

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>)

PAGE 2, BOTTOM

IN THIS CIRCLE (by Joan McMullen) – 4th F, p. 2 bottom right

D-G-D/ In this circle, no fear

D-G-D/ In this circle, safety

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

D-G-D/ In this circle, deep peace

In this journey

In this body

This moment

INTRODUCE NAMES / CHECK IN PROMPT

– seed metaphor

Standing Like A Tree (3rd F), p. 1 top left

Am

Standing like a tree with my roots set down

C

My branches wide and open.

Am

Down comes the rain, down comes the sun

C

Down comes the word to a heart

G

Am

That is longing to be standing like a tree

REFLECTION

Sun, rain, dirt –

NOURISHMENT

WATER to EARTH SEED

Our Tears Falling Down Like Rain (4thF)

(by Paul Vasile; Psalm 126:6)

Am D

Our tears, falling down

C Am

like rain to the ground

Am G E

will water seeds of change

Am D

Let it be, let it be,

C Am

let it be, let it be

Am G Am

Let it be, O let it be



The Growing Seed (by Chaplain Donnel) – NO CAPO

D G Em

The sun grows the seed, the sun grows the seed

D A D

Feel the warm light, the sun grows the seed

D G Em

The rain grows the seed, the rain grows the seed

D A D

Feel the fresh water, the rain grows the seed

G Em A D

CHORUS: *In the dark, seek the light*

G Em A D

Feel me grow through the night (2X)

D G Em

The dirt grows the seed, the dirt grows the seed

D A D

Feel the compost, the dirt grows the seed

D G Em

The air grows the seed, the air grows the seed

D A D

Feel the wind blow, the air grows the seed

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?**

Song of the Seed: Rain Down on Me

(adapted from song by SWV)

[Intro]

Cmaj7 **Gmaj7** **Emaj7** **Cmaj7**
Cmaj7 **Gmaj7** **F#m7**

[Verse 1]

Cmaj7 **Gmaj7** **Emaj7** **Cmaj7**

Sometimes it's soft as a misty rain

Cmaj7 **Gmaj7** **F#m7**

That gently touches my soul

Cmaj7 **Gmaj7** **Emaj7** **Cmaj7**

It cools the fire that burns in me

Cmaj7 **Gmaj7** **Am7**

And I simply lose control, so just

CHORUS

Cm7 **Em7**

Rain down on me (Lord please)

Am7

Let your love just fall like rain

Cm7 **Em7** **Amaj9**

Just rain on me (Lord please)

Cm7 **Em7**

Rain down on me (Lord please)

Am7

Let your love just shower me

Cm7 **Em7** **Amaj9**

Just rain on me (Lord please)

[Verse 2]

Cmaj7 **Gmaj7** **Emaj7** **Cmaj7**

Full as a dam at capacity

Cmaj7 **Gmaj7** **F#m7**

My passion's about to explode, yeah

Cmaj7 **Gmaj7** **Emaj7** **Cmaj7**

I can't escape, it's surrounding me

Cmaj7 **Gmaj7**

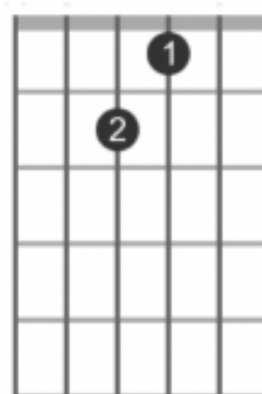
I'm caught in a storm

Am7

That I don't need no shelter from

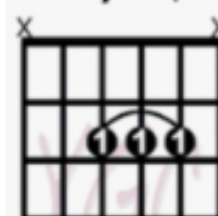
[Back to CHORUS]

Amaj9



|

A/C#



PRUNING SLIDE

(1st Fret, p. 2 top right)

We Shall Not Be Moved

(by Alfred H. and B. D. Ackley)

D-A / We shall not be, we shall not be moved

A-D / We shall not be, we shall not be moved

G-D / Just like a tree that's planted by the waters

D-A-D / We shall not be moved

- Planting seeds of healing...
- Pruning off our burdens...
- Rooted in our faith...
- Growing in the darkness...
- Seeking the Light

PRAYER OF FRANCIS OF ASSISI

Make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
Grant that I may not so much seek to be consoled as to console.
To be understood as to understand.
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned. AMEN.

PRACTICE: Letting go of things you do not need: hatred, despair, dark thoughts...and so on.

ROOT SLIDE – a symbol of hope when things seem hopeless

A shoot will spring forth from the stump of Jesse; from his **roots** a branch will bear fruit.

Isaiah 11:1



Earth Prayer *(by Black Elk)*

Hey! Learn to hear my feeble voice.
At the center of the sacred hoop
You have said that I should make the tree to bloom.
With tears running, O Great Spirit, my Grandfather,
With running eyes I must say
The tree has never bloomed.
Here I stand, and the tree is withered.
Again, I recall the great vision you gave me.
It may be that some little root of the sacred tree still lives.
Nourish it then - that it may leaf
and bloom and fill with singing birds!
Hear me, that the people may once again
Find the good road and the shielding tree.

p. 2 bottom,

Every Part of Me – 3rd Fret

Am / My heart is opening
D – Am / My roots are anchoring
Am / My breath is travelling
G – Am / To every part of me.

Standing Like A Tree (3rd Fret, p. 1 top left)

Am
Standing like a tree with my roots set down
C
My branches wide and open.
Am
Down comes the rain, down comes the sun
C
Down comes the word to a heart
G Am
That is longing to be standing like a tree

A Seed Psalm (By Edward Hays)

Awaken, you buried seeds
asleep in your Earthen tomb!
Rise up with joy to break forth
the hard coffins of your shell!
Birth of new life has come;
the song of the dove
is heard over the softening land.
Awaken, O sacred seeds
buried within me.
Rise up to fulfill your destiny
whose time has come.
For sanctity is scribbled
bold within my blood and brain.
Onward and beyond
have I been called
even before I felt the sun
or knew the Earth around me.
May the light enchant my soul,
shy and hesitant within me,
and set the rhythm for my sluggish feet
in a dance of holy yearning.



Blessing of the Seed

(by Jan Richardson)

I should tell you at the outset:
this blessing will require you to do some work.

First you must simply let this blessing fall
from your hand, as if it were a small thing
you could easily let slip through your fingers,
as if it were not most precious to you,
as if your life did not depend on it.

Next you must trust that this blessing knows
where it is going,
that it understands the ways of the dark,
that it is wise to seasons and to times.

Then—and I know this blessing has already asked much
of you—it is to be hoped that you will rest and learn
that something is at work when all seems still, seems dormant,
seems dead..

I promise you this blessing is on its way back to you.
I promise you—when you are least expecting it,
when you have given up your last hope—
this blessing will rise green and whole and new.

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

FRUIT SLIDE

FLUTE OR SHORT OR LONG SONG

HOPE IS DEEPER THAN DESPAIR (by David Poole)

D-G-A cycle

Hope is deeper than despair, wait for the rising sun.

Hope is deeper, wait for the light.

BLESSING: *May we heed the sacred work of becoming gardeners for each other in our lives, doing the work of releasing, nourishing, waiting, growing, pruning, receiving, & serving.*

ALL THE SEEDS - no capo

(composed by the Wallin Jennys; adapted by Chaplain Donnel)

D A G A D
All the seeds beneath the snow, start to grow, start to grow
A G A D
All the seeds beneath the snow, say 'Hello', say 'Hello.'
A G A D
All the seeds lie below, deep in heart and what we know
A G A Gb/D
All the seeds lie below, the ones we sowed
G A Dmaj7 Gb/D

But if we could be free

Dmaj7 Gb/D

One with all this glory

G A Dmaj7 Gb/D

If we could be free

D A G A D
All the roots in the dark, going deep, find the spark
A G A D
All the roots in the dark, a scary place to start
A G A D
All the roots holding strong, come along, O come along
A G A Gb/D
All the roots holding strong, come and sing this song
G A Dmaj7 Gb/D

But if we could be free

Dmaj7 Gb/D

One with all this glory

G A Dmaj7 Gb/D

If we could be free

D A G A D
So open wide your wounded heart, feel yourself be blown apart
A G A D
Open wide your wounded heart, it's a funny place to start
A G A D
In the light of the sun, we are found, we are undone
A G A Gb/D
In the light of the sun, we are a one
G A Dmaj7 Gb/D

But if we could be free

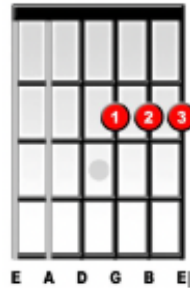
Dmaj7 Gb/D

One with all this glory

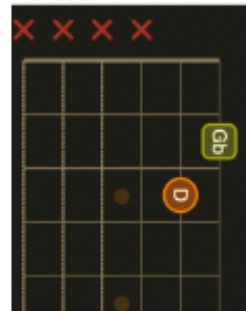
G A Dmaj7 Gb/D

If we could be free

Dmaj7



Gb/D



I SEE THE LIGHT

(Alan Irwin Menken/Glenn Evan Slater)

C
All those days
G C
Watching from the windows
C
All those years
G C
Outside looking in
F
All that time
C D
Never even knowing
C Am G
Just how blind I've been

C
Now I'm here
G C
Blinking in the starlight
C
Now I'm here
G C
Suddenly I see
F
Standing here
Em
It's oh, so clear
Am F G
I'm where I'm meant to be

F C
And at last, I see the light
G C
And it's like the fog has lifted
F C
And at last, I see the light
Em F
And it's like the sky is new

F C
And it's warm and real and bright
Em F
And the world has somehow shifted
C
All at once
G C
Everything looks different
F G C
Now that I see you

C
All those days
G C
Chasing down a daydream
C
All those years
G C
Living in a blur
F
All that time
C D
Never truly seeing
C Am G
Things the way they were

C
Now she's here
G C
Shining in the starlight
C
Now she's here
G C
Suddenly I know
F
If she's here
Em
It's crystal clear
Am F G
I'm where I'm meant to go