

JOURNEYING THROUGH LIFE'S TWISTS & TURNS

Come Whoever You Are

(by Jellaludin Rumi) – 2nd Fr

Come, come, whoever you are,
wanderer, worshiper, lover of leaving.
Ours is no caravan of despair.
Come, yet again come

I AM HERE IN THE HEART OF LOVE

By Erin McGaughan; [Chords: Am, G, Am, D]

I am here in the Heart of love.
Love is here in the heart of me.
Like the flame in the fire
and the fire in the flame.
I am here in the heart of love.

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 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.

REMEMBER ME

Remember me
Though I have to say goodbye
Remember me
Don't let it make you cry
For even if I'm far away
I hold you in my heart
I sing a secret song to you
Each night we are apart
Remember me
Though I have to travel far
Remember me
Each time you hear a sad guitar
Know that I'm with you
The only way that I can be
Until you're in my arms again
Remember me

Recuérdame,
hoy me tengo que ir mi amor
Recuérdame,
no llores por favor
Te llevo en mi corazón
y cerca me tendrás
A solas yo te cantaré,
soñando en regresar
Recuérdame
Aunque tenga que emigrar
Recuérdame
Si mi guitarra oyes llorar
Ella con su triste
canto te acompañará
Hasta que en mis brazos estés
Recuérdame

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

The Only Way Through Is Through (By Dianne Baker) 4thF

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]

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

A Stranger in a Strange Land Psalm

(by Edward Hays)

O God, help me,
For I feel lost in this strange place
and yearn to feel at home again.
Help me, O you who are truly at home in every place,
to be at home in this unfamiliar place.

Stolen is my compass of comfort,
my confident ground of the familiar and known.
Without that compass, my heart fills with fear,
jettisoning my peace of mind and heart
and casting me adrift a sea of strangeness.

O God whose home is here and everywhere,
help this new place to be as comfortable
as an old shoe.
May my awareness of your ever present love
make a homeland
of what now for me is a strange land.

THE NEXT RIGHT THING

(by Kristin Anderson-Lopez & Robert Lopez)

I've seen dark before, but not like this
This is cold, this is empty, this is numb
The life I knew is over, the lights are out
Hello darkness, I'm ready to succumb
I follow you around, I always have
But you've gone to a place I cannot find
This grief has a gravity, it pulls me down
But a tiny voice whispers in my mind
 You are lost, hope is gone
 But you must go on
 And do the next right thing
Can there be a day beyond this night?
I don't know anymore what is true
I can't find my direction, I'm all alone
The only star that guided me was you
 How to rise from the floor?
 But it's not you I'm rising for
 Just do the next right thing

Take a step, step again

It is all that I can do

The next right thing

 I won't look too far ahead
 It's too much for me to take
 But break it down to this next breath, this next step
 This next choice is one that I can make

So I'll walk through this night

Stumbling blindly toward the light

And do the next right thing

And with the dawn, what comes then?

When it's clear that everything will never be the same again

Then I'll make the choice to hear that voice

And do the next right thing

"Life is a labyrinth. Some people wander around their whole lives looking for a way out but there's only one path and it leads you ever deeper."

(Quote from "Dark", German Sci-fi series)

Sending You Light (By Melanie DeMore) – 1st Fr

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 Labyrinthine Road

(writer Sir Didymus)

Without any warning
when you find yourself pulled
by strong currents and
thrown you into a journey
you did not ask for,
know that you are not alone
even if it feels so.
You are probably called
into an adventure
to face your fears
that you have kept
locked away
for so long.
Know that the path
will be full
of twists and turns
and never a straight line –
like the ancient walk
called the tripudium – three
steps forward
and one step back.

Your map and
compass of comfort
will melt and slip
your grasp
as you drift into
the strange unknown.
Do not forget
to hold the hand
of a friend.
And for balance
feel a supportive
hand on your back.
At the center of
the labyrinth
there stands
your dragon
but gently holding a gift
waiting to be owned...
A gift that has been there
all along and only seen
when you release
and ease your breath.

LEAN ON ME

BY BILL WITHERS

Sometimes in our lives we all have pain

We all have sorrow But if we are wise

We know that there's always tomorrow

*Lean on me, when you're not strong And I'll be your friend
I'll help you to carry on*

For it won't be long 'Til I'm gonna need

Somebody to lean on

Please swallow your pride If I have things

You need to borrow For no one can fill

Those of your needs That you don't let show

If there is a load you have to bear

That you can't carry I'm right up the road

I'll share your load If you just call me



PEACE ALL AROUND US

Peace before us

Peace behind us

Peace under our feet.

Peace within us

Peace over us

Let all around us be peace.

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

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.