

LEADER'S GUIDE

(Created by Chaplain Donnel Miller-Mutia. *Be creative: adjust, revise this guide to fit your needs/particular context. For more resources, go to <https://www.growingedgesnm.com/resources-for-spiritual-care-groups.html>).

Peace Be Still – On Stormy Seas

Introduce the Session: What is a Chaplain? What is spirituality?

- Marking sacred space: Light the Candle to honor a sacred space in a circle
- Bell: An invitation to deepen one's breath (rang 3x after Godly Play)
- Conversation Guidelines: Respect by listening to each other; we do not cross talk or talk on top of another person; use the talking object.

SONG: [Shalom My Friend / Come Light of Lights](#)

READING: [Serenity Prayer + Slow Breathing quote \(Ring Bell\)](#)

Intro of Participants: Share your name, Pronouns + Name a moment when things were chaotic (lost control) and how you accessed peace.

SONG: [Take My Hand Precious Lord \(*Historical Context + Yearning for Healing\)](#)

Godly Play + Bell + Wonderings (Go around 1st question – What is most important for you, most interesting?)

SONG: [Wade in the Water](#)

READING: [Beautiful Ordinary Life](#)

GESTURES: [Bow to Release](#)

OPTION A: If there's work...

WORK: [WORK: Reflection & Art Sheets, Sculpting with Clay – IF GROUP IS QUIET](#)

[While participants are working - SONG: It's OK \(by Nightbird\) OR Across the Seas Storms May Go](#)

OPTION B: If no work...

SONG: [It's OK \(by Nightbird\) OR Across the Seas Storms May Go](#)

DISCUSS MYTHS OF GRIEF (Group True or False) – IF GROUP IS TALKATIVE

SONG: [All Around everywhere \(All\)](#)

INVITATION TO NAME PRAYERS & INTENTIONS FOR HEALING (Invite participants to pick what they need to RECEIVE, and what they can GIVE - from the list under "Universal Human Needs"). Ring the bell after each participant names a seed/prayer.

CLOSING PRAYERR: Holy One, you who are our source of Inner Peace and Calm when we find ourselves in stormy seas, watch over us who are in this circle; bless and guide us wherever each of us may be: NAMES. Strengthen us when we stand; comfort us when discouraged or sorrowful; raise us up when we fall. 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.

BLESSING (Individual if there's lots of time): And now 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 to gather you, to mind you, and embrace you in belonging. AMEN.

SONG: [Across the Seas Storms May Go](#) or [THE LORD BLESS YOU & KEEP YOU](#)

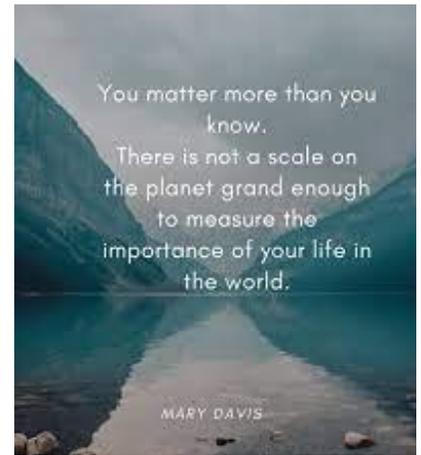
JOURNEYING THROUGH STORMY SEAS

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.



A Traditional Navajo (Diné) Blessing

**An invitation to journey the pollen path*

In beauty happily I walk
With beauty before me I walk
With beauty behind me I walk
With beauty above me I walk
With beauty all around me I walk
It is finished in beauty

All Around Everywhere

All around

Everywhere

All around everywhere

Holy holiness

In the highest sky

In the deepest sea

In the highest sky, in the deepest sea

Holy holiness

In my heart

In your soul

In my heart, in your soul

Holy holiness

In all we do

In all we are

In all we do, in all we are

Holy holiness

Every step

Every breath

Every step, every breath

Holy holiness

As with me

So with you

As with me, so with you

Holy holiness

In this bread

In this cup

In this bread, in this cup

Holy holiness

In the light

In the dark

In the light, in the dark

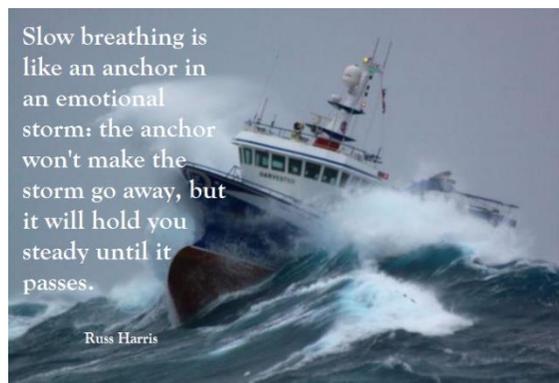
Holy, holiness

All around

Everywhere

All around everywhere

Holy holiness



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)*

HOPE IS DEEPER THAN DESPAIR (by David Poole)

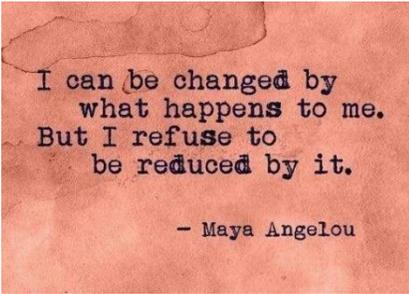
Hope is deeper than despair, wait for the rising sun.

Hope is deeper, wait for the light.

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
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 through yellow lights and 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
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 (2X)
Oh-oh-oh-oh, it's alright (4X)
To be lost sometimes
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 (5X)



I can be changed by
what happens to me.
But I refuse to
be reduced by it.

— Maya Angelou

Peace Be Still

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."

GIVING & RECEIVING (UNIVERSAL HUMAN NEEDS)

Purpose / Goal / Direction

Vision / Inspiration

Mentor / Community Support / Guidance

Friendship / Companionship

Connection / Community / Belonging

Patience / Hope

Gratitude / Grace / Thankfulness

Good communication

Cooperation

Kindness / Love

Appreciation / Respect

Acceptance / Inclusion / Recognition

Nurture

Authenticity / Honesty

Creativity

Transparency

Commitment

Rest and Sleep

Solitude

Peace

Resilience / Perseverance

Mutuality

Laughter / Joy / Fun / Play

Presence

Freedom / Choice / Autonomy

Space

Meaning

Awareness

Tenderness

Learning & Growth

Self-Respect

Healing / Good Health

Vision / Dreams

To Grieve

Empathy / Understanding

Trust / Support

Stability / Safety / Financial

PRECIOUS LORD (by Thomas Dorsey)

Precious Lord, take my hand
Lead me on, let me stand
I am tired, I am weak, I am worn
Through the storm,
through the night
lead me on to the light
Take my hand, Precious Lord,
lead me home.

Come Light of Lights Into My Heart

Come light of lights into my heart
Come wisdom of spirit into my heart