

# The Healing Pathway

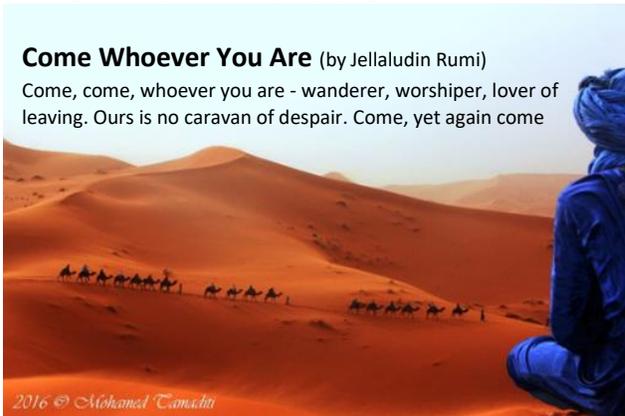
## Serenity Prayer *(By Reinhold Niebuhr)*

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 Whoever You Are *(by Jellaludin Rumi)*

Come, come, whoever you are - wanderer, worshiper, lover of leaving. Ours is no caravan of despair. Come, yet again come



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## The Healing That Comes *(by Jan Richardson)*

I know how long  
you have been waiting  
for your story to take  
a different turn,  
how far you have gone in sea  
of what will mend you  
and make you whole.

I bear no remedy,  
no cure,  
no miracle  
for the easing  
of your pain.

But I know  
the medicine  
that lives in a story  
that has been broken open.

I know  
the healing that comes  
in ceasing  
to hide ourselves away  
with fingers clutched  
around the fragments  
we think are  
none but ours.

See how they fit together,  
these shards  
we have been carrying—  
how in their meeting  
they make a way  
we could not  
find alone.

## Your Mercy Like Rain

*(Psalm 85)*

Let me taste your mercy like rain on my face;  
here in my life, show me your peace.

Let us see with our own eyes your day breaking bright.  
Come, O Morning; come, O Light!

## 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



You matter more than you  
know.  
There is not a scale on  
the planet grand enough  
to measure the  
importance of your life in  
the world.

MARY DAVIS

## A BLESSING FOR THE WEARY *(by Catherine McNeil)*

You who feel lost in the darkness: 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.

## River of Dreams *(by Billy Joel)*

[Chorus 1]

In the middle of the night, I go walking in my sleep  
From the mountains of faith, to the river so deep  
I must be looking for something, something sacred I lost  
But the river is wide, and it's too hard to cross

[Verse 1]

Even though I know the river is wide  
I walk down every evening and I stand on the shore  
I try to cross, to the opposite side  
So I can finally find, what I've been looking for

[Chorus 2]

In the middle of the night, I go walking in my sleep  
Through the valley of fear, to a river so deep  
I've been searching for something, taken out of my soul  
Something I could never lose, something somebody stole

[Verse 2]

I don't know why I go walking at night  
But now I'm tired and I don't wanna walk anymore  
I hope it doesn't take the rest of my life  
Until I find what it is I've been looking for

[Chorus 3]

In the middle of the night, I go walking in my sleep  
Through the jungle of doubt, to the river so deep  
I know I'm searching for something, something so undefined  
That it only can be seen, by the eyes of the blind  
In the middle of the night

[Verse 3]

Not sure about a life after this  
God knows I've never been a spiritual man  
Baptized by fire, I wade into the river  
That is runnin' through the promised land

[Chorus 4]

In the middle of the night, I go walking in my sleep  
Through the desert of truth, to the river so deep  
We all end in the ocean, we all start in the streams  
We're all carried along, by the river of dreams  
In the middle of the night

**PRECIOUS LORD** (by Thomas Dorsey)

Precious Lord, take my hand  
Lead me on, let me stand  
I am tired, I'm weak, I am worn  
Through the storm, through the night  
Lead me on to the light  
Take my hand, precious Lord  
Lead me home

**COME HEALING BREATH** (by Chaplain Donne)

Come healing breath, come heal my mind  
Come healing breath, come heal my heart  
Come healing breath, come heal my soul  
Come healing breath, come heal the world

**Sending You Light** (By Melanie DeMore)

**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  
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 ...

**Sojourner's Song**

(text by Braeden Ayres; adapted by Chaplain Donne)

I set out to follow that which calls life's travelers,  
But that I traveled left me lost, alone again.  
Mountains, rivers, valleys. Will I ever get to rest?  
Feel the anxious pounding in my head and in my chest?

**CHORUS**

**I will not be enslaved to this loneliness!**  
**I will look to the world in its loveliness!**  
**I will find myself stronger for all my trials!**  
I feel lost and hungry, not for food, but in my soul,  
I should be stronger; I should play the rugged role.  
"You should be the strongest, never showing any pain.  
Hide the anxious pounding, lock your heart up with a chain!"

**[CHORUS]**

I will cross mountains capped with snowfall,  
I will fight through the river's rage.  
Undeterred by the hottest desert  
I'll continue; turn the page.  
Someday (3x) so soon.

**ONE VOICE** (by Wailin Jennys)

This is the sound of one voice  
One spirit, one voice  
The sound of one who makes a choice  
This is the sound of one voice  
This is the sound of one voice

This is the sound of voices two  
The sound of me singing with you  
Helping each other to make it through  
This is the sound of voices two  
This is the sound of voices two

This is the sound of voices three  
Singing together in harmony  
Surrendering to the mystery  
This is the sound of voices three  
This is the sound of voices three

This is the sound of all of us  
Singing with love and the will to trust  
Leave the rest behind, it will turn to dust  
This is the sound of all of us  
This is the sound of all of us

**I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR (by U2)**

... I have climbed highest mountains  
I have run through the fields  
Only to be with you (2X)  
I have run  
I have crawled  
I have scaled these city walls  
These city walls  
Only to be with you  
... **But I still haven't found what I'm looking for**  
**But I still haven't found what I'm looking for**  
... I have kissed honey lips  
Felt the healing in her fingertips  
It burned like fire  
This burning desire  
... I have spoke with the tongue of angels  
I have held the hand of a devil  
It was warm in the night

I was cold as a stone  
**REFRAIN**  
... I believe in the kingdom come  
Then all the colors will bleed into one  
Bleed into one  
But yes I'm still running  
... You broke the bonds  
And you loosed the chains  
Carried the cross  
Of my shame (2X)  
You know I believe it

**REFRAIN**

**LEAN ON ME**

BY BILL WITHERS

Sometimes in our lives we all have pain  
We all have sorrow But if we are wise  
We know that there's always tomorrow

*Lean on me, when you're not strong And I'll be your friend  
I'll help you to carry on  
For it won't be long 'Til I'm gonna need  
Somebody to lean on*

Please swallow your pride If I have things  
You need to borrow For no one can fill  
Those of your needs That you don't let show

If there is a load you have to bear  
That you can't carry I'm right up the road  
I'll share your load If you just call me