

The Healing Pathway

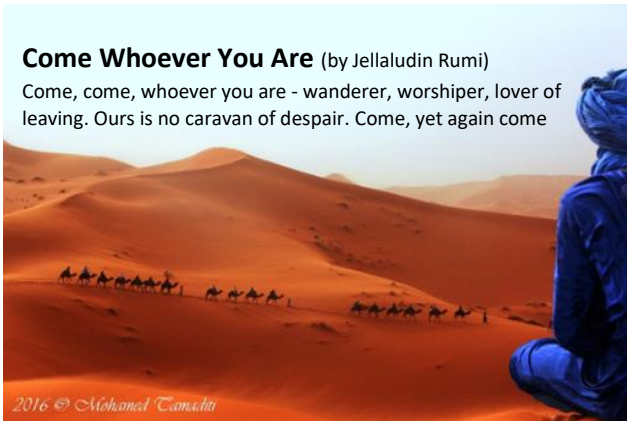
Serenity Prayer *(By Reinhold Niebuhr)*

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



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



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