

# On Freedom

## **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

## **Soulbird Rise**

(by India Arie)

I believe in open doors  
I've taken off the screen  
I'm ready to let the world come inside  
And touch my life  
I will no longer be defined (by)  
What someone else believes that I (am)  
And now that I have dropped the weight  
I am light as a feather  
It's time to elevate

### **[CHORUS]**

**Soulbird rise, Lift your eyes  
Spread your wings, and prepare to fly  
This is the moment of your life  
Go ahead and fly**

I believe in open doors  
I'm outside of the box  
What did not demolish me  
Simply polished me  
Now the clearer I can see  
I know where I wanna go  
I am living in the flow  
Now that I have dropped the weight  
I am light as a feather  
It's time to elevate

### **[CHORUS]**

**Soulbird rise, Lift your eyes  
Spread your wings, and prepare to fly  
This is the moment of your life  
Go ahead and fly**

I believe in open doors

## **Spirit's Calling** (by Beautiful Chorus)

Be the love  
Be the light  
Hear your voice  
Spirit's calling  
2X

Awaken to the rhythm  
Of the falling rain  
Surrender to the moment  
Let it wash your pain away  
2X

You are the love  
You are the light  
Lift your voices  
Spirit's calling  
2X

Awaken to the rhythm  
Of the falling rain  
Surrender to the moment  
Let it wash your pain away  
2X

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

*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*

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 ...**Honor**

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 ...**Honor**

## **As You Fly** (Regina Price)

The pain subsides,  
I'm mindful,  
Days go by,  
Like grains of sand,  
From our hands,

**When you rise,  
The sky will meet you,  
And I close my eyes,  
I always see you,  
Free as you fly**

You held me close,  
Lifted me high,  
Now you can go,  
Fast in to the good night,

**When you rise,  
The sky will meet you,  
And I close my eyes,  
I always see you,  
Free as you fly**

**When you rise,  
The sky will meet you,  
And I close my eyes,  
I always see you,  
Free as you fly**



## PRAYERS

Holy Wisdom,  
Meet me in my loneliness. Help me have the confidence to speak with others about things that keep me trapped, things that prohibit me from finding freedom; Help me heal my mind, body and spirit – for you know that I long to be free, yet often I still feel so trapped by my thoughts, my fears and my worries. Cover me with your love and grace, until I can walk in freedom, break out and fully live again.

Source of Love & Light,  
Grant me the serenity to accept the things I cannot change; the Courage to change the things I can; and wisdom to know the difference.  
AMEN.

### Isaiah 40:31

**But those who hope in the Lord will renew their strength. They will soar on wings like eagles.**

### On Eagle's Wings (by Michael Joncas)

You who dwell in the shelter of the Lord  
Who abide in His shadow for life  
Say to the Lord "My refuge,  
my rock in whom I trust!"

#### CHORUS:

**And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand.**

The snare of the fowler will never capture you  
And famine will bring you no fear  
Under His wings my refuge  
His faithfulness your shield.

You need not fear the terror the night  
Nor the arrow that flies by day  
Though thousands fall about you  
Near you death shall not come.

### If I'm Gonna Fall (by Ahlay Blakely)

If I'm gonna fall  
and if I'm gonna change;  
may it serve the whole --  
may it turn a page.

If I'm gonna fail,  
if I'm gonna learn,  
may it serve the whole --  
may it serve the future ones!

I, too, deserve belonging.  
I, too, deserve to heal.  
I, too, deserve aliveness --  
I deserve to court the shadows here.  
(2x)

### I KNOW WHY THE CAGED BIRD SINGS

(By Maya Angelou)

A free bird leaps on the back  
Of the wind and floats downstream  
Till the current ends and dips his wing  
In the orange suns rays  
And dares to claim the sky.

But a BIRD that stalks down his narrow cage  
Can seldom see through his bars of rage  
His wings are clipped and his feet are tied  
So he opens his throat to sing.

The caged bird sings with a fearful trill  
Of things unknown but longed for still  
And his tune is heard on the distant hill for  
The caged bird sings of freedom.

The free bird thinks of another breeze  
And the trade winds soft through  
The sighing trees  
And the fat worms waiting on a dawn-bright  
Lawn and he names the sky his own.

But a caged BIRD stands on the grave of  
dreams  
His shadow shouts on a nightmare scream  
His wings are clipped and his feet are tied  
So he opens his throat to sing.

The caged bird sings with  
A fearful trill of things unknown  
But longed for still and his  
Tune is heard on the distant hill  
For the caged bird sings of freedom.

### FREE MIND (by Tems)

#### V1.

I said, "five in the morning"  
I wake up to fight for my earnings  
The fear in my mind is a warning  
Praying to the one you rely on  
I've been wandering all day  
I try to be fine but I can't be  
The noise in my mind wouldn't leave me  
I try to get by but I'm burning

#### CHORUS: And behind my mind it runs

**All these thoughts have troubled me**

**Fighting to give up my pain**

**Fighting to be on my lane**

**My mind running to the other side**

**When it's time to live my life**

**Then it tries to take me out**

**Tell you what I need right here**

***I really need, I really need time now***

***I really need, I need a free mind now***

***I really need, I really need mine now***

***I really need, I need to free my mind now***

***I really need, I really need time now***

***I really need, I need a free mind now***

***I really need, I really need my mind now, oh yeah***

#### V2.

This is the peace that you cannot buy  
Send me a love that you cannot mix  
One is the joy that you cannot waste  
And the other one price that you cannot fix  
This is the peace that you cannot buy  
Finding a way when you cannot see  
Man will desist if he cannot pray  
I need to find release

#### [BACK TO CHORUS]

#### V3. To set me free

Freer than the open mind

Farther than the eyes can handle

Freer than the ocean now yeah, yeah

So set me free

Now I need to find release

Set me to the open sky

Now I need to free my mind yeah, yeah

