

On the Growth of Seeds

I Planted Seeds and Nothing Came Up

(By Conie Borchardt)

I planted seeds and nothing came up (3X)

Then all of the seeds came up together.

And the voice of love said harvest what you can and I leave the rest to me.

The Growing Seed (by Chaplain Donnel)

The sun grows the seed, the sun grows the seed
Feel the warm light, the sun grows the seed
The rain grows the seed, the rain grows the seed
Feel the fresh water, the rain grows the seed

CHORUS: *In the dark, seek the light*

Feel me grow through the night (2X)

The dirt grows the seed, the dirt grows the seed
Feel the compost, the dirt grows the seed
The air grows the seed, the air grows the seed
Feel the wind blow, the air grows the seed

COME HEALING BREATH (by Chaplain Donnel)

Come healing breath, come heal my mind Am, C, G, E
Come healing breath, come heal my heart Am, C, G, E
Come healing breath, come heal my soul Am, G, C, F
Come healing breath, come heal the world Am, C, G, E

BLESSING THE SEED

I should tell you
at the outset:
this blessing will require you
to do some work.

First you must simply
let this blessing fall
from your hand,
as if it were a small thing
you could easily let slip
through your fingers,
as if it were not
most precious to you,
as if your life did not
depend on it.

Next you must trust

that this blessing knows
where it is going,
that it understands
the ways of the dark,
that it is wise
to seasons
and to times.

Then—
and I know this blessing
has already asked much
of you—
it is to be hoped that
you will rest
and learn
that something is at work
when all seems still,
seems dormant,
seems dead.

I promise you
this blessing has not
abandoned you.
I promise you
this blessing
is on its way back
to you.
I promise you—
when you are least
expecting it,
when you have given up
your last hope—
this blessing will rise
green
and whole
and new.

—Jan Richardson

PRAYER OF FRANCIS OF ASSISI

Make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.

Grant that I may not so much seek
to be consoled as to console.
To be understood as to understand.
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned. AMEN

Graveyard (by Halsey)

Verse 1

It's crazy when
The thing you love the most is the detriment
Let that sink in
You can think again
When the hand you wanna hold is a weapon and
You're nothin' but skin

PRE-CHORUS

Oh, 'cause I keep diggin' myself down deeper
I won't stop 'til I get where you are
I keep runnin', I keep runnin', I keep runnin'
They say I may be making a mistake
I would've followed all the way, no matter how far
I know - when you go - down all your darkest roads
I woulda followed all the way to the graveyard

CHORUS

Oh 'cause I keep diggin' myself down deeper
I won't stop 'til I get where you are
I keep running when both my feet hurt
I won't stop 'til I get where you are
Oh - when you go - down all your darkest roads
I woulda followed all the way to the graveyard

Verse 2

You look at me
With eyes so dark, don't know how you even see
You push right through me
It's gettin' real
You lock the door, you're drunk at the steering wheel
And I can't conceal
(PRE-CHORUS + CHORUS)
Oh, it's funny how
The warning signs can feel like they're butterflies
(PRE-CHORUS + CHORUS)

HONOR THE DARK (by Lea Morris)

*Honor the dark / As you do the light
Receive the gifts that come to us by day and by night
I choose to honor the dark / Uncertainty and change
Deliver us from fear until only love remains*

As the butterfly slips free from her dark cocoon
As the evening sky reveals the light of the moon
Sometimes, fear surrounds us / Sometimes, there will be pain
Let the darkness heal you until only love remains ...**Honor**

As the seed emerges from under the dark earth
As a mother push's the dark womb to give birth
Sometimes, fear surrounds us / Sometimes, there will be pain
Let the darkness heal you until only love remains ...**Honor**

I AM HERE IN THE HEART OF LOVE

[Am, G, Am, D] (by Erin McGaughan)

I am here in the heart of peace.
Peace is here in the heart of me.
Like the wave in the water
and the water in the wave.
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 flame in the fire
and the fire in the flame
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.



**In moments of darkness,
may you begin to see
a flicker of light sparkling in the distance,
dancing next to you,
and illuminating your path,
and...
May the small light you see remind you
of the light that lives within you.
Amen.**
(“A Blessing for Light” by Chaplain Ailsa)

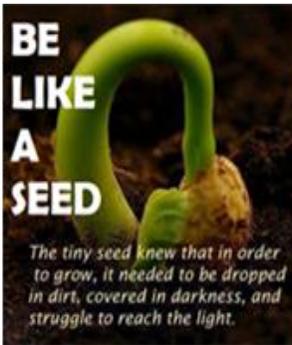
ALL THE SEEDS

(composed by the Waillin Jennys; adapted by Chaplain Donnei)

All the seeds beneath the snow, start to grow, start to grow
 All the seeds beneath the snow, say 'Hello', say 'Hello.'
 All the seeds lie below, deep in heart and what we know
 All the seeds lie below, the ones we sowed

But if we could be free
 One with all this glory
 If we could be free

All the roots in the dark, going deep, find the spark
 All the roots in the dark, a scary place to start
 All the roots holding strong, come along, O come along
 All the roots holding strong, come and sing this song
 But if we could be free
 One with all this glory
 If we could be free



WHAT SEEDS NEED WATERING IN YOUR LIFE?

- Purpose / Goal / Direction
- Vision
- Mentor / Community Support / Guidance
- Friendship / Companionship
- Patience
- Gratitude / Grace / Thankfulness
- Hope
- Recognition
- Good communication
- Cooperation
- Kindness
- Belonging
- Appreciation
- Acceptance
- Connection
- Respect
- Nurture
- Authenticity
- Honesty
- Creativity
- Transparency
- Commitment
- Rest and Sleep
- Solitude
- Peace
- Resilience / Perseverance
- Mutuality

- Laughter / Joy / Fun
- Play
- Presence
- Freedom
- Inspiration
- Choice / Autonomy
- Space
- Meaning
- Awareness
- Tenderness
- Inclusion
- Learning & Growth
- Self-Respect
- Healing
- Vision / Dreams
- To Grieve
- Love
- Consideration
- Empathy
- Community
- Understanding
- Trust
- Support
- Stability
- Safety
- Exercise / Good physical health
- Financial Security: Shelter, Food, Etcetera
- Physical Health or Well-Being
- Healing
- Warmth
- Adventure
- Fairness / Justice

Hope is Deeper (David Poole)

Hope is deeper than despair. Wait for the rising sun. Hope is deeper. Wait for the light!

So open wide your wounded heart, feel yourself be blown apart
 Open wide your wounded heart, it's a funny place to start
 In the light of the sun, we are found, we are undone
 In the light of the sun, we are a one
 But if we could be free
 One with all this glory
 If we could be free

Dancing In the Dark (by Rihanna)

Come on, I wanna dance in the dark
 Come on, we gonna light up the night
 Come on, I wanna dance in the dark
 Come on, We gonna light up the night

VERSE 1

Underdogs dance in the middle of the night
 Can see the night skies in the mirror of your eyes
 If you don't dance, make sure you got the rhythm
 Make sure that your heartbeat beats with the rhythm
 I wanna run wild in the middle of the night
 Right under the moon, bodies glowing in the night
 Nothing in between our hearts but the rhythm
 Make sure that your heartbeat beats with the rhythm
 The night time is the right time

CHORUS (2X)

I wanna dance in the dark and never stop
 We gonna light up the night like shooting stars
 Whenever you hear the sound don't be alarmed
 Move, move, move dancing in the dark

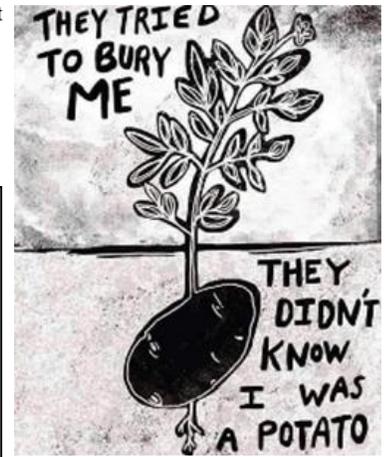
VERSE 2

Underdogs dance in the middle of the night
 Out here with the stars like the creatures of the night
 If you don't dance make sure you got the rhythm
 Make sure that your heartbeat beats with the rhythm
 I wanna dance fast in the middle of the night
 And see the night skies in the mirror of your eyes
 If you don't dance make sure you got the rhythm
 Make sure that your heartbeat beats with the rhythm
 The night time is the right time

*BACK TO CHORUS

Come on, I wanna dance in the dark
 Come on, we gonna light up the night
 Come on, I wanna dance in the dark
 Come on, we gonna light up the night

*BACK TO CHORUS



I SEE THE LIGHT

(Alan Irwin Menken / Glenn Evann Slater)

All those days watching from the windows
 All those years outside looking in
 All that time never even knowing
 Just how blind I've been
 Now I'm here blinking in the starlight
 Now I'm here suddenly I see
 Standing here it's all so clear
 I'm where I'm meant to be
 CHORUS: *And at last I see the light
 And it's like the fog has lifted
 And at last I see the light
 And it's like the sky is new
 And it's warm and real and bright
 And the world has somehow shifted
 All at once everything looks different
 Now that I see you*

All those days chasing down a daydream
 All those years living in a blur
 All that time never truly seeing
 Things, the way they were
 Now she's here shining in the starlight
 Now she's here suddenly I know
 If she's here it's crystal clear
 I'm where I'm meant to go

A Prayer

(by Pádraig Ó Tuama)

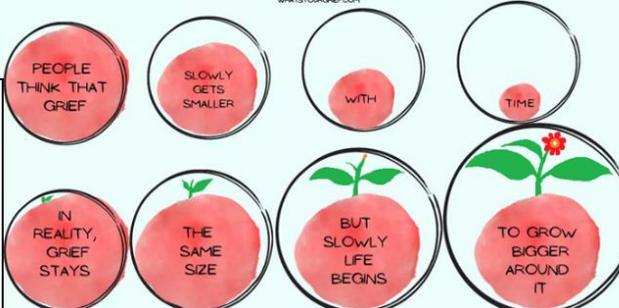
So let us pick up the stones over which we stumble, friends, and build altars. Let us listen to the sound of breath in our bodies. Let us listen to the sounds of our own voices, of our own names, of our own fears. Let's claw ourselves out from the graves we've dug. Let's lick the earth from our fingers. Let us look up and out and around. The world is big and wide and wild and wonderful and wicked, And our lives are murky, magnificent, malleable, and full of meaning. Let us pray.

My Heart, Roots, Breath (by Lea Morris)

My heart is opening
 My roots are anchoring
 My breath is travelling to every part of me

'GROWING AROUND GRIEF' (LOIS TONKIN, 1996)

WWW.YOURGRIEF.COM



Our Tears Falling Down Like Rain (by Paul Vasile; Psalm 126:6)

Our tears, falling down like rain to the ground will water seeds of change
 Let it be, let it be, let it be, let it be
 Let it be, O let it be

BLESSING: And now may there be kindness in your gaze when you look within. May you be able to plant seeds of deep peace when there is tension. May you be able to plant the seeds of sacred calm when there is the turbulence. May you be able to plant seeds of quiet confidence when you are feeling anxiety. May you plant the seeds of strong faith when you face your fears. May you plant the seeds of sweet grace when you experience our bitterness. May you plant the seeds of hope amidst despair. And so we commend our needs, our prayers, and all the deepest longings of our hearts to the Source of Life, the Great Love from which we come, and in which we abide, and to which we all return.