

THE SEASONS

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

IN THIS CIRCLE (by Joan McMullen)

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**

WISDOM STORY + WONDERINGS

I AM HERE IN THE HEART OF LOVE

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

Am G Am
I am here in the heart of peace.
Am D Am
Peace is here in the heart of me.
Am
Like the wave in the water
G Am
and the water in the wave.
Am D Am
I am here in the heart of peace

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 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.

I am here in the heart of faith.
Faith is here in the heart of me.
Like the leaves in the autumn
and the autumn in the leaves.
I am here in the heart of faith.

Through the Rain (by Mariah Carey)

1st FRET

G D/F# Em
When you get caught in the rain
Cadd9 G
With nowhere to run
D/F# Em
When you're distraught and in pain
Cadd9 G
Without anyone
D/F# Em
When you keep crying out to be saved
Cadd9 G
But nobody comes
D/F# Em
And you feel so far away
Cadd9 Am7 Bm
That you just can't, find your way home
Em7 Am7
Finding hope til you've flown
Cmaj7 D
It's okay, once you say
G D/F# Em
I can make it through the rain
Cadd9 G
I can stand up once again
D/F# Em
Heal in love and I know
Cadd9 G
That I'm strong enough to mend
D/F# Em
And every time I feel afraid
Cadd9 G
I hold tighter to my faith
D/F# Em
And I live one more day
Cadd9 G - D/F# - Em - Cadd9
And I make it through the rain
G D/F# Em
And if you keep, falling down
Cadd9 G
Don't you dare give in
D/F# Em
You will arise safe and sound
Cadd9 Am7 Bm
So keep pressing, on steadfastly
Em7 Am7
And you'll find what you need
Cmaj7 D
to prevail once you say

G D/F# Em
I can make it through the rain
Cadd9 G
I can stand up once again
D/F# Em
Heal in love and I know
Cadd9 G
That I'm strong enough to mend
D/F# Em
And every time I feel afraid
Cadd9 G
I hold tighter to my faith
D/F# Em
And I live one more day
Cadd9 G
And I make it through the rain
D/F#
And when the wind blows
Cadd9
As shadows grow close, don't be afraid
Bm
There's noo-thing you can't face
Em7
And should they tell you
D/F# Cadd9
You'll never pull through, don't hesitate
Am7 Cmaj7 F# D
Stand tall and say

[BACK TO CHORUS]

PRECIOUS LORD (by Thomas Dorsey) – 3rd Fr 1st page bottom left

Precious Lord, take my hand (D)
Lead me on (G), let me stand (Em)
I am tired, I'm weak (D), I am worn (C-A)
Through the storm, through the night (D)
Lead me on (G) to the light (Em)
Take my hand (D), precious Lord (Em)
Lead (A) me home (D)

A Seed Psalm (By Edward Hays)

Awaken, you buried seeds
asleep in your Earthen tombs!
Rise up with joy to break forth
the hard coffins of your shells!
Birth of new life has come;
the song of the dove
is heard over the softening land.
Winter has hidden,
and Spring now dances on your graves
to waken the dead.
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 spring enchant the saint,
shy and hesitant within me,
and set the rhythm for my sluggish feet
in a dance of holy yearning.

REFLECTION SHEET + INTRODUCE “WISDOM/NEEDS” + TOOLS

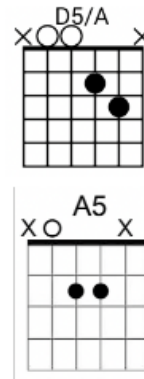
If I'm Gonna Fall (by Ahlay Blakely)

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)



WRITE ON MELTING PAPER - BURDENS

SHARE – RELEASE + RECEIVE (*1 GOOD WISDOM/ACTION)

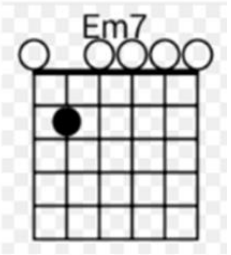
A BLESSING FOR THE WEARY (by Catherine McNiel)

- You who go through the Seasons, may you find the tools to navigate especially when you are in the dark.
- May a beam of light shine on your face and your path.
- You who journey through death: may you encounter a surprise in the valley, a sign of new life.
- You who feel sunk into despair: may hope come near to you, for true hope is born in the depths.
- In exhaustion, may you find sleep and rest.
- In suffering, may you receive peace and relief.
- In isolation, may you feel presence, a steady hand on your back.
- You who have poured out all that you are: may life be restored to you.
- You who have lost more than you can face: may you discover you are never alone.
- You who can go no further: may you find strength to lay down in the presence of the One Who Heals & Renews.

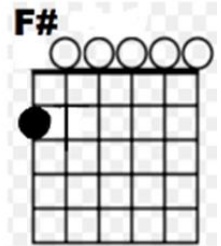
Coming Alive Again (by David Lamotte)

4th FRET [Intro] Em7 - F# - C

Em7 When we moved here in the winter
 F# Everything was dry and brown
 C Never saw the place in summer
 Cmaj7 - F# No idea what's in the ground



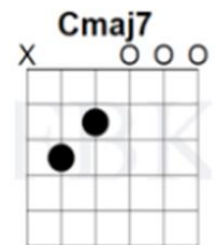
Em7 Barren dogwood in the front yard
 F# I wasn't sure if it was gone
 C Then about the first of April
 Cmaj7 - D I saw what was going on



G F# Em7 - C
Coming alive again, Coming alive

G F# Em7 - C
Coming alive again, Coming alive

Em7 We hid out in our houses
 F# 'Til the medicine arrived
 C Now the buds have turned to blossoms
 Cmaj7 - F# We're stepping to the other side



Em7 It's been a long and lonely winter
 F# It's been a long and lonely year
 C It's gonna take a while to understand
 Cmaj7 - D But one thing is getting clear

CHORUS

Em7 In the distant days of childhood
 F# There was a story that I heard
 C 'bout how dying's part of living
 Cmaj7 - F# But it's not the final word

Em7 So the leaves that fell in Autumn
 F# Turned to flowers in the Spring
 C And the sorrow of our losses
 Cmaj7 - D Turns to songs that we can sing

Sending You Light (By Melanie DeMore) – 1st Fr

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 ...

MAY EACH OF US RECEIVE THE LIGHT THAT WE NEED TO HEAL.

AS WE HOLD EACH OTHER IN LOVE, LET US GO IN PEACE TO SERVE & CARE FOR ONE ANOTHER.

- **DEAR FRIENDS, FROM THE DARK VALLEYS OF OUR LIFE'S STRUGGLES, FROM THE DARK COFFINS OF OUR HARD SHELLS THAT WE PROTECT OURSELVES WITH...MAY WE ALL BREAK OUT FROM THE DARK GROUND, FIND THE LIGHT OF HEALING THAT WE NEED, AND COME ALIVE AGAIN.**
- **AS HIGHLIGHTED IN THIS CORNER OF THE SEASON, LET US GO IN PEACE TO LOVE AND SERVE ONE ANOTHER.**