

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

Your True Colors (by Justin Timberlake & 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

A Blessing for Light

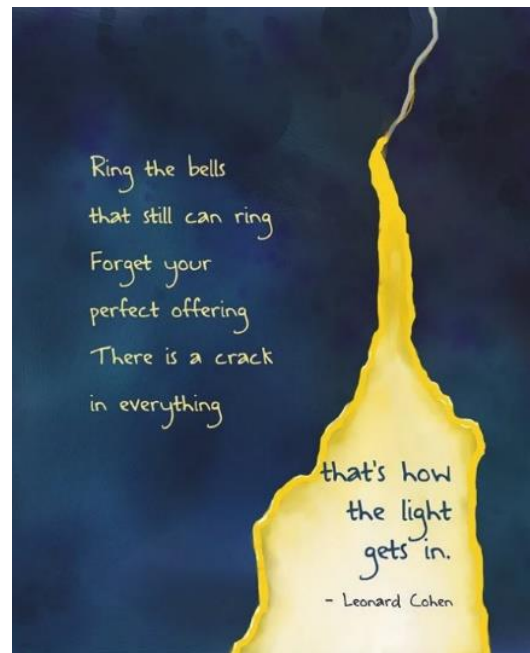
(by Chaplain Alisa)
 May you begin to see
 a flicker of light
 sparkling in the
 distance, dancing next
 to you, and
 illuminating your
 path, and...
 May the small light
 you see remind you of
 the light that lives
 within you.

BEAUTIFUL SCARS (by Maximilian)

Broken all the pieces I've been shaping lately
 Focused on the things that didn't make no sense
 Guess that growing up was never meant to be easy
 I got used to doing everything sideways
 Didn't really care about how anyone felt
 Hiding my emotions down in different ashtrays
PRE-CHORUS
Oh, but what is lost ain't gone
No, you can't just let go
'Cause it's a part of you that, will make you strong
Embrace your flaws

CHORUS

I'm not gonna fight back what I've become
 Yeah, I've got bruises where I came from
 But I wouldn't change if I could restart
 I ain't gonna hide these beautiful scars
 I've been going way too hard on myself
 Guess that it's the reason that I'm feeling like hell
 But I wouldn't change if I could restart
 I ain't gonna hide these beautiful scars
 V2
 I went down a road that only got me nowhere
 I've seen every corner, every inch of this place
 Being all alone it really got me thinking
 Maybe overthinking
 (Back to PRE-CHORUS
 + CHORUS 2X)



Ring the bells
 that still can ring
 Forget your
 perfect offering
 There is a crack
 in everything

that's how
 the light
 gets in.

- Leonard Cohen

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 ...

BLESSING (By John O'Donohue)

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.

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.

It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone.
Rose Kennedy

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

WHAT PRECIOUS GOLDEN GLUE (ADHESIVE) DO YOU NEED FROM THIS LIST?

- 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
- cial Security: Shelter, Food, Etcetera
- Physical Health or Well-Being
- Healing
- Warmth
- Adventure
- Fairness / Justice

HUMAN (Rag'n'bone Man)
Maybe I'm foolish, maybe I'm blind
Thinking I can see through this, and see what's behind
Got no way to prove it, so maybe I'm blind
But I'm only human after all, I'm only human after all
Don't put your blame on me (2X)
Take a look in the mirror, and what do you see
Do you see it clearer, or are you deceived, in what you believe
Cos I'm only human after all, you're only human after all
Don't put the blame on me (2X)
[Chorus]
Some people got the real problems
Some people out of luck
Some people think I can solve them
Lord heavens above
I'm only human after all, I'm only human after all
Don't put the blame on me (2X)
Don't ask my opinion, don't ask me to lie
Then beg for forgiveness, for making you cry, making you cry
Cos I'm only human after all, I'm only human after all
Don't put your blame on me, don't put the blame on me
[Chorus]
Some people got the real problems
Some people out of luck
Some people think I can solve them
Lord heavens above
I'm only human after all, I'm only human after all
Don't put the blame on me (2X)
I'm only human I make mistakes, I'm only human
that's all it takes
to put the blame on me / don't put your blame on me
[Bridge]
I'm no prophet or messiah
Should go looking somewhere higher
I'm only human after all, I'm only human after all
Don't put the blame on me (2X)
I'm only human I do what I can
I'm just a man I do what I can
Don't put the blame on me
Don't put your blame on me

Love Me More (by Sam Smith)
Have you ever felt like being somebody else?
Feeling like the mirror isn't good for your health?
Every day I'm tryin' not to hate myself
But lately, it's not hurtin' like it did before
V1. Maybe I am learning how to love me more
It used to burn - every insult, every word
But it helped me learn, self-worth I had to earn
So I tried every night to sit with sorrow
And eventually, it set me free
Have you ever felt like being somebody else?
Feeling like the mirror isn't good for your health?
Every day I'm tryin' not to hate myself
But lately, it's not hurtin' like it did before
Maybe I am learning how to love me more
CHO: Just a little bit (love me more)
Just a little bit (love me more)
Oh, no (love me more)
Just a little bit (love me more)
V2. I used to cry myself to sleep at night
I'd blame the sky when the mess was in my mind
I couldn't see, I couldn't breathe
So I sat with sorrow
And eventually, it set me free
(BRIDGE + CHORUS)