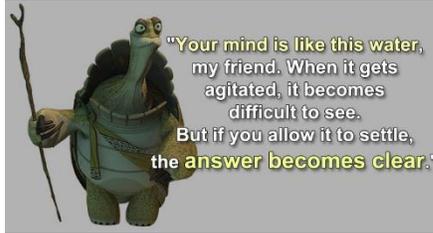


Our Search for Peace

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

RUSS HARRIS
BURNISHEDCHARTS.COM



May the Light of Love (White Sun, adapted by

Chaplain Donnel)

May the light of love shine upon you
All life surround you
And the pure light within you
Guide your way home

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.

THE PRESENT MOMENT

Dwelling in the present moment I know this is the only moment.
Breathing in I calm body and mind, breathing out, I smile, I smile.

(Song by Laurence Cole; Words by Thich Nhat Hanh)

PRECIOUS LORD (by Thomas Dorsey) – 3rd Fr

Precious Lord, take my hand (D)
Lead me on (G), let me stand (E)
I am tired, I'm weak (D), I am worn (C-A)
Through the storm, through the night (D)
Lead me on (G) to the light (E)
Take my hand (D), precious Lord (E)
Lead (A) me home (D)

AMAZING GRACE (by John Newton, 1779)

Chords: DGDADGDAD

Amazing Grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see
'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed
Through many dangers, toils, and snares
I have already come
'Tis grace that brought me safe thus far
And grace will lead me home

IT'S OK (by NightBirde) – 3rd Fr

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

I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR (by U2)

... I have climbed highest mountains
I have run through the fields
Only to be with you (2X)
I have run
I have crawled
I have scaled these city walls
These city walls
Only to be with you
... **But I still haven't found what I'm looking for**
But I still haven't found what I'm looking for
... I have kissed honey lips
Felt the healing in her fingertips
It burned like fire
This burning desire
... I have spoke with the tongue of angels
I have held the hand of a devil
It was warm in the night

I was cold as a stone
REFRAIN
... I believe in the kingdom come
Then all the colors will bleed into one
Bleed into one
But yes I'm still running
... You broke the bonds
And you loosed the chains
Carried the cross
Of my shame (2X)
You know I believe it
REFRAIN

BREATH OF LIFE

I breathe in All That Is Awareness
expanding to take everything in,
as if my heart beats the world
into being. From the unnamed
vastness beneath the mind, I
breathe my way to wholeness &
healing Inhalation. Exhalation.
Each Breath a "yes," and a letting
go, a journey, and coming home.
(Donna Faulds)

COME HEALING BREATH (lyrics by Chaplain Donnel; music

by Armand Amar)

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

Meant to Be (by Lemon City)

VERSE 1

When did it go wrong, all my thoughts inside
 I find myself caught up, overthinking too much, hmm
 It snuck up on me, kept it bottled up
 Til it overflowed, now I'm drowning at home (home)

BRIDGE

*I'll find the light in the darkest night
 I'll fight it nothing to lose all I can do*

CHORUS

*Dancing with the past the ghosts are haunting me
 Try to shake it off but they are here to stay
 How do I break them free, who am I meant to be
 Sleepless nights I'm lying on the windowsill instead
 Looking at the world there's so much I have missed
 Can I reset my peace, who am I meant to be*

VERSE 2

Learning on my own, the heaviness is cold
 But I know in my guts, I will find my way up, hmm
 Take it day by day, with my fragile mind
 I will stand tall and tough, knock my walls down to dust (dust)

FREE MIND (by Tems)

V1. I said, "five in the morning"
 I wake up to fight for my earnings
 The fear in my mind is a warning
 Praying to the one you rely in
 I've been wandering all day
 I try to be fine but I can't be
 The noise in my mind wouldn't leave me
 I try to get by but I'm burning
CHORUS: And behind my mind it runs
All these thoughts have troubled me
Fighting to give up my pain
Fighting to be on my lane
My mind running to the other side
When it's time to live my life
Then it tries to take me out
Tell you what I need right here
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need mine now
I really need, I need to free my mind now
I really need, I really need time now
I really need, I need a free mind now
I really need, I really need my mind now, oh yeah

V2. This is the peace that you cannot buy
 Send me a love that you cannot mix
 One is the joy that you cannot waste
 And the other one price that you cannot fix
 This is the peace that you cannot buy
 Finding a way when you cannot see
 Man will desist if he cannot pray
 I need to find release
[BACK TO CHORUS]
 V3. To set me free
 Freer than the open mind
 Farther than the eyes can handle
 Freer than the ocean now yeah, yeah
 So set me free
 Now I need to find release
 Set me to the open sky
 Now I need to free my mind yeah, yeah

Sending You Light (By Melanie DeMore) – 1st Fr

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, so...
 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 ...

PEACE ALL AROUND US (2nd Fr)

*Love, Hope, Light
 Peace before us, Peace behind us
 Peace under our feet.
 Peace within us, Peace over us
 Let all around us be peace.

BLESSING OUR WHOLE BODY

(adapted from a blessing by Rev. Keith A. Menhinick)
 Blessed be your feet,
 May they keep you standing.
 Blessed be your hands,
 May they always find palms to hold.
 Blessed be your breath,
 May it anchor you in this present moment.
 Blessed be your eyes,
 May they show you more beauty.
 Blessed be your mind,
 May it dream new dreams.
 Blessed be your heart,
 May it be brave and not afraid.
 Blessed be your body.
 May it know purpose and rest.
 May all the gentleness, courage, and
 compassion
 that your one sacred body gives
 all flow back to you
 as you love the only world we have.

I AM HERE IN THE HEART OF LOVE

By Erin McGaughan; [Chords: Am, G, Am, D]
 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 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 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.

