

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 ...