

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>).

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.

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

I AM HERE IN THE HEART OF LOVE

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

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 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.

COME LIGHT OF LIGHTS

(by Ruth Cunningham)

Am G CE Am G Am
Come light of lights into my heart
Am G CE Am G Am

WONDERING: WHAT DOES THE WORD
CHURN MEAN? (PARTICIPANTS RESPOND)

TODAY'S CONVERSATION IS ON
CHURNING & HERE'S A SONG TO START.

TURN (CHURN)

By Chaplain Donnel

D/A Churn my heart
C/G Churn my soul
D/A Lead me from dark to light
G/A Make me whole

D/A Churn my mind
C/G Churn my feet
D/A Guide each step
G/A To the sacred beat

D/A Churn my voice
C/G Churn my ear
D/A So I may sing your song
G/A Without fear

D/A Churn our words
C/G Churn our breath
D/A Bless our body
G/A Towards good health

Awake Awake (by John Phillip Newell & David Poole)

PAGE 2 AT VERY BOTTOM

Am C
Awake, awake, your light has come
Am D Am G Am
Awake, awake, my soul, O my soul

THIS IS HOME

(by Sophia Efthimiou) – 2nd 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)

SOUL SEARCHING (by Glenn Frey) - 1st Fret

G/Em The time is coming, to do some soul searching

G/Em No more running, no more bridges burning

G/G7 The time is comin for you and me

C/Am To take a look inside no matter what we see

G/C/D/G Let's do some soul searchin, just you and me

G/Em The time keeps passing, and the clock is running

G/Em But the river is flowing, and the rain keeps coming

G/G7 Let's join our hands before we're washed away

C/Am Time to leave the pain of yesterday

G/C/D/G Let's do some soul searching, just you and me

G/Em Our lives are changing, this old world is turning

G/Em We sit here wondering, what we're learning

G/G7 We can help each other, we can be a friend

C/Am Let's be true to each other the best we can

G/C/D/G Let's do some soul searching, just you and me

G/Em The time is coming, to do some soul searching

G/Em No more running, no more bridges burning

G/G7 It's time to stop pretending that we're somebody else

C/Am Perhaps you can't change this world, but you can change yourself

G/C/D/G Let's do some soul searching, just you and me

G/Em The wind is blowing, the season's passing

G/Em The sun's brightly shining, the sea is rising

G/G7 We're gonna change our lives, and drop our foolish pride

C/Em We're gonna to make amends, and we're not gonna hide

G/C/D/G Let's do some soul searching, just you and me

G/Em Broken hearts are beating, our feet are walking

G/Em Our bodies breathing, our arms are carrying

G/G7 It's time for all of us to build a new life together

C/Am Working hand in hand, & helping each other

G/C/D/G Let's do some soul searching, just you and me

WISDOM STORY + WONDERINGS

I wonder what “churning the milk of your soul until you’ve found divine wisdom” really means? Here’s a story of someone’s struggle that might give us some clues about what churning within ourselves might be like.

THE NEXT RIGHT THING

(by Kristin Anderson-Lopez & Robert Lopez)

3rd Fret

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 - Em
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

The song invites us to do the next right thing...

We will look at a worksheet that will help us move in that direction.

CHURNING WORKSHEET + EXPLAIN COLLUMNS

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)

THOUGHTS OR COMMENTS ABOUT OUR SCARS, BRUISES, OUR IMPERFECTIONS ARE PART OF YOUR LEARNING AND BECOMING – IT'S PART OF WHO WE ARE.

READING RUMI'S GUESTHOUSE

1. **Fill Melting Paper** (for release heavy burdens)
2. **Wisdom to Hold on To?**
NAME - 1 ACTION in Column 1
OR Name What You Need (B in column)

PASS BOWL WITH ROCKS + PUT PAPER IN BOWL + SHARE

A 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.

BLESSING FOR ALL: 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. Make us aware of the miracles of life. Make us aware of the unfathomable mystery of the amazing grace in which we are kept.

Hold You Tight Chords (3rd F) (by Dan Bremnes)

G G D
You walk, you run, you climb, and you fall again
C Em D
You crawl, you fight, you break apart tonight
G G D
But I Am the voice that keeps on calling out to you
C Em D
Lighting up the dark, I turn chaos into art

[Pre-Chorus]

Am
So if you're falling under
D
If you're letting go

[CHORUS]

G D
..Don't you worry tonight, I will hold you
C
..Don't you worry my child,
Am
I will stay by your side

In the middle of it
Am
..In the middle of it
C G
I will hold you, hold you, hold you tight

[Verse 2]

G G D
You hope, you dream; You chase, you plead..
C Em D
A story in these scars, are never gone
G G D
You're lost and found, I'm here and now..
C Em D
And underneath these stars, I see just who you are

[Pre-Chorus]

Am
So if you're falling under
D
If you're letting go

[CHORUS]

G D
..Don't you worry tonight, I will hold you
C
..Don't you worry my child,
Am
I will stay by your side

In the middle of it
Am
..In the middle of it
C G
I will hold you, hold you, hold you tight

[Bridge]

G
..You don't have to worry
G
..You don't have to hide
C
....I know you're weary
C
Weary from the fight
G
..You don't have to fear now
G
..I'm here by your side
C
.... I'm gonna wait here

Wait with you tonight

[CHORUS]

G D
..Don't you worry tonight, I will hold you
C
..Don't you worry my child,
Am
I will stay by your side

In the middle of it
Am
..In the middle of it
C G
I will hold you, hold you, hold you tight

TURN (CHURN)

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G/A Towards good health

AS WE GO THROUGH OUR CHURNINGS, WHAT ARE YOUR PRAYERS – DEEP YEARNINGS

Spirit of Wisdom Fall Afresh on Me

D Em - D G D A D
Spirit of Wis - dom, fall afresh on me.

D Em - D G D A D
Spirit of Wis - dom, fall afresh on me.

G D E A - A7
Melt me, mould me, fill me, use me.

D Em - D G D A D
Spirit of Wis - dom, fall afresh on me.