

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>).

Punchinello & the Woodcarver

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.
 - **READING:** For ourselves – Serenity Prayer, Each other: It Doesn't Interest Me
 - RING BELL
- **SONG: All Around Everywhere (Part 1) OR I am here in the heart of Love (Part 1)**
 - Introduction + Think of a thing that you do that make people pause and stare because it's a unique gift
- **SONG: All Around Everywhere (Part 2) OR I am here in the heart of Love (Part 2)**

- GODLY PLAY STORY – Punchinello
- RING BELL, WONDERINGS (1) What did you find to be the most important?
 - ROUND1 (Invite what that means to you)
 - ROUND 2 (Have you ever cross paths with an experience similar to this (Stickers) or Release – Invite to share an experience)
- GESTURES: How to Release

- WORK
- **SONG: Just the Way You Are (Bruno Mars) AND/OR True Colors (Justin Timberlake)**
- WAITING: **SONG - Honor the Dark**

WORK -

20 MINUTES LEFT (for Individual Blessings) OR 15 MIN: 1 Blessing for All

- Lift Up Prayers:
- **BLESSING:**

Holy One, you who are our source of Inner Peace and Calm, 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. And in our hearts may your peace which passes understanding abide all the days of our lives. AMEN.
- 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. May you always remember that you are amazing just the way you are. May you always remember that your true colors are beautiful like a rainbow. AMEN.

SONG: I am Sending You Light or the Lord Bless You and Keep You

TRUE COLORS GUITAR CHORDS

Intro: Am G C F (2x)

verse 1

Your with your sad eyes
Don't be discouraged
Oh I realize
It's hard to take courage
In a world full of people
You can lose sight of it all
And the darkness, inside you
Can make you feel so small

I see your true colors
Shining through
I see your true colors
And that's why I love you
So don't be afraid to let them show
Your true colors
True colors are beautiful,
Like a rainbow

verse 2

Show me a smile then,
Don't be unhappy, can't remember
When I last saw you laughing
If this world makes you crazy
And you've taken all you can bear
Just you call me up
Because you know I'll be there

Blessing Our Unique Self (Our Gifts)

PEACE ALL AROUND US (by David Haas)

Peace before us
Peace behind us
Peace under our feet.
Peace within us
Peace over us
Let all around us be peace.

BLESSING

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.
May you always remember that you are amazing just the way you are, and that your true colors are beautiful like a rainbow. AMEN.

(Adapted from a blessing by John O'Donohue)

Just the Way You Are (By Bruno Mars)

Oh, your eyes, your eyes
Make the stars look like they're not shinin'
Your hair, your hair
Falls perfectly without you tryin'
You're so beautiful and I tell you everyday
Yeah, I know, I know
When I compliment you, you won't believe me
And it's so, it's so
Sad to think that you don't see what I see
But every time you asks me, "Do I look okay?"
I say

When I see your face
There's not a thing that I would change
'Cause you're amazing
Just the way you are
And when you smile
The whole world stops and stares for a while
'Cause you're amazing
Just the way you are

*When I see [NAME]
There's not a thing that I would change
'Cause you're amazing
Just the way you are
And when you [ACTION]
The whole world stops and stares for a while
'Cause you're amazing
Just the way you are*

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.

SERENITY PRAYER

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.

Kintsugi: the art of precious scars. In Japan, broken objects are often repaired with gold. The flaw is seen as a unique piece of the objects history, which adds to its beauty.



Your True Colors (Justin Timerlake & Anna Kendrick)

You with the sad eyes
Don't be discouraged, oh I realize
It's hard to take courage
In a world full of people
You can lose sight of it all
The darkness inside you
Can make you feel so small

Show me a smile then
Don't be unhappy
Can't remember when
I last saw you laughing
This world makes you crazy
And you've taken all you can bear
Just call me up
'Cause I will always be there

*And I see your true colors
Shining through
I see your true colors
And that's why I love you
So don't be afraid to let them show
Your true colors
True colors are beautiful*

In case no one told you today :

*You're beautiful.
You're loved.
You're needed.
You're alive for a reason.
You're stronger than you think.
You're gonna get through this.
I'm glad you're alive. And
don't ever give up!*

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

- Maya Angelou

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



I AM HERE IN THE HEART OF LOVE

[Am, G, Am, D]

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 Wind in the springtime
and the springtime in the wind.
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 flame in the fire
and the fire in the flame.
I am here in the heart of hope.

Sending You Light (By Melanie DeMore)

I am sending you Light, To heal you, To hold you
I am sending you Light, To hold you in Love
I am sending you Light, To heal you, To hold you
I am sending you Light, To hold you in Love

No matter where you go
No matter where you've been
You'll never walk alone
I feel you deep within

No matter what you feel or what you choose to show
I'm always there for you
And so I want you to know
That ...

I walk the path with you
Go slow dear one don't hurry
I'll go just like you need to go
There is no need to worry
Cause ...

Quote from Book:

River Flow: New Selected Poems

(by David Whyte)

It doesn't interest me if there is one God or many gods.

I want to know if you belong or feel abandoned,
if you can know despair or see it in others,

I want to know if you are prepared to live in the world
with its harsh need to change you.

If you can look back with firm eyes,
saying this is where I stand.

I want to know if you know how to melt into that fierce heat
of living, falling toward the center of your longing.

I want to know if you are willing to live, day by day, with the
consequence of love and the bitter unwanted passion
of your sure defeat.

HONOR THE DARK (by Lea; www.thisislea.com)

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

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