

ACTIONS IN OUR SPIRITUAL JOURNEY

I AM HERE IN THE HEART OF PEACE *(by Erin McGaughan)*

V1. 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.

V2. I am here in the heart of peace.
 Peace is here in the heart of me.
 Like the snow in the winter
 and the winter in the snow.
 I am here in the heart of peace

V3. 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.

V4. I am here in the Heart of love.
 Love is here in the heart of me.
 Like the sun in the summer
 and the summer in the sun
 I am here in the heart of love

IN THIS CIRCLE

(by Joan McMullen)
 In this circle, no fear
 In this circle, safety
 In this circle, greatest love of all
 In this circle, deep peace

In this journey
In this body
This moment

Put Your Roots Down

(by Molly Hartwell)
 Put your roots down
 Put your feet on the ground
 You can hear the earth sing
 If you listen
 (2X)
 It's the same sound of the river
 As it moves across the stones
 It's the same sound as the blood
 in your body
 As it moves across your bones
 Are you listening
 Are you listening

Our Tears Falling Down

(by Paul Vasile; Psalm 126:6)
 Our tears, falling down
 like rain to the ground
 will water seeds of change
 Let it be, let it be,
 let it be, let it be
 Let it be, O let it be

Sending You Light

(By Melanie DeMoore)
CHO: I am sending you Light
 To heal you, To hold you
 I am sending you Light
 To hold you in Love (2X)

V1. No matter where you go
 No matter where you've been
 You'll never walk alone
 I feel you deep within, so...

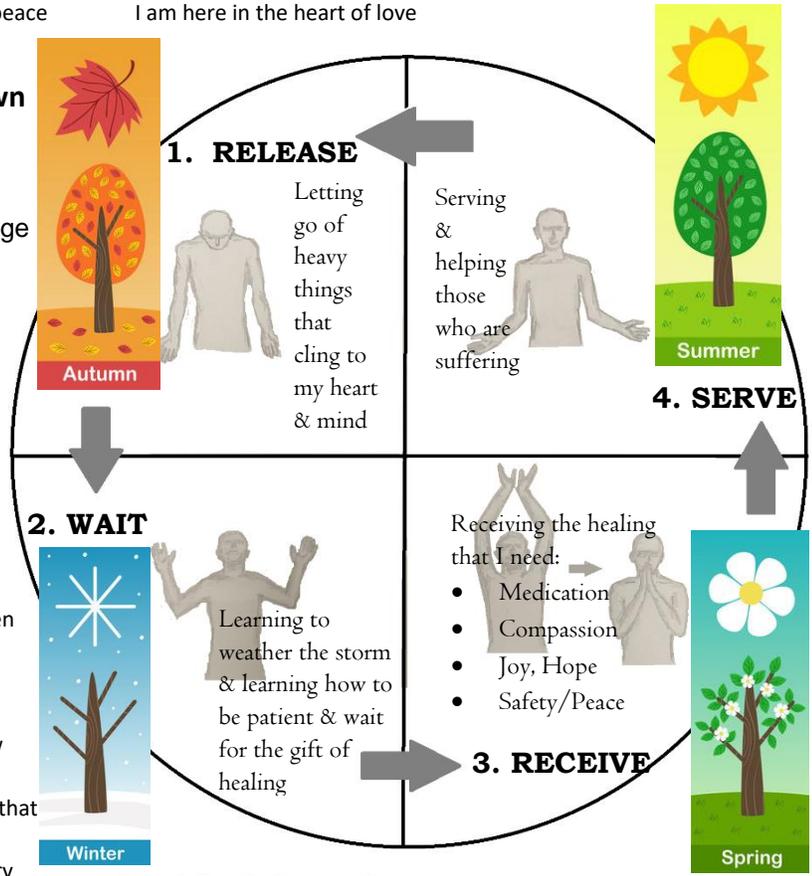
V2. No matter what you feel
 or what you choose to show
 I'm always there for you
 And so I want you to know, that

V3. 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

Hymn of Promise *(Nancy Allen)*

In the bulb, there is a flower
 In the seed, an apple tree
 In cocoons, a hidden promise
 Butterflies will soon be free
 In the cold and snow of winter
 There's a spring that waits to be
 Unrevealed until its season
 Something Love (God) alone can see

There's a song in every silence
 Seeking word and melody
 There's a dawn in every darkness
 Bringing hope to you and me
 From the past will come the future
 What it holds, a mystery
 Unrevealed until its season
 Something God (Love) alone can see



Coming Alive Again *(by David Lamotte)*

When we moved here in the winter
 Everything was dry and brown
 Never saw the place in summer
 No idea what's in the ground
 Barren dogwood in the front yard
 I wasn't sure if it was gone
 Then about the first of April
 I saw what was going on

CHORUS
Coming alive again, Coming alive
Coming alive again, Coming alive
 We hid out in our houses
 'Til the medicine arrived
 Now the buds have turned to blossoms
 We're stepping to the other side
 It's been a long and lonely winter
 It's been a long and lonely year
 It's gonna take a while to understand
 But one thing is getting clear

CHORUS
 In the distant days of childhood
 There was a story that I heard
 About how dying's part of living
 But it's not the final word
 So the leaves that fell in Autumn
 Turned to flowers in the Spring
 And the sorrow of our losses
 Turns to songs that we can sing

CHORUS

SEASONS CHANGE *(by Elisa Keeler)* **SPIRIT OF WISDOM** *(by Daniel Iverson 1926)*

V1. Seasons change and so do we
 May we flow so gracefully
 2X
 Spirit of Wisdom, fall afresh on me (2X)
 Melt me, mould me, fill me, use me. Spirit of Wisdom fall afresh on me.

CHORUS: May the light of the heart light of the heart light of the heart remain

V2. Just as leaves fall from the tree
 May we shed so gracefully
 Gliding snow as free as can be
 May we glide so gracefully (CHO)

V3. Light of spring grows the seed
 May we grow so gracefully
 Summer fruits fall from the tree
 May we share so gracefully (CHO)

TRUST THE WORK *(music by Paul Vasile; words by Teilhard de Chardin)*

Trust the work...trust the slow work...
 Trust the slow work of God...within you.

HONOR THE DARK *(by Lea Morris)*

CHORUS: Honor the dark, as you do the light
Receive the gifts that come to us by day and by night
I choose to honor the dark, uncertainty and change
Deliver us from fear until only love remains

V1. As the butterfly slips free from her dark cocoon
 As the evening sky reveals the light of the moon
 Sometimes fear surrounds us, Sometimes, there will be pain
 Let the darkness heal you until only love remains

V2. As the seed emerges from under the dark earth
 As a mother push's the dark womb to give birth
 Sometimes fear surrounds us, sometimes, there will be pain
 Let the darkness heal you until only love remains

MAY I BE EMPTY

May I be empty and open to receive the *light*
(peace, hope, love)
 May I be empty and open to receive

ACTIONS/WISDOM that will help

weather your dark winter. *do not limit yourself with this list - add as needed.

- **LITERATURE:** Read inspirational literature (novels, spiritual books, bible, self-help)
- **PRACTICE FORGIVENESS** of yourself and others
- **MUSIC** - Listen to or make music
- **PRAYER**
- **DAILY GRATITUDE**
- **MEDITATION / CONTEMPLATIVE PRACTICES**
- **JOIN GROUPS OF TRUST, COOPERATION, INTERESTS** (example, sports, hobby, interests)
- **DAY OF REST:** Observe day of designated for sacred rest – stop doing and enjoy being
- **DANCE:** Engage in dance and other types of physical expression
- **ACTS OF KINDNESS:** Involve yourself in acts of kindness to others
- **NATURE:** Spend time in nature (camping, hikes)
- **ARTS:** Appreciate the arts
- **CREATIVITY:** painting, knitting, cooking, gardening, fixing things...
- **SPIRITUAL SUPPORT GROUPS:** Share your spiritual journey with others
- **JOURNALING:** Keep a journal to record learning experiences & insights (towards self-awareness)
- **SERVING FOOD:** Nourish others by serving food
- **CARING FOR ANIMALS & NATURE**
- **GARDENING:** Growing and caring for plants
- **SOCIAL CAUSES:** Joining a social movement for the common good (social, environmental justice)
- **FAITH COMMUNITY:** Belong to and participate in a faith community
- **LIFE-GIVING RITUALS:** Take part in meaningful & symbolic (celebrations & loss)
- **PHYSICAL EXERCISE / ATHLETIC PRACTICE:** biking, swimming, running, gym
- **MINDFUL EATING** (healthy, nourishing food)
- **SUPPORT GROUPS** – Recovery (Alcoholics Anonymous, Narcotics Anonymous), Grief Groups or Divorce Support Group
- **VOLUNTEER FOR SOCIAL SERVICE** – soup kitchens, education, church, hospitals, Habitat for Humanity
- **MENTORING** others who need help & guidance
- **SPENDING QUALITY TIME LOVED ONES**
- **SEE A PROFESSIONAL: THERAPIST / COUNSELOR/ PSYCHIATRIST**
- **AGENCY THAT WILL GUIDE ME IN MEETING BASIC NEEDS** – example, find housing, job, support in my recovery



The 12 Tools

Tools for Learning • Tools for Life



Breathing Tool

I calm myself and check-in.



Listening Tool

I listen with my ears, eyes, and heart.



Personal Space Tool

I have a right to my space and so do you.



Garbage Can Tool

I let the little things go.



Please & Thank You Tool

I treat others with kindness and appreciation.



Apology & Forgiveness Tool

I admit my mistakes and work to forgive yours.

Patience Tool

I am strong enough to wait.

Using Our Words Tool

I ask for what I want and need.

Taking Time Tool

I use time wisely.

Courage Tool

I have the courage to do the "right" thing.



Quiet/Safe Place Tool

I remember my quiet/safe place.



Empathy Tool

I care for others. I care for myself.



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LIGHT TO RECEIVE

Purpose / Goal / Direction	Authenticity /Honesty	Tenderness
Vision	Creativity	Inclusion
Mentor / Community Support / Guidance	Transparency	Learning & Growth
Friendship / Companionship	Commitment	Self-Respect
Patience	Rest and Sleep	Healing
Gratitude / Grace / Thankfulness	Solitude	Vision / Dreams
Hope	Peace	To Grieve
Recognition	Resilience / Perseverance	Love
Good communication	Mutuality	Consideration
Cooperation	Laughter / Joy / Fun	Empathy
Kindness	Play	Community
Belonging	Presence	Understanding
Appreciation	Freedom	Trust
Acceptance	Inspiration	Support
Connection	Choice / Autonomy	Stability
Respect	Space	Safety
Nurture	Meaning	Exercise
	Awareness	Financial Security:
		Shelter, Food, Etcetera

PATIENCE & TRUST (By Teilhard de Chardin)

Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability—and that it may take a very long time.

And so I think it is with you; your ideas mature gradually—let them grow, let them shape themselves, without undue haste. Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.