## THE SEASONS

#### Spirit's Calling (by Beautiful Chorus)

Be the love
Be the light
Hear your voice
Spirit's calling
You are the love
You are the love
You are the love
Spirit's calling
Spirit's calling

Awaken to the rhythm
Of the falling rain
Surrender to the moment
Let it wash your pain away
2X

## Through the Rain (by Mariah Carey)

V.1

When you get caught in the rain
With nowhere to run
When you're distraught and in pain
Without anyone
When you keep crying out to be saved
But nobody comes
And you feel so far away
That you just can't find your way home
Finding hope til you've flown
It's okay, once you say

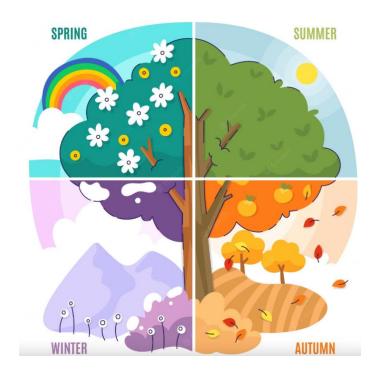
#### **CHORUS**

I can make it through the rain
I can stand up once again
Heal in love and I know
That I'm strong enough to mend
And every time I feel afraid
I hold tighter to my faith
And I live one more day
And I make it through the rain
V.2

And if you keep, falling down
Don't you dare give in
You will arise safe and sound
So keep pressing, on steadfastly
And you'll find what you need
to prevail once you say

#### [CHORUS]

And when the wind blows
As shadows grow close, don't be afraid
There's nothing you can't face
And should they tell you
You'll never pull through
Don't hesitate - stand tall and say
[CHORUS]



## I AM HERE IN THE HEART OF PEACE

I am here in the heart of peace.

Peace is here in the heart of me.

Like the snow in the winter

and the winter in the snow.

I am here in the heart of peace

I am here in the Heart of love.
Love is here in the heart of me.
Like the sun in the summer
and the summer in the sun
I am here in the heart of love.

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.

I am here in the heart of faith.
Faith is here in the heart of me.
Like the leaves in the autumn
and the autumn in the leaves.
I am here in the heart of faith.

## If I'm Gonna Fall (by Ahlay Blakely)

If I'm gonna fall and if I'm gonna change; may it serve the whole -may it turn a page.

If I'm gonna fail, if I'm gonna learn, may it serve the whole -may it serve the future ones!

I, too, deserve belonging.

I, too, deserve to heal.

I, too, deserve aliveness --

I deserve to court the shadows here. (2x)

## 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

In this journey In this body This moment

#### A BLESSING FOR THE WEARY (by Catherine McNiel)

- You who go through the Seasons, may you find the tools to navigate especially when you are in the dark.
- May a beam of light shine on your face and your path.
- 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.

## 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. Winter has hidden, and Spring now dances on your graves to waken the dead. 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 spring enchant the saint, shy and hesitant within me, and set the rhythm for my sluggish feet in a dance of holy yearning.

## PRECIOUS LORD (by Thomas Dorsey)

Precious Lord, take my hand
Lead me on, let me stand
I am tired, I'm weak, I am worn
Through the storm, through the night
Lead me on to the light
Take my hand, precious Lord
Lead me home

## Coming Alive Again (by David Lamotte)

When we moved here in the winter
Everything was dry and brown
Never saw the place in summer
No idea what's in the ground
Barren dogwood in the front yard
I wasn't sure if it was gone
Then about the first of April
I saw what was going on

#### **CHORUS**

# Coming alive again, Coming alive Coming alive again, Coming alive

We hid out in our houses
'Til the medicine arrived
Now the buds have turned to blossoms
We're stepping to the other side
It's been a long and lonely winter
It's been a long and lonely year
It's gonna take a while to understand
But one thing is getting clear

#### **CHORUS**

In the distant days of childhood
There was a story that I heard
About how dying's part of living
But it's not the final word
So the leaves that fell in Autumn
Turned to flowers in the Spring
And the sorrow of our losses
Turns to songs that we can sing

#### 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 ...

## WISDOM IN NATURE

"Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these." (Matt. 6:28-29)

"The kingdom of heaven is like a mustard seed. which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches." (Matt. 13: 31-32)

"Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them." (Luke 12:24)