
Feeling like the mirror isn't good for your health?
Em G Am G
Every day I'm tryin' not to hate myself
Em G Am G
But lately, it's not hurting like it did before
Em G Am G
Maybe I am learning how to love me more

Em G
Just a little bit (love me more)
Am G
Just a little bit (love me more)
Em G
Oh, no (love me more)
Am G
Just a little bit (love me more)

PEACE ALL AROUND US (by David Haas)

Peace before us

Peace behind us

Peace under our feet.

Peace within us

Peace over us

Let all around us be peace.

NAME INTRO

QUADRATOS

COME HEALING BREATH (by Chaplain Donnel)

Come healing breath, come heal my mind Am, C, G, E

Come healing breath, come heal my heart Am, C, G, E

Come healing breath, come heal my soul Am, G, C, F

Come healing breath, come heal the world Am, C, G, E

BELL

WISDOM STORY

TRUE COLORS GUITAR CHORDS

Intro: Am G C F (2x)

verse 1

Your with your sad eyes
Don't be discouraged
Oh I realize
It's hard to take courage
In a world full of people
You can lose sight of it all
And the darkness, inside you
Can make you feel so small

verse 2

Show me a smile then,
Don't be unhappy, can't remember
When I last saw you laughing
If this world makes you crazy
And you've taken all you can bear
Just you call me up
Because you know I'll be there

Justin Timberlake – 3rd Fret

I see your true colors
Shining through
I see your true colors
And that's why I love you
So don't be afraid to let them show
Your true colors
True colors are beautiful,
Like a rainbow

WORK

JUST THE WAY YOU ARE (capo – 2ND Fret)

(Bruno Mars)

Oh, your eyes, your eyes
Make the stars look like they're not shinin'
Your hair, your hair
Falls perfectly without you tryin'
You're so beautiful and I tell you everyday
Yeah, I know, I know
When I compliment you, you won't believe me
And it's so, it's so
Sad to think that you don't see what I see
But every time you asks me, "Do I look okay?"
I say

When I see your face
There's not a thing that I would change
'Cause you're amazing
Just the way you are
And when you smile
The whole world stops and stares for a while
'Cause you're amazing
Just the way you are

When I see [NAME]
There's not a thing that I would change
'Cause you're amazing
Just the way you are
And when you [ACTION]
The whole world stops and stares for a while
'Cause you're amazing
Just the way you are

BLESSING - (By John O'Donohue). May there be kindness in your gaze when you look within. May you never place walls between the light and yourself. May your angel free you from the prisons of guilt, fear, disappointment and despair. May you allow the wild beauty of the invisible world to gather you, to mind you, and embrace you in belonging. AMEN.

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 ...

AMAZING GRACE (by John Newton, 1779)

D G Em A
Amazing Grace how sweet the sound

D A
That saved a wretch like me

D G Em A
I once was lost, but now I'm found

D A D
Was blind but now I see

D G Em A
'Twas grace that taught my heart to fear

D A
And grace my fears relieved

D G Em A
How precious did that grace appear

D A D
The hour I first believed

D G Em A
Through many dangers, toils, and snares

D A
I have already come

D G Em A
'Tis grace that brought me safe thus far

D A D
And grace will lead me home

BLESSING:

Holy One, you WHO HEALS OUR CRACKS, the one who can see our beautiful unique selves, the one who can see our true rainbow colors, watch over us who are in this circle; bless and guide us wherever each of us may be: Blessed our feet: so we may keep standing even when the life we stand on is unsteady. Blessed our hands: may they always find hands to hold especially during moments when we feel alone & isolated. Blessed be our breath – may it anchor us in the present moment. Blessed be our eyes: may they show us grace & beauty. Blessed be our mind: may it dream new dreams. Blessed be our heart: may it be brave & not afraid. Blessed be our body: may it find healing, purpose and rest. AMEN.