



## 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

## 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...

## 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

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)