

JOURNEYING THROUGH STORMY SEAS

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.

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.

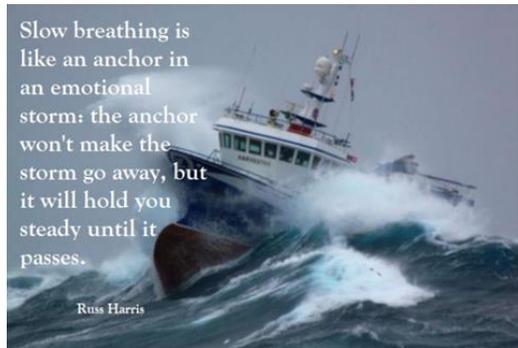
AMAZING GRACE (by John Newton, 1779)

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



COME LIGHT OF LIGHTS

(by Ruth Cunningham)

Am Em Am-G Am Em Am
Come light of lights into my heart
Am G C Em Am Em Am
Come wisdom of spirit into my heart

COME HEALING BREATH

(by Chaplain Donnel)

Come healing breath, come heal my mind
Come healing breath, come heal my heart
Come healing breath, come heal my soul
Come healing breath, come heal the world

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.

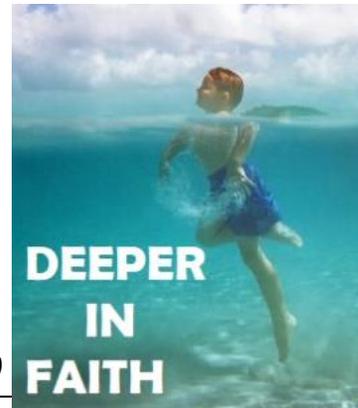
WADE IN THE WATER

(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)*



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

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

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)

ACROSS THE SEAS

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."

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

Biblical Verses

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.

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

THE LORD BLESS YOU AND KEEP YOU

The Lord bless you and keep you. The Lord make his face to shine upon you and be gracious to you. The Lord lift up his countenance upon you, and give you peace. And give you peace.

Wider circles (By Lisa G. Littlebird)

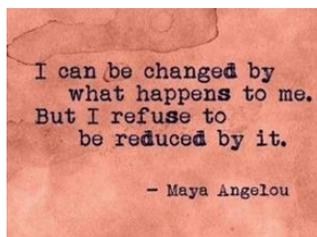
CHORUS

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



Of Molluscs (By May Sarton)

*As the tide rises, the closed mollusc
Opens a fraction to the ocean's food,
Bathed in its riches. Do not ask
What force would do, or if force could.*

*A knife is of no use against a fortress.
You might break it to pieces as gulls do.
No, only the rising tide and its slow progress
Opens the shell. Lovers, I tell you true.*

*You who have held yourselves closed hard
Against warm sun and wind, shelled up in fears
And hostile to a touch or tender word—
The ocean rises, salt as unshed tears.*

*Now you are floated on this gentle flood
That cannot force or be forced, welcome food
Salt as your tears, the rich ocean's blood,
Eat, rest, be nourished on the tide of love.*

A Blessing for the Weary (By Catherine McNeil; 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.*



STORMS WE MIGHT GO THROUGH

- *Death / loss
- *End of relationship/friendship (divorce?)
- *Losing your community
- *Loss of certainty you once had
- *Health diagnosis (chronic or terminal)
- *Overwhelming fear / anxiety / sadness
- *Letting go of who you once were
- *Losing tradition / culture
- *Feeling lost & unanchored
- *Verbal & physical violence/abuse
- *Job loss & financial insecurity
- *Change of your identity
- *Addictions