

THE SEA OF LIFE

The Sea of Life (by Chaplain Donnel)

Rowing to the sea of life, sea of life, sea of life
 Rowing to the sea of life, and dance in the waves (2x)
Seeking peace in the storm
Find my breath in the wind
Riding on the mighty water's flow

SERENITY PRAYER (by Reinhold Niebuhr)

Grant me the serenity to accept things I cannot change,
 the courage to change the things I can,
 and the wisdom to know the difference.
 Living one day at a time, enjoying one moment at a time.

Beautiful Ordinary Life (by LR Knost)

Life is amazing.
 And then it's awful.
 And then it's amazing again.
 And in between the amazing and the awful it's ordinary and mundane and routine.
 Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary.
 That's just living. Heartbreaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful.

Psalm 65:7

You silence the roaring of the seas, the roaring of their waves, the tumult of the peoples.

Psalm 89:9

You rule the raging of the sea; when its waves rise, you still them.

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

Slow breathing is like an anchor in an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

Russ Harris

Drop the Oars (by Lea Morris)

Drop the oars in the water (3x)
 And let go.
 Drop the oars in the water (2x)
 Ride with the flow.

The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reason for staying ashore.

~ Vincent Van Gogh

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.

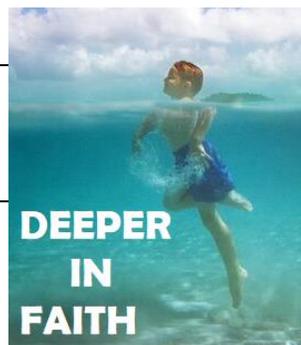
WADE IN THE WATER

(HISTORICAL CONTEXT: Underground Railroad)

Wade in the water
 Wade in the water children
 Wade in the water
 God's gonna trouble the water

*See that band all dressed in white (God's gonna trouble the water)
 The leader looks like the Israelite (God's gonna trouble the water)*

*See that band all dressed in red (God's gonna trouble the water)
 It looks like the band that Moses led (God's gonna trouble the water)*



DEEPER
 IN
 FAITH

PRECIOUS LORD (by Thomas Dorsey)

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)

PEACE BE STILL

Across the sea storms may go; waves may crash, winds will blow.
 Have no fear and keep your faith, loving hands will keep you safe.
 And over stormy lands, he raises up his hands and says, "Peace be still."

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

A Blessing for the Weary (By Catherine McNiel; Adapted by Chaplain Donnel)

You who feel lost in the stormy seas, may you find the tools to navigate yourself home. You who feel lost in the darkness: may a beam of light shine on your face and your path (a lighthouse?). You who journey through death: may you encounter a surprise in the valley, a sign of new life. You who feel sunk into despair: may hope come near to you, for true hope is born in the depths. In exhaustion, may you find sleep and rest. In suffering, may you receive peace and relief. In isolation, may you feel presence, a steady hand on your back. You who have poured out all that you are: may life be restored to you. You who have lost more than you can face: may you discover you are never alone. You who can go no further: may you find strength to lay down in the presence of the One Who Heals & Renews. *Blessed be. May it be so. Amen.*

Biblical Verse

Luke 8:24

They went to him and woke him up, shouting, 'Teacher, we are perishing!' And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm.

How Far I'll Go (Lin-manuel Miranda)

VERSE 1

I've been staring at the edge of the water
'Long as I can remember, never really knowing why
I wish I could be the perfect daughter
But I come back to the water, no matter how hard I try
Every turn I take, every trail I track
Every path I make, every road leads back
To the place I know where I cannot go
Where I long to be

CHORUS:

See the line where the sky meets the sea? It calls me
And no one knows, how far it goes
If the wind in my sail on the sea stays behind me
One day I'll know, if I go there's just no telling how far I'll go

VERSE 2

I know everybody on this island seems so happy on this island
Everything is by design
I know everybody on this island has a role on this island
So maybe I can roll with mine
I can lead with pride, I can make us strong
I'll be satisfied if I play along
But the voice inside sings a different song
What is wrong with me?

CHORUS:

See the light as it shines on the sea? It's blinding
But no one knows, how deep it goes
And it seems like it's calling out to me, so come find me
And let me know: What's beyond that line, will I cross that line?

CHORUS:

See the line where the sky meets the sea? It calls me
And no one knows, how far it goes
If the wind in my sail on the sea stays behind me
One day I'll know, if I go there's just no telling how far I'll go

IT'S OK (by NightBirde)

I moved to California in the summer time
I changed my name thinking that it would change my mind
I thought that all my problems they would stay behind
I was a stick of dynamite and it was just a matter of time, yeah
All day, all night, now I can't hide
Said I knew myself but I guess I lied

CHORUS: It's okay, it's okay, it's okay, it's okay

If you're lost, we're all a little lost and it's alright

It's okay, it's okay, it's okay, it's okay

If you're lost, we're all a little lost and it's alright

It's alright, it's alright, it's alright, it's alright

I wrote a hundred pages but I burned them all (Yeah, I burned them all)
I drove thru yellow lights & don't look back at all (I don't look back at all)
Yeah, you can call me reckless, I'm a cannonball (uh, I'm a cannonball)
Don't know why I take the tightrope and cry when I fall
All day, all night, now I can't hide
Said I knew what I wanted but I guess I lied

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

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 lores 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

Wider circles (By Lisa G. Littlebird)

CHORUS

We are moving in wider circles
We are opening our circle
We are moving in wider circles
We are opening our circle

VERSE 1: Oh be a compass, I will be your lighthouse

Speak your words with triumph, I will listen to your voice

VERSE 2: I'll march with you my sibling to your place of fearing

We'll dive into those waters, swim into the clearing

"This is the creed which all good individuals have expressed in their works, all who have thought somewhat more deeply and looked for more and worked more and loved more than others - who dived into the depths of the Sea of Life. We must cast ourselves into the depths, if we want to catch something, and if at times we must work throughout the night without catching anything, it is good not to give in, but to cast the net again in the morning. ...I will take the risk. I will push off to the open sea."

(from the Complete Letters of Vincent Van Gogh)

