

Guides on our Journey

The Only Way Through Is Through *(By Dianne Baker)*

The only way through is through (2x) [Am E Am]
Well you can choose when it's time to start [D]
But the only way through is through [Am E Am]

You're being pressed down by a heavy hand [Am]
But when you reach rock bottom there's a place to stand (2x)
[E Am]

You take one step, you're still full of the dark [Am]
You take two steps you might see a little spark [C E]
Three steps ahead you see the light of the day [Am C E]
Keep on walkin' 'cause you're on your way [Am C E Am]

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 together you, mind you, and embrace you in belonging. AMEN.

(By John O'Donohue)

Shepherd Me *(Adapted from hymn by Marty Haugen)*

Shepherd me O Love
beyond my wants, beyond my fears, from death into life.

**Shepherd me O Love
beyond my wants, beyond my fears, from death into life.**

You are my shepherd, so nothing shall I want,
I rest in the meadows of faithfulness and love,
I walk by the quiet waters of peace.

**Shepherd me O Love
beyond my wants, beyond my fears, from death into life.**

Gently you raise me and heal my weary soul,
you lead me by pathways of righteousness and truth,
my spirit shall sing the music of your name.

**Shepherd me O Love
beyond my wants, beyond my fears, from death into life.**

HONOR THE DARK *(by Lea; www.thisislea.com) – 1st 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**

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.



Though I should wander the valley of death,
I fear no evil, for you are at my side, your rod and your staff,
my comfort and my hope.

**Shepherd me O Love
beyond my wants, beyond my fears, from death into life.**

You have set me a banquet of love in the face of hatred,
crowning me with love beyond my pow'r to hold.

**Shepherd me O Love
beyond my wants, beyond my fears, from death into life.**

Surely your kindness and mercy follow me all the days of my life;
I will dwell in the house of Love forevermore.

**Shepherd me O Love
beyond my wants, beyond my fears, from death into life.**

BLESSING OUR WHOLE BODY *(by Rev. Keith Menhinick)*

Blessed be your feet,
May they keep you standing.
Blessed be your hands,
May they always find palms to hold.
Blessed be your breath,
May it anchor you in this present moment.
Blessed be your eyes,
May they show you more beauty.
Blessed be your mind,
May it dream new dreams.
Blessed be your heart,
May it be brave and not afraid.
Blessed be your body,
May it know purpose and rest.
May all the gentleness, courage, and compassion
that your one sacred body gives
all flow back to you
as you love the only world we have.

IT'S OK (by NightBirde)

I moved to California in the summer time
I changed my name thinking that it would change my mind
I thought that all my problems they would stay behind
I was a stick of dynamite and it was just a matter of time, yeah
All day, all night, now I can't hide
Said I knew myself but I guess I lied
It's okay, it's okay, it's okay, it's okay
If you're lost, we're all a little lost and it's alright
It's okay, it's okay, it's okay, it's okay

If you're lost, we're all a little lost and it's alright
It's alright, it's alright, it's alright, it's alright

I wrote a hundred pages but I burned them all (Yeah, I burned them all)
I drove thru yellow lights & don't look back at all (I don't look back at all)
Yeah, you can call me reckless, I'm a cannonball (uh, I'm a cannonball)
Don't know why I take the tightrope and cry when I fall
All day, all night, now I can't hide
Said I knew what I wanted but I guess I lied

PRECIOUS LORD (by Thomas Dorsey)

Precious Lord, take my hand (D)
Lead me on (G), let me stand (E)
I am tired, I'm weak (D), I am worn (C-A)
Through the storm, through the night (D)
Lead me on (G) to the light (E)
Take my hand (D), precious Lord (E)
Lead (A) me home (D)

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

Awake Awake

(by John Phillip Newell & David Poole)
Awake, awake, your light has come
Awake, awake, my soul, O my soul

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 ...

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

SACRED SPACE (by India Arie)

You are where I go to hide
When the wind starts to blow
When the lightning starts to strike
When the thunder starts to roll
When this life becomes a fight
You are where I put my gloves down
When I'm running out of time
You are where I go to slow down
[CHORUS]
You are my favorite place
You are my sacred space
Yes you are, yes you are, yes you are (Ooh)
Where I go to be moved
Where I go to be still
Your love makes me new
In your presence I heal
[CHORUS]
You are my favorite place
You are my sacred space
Yes you are, yes you are, yes you are (Ooh)
[Bridge] No walls, no war
No calls, no weapon formed
No law, what for?
You are where I go to hide
You are where I go to heal
You are where I go to feel
To remember what is real, ooh
[Back to Chorus]

Over the Rainbow

(by Israel Kamakawiwo'ole)
Ooh
Somewhere over the rainbow way up high
in the dream that you dream of once in a lullaby
Oh somewhere over the rainbow blue birds fly
And the dreams that you dreamed of,
dreams really do come true, ooh-oooh
Someday I'll wish upon a star,
wake up where the clouds are far behind me
Where trouble melts like lemon drops
High above the chimney top,
that's where you'll find me
Oh somewhere over the rainbow blue birds fly
And the dream that you dare to,
oh why, oh why can't I?
Someday I'll wish upon a star,
wake up where the clouds are far behind me
Where trouble melts like lemon drops
High above the chimney tops,
that's where you'll find me
Oh somewhere over the rainbow way up high
And the dream that you dare to,
oh why, oh why can't I?



YOU ARE MINE (by David Haas)

V1. I will come to you in the silence
I will lift you from all your fear
You will hear My voice
I claim you as My choice
Be still, and know I am near
V2. I am hope for all who are hopeless
I am eyes for all who long to see
In the shadows of the night,
I will be your light
Come and rest in Me
CHORUS:
Do not be afraid, I am with you
I have called you each by name
Come and follow Me
I will bring you home
I love you and you are mine
V3. I am strength for all the despairing
Healing for the ones who dwell in shame
All the blind will see, the lame will all run free
And all will know My name
[Back to Chorus]
V4. I am the Word that leads all to freedom
I am the peace the world cannot give
I will call your name, embracing all your pain
Stand up, now, walk, and live
[Back to Chorus]

Peace All Around

(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.