

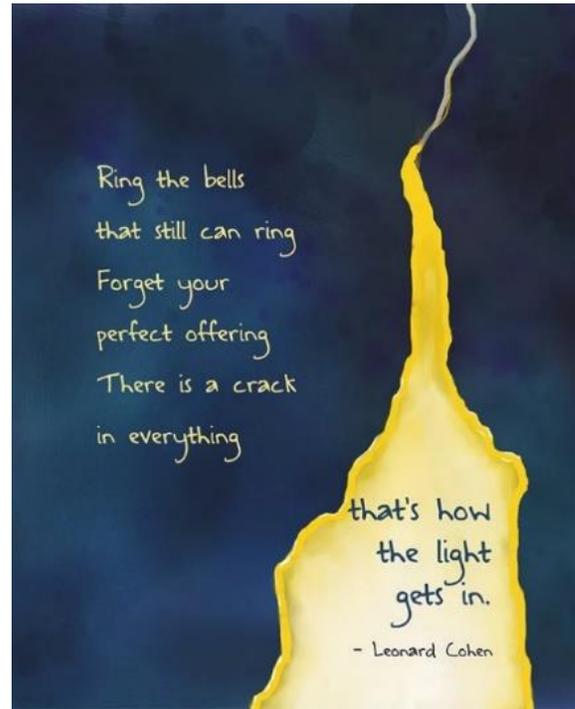
# ON HEALING OUR CRACKS & OWNING OUR GIFT

**Kintsugi:** the art of precious scars. In Japan, broken objects are often repaired with gold. The flaw is seen as a unique piece of the objects history, which adds to its beauty.



## COME HEALING BREATH (by Chaplain Donnel)

Come healing breath, come heal my mind Am, C, G, E  
 Come healing breath, come heal my heart Am, C, G, E  
 Come healing breath, come heal my soul Am, G, C, F  
 Come healing breath, come heal the world Am, C, G, E



## YOU'RE AMAZING JUST THE WAY YOU ARE (By Bruno Mars)

Oh, your eyes, your eyes  
 Make the stars look like they're not shinin'  
 Your hair, your hair  
 Falls perfectly without you tryin'  
 You're so beautiful and I tell you everyday  
 Yeah, I know, I know  
 When I compliment you, you won't believe me  
 And it's so, it's so  
 Sad to think that you don't see what I see  
 But every time you asks me, "Do I look okay?"  
*When I see your face [or NAME]*  
*There's not a thing that I would change*  
*'Cause you're amazing*  
*Just the way you are*  
*And when you smile [or ACTION]*  
*The whole world stops and stares for a while*  
*'Cause you're amazing*  
*Just the way you are*

## A Blessing for Light

(by Chaplain Alisa)  
 May you begin to see  
 a flicker of light  
 sparkling in the  
 distance, dancing next  
 to you, and  
 illuminating your  
 path, and...  
 May the small light  
 you see remind you of  
 the light that lives  
 within you.

## 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, 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 ...

## Your True Colors (by Justin Timerlake & Anna Kendrick)

You with the sad eyes  
 Don't be discouraged, oh I realize  
 It's hard to take courage  
 In a world full of people  
 You can lose sight of it all  
 The darkness inside you  
 Can make you feel so small  
 Show me a smile then  
 Don't be unhappy  
 Can't remember when  
 I last saw you laughing  
 This world makes you crazy  
 And you've taken all you can bear  
 Just call me up  
 'Cause I will always be there

And I see your true colors  
 Shining through  
 I see your true colors  
 And that's why I love you  
 So don't be afraid to let them show  
 Your true colors  
 True colors are beautiful

## BECAUSE YOU LOVED ME

(by Celine Dione)  
**VERSE 1**  
 For all those times you stood by me  
 For all the truth that you made me see  
 For all the joy you brought to my life  
 For all the wrong that you made right  
 For every dream you made come true  
 For all the love I found in you  
 I'm grateful for each day you gave me  
 [Pre-chorus]  
 You're the one who held me up  
 Never let me fall  
 You're the one who saw me through, through it all  
**[CHORUS]**  
**You were my strength when I was weak**  
**You were my voice when I couldn't speak**  
**You were my eyes when I couldn't see**  
**You saw the best there was in me**  
**Lifted me up when I couldn't reach**  
**You gave me faith 'coz you believed**  
**I'm everything I am**  
**Because you loved me**

**VERSE 2**  
 You gave me wings and made me fly  
 You touched my hand I could touch the sky  
 I lost my faith, you gave it back to me  
 You said no star was out of reach  
 You stood by me and I stood tall  
 I had your love I had it all  
 I'm grateful for each day you gave me  
 [Pre-chorus]  
 Maybe I don't know that much  
 But I know this much is true  
 I was blessed because I was, loved by you  
**[BACK TO Chorus]**

**[BRIDGE]**  
 You were always there for me  
 The tender wind that carried me  
 A light in the dark shining your love into my life  
 You've been my inspiration  
 Through the lies you were the truth  
 My world is a better place because of you  
**[BACK TO Chorus]**

# BLESSING

May there be kindness in your gaze when you look within. May you never place walls between the light and yourself. May your angel free you from the prisons of guilt, fear, disappointment and despair. May you allow the wild beauty of the invisible world to gather you, to mind you, and embrace you in belonging. AMEN. (By John O'Donohue)

## 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.

## I SEE THE LIGHT

(Alan Irwin Menken / Glenn Evan Slater)

All those days watching from the windows  
 All those years outside looking in  
 All that time never even knowing  
 Just how blind I've been  
 Now I'm here blinking in the starlight  
 Now I'm here suddenly I see  
 Standing here it's all so clear  
 I'm where I'm meant to be

CHORUS: *And at last I see the light*

*And it's like the fog has lifted*

*And at last I see the light*

*And it's like the sky is new*

*And it's warm and real and bright*

*And the world has somehow shifted*

*All at once everything looks different*

*Now that I see you*

All those days chasing down a daydream

All those years living in a blur

All that time never truly seeing

Things, the way they were

Now she's here shining in the starlight

Now she's here suddenly I know

If she's here it's crystal clear

I'm where I'm meant to go

## AMAZING GRACE (by John Newton, 1779)

Chords: DGDADGDAD

Amazing Grace how sweet the sound  
 That saved a wretch like me  
 I once was lost, but now I'm found  
 Was blind but now I see  
 'Twas grace that taught my heart to fear  
 And grace my fears relieved  
 How precious did that grace appear  
 The hour I first believed  
 Through many dangers, toils, and snares  
 I have already come  
 'Tis grace that brought me safe thus far  
 And grace will lead me home

## YOU SAY (by Lauren Daigle)

I keep fighting voices in my mind that say I'm not enough  
 Every single lie that tells me I will never measure up  
 Am I more than just the sum of every high and every low  
 Remind me once again just who I am because I need to know  
 - Ooh-oh

### CHORUS

*You say I am loved when I can't feel a thing*

*You say I am strong when I think I am weak*

*And you say I am held when I am falling short*

*And when I don't belong, oh You say I am Yours*

*And I believe, Oh, I believe, What You say of me, I believe*

The only thing that matters now is everything You think of me

In You I find my worth, in You I find my identity - Ooh-oh

(\*BACK TO CHORUS)

Taking all I have, and now I'm laying it at Your feet

You have every failure, God, You have every victory - Ooh-oh

(\*BACK TO CHORUS)

Oh, I believe, Yes, I believe, What You say of me, I believe

## HONOR THE DARK (by Lea Morris) – 1<sup>st</sup> Fr

*Honor the dark / As you do the light (Am)*

*Receive the gifts that come to us (D) by day and by night (E)*

*I choose to honor the dark / Uncertainty and change (Am)*

*Deliver us from fear until (D) only love (E) remains (Am)*

As the butterfly slips free from (Am) her dark cocoon (E)

As the evening sky reveals the (D) light of the moon (E)

Sometimes, fear surrounds us (Am)/ Sometimes, there will be pain (E)

Let the darkness heal you until (D) only love remains (E) ...**Honor**

As the seed emerges from under (Am) the dark earth (E)

As a mother push's the dark womb (D) to give birth (E)

Sometimes, fear surrounds us (Am)/ Sometimes, there will be pain (E)

Let the darkness heal you until (D) only love remains (E) ...**Honor**

## I AM HERE IN THE HEART OF LOVE

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

I am here in the heart of peace.

Peace is here in the heart of me.

Like the wave in the water  
 and the water in the wave.

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 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.

## WHAT SEEDS NEED WATERING IN YOUR LIFE?

Purpose / Goal / Direction  
 Vision

Mentor / Community Support / Guidance

Friendship / Companionship

Patience

Gratitude / Grace / Thankfulness

Hope

Recognition

Good communication

Cooperation

Kindness

Belonging

Appreciation

Acceptance

Connection

Respect

Nurture

Authenticity

Honesty

Creativity

Transparency

Commitment

Rest and Sleep

Solitude

Peace

Resilience / Perseverance

Mutuality

Laughter / Joy / Fun

Play

Presence

Freedom

Inspiration

Choice / Autonomy

Space

Meaning

Awareness

Tenderness

Inclusion

Learning & Growth

Self-Respect

Healing

Vision / Dreams

To Grieve

Love

Consideration

Empathy

Community

Understanding

Trust

Support

Stability

Safety

Exercise / Good physical health

Financial Security: Shelter, Food, Etcetera

Physical Health or Well-Being

Healing

Warmth

Adventure

Fairness / Justice

