

# 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>).

## Parable of the Leaven

### INTRODUCTION

**Introduce the Session:** What is a Chaplain? What is spirituality?

Marking sacred space: Light the Candle to honor a sacred space in a circle

Bell: An invitation to deepen one's breath (rang 3x after Godly Play)

Conversation Guidelines: Respect by listening to each other; we do not cross talk or talk on top of another person; use the talking object.

**SONG: Peace (Love) Before Us**

**READING: Serenity Prayer**

**SONG: This is Home Where I Belong + GESTURE + Bell**

**Intro of Participants:** Share your name, Pronouns + Name a moment that was challenging but you grew from it (learned something about yourself – or that experience made you stronger).

**SONG: Hope (Light) Before Us**      **OR SHRUTI - SONG: "Come Light of Lights"**

### STORY

**Godly Play + Bell + Wonderings** (Go around 1<sup>st</sup> question – What is most important for you, most interesting?)

**"Keep on reflecting where you might be in this story, AND Keep on sharing your story, AND keep on listening to each other, AND MOST IMPORTANT, keep on listening to the silence."** Ring the bell 3X (30 sec to 1 min) then ring smaller bell to end the silence.

**SONG: Remember Me + Change Us with Your Leaven**

**READING: You Are Our Baker**

**WONDERING:** Which image from the prayer is close to your experience – "breaking apart," "kneaded, crushed, heavy," "growing pains," "moving towards hope – living bread."

**SONG: I Wanna Dance In the Dark**

**SONG: Hope is Deeper Than Despair**

### WORK:

**Reflection & Art Sheets, Sculpting with Clay – IF GROUP IS QUIET**

### PRAYERS

**TRANSITION SONG: I Am Here In the Heart of Love**

Invite Participants to Name their Prayers

Teach us your ways that we may be open to the same Spirit who moved over the face of the waters in the first day of creation and moves also over the chaos of this time to fashion a day like this, a world like ours, a kingdom like leaven in bread. Make us aware of the miracles of life. Make us aware of the unfathomable mystery of amazing grace of which we are kept.

**SONG: Come Healing Breath**

**INDIVIDUAL BLESSING:** And now 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.



## 2<sup>ND</sup> FRET

C  
Remember me  
Fm  
Though I have to say goodbye  
C  
Remember me  
Bb E7  
Don't let it make you cry  
Am  
For even if I'm far away  
Bb C  
I hold you in my heart  
F  
I sing a secret song to you  
Fm G  
Each night we are apart

C  
Remember me  
Fm  
Though I have to travel far  
C  
Remember me  
Bb C  
Each time you hear a sad guitar  
F  
Know that I'm with you  
Em Am  
The only way that I can be  
Fm G  
Until you're in my arms again  
F - Fm C  
Remember me

C  
Recuérdame,  
Fm  
hoy me tengo que ir mi amor  
C  
Recuérdame,  
Bb E7  
no llores por favor  
Am  
Te llevo en mi corazón  
Bb C  
y cerca me tendrás  
F  
A solas yo te cantaré,  
Fm G  
soñando en regresar

C  
Recuérdame  
Fm  
Aunque tenga que emigrar  
C  
Recuérdame  
Bb C  
Si mi guitarra oyes llorar  
F  
Ella con su triste  
Em Am  
canto te acompañará  
Fm G  
Hasta que en mis brazos estés  
F - Fm C  
Recuérdame

"You cannot heal what you  
do not first acknowledge."

Richard Rohr

## PARABLE / WISDOM STORY

## FOR GOOD

C / F : I've heard it said  
C : That people come into our lives  
F : For a reason  
C / G : Bringing something we must learn  
C / F : And we are led

Em7: To those who help us most to grow

Am7: If we let them

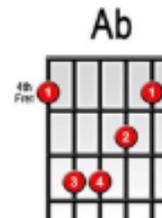
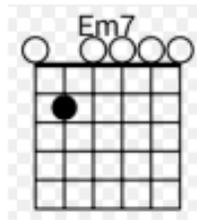
Dm / G: And we help them in return

C / F: Well, I don't know

Fm / Am: If I believe that's true

Ab: But I know I'm who I am today

Fm7 / Bb: Because I knew you



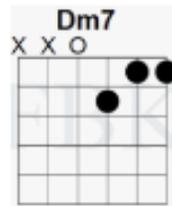
C / F: Like a comet pulled from orbit  
Bb / C: As it passes a sun  
C / F: Like a stream that meets a boulder  
Bb / G: Halfway through the wood

C / Dm7: Who can say

Em7 / Am: If I've been changed for the better

F / C: But because I knew you

Dm7 / G / C: I have been changed for good



C / F: It well may be  
C: That we will never meet again  
F: In this lifetime  
C / G: So let me say before we part  
C / F: So much of me

Em7: Is made of what I learned from you

Am7: You'll be with me

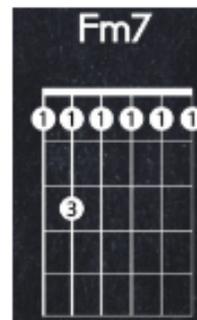
Dm / G: Like a hand-print on my heart

C / F: And now whatever way

Fm / Am: Our stories end

Ab: I know you have rewritten mine

Fm7 / Bb: By being my friend



C / F: Like a ship blown from its mooring  
Bb / C: By a wind off the sea  
C / F: Like a seed dropped by a sky-bird  
Bb / G: In a distant wood

C / Dm7: Who can say

Em7 / Am7: If I've been changed for the better

F / C: I do believe

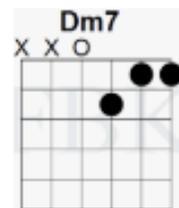
G / Am: I have been changed for the better

F / C: And because I knew you

F / C: Because I knew you

F / C: Because I knew you

Dm7 / G / C: I have been changed for good



# READ - HOLY ONE, YOU ARE OUR BAKER

## You Are Our Baker

### Holy One, Our Creator – You are our Baker

Remake us.

Break us like the flour and the bread.

When we fall apart,  
put us back together  
like the leaven of your

Wisdom

mixing with flour.

### Holy One, Our Creator – You are our Baker

Knead our spirits.

Make us see that we are not breaking apart,

but that like flour becoming bread,  
we are breaking through.

Make us see that we are not falling apart,  
but like the flour becoming bread,  
we are falling into place.

### Holy One, Our Creator – You are our Baker

As we change, guide us in our becoming,  
for we are your rising bread,

well-kneaded by some divine  
and knotty pair of knuckles,  
by your warm earth hands.

Put each one of us in your own bright fire.

We are warm, warm as you from fire.

### Holy One, Our Creator – You are our Baker

Teach us that the pain we are feeling are growing pains.

Enable us to take deep breaths,  
so that the things we don't need anymore

can fall off of us – those  
shallow pieces  
that we adorn  
ourselves with: anger, greed, and  
fear.

Let them fall off of us,  
so that what will be left  
are the very best pieces of  
us.

### Holy One, Our Creator – You are our Baker

Show us the way of turning ourselves into living bread.

May we become leaven for each other...

so that we become who  
you created us to be...  
a community of joy,  
hope, compassion, and  
courage.

Break us like the dawn,  
like the light breaking though the horizon,

becoming into a new day.



# THE NEXT RIGHT THING (4th F)

(by Kristin Anderson-Lopez & Robert Lopez)

Am F  
I've seen dark before, but not like this  
G Em  
This is cold, this is empty, this is numb  
Am G  
The life I knew is over, the lights are out  
Em F  
Hello darkness, I'm ready to succumb  
Am F  
I follow you around, I always have  
G Em  
But you've gone to a place I cannot find  
Am G  
This grief has a gravity, it pulls me down  
F C D - E  
But a tiny voice whispers in my mind  
Am G  
You are lost, hope is gone  
C F  
But you must go on  
C G - E  
And do the next right thing  
Am F  
Can there be a day beyond this night?  
G Em  
I don't know anymore what is true  
Am G  
I can't find my direction, I'm all alone  
F C D - E  
The only star that guided me was you  
Am G  
How to rise from the floor?  
C F  
But it's not you I'm rising for  
C G  
Just do the next right thing

F G  
Take a step, step again  
C Am F  
It is all that I can to do  
G F - C  
The next right thing  
F G  
I won't look too far ahead  
Em F  
It's too much for me to take  
Am C F  
But break it down to this next breath, this next step  
C Am - E  
This next choice is one that I can make  
Am G  
So I'll walk through this night  
C F  
Stumbling blindly toward the light  
C G  
And do the next right thing  
F G  
And with the dawn, what comes then?  
C G Am F  
When it's clear that everything will never be the same again  
Dm Em - F  
Then I'll make the choice to hear that voice  
G C  
And do the next right thing

# ONE SWEET DAY (orig. = capo 1st)

(by Mariah Carey & Boyz II Men)

G E/C G E/C  
1. Sorry, I never told you all I wanted to say  
G E/C F D  
and now it's too late to hold you, 'cause you've flown away, so far away.

G E/C G E/C  
2. Never had I imagined living without your smile  
G E/C F D  
feeling and knowing you hear me, it keeps me alive, alive.

## [Chorus]

G E/C  
And I know you're shining down on me from heaven,  
G E/C  
like so many friends we've lost along the way.  
G E/C F - D  
And I know eventually we'll be together, one sweet day.  
G  
Eventually we'll sing in heaven.

G E/C G E/C  
3. Darling I never showed you, assumed you'd always be there,  
G E/C F  
and I, I took your presence for granted, but I always cared,  
D  
and I miss the love we shared.

## [Chorus]

G E/C  
And I know you're shining down on me from heaven,  
G E/C  
like so many friends we've lost along the way.  
G E/C F - D  
And I know eventually we'll be together, one sweet day.  
G  
Eventually we'll sing in heaven.

# GRAVEYARD (by Halsey)

[INTRO] F - Am7 - Cmaj7 5TH FRET

F  
It's crazy when  
Am7 Cmaj7 F  
The thing you love the most is the detriment  
Am7 - Cmaj7  
Let that sink in  
F  
You can think again  
Am7 Cmaj7  
When the hand you wanna hold is a weapon and  
F Am7 - Cmaj7  
You're nothin' but skin

## PRE-CHO

Cmaj7 F G  
Oh, 'cause I keep diggin' myself down deeper  
Am7 Cmaj7  
I won't stop 'til I get where you are  
F G Am7 - Cmaj7  
I keep - running, I keep - running, I keep - running  
F G Am7 Cmaj7  
They say - I may - be making a mistake  
F G Am7 - Cmaj7  
I would've followed all the way, no matter how far  
F G Am7 Cmaj7  
I know - when you go - down all your darkest roads  
F G Am7 - Cmaj7  
I woulda followed all the way to the graveyard

## CHORUS

Cmaj7 F G  
Oh 'cause I keep diggin' myself down deeper  
Am7 Cmaj7  
I won't stop 'til I get where you are  
F G  
I keep running when both my feet hurt  
Am7 Cmaj7  
I won't stop 'til I get where you are  
F G Am7 Cmaj7  
Oh - when you go - down all your darkest roads  
F G Am7 - Cmaj7  
I woulda followed all the way to the graveyard

F  
You look at me  
Am7 Cmaj7 F  
With eyes so dark, don't know how you even see  
Am7 - Cmaj7  
You push right through me  
F  
It's gettin' real  
Am7 Cmaj7  
You lock the door, you're drunk at the steering wheel  
F Am7 - Cmaj7  
And I can't conceal

## PRE-CHORUS + CHORUS

F  
Oh, it's funny how  
Am7 Cmaj7 F  
The warning signs can feel like they're butterflies

## PRE-CHORUS + CHORUS

**NAME A PHRASE OR IMAGE  
OR WORD THAT RESONATED  
WITH YOU.**

**I WONDER WHAT IT MEANS  
FOR YOU TO FOLLOW THE  
DARKEST ROADS?**

**I WONDER WHAT WAYS  
WE DIG OURSELVES DEEPER?**



## **THIS IS HOME**

(by Sophia Efthimiou) – 2<sup>nd</sup> Fr

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)

**PEACE BEFORE US,  
PEACE BEHIND US.**

## **SERENITY PRAYER**

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

## **COME HEALING BREATH**

(by Chaplain Donnel)

Come healing breath

*Come heal my mind  
Come heal my heart  
Come heal my soul  
Come heal the world*

## **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**