

Our Tears Falling Down Like Rain (by Paul Vasile; Psalm 126:6)

Our tears, falling down Let it be, let it be,
like rain to the ground let it be, let it be
will water seeds of change Let it be, O let it be

HOPE IS DEEPER THAN DESPAIR (by David Poole)

Hope is deeper than despair, wait for the rising sun.
Hope is deeper, wait for the light.

ON SEEDS BECOMING A LIVING TREE

The Growing Seed (by Chaplain Donnel)

The sun grows the seed, the sun grows the seed
Feel the warm light, the sun grows the seed
The rain grows the seed, the rain grows the seed
Feel the fresh water, the rain grows the seed
CHORUS: In the dark, seek the light
Feel me grow through the night (2X)
The dirt grows the seed, the dirt grows the seed
Feel the compost, the dirt grows the seed
The air grows the seed, the air grows the seed
Feel the wind blow, the air grows the seed

Standing Like A Tree

Standing like a tree with my roots set down
My branches wide and open.
Down comes the rain, down comes the sun
Down comes the word to a heart
That is longing to be standing like a tree

Blessing the Seed (by Jan Richardson)

I should tell you Then—
at the outset: and I know this blessing
this blessing will require you has already asked much
to do some work. of you—
 it is to be hoped that
First you must simply you will rest
let this blessing fall and learn
from your hand, that something is at work
as if it were a small thing when all seems still,
you could easily let slip seems dormant,
through your fingers, seems dead.
as if it were not
most precious to you,
as if your life did not
depend on it.
Next you must trust
that this blessing knows
where it is going,
that it understands
the ways of the dark,
that it is wise
to seasons
and to times.
I promise you
this blessing
is on its way back
to you.
I promise you—
when you are least
expecting it,
when you have given up
your last hope—
this blessing will rise
green
and whole
and new.

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 Prayer

(by Pádraig Ó Tuama)
So let us pick up the stones
over which we stumble,
friends, and build altars. Let
us listen to the sound of
breath in our bodies.
Let us listen to the sounds of
our own voices, of our own
names, of our own fears.
Let's claw ourselves out
from the graves we've dug.
Let's lick the earth from our
fingers. Let us look up and
out and around. The world is
big and wide and wild and
wonderful and wicked,
And our lives are murky,
magnificent, malleable, and
full of meaning. Let us pray.

WHY WE PRUNE

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

Rain Down On Me (by SWV)

V1. Sometimes it's soft as a misty rain
That gently touches my soul
It cools the fire that burns in me
And I simply lose control, so just
CHORUS
Rain down on me (Your Peace/Lord please)
Let your love just fall like rain
Just rain on me
Rain down on me
Let your love just shower me
Just rain on me
V2. Full as a dam at capacity
My passion's about to explode, yeah
I can't escape, it's surrounding me
I'm caught in a storm
That I don't need no shelter from
[Back to CHORUS]

Graveyard (by Halsey)

Verse 1
It's crazy when
The thing you love the most is the detriment
Let that sink in
You can think again
When the hand you wanna hold is a weapon and
You're nothin' but skin
PRE-CHORUS
Oh, 'cause I keep diggin' myself down deeper
I won't stop 'til I get where you are
I keep runnin', I keep runnin', I keep runnin'
They say I may be making a mistake
I would've followed all the way, no matter how far
I know - when you go - down all your darkest roads
I woulda followed all the way to the graveyard
CHORUS
Oh 'cause I keep diggin' myself down deeper
I won't stop 'til I get where you are
I keep running when both my feet hurt
I won't stop 'til I get where you are
Oh - when you go - down all your darkest roads
I woulda followed all the way to the graveyard
Verse 2
You look at me
With eyes so dark, don't know how you even see
You push right through me
It's gettin' real
You lock the door, you're drunk at the steering wheel
And I can't conceal
(PRE-CHORUS + CHORUS)
Oh, it's funny how
The warning signs can feel like they're butterflies
(PRE-CHORUS + CHORUS)

TRUST THE WORK (music by Paul Vasile; words by Teilhard de Chardin)
Trust the work...trust the slow work...
Trust the slow work of Love/God...within you.



ALL THE SEEDS

(composed by the Wallin Jennys; adapted by Chaplain Donne)

All the seeds beneath the snow, start to grow,
 All the seeds beneath the snow, say 'Hello,' say 'Hello.'
 All the seeds lie below, deep in heart and what we know
 All the seeds lie below, the ones we sowed
 But if we could be free
 One with all this glory
 If we could be free

All the roots in the dark, going deep, find the spark
 All the roots in the dark, a scary place to start
 All the roots holding strong, come along, O come along
 All the roots holding strong, come and sing this song
 But if we could be free
 One with all this glory
 If we could be free

So open wide your wounded heart, feel yourself be blown apart
 Open wide your wounded heart, it's a funny place to start
 In the light of the sun, we are found, we are undone
 In the light of the sun, we are a one
 But if we could be free
 One with all this glory
 If we could be free

All the birds on the sky, flap their wings, and off to fly
 All the birds in the sky, say 'Goodbye', say 'Goodbye.'
 We were here yesterday, now you seem so far away
 We were here yesterday, I heard you saying
 But if we could be free
 One with all this glory
 If we could be free

We Shall Not Be Moved

(by Alfred H. and B. D. Ackley)

We shall not be, we shall not be moved
 We shall not be, we shall not be moved
 Just like a tree that's planted by the waters
 We shall not be moved

- Planting seeds of healing...
- Pruning off our burdens...
- Rooted in our faith...
- Growing in the darkness...
- Seeking the light

PRAYER OF FRANCIS OF ASSISI

Make me an instrument of your peace. Grant that I may not so much seek to be consoled
 Where there is hatred, let me sow love. as to console.
 Where there is injury, pardon. To be understood as to understand.
 Where there is doubt, faith. To be loved as to love.
 Where there is despair, hope. For it is in giving that we receive.
 Where there is darkness, light. It is in pardoning that we are pardoned. AMEN.
 Where there is sadness, joy.

Earth Prayer (by Black Elk)

Hey! Learn to hear my feeble voice.
 At the center of the sacred hoop
 You have said that I should make the tree to bloom.
 With tears running, O Great Spirit, my Grandfather,
 With running eyes I must say
 The tree has never bloomed.
 Here I stand, and the tree is withered.
 Again, I recall the great vision you gave me.
 It may be that some little root of the sacred tree still lives.
 Nourish it then - that it may leaf
 and bloom and fill with
 singing birds!
 Hear me, that the
 people may once again
 Find the good road and
 the shielding tree.



HONOR THE DARK (by Lea Morris)

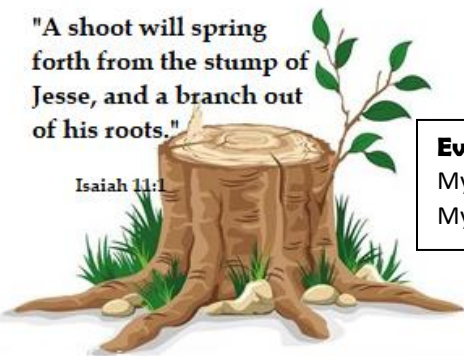
*Honor the dark / As you do the light
 Receive the gifts that come to us by day and by night
 I choose to honor the dark / Uncertainty and change
 Deliver us from fear until only love remains*

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**

"A shoot will spring
 forth from the stump of
 Jesse, and a branch out
 of his roots."

Isaiah 11:1



Every Part of Me (by Lea Morris & Elisa S. Keeler)
 My heart is opening, my roots are anchoring
 My breath is travelling, to every part of me.

A Seed Psalm (By Edward Hays)

**Awaken, you buried seeds
 asleep in your Earthen tombs!
 Rise up with joy to break forth
 the hard coffins of your shells!
 Birth of new life has come;
 the song of the dove
 is heard over the softening land.
 Awaken, O sacred seeds
 buried within me.
 Rise up to fulfill your destiny
 whose time has come.
 For sanctity is scribbled
 bold within my blood and brain.
 Onward and beyond
 have I been called
 even before I felt the sun
 or knew the Earth around me.
 May the light enchant my soul,
 shy and hesitant within me,
 and set the rhythm for my sluggish feet
 in a dance of holy yearning.**

BE LIKE A SEED

The tiny seed knew that in order to grow, it needed to be dropped in dirt, covered in darkness, and struggle to reach the light.

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

