

On Letting Go & Receiving

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.



Anytime you're gonna grow, you're gonna lose something. You're losing what you're hanging onto to keep safe. You're losing habits that you're comfortable with, you're losing familiarity.

(By James Hillman)

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]

PEACE ALL AROUND US (2nd Fr)

Peace before us, Peace behind us
Peace under our feet.
Peace within us, Peace over us
Let all around us be peace.

PRECIOUS LORD (by Thomas Dorsey) – 3rd Fr

Precious Lord, take my hand (D)
Lead me on (G), let me stand (Em)
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 (Em)
Take my hand (D), precious Lord (Em)
Lead (A) me home (D)

SOUL SEARCHING (by Glenn Frey)

The time is coming, to do some soul searching
No more running, no more bridges burning
The time is comin for you and me
To take a look inside no matter what we see
Let's do some soul searchin, just you and me

The time keeps passing, and the clock is running
But the river is flowing, and the rain keeps coming
Let's join our hands before we're washed away
Time to leave the pain of yesterday
Let's do some soul searching, just you and me

Our lives are changing, this old world is turning
We sit here wondering, what we're learning
We can help each other, we can be a friend
Let's be true to each other the best we can
Let's do some soul searching, just you and me

The time is coming, to do some soul searching
No more running, no more bridges burning
It's time to stop pretending that we're somebody else
Perhaps you can't change this world, but you can change yourself
Let's do some soul searching, just you and me

The wind is blowing, the season's passing
The sun's brightly shining, the sea is rising
We're gonna change our lives, and drop our foolish pride
We're gonna to make amends, and we're not gonna hide
Let's do some soul searching, just you and me

Broken hearts are beating, our feet are walking
Our bodies breathing, our arms are carrying
It's time for all of us to build a new life together
Working hand in hand, & helping each other
Let's do some soul searching, just you and me

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-ooh
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?

PRAYER IN OUR SEARCH FOR THE PEARL

In our journeys, show us the way to the real treasure – the treasure that we deeply need and not our superficial wants.

Give us the wisdom to discover what we need to be whole again.

Give us the diligence and stamina to search and discover what we need to heal.

Give us an open heart to meditate, contemplate, and to discern.

Give us the patience to wait.

Give us the eyes to behold.

Give us the strength to let go of those things that are hard for us to let go, so that we allow space for the pearl of great price:

the balm to mend the broken parts

the treasure of peace and breath

of good health

of companionship

of empathy, presence, and belonging;

of grace, beauty, meaning & purpose. AMEN.

O DROP (by Jellaludin Rumi)

Listen, O drop, give yourself up without regret, and in exchange gain the Ocean.

Listen, O drop, bestow upon yourself this honor, and in the arms of the Sea be secure.

Who indeed should be so fortunate?

An Ocean wooing a drop!

In God's name, in God's name, sell and buy at once!

Give a drop, and take this Sea full of pearls!

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

FREE MIND (by Tems)

Yeah, yeah my mind
 Yeah, yeah my mind
 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 in
 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

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 ...

THE PEARL MERCHANT'S SONG

(by Chaplain Donnel)
 I knew the first time I saw you
 You were to good to be true
 In my dreams you were there
 To be with me and share
 I found the greatest treasure
 An answer to my prayer
 You are my guide, my light
 To life's meaning clear and bright
 The greatest pearl in the ocean
 Waiting for me all this time
 Like a lifeline helping me cope
 Giving love peace and hope
 You gave me healing and purpose
 Brightening the night of my fears
 Igniting in me a gentle spark
 Leading me out of the dark

COME HEALING BREATH

(by Chaplain Donnel)
 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

May the Light of Love

(White Sun, adapted by Chaplain Donnel)
 May the light of love shine upon you
 All life surround you
 And the pure light within you
 Guide your way home

AWAKE

Awake awake, your light has come
 Awake awake my soul, O my soul.

PEARLS TO RECEIVE

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

Financial Security: Shelter, Food, Etcetera

