

# Blessing Our Belovedness

## 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.

## 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.

## 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.  
May you always remember that you are amazing just the way you are, and that your true colors are beautiful like a rainbow. AMEN.

(Adapted from a blessing by John O'Donohue)

**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.



## 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  
There's not a thing that I would change  
'Cause you're amazing  
Just the way you are  
And when you smile  
The whole world stops and stares for a while  
'Cause you're amazing  
Just the way you are

*When I see [NAME]  
There's not a thing that I would change  
'Cause you're amazing  
Just the way you are  
And when you [ACTION]  
The whole world stops and stares for a while  
'Cause you're amazing  
Just the way you are*

## YOU MATTER

You matter more than you know. There is not a scale on the planet grand enough to measure the importance of your life in the world.

(By Mary Davis)

## Your True Colors (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*

*In case no one told you today :*

*You're beautiful.  
You're loved.  
You're needed.  
You're alive for a reason.  
You're stronger than you think.  
You're gonna get through this.  
I'm glad you're alive. And  
don't ever give up!*

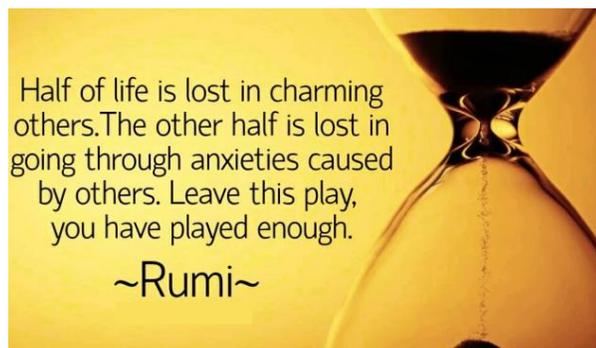
## COME HEALING

**BREATH** (by Ch. Donnel)

Come healing breath  
Come heal ...my mind  
...my heart  
...my soul  
... the world

## BELOVED, YOU ARE (by Rev. Ginny Wilder)

Beloved, you were created in light, in song.  
Beloved, you radiate, weave, and rejoice.  
Beloved, remember that within you is the love that knows no bounds.  
Beloved, remember that love as you begin this new day.  
Beloved, the power of hope can be found in the sinew of your heart.  
Beloved, the hope you feel pulling on your heartstrings is the gift of our Creator.  
Beloved, take courage, take heart, and play the song of hope, even if you are the only who sways to the melody.  
Beloved, this is the Creator's favorite tune.



Half of life is lost in charming others. The other half is lost in going through anxieties caused by others. Leave this play, you have played enough.

~Rumi~

## ALL AROUND EVERYWHERE

All around  
Everywhere  
All around everywhere  
Holy holiness

In the highest sky  
In the deepest sea  
In the highest sky,  
in the deepest sea  
Holy holiness

In my heart  
In your soul  
In my heart, in your soul  
Holy holiness

In all we do  
In all we are  
In all we do, in all we are  
Holy holiness

Every step  
Every breath  
Every step, every breath  
Holy holiness

As with me  
So with you  
As with me, so with you  
Holy holiness

In the light  
In the dark  
In the light, in the dark  
Holy, holiness

All around  
Everywhere  
All around everywhere  
Holy holiness

### 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.

### PUNCHINELLO'S PRAYER

"When fears arise and pressures push me toward that cursed corner – with the dark and crushing voice saying, 'I am not enough' – help me rise.  
Help me shed and release the constant weight of the stickers of superficial expectations that I carry.  
Lift me out and above this swirl of deceptions.  
Help me keep my eyes in the right place. Reground my understanding that I am your beloved for whom you are well pleased; that I am looked upon with love by the One who loves perfectly."

### 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)

### Sending You Light (By Melanie DeMore)

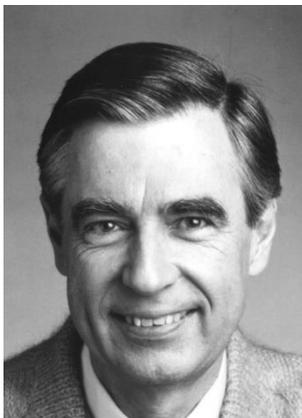
I am sending you Light, To heal you, To hold you  
I am sending you Light, To hold you in Love  
**I am sending you Light, To heal you, To hold you**  
**I am sending you Light, To hold you in Love**  
No matter where you go, No matter where you've been  
You'll never walk alone  
I feel you deep within, 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 ...

### WHERE THE STREETS HAVE NO NAME

(by U2)

I want to run, I want to hide  
I want to tear down the walls  
That hold me inside  
I want to reach out  
And touch the flame  
Where the streets have no name  
I, I, I, I want to feel, sunlight on my face  
I see the dust cloud disappear  
without a trace  
I want to take shelter  
from the poison rain  
Where the streets have no name, Oh Ah  
**CHORUS**  
*Where the streets have no name (2X)  
We're still building  
Then burning down love, burning down love  
And when I go there, I go there with you...  
It's all I can do*

The city's a flood, and our love turns to rust  
We're beaten and blown by the wind  
Trampled in dust  
I'll show you a place  
High on a desert plain  
Where the streets have no name, Oh Ah  
**CHORUS**  
*Where the streets have no name (2X)  
We're still building  
Then burning down love, burning down love  
And when I go there, I go there with you...  
It's all I can do*  
Our Love turns to rust  
We're beaten  
and blown by the wind, blown by the wind  
Oh, and I see love, see our love turn to rust  
Ah We're beaten  
and blown by the wind, blown by the wind  
Oh when I go there, I go there with you  
It's all I can do



**Don't ever give up on yourself or your dreams, You're worthwhile and always will be, no matter what. Just remember to always be who you are because that person is very special.**

**There is no person in the world like you. And I like you just the way you are. - Mr. Rogers**