

The River of Life

I've Got a River of Life (by Marcus & Marketo)

V1. I've got a river of life flowing within me;
It makes the lame to walk and the blind to see.
It opens prison doors, sets the captives free.
I've got a river of life flowing within me.

CHORUS:

Spring up, O well, inside my soul!

Spring up, O well, and make me whole!

Spring up, O well, inside my soul!

O I got the river of life flowing out of me.

V2. I've got a river of life flowing within me;
It started gushing up when Love set me free.
That I keep the flow is my only plea.
I've got a river of life springing within me.



PSALM 1:3
That person is like
a tree planted by
streams of water,
which yields its
fruit in season and
whose leaf does
not wither—
whatever they do
prosper.



BLESSING

 (By John O'Donohue)

May there be kindness in your gaze when you look within. May you never place walls between the light and yourself. May your angel free you from the prisons of guilt, fear, disappointment and despair. May you allow the wild beauty of the invisible world together you, mind you, and embrace you in belonging. AMEN.

Sojourner's Song

(text by Braeden Ayres; adapted by Chaplain Donnel)

I set out to follow that which calls life's travelers,
But that I traveled left me lost, alone again.
Mountains, rivers, valleys. Will I ever get to rest?
Feel the anxious pounding in my head and in my chest?

CHORUS

I will not be enslaved to this loneliness!

I will look to the world in its loveliness!

I will find myself stronger for all my trials!

I feel lost and hungry, not for food, but in my soul,
I should be stronger; I should play the rugged role.

"You should be the strongest, never showing any pain.

Hide the anxious pounding, lock your heart up with a chain!"

[CHORUS]

I will cross mountains capped with snowfall,

I will fight through the river's rage.

Undeterred by the hottest desert

I'll continue; turn the page.

Someday (3x) so soon.

I Will Be Your Standing Stone

(by Melanie DeMoore)

I will be your standing stone

I will stand by you

Down to the River to Pray

(by Alison Krauss)

CHORUS

As I went down in the river to pray
Studying about that good old way
And who shall wear the starry crown
Good lord, show me the way

V.1

O sisters, let's go down
Let's go down, come on down
O sisters, let's go down,
Down in the river to pray

[back to Chorus]

V.2

O brothers, let's go down
Let's go down, come on down
O brothers, let's go down,
Down in the river to pray

[back to Chorus]

V.3

O siblings, let's go down
Let's go down, come on down
O siblings, let's go down,
Down in the river to pray [back to Chorus]

Put Your Roots Down

(by Molly Hartwell)

Put your roots down

Put your feet on the ground

You can hear the earth sing

If you listen

(2X)

It's the same sound of the river

As it moves across the stones

It's the same sound as the blood in your body

As it moves across your bones

Are you listening

Are you listening

The River

 (by Garth Brooks)

You know a dream is like a river, ever changing as it flows.

And a dreamer's just a vessel; that must follow where it goes

Trying to learn from what's behind him

And never knowing what's in store

Makes each day a constant battle

Just to stay between the shores

CHORUS:

And I will sail my vessel 'til the river runs dry,

Like a bird upon the wind; these waters are my sky

I'll never reach my destination - if I never try

So I will sail my vessel 'til the river runs dry.

Too many times we stand aside; and let the waters slip away

'Til what we put off 'til tomorrow has now become today

So don't you sit upon the shoreline & say you're satisfied

Choose to chance the rapids & dare to dance that tide.

[BACK TO CHORUS]

And there's bound to be rough waters

And I know I'll take some falls

But with the good Lord as my captain

I can make it through them all

[BACK TO CHORUS]

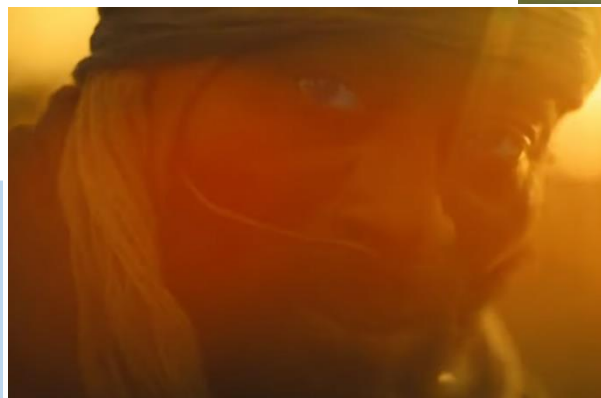
Love is Here Today

Love is here today,

as certain as the air I breathe

as certain as the morning sun that rises

as certain when I sing you hear my song



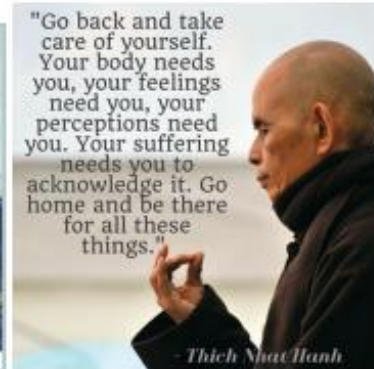
The mystery of life isn't a problem to solve, but a reality to experience. A process that cannot be understood by stopping it. We must move with the flow of the process. We must join it. We must flow with it.

- Jamis (Film: DUNE)

SEAM - Self care basics

Stitch up the Broken Seam of Grief (by Phyllis Kosminsky, Ph.D)

S - Self-regulate: As intense feelings arise, take slow deep breaths. Do not ignore or distract - be mindful with your body, your feelings & emotions. Be gentle with yourself.



E - Eat: Put some nutrition in your body.



A - Activity: Move your body, go for a walk even if it's just to the end of the block.



M - Monitor Self-Talk: Notice thought patterns, especially unrealistic "should" & "must" statements, as well as "should've", "would've", "could've" statements.

Journaling



Counseling



Support Group



Read a book on Grief

