

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>).

Parable of the Mustard Seed

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: Wider Circles + Come Whoever You Are

READING: Be Like Seed (Ring Bell)

Intro of Participants: Share your name, Pronouns + Share an experience of growth or learning that made you strong or resilient now (developed skill, or a moment that gave you insight).

SONG: In Beauty Happily I Walk (*Dine Blessing)

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

SONG: Standing Like A Tree

READING: Be like a Seed

Wondering Part 2: What is your nourishment – What is your Rain, Fertile Ground, Sun?

SONG: Standing Like A Tree

READING: QUOTE - Be like a Tree

Wondering Part 3: How do you stay strongly grounded? What is your trunk? What are your roots? (Actions to keep you in a path of health & thriving)

SONG: Standing Like A Tree

READING: QUOTE - Growing Means Losing (Pruning, Letting Go)

Wondering Part 4: What do you need to let go in order to grow?

SONG: Standing Like a Tree

READING: Blessing of the Seed (by Jan Richardson)

Wondering Part 5: What seed do you need to plant in your life in order to grow? (See list)

SONG: Standing Like a Tree

GESTURES: Bow to Release OR Above, Below, Within

INVITATION TO NAME PRAYERS & INTENTIONS FOR HEALING FOR YOURSELF AND COMMUNITY

READING: Prayer of Francis of Assisi

OR Corn Psalm

SONG: In Beauty Happily I Walk

ON SEEDS BECOMING A LIVING TREE

Come Whoever You Are (by Jellaludin Rumi)

Come, come, whoever you are,
wanderer, worshiper, lover of leaving.
Ours is no caravan of despair.
Come, yet again come.

Standing Like A Tree

Standing like a tree with my roots set down
My branches wide and open.
Down comes the rain, down comes the sun
Down comes the word to a heart
That is longing to be standing like a tree

Blessing the Seed (by Jan Richardson)

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

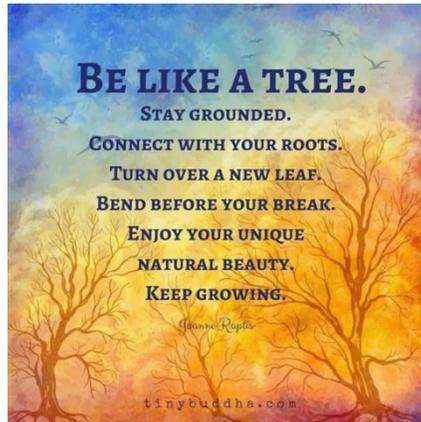
First you must simply
let this blessing fall
from your hand,
as if it were a small thing
you could easily let slip
through your fingers,
as if it were not
most precious to you,
as if your life did not
depend on it.

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

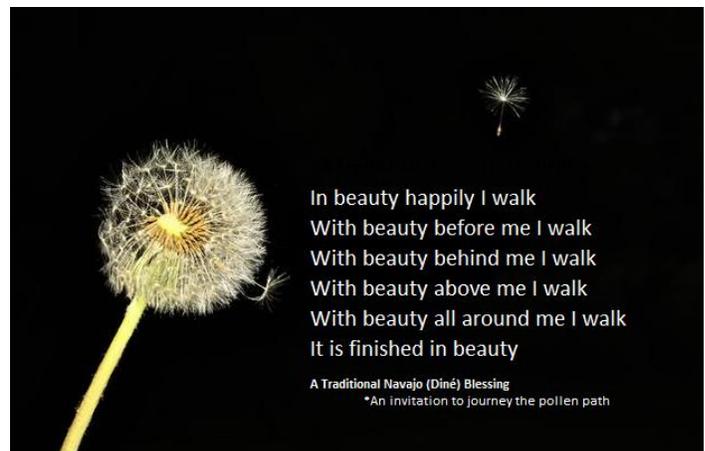
and to times.

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.



Anytime you're gonna grow, you're gonna lose something. You're losing what you're hanging onto to keep safe. You're losing habits that you're comfortable with, you're losing familiarity.

(By James Hillman)

THE CORN PSALM

(adapted from "Psalms for Zero Gravity" by Edward Hays)

Teach me, O Source of Life, to be like the peasant farmer

who sows his corn seeds in the soil
and knows not how or why they sprout,
mysteriously growing tall while the farmer sleeps.
Enlighten me, for hidden in the inner wisdom of
corn seeds is the secret of spiritual growth.

Green sprouts spring out of the seed, O Divine Gardener,
And strain upward through the soil.
Sun-stroked and rain-fed into growing tall,
they bear bountiful ears full of golden grain
that ripening, hear your blessed harvest song.

A great mystery is all this to the faithful farmer,
who at night does not need to go out
to pull up and tug at the tiny plant,
or huff and puff all day long
to make the corn grow tall and strong.

O Divine Mystery, may I not wring my hands in
anxiety,
searching for some all-knowing guru
to guide my growth in prayerful grace,
to assure my bearing a golden harvest.
Eternal Nourisher, let me only plant my little self-
seed
in your rich soil and then simply let go.

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.



SEEDS YOU CAN PLANT

Purpose / Goal / Direction	Honesty	Tenderness
Vision	Creativity	Inclusion
Mentor / Community Support / Guidance	Transparency	Learning & Growth
Friendship / Companionship	Commitment	Self-Respect
Patience	Rest and Sleep	Healing
Gratitude / Grace / Thankfulness	Solitude	Vision / Dreams
Hope	Peace	To Grieve
Recognition	Resilience / Perseverance	Love
Good communication	Mutuality	Consideration
Cooperation	Laughter / Joy / Fun	Empathy
Kindness	Play	Community
Belonging	Presence	Understanding
Appreciation	Freedom	Trust
Acceptance	Inspiration	Support
Connection	Choice / Autonomy	Stability
Respect	Space	Safety
Nurture	Meaning	Exercise
Authenticity	Awareness	Financial Security: Shelter, Food, Etcetera

