THE SEASONS

Spirit's Calling (by Beautiful Chorus)

You are the love Be the love Be the light You are the light Hear your voice Lift your voices Spirit's calling Spirit's calling 2X

Awaken to the rhvthm 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

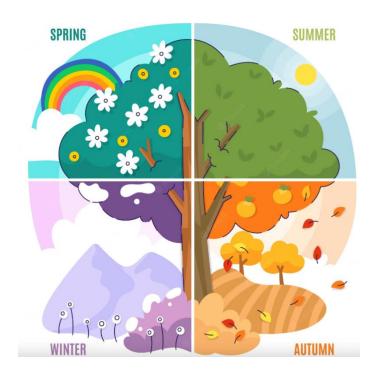
CHORUS

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.

Winter Blessing (by Polly Castor) Snow blankets the ground, a thermal, insulating layer, maintaining the moisture of possibility, warming and nurturing the soil. **Dormancy and quiet hibernation** is requisite for spring's sowing, summer's glorious growing and fall's overflowing harvest that gathers us in again. Enjoy this hunkering down. No need to endlessly go go go. Pray instead. Be still. Be calm. Study and prepare. Focus and work Ponder and sort, putter and tinker. Rest, and read around the fire. Plan a garden. Buy seeds. Dive deep into thinking. Already the days are getting lighter and longer. This precious inward time is nimble and will be fleeting Seize it. Swing toward it, with your full, rapt attention, dancing with it as a beautiful sweetheart you yearn to kiss. May you enjoy this special season. May you be introspective and kind May you be productive and creative May you nest and cook and converse. May you extend love and solicitude and have that returned with interest. May you feel the hope of progress in this modest, brisk beginning, as you sigh and see your breath, and patiently, yet again, shovel out from this cold, fluffy, temporal, but dear stuff that is winter.

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 ...