



FIRST UNITED METHODIST
CHURCH OF MIAMI



THROUGHOUT TIME THE LOTUS FLOWER HAS BEEN A POWERFUL SPIRITUAL SYMBOL. A LOTUS HAS ITS ROOTS IN MUD, AT THE BOTTOM OF STREAMS AND PONDS. BUT IT GROWS TO BECOME THE MOST BEAUTIFUL FLOWER DESPITE ITS ORIGINS. IT SYMBOLIZES HOW WE TOO CAN OVERCOME ALL OBSTACLES ON OUR JOURNEY TOWARDS ENLIGHTENMENT AND FLOURISH, REPRESENTING GROWTH AND SPIRITUAL DEVELOPMENT.

Blue Christmas

HEALING SERVICE



**I SAID: WHAT ABOUT MY EYES?
GOD SAID: KEEP THEM ON THE ROAD.**

**I SAID: WHAT ABOUT MY PASSION?
GOD SAID: KEEP IT BURNING.**

**I SAID: WHAT ABOUT MY HEART?
GOD SAID: TELL ME WHAT YOU HOLD
INSIDE IT?**

**I SAID: PAIN AND SORROW?
HE SAID: ..STAY WITH IT.**

**THE WOUND IS THE
PLACE WHERE THE
LIGHT ENTERS YOU.**

RUMI



**BLESS US ALL
FROM A MUPPETS CHRISTMAS CARO**

LIFE IS FULL OF SWEET SURPRISES EVERYDAY'S A GIFT.

**THE SUN COMES UP
AND I CAN FEEL IT LIFT MY SPIRIT.
FILLS ME UP WITH LAUGHTER,
FILLS ME UP WITH SONG.**

**I LOOK INTO THE EYES OF LOVE
AND KNOW THAT I BELONG**

**BLESS US ALL WHO GATHER HERE, THE LOVING FAMILY
I HOLD DEAR.**

**NO PLACE ON EARTH COMPARES WITH HOME, AND
EVERY PATH WILL BRING ME BACK ROM WHERE I ROAM.
BLESS US ALL THAT AS WE LIVE WE ALWAYS COMFORT
AND FORGIVE. WE HAVE SO MUCH THAT WE CAN SHARE
WITH THOSE IN NEED WE SEE AROUND US**

**EVERYWHERE.
LET US ALWAYS LOVE EACH OTHER, LEAD US TO THE
LIGHT.**

**LET US HEAR THE VOICE OF REASON
SINGING IN THE NIGHT.**

**LET US RUN ANGER
AND CATCH US WHEN WE FALL.
TEACH US IN OUR DREAMS. AND PLEASE, YES, PLEASE
BLESS US ONE AND ALL!**

**BLESS US ALL WITH PLAYFUL YEARS,
WITH NOISY GAMES AND JOYFUL TEARS. WE REACH
FOR YOU, AND WE STAND TALL AND IN OUR PRAYERS**

There Are Times BY CHAIM STERN

THERE ARE TIMES WHEN EACH ONE OF US

FEELS **LOST OR ALONE,**

ADRIFT AND FORSAKEN,

Unable to reach those next to us,

Or to be reached by them.

AND THERE ARE DAYS AND NIGHTS

WHEN EXISTENCE SEEMS TO lack all purpose,

AND OUR LIVES SEEM BRIEF SPARKS

IN AN indifferent cosmos.

Fear and loneliness ENTER INTO THE **SOUL.**

None of us is immune from doubt and fear,

NONE ESCAPES TIMES

WHEN ALL SEEMS DARK AND SENSELESS.

THEN, AT THE EBB-TIDE OF THE SPIRIT,

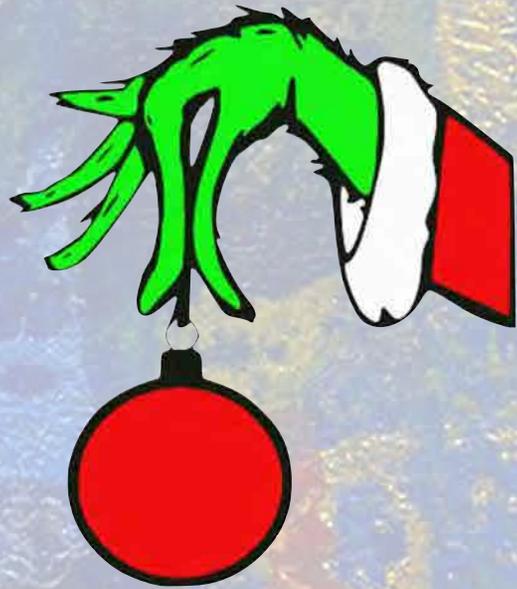
THE SOUL CRIES OUT

AND REACHES FOR COMPANIONSHIP.

"**COME TO ME ALL WHO ARE**

wearry

...AND I WILL GIVE YOU REST."



BLUE CHRISTMAS

I'LL HAVE A **BLUE CHRISTMAS** WITHOUT YOU
I'LL BE SO BLUE THINKING ABOUT YOU
DECORATIONS OF RED ON A GREEN CHRISTMAS TREE
WON'T MEAN A THING IF YOU'RE NOT HERE WITH ME

I'LL HAVE A **BLUE CHRISTMAS** THAT'S CERTAIN
AND WHEN THAT BLUE HEARTACHE STARTS HURTIN'
YOU'LL BE DOING ALL RIGHT, WITH YOUR
CHRISTMAS OF WHITE,

BUT I'LL HAVE BLUE,

BLUE CHRISTMAS

Peace, Peace

LET THE RAIN COME AND WASH AWAY
THE ANCIENT GRUDGES, THE BITTER HATREDS
HELD AND NURTURED OVER GENERATIONS.

LET THE RAIN WASH AWAY THE MEMORY
OF THE HURT, THE NEGLECT.

THEN LET THE SUN COME OUT AND FILL THE SKY WITH RAINBOWS.
LET THE WARMTH OF THE SUN HEAL US

WHEREVER WE ARE BROKEN.

LET IT BURN AWAY THE FOG SO THAT
WE CAN SEE CLEARLY—

So that we can see beyond labels,
Beyond accents, gender or skin color.

LET THE WARMTH AND BRIGHTNESS OF THE SUN
MELT OUR SELFISHNESS
SO THAT WE CAN SHARE THE JOYS AND FEEL THE SORROWS
OF OUR NEIGHBORS.

**And let the light of the sun
be so strong that we will see all people
as our neighbors.**

LET THE EARTH, \] NOURISHED BY RAIN,
BRING FORTH FLOWERS TO SURROUND US WITH BEAUTY.
AND LET THE MOUNTAINS TEACH OUR HEARTS TO REACH UPWARD TO HEAVEN

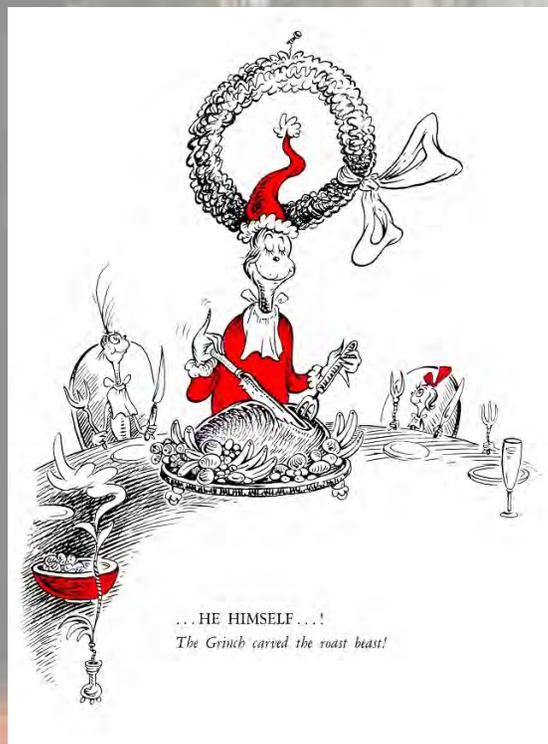


—A PRAYER FOR THE WORLD, RABBI HAROLD KUSHNER





And what happened then...?
Well... in Whoville they say
That the Grinch's small heart
Grew three sizes that day!
And the minute his heart didn't feel quite so tight,
He whizzed with his load through the bright morning light
And he brought back the toys! And the food for the feast!
And he...



...HE HIMSELF...!
The Grinch carved the roast beast!

CHRISTMAS BELLS
BY HENRY WADSWORTH LONGFELLOW

I HEARD THE BELLS ON CHRISTMAS DAY
THEIR OLD, FAMILIAR CAROLS PLAY,
AND WILD AND SWEET
THE WORDS REPEAT
OF PEACE ON EARTH, GOOD-WILL TO MEN!

AND THOUGHT HOW, AS THE DAY HAD COME,
THE BELFRIES OF ALL CHRISTENDOM
HAD ROLLED ALONG THE UNBROKEN SONG
OF PEACE ON EARTH, GOOD-WILL TO MEN!

TILL RINGING, SINGING ON ITS WAY,
THE WORLD REVOLVED FROM NIGHT TO DAY,
A VOICE, A CHIME, A CHANT SUBLIME
OF PEACE ON EARTH, GOOD-WILL TO MEN!

THEN FROM EACH BLACK, ACCURSED MOUTH
THE CANNON THUNDERED IN THE SOUTH,
AND WITH THE SOUND THE CAROLS DROWNED
OF PEACE ON EARTH, GOOD-WILL TO MEN!

IT WAS AS IF AN EARTHQUAKE RENT
THE HEARTH-STONES OF A CONTINENT,
AND MADE FORLORN THE HOUSEHOLDS BORN
OF PEACE ON EARTH, GOOD-WILL TO MEN!

AND IN DESPAIR I BOWED MY HEAD;
"THERE IS NO PEACE ON EARTH," I SAID;
"FOR HATE IS STRONG, AND MOCKS THE SONG
OF PEACE ON EARTH, GOOD-WILL TO MEN!"

THEN PEAL'D THE BELLS MORE LOUD AND DEEP:
"GOD IS NOT DEAD, NOR DOETH HE SLEEP;
THE WRONG SHALL FAIL THE RIGHT PREVAIL,
WITH PEACE ON EARTH,
GOOD-WILL TO MEN."

WELCOME

GIVING THANKS

MAY THE **GOD OF LOVE** FILL YOU WITH ALL
JOY AND **PEACE** AS YOU TRUST IN HIM, SO THAT
YOU MAY OVERFLOW WITH **HOPE** BY THE POWER OF
THE **Holy Spirit.**

ROMANS 15:13

HALLELUYA BY STACEY BEYER

PRAISE GOD'S NAME. PRAISE GOD'S WORD. PRAISE
GOD'S LOVE. PRAISE GOD'S LIGHT.

PRAISE GOD'S GRACE. PRAISE GOD'S GLORY. PRAISE
GOD'S WISDOM. PRAISE GOD'S PROMISE.

LET EVERYTHING THAT BREATHES PRAISE GOD.

PRAISE GOD'S COMMANDMENTS. PRAISE GOD'S
GUIDANCE. GOD'S UNDERSTANDING. GOD'S
FORGIVENESS.

GOD'S REDEMPTION. PRAISE GOD'S HEALING. PRAISE
GOD'S BLESSING. PRAISE GOD'S SHELTER.

LET EVERYTHING THAT BREATHES PRAISE GOD.

SLOW DOWN, STOP NOW AND TAKE THE TIME TO...

PRAISE GOD'S MERCY. PRAISE GOD'S WONDER. PRAISE
GOD'S GOODNESS. PRAISE GOD'S COMFORT.

PRAISE GOD'S GREATNESS. PRAISE GOD'S MESSAGE.
PRAISE GOD'S PURPOSE. PRAISE GOD'S PRESENCE.

HALLELUYA

Piglet noticed that even
though he had a
Very Small Heart,



it could hold a rather
large amount of

Gratitude.

Thankful by Josh Groban

SOMEDAYS, WE FORGET TO LOOK AROUND US
SOMEDAYS, WE CAN'T SEE THE JOY THAT SURROUNDS US
SO CAUGHT UP INSIDE OURSELVES WE TAKE WHEN WE SHOULD GIVE
SO FOR TONIGHT WE PRAY FOR WHAT WE KNOW CAN BE
AND ON THIS DAY WE HOPE FOR WHAT WE STILL CAN'T SEE
IT'S UP TO US, TO BE THE CHANGE
AND EVEN THOUGH WE ALL CAN STILL DO MORE
THERE'S SO MUCH TO BE THANKFUL FOR.

LOOK BEYOND OURSELVES THERE'S SO MUCH SORROW
IT'S WAY TOO LATE TO SAY, I'LL CRY TOMORROW.

**EACH OF US MUST FIND OUR TRUTH
WE'RE SO LONG OVERDUE**

EVEN WITH OUR DIFFERENCES
THERE IS A PLACE WE'RE ALL CONNECTED.

EACH OF US CAN FIND EACH OTHERS LIGHT

Gracias a la vida by Mercedes Sosa

GRACIAS A LA VIDA QUE ME HA DADO TANTO
ME DIO DOS LUCEROS QUE CUANDO LOS ABRO
PERFECTO DISTINGO LO NEGRO DEL BLANCO
Y EN EL ALTO CIELO SU FONDO ESTRELLADO
Y EN LAS MULTITUDES EL HOMBRE QUE YO AMO

GRACIAS A LA VIDA QUE ME HA DADO TANTO
ME HA DADO EL OÍDO QUE EN TODO SU ANCHO
CADA NOCHE Y DÍAS
GRILLOS Y CANARIOS, MARTILLOS, TURBINAS
LADRIDOS, CHUBASCOS
Y LA VOZ TAN TIERNA DE MI BIEN AMADO

GRACIAS A LA VIDA QUE ME HA DADO TANTO
ME HA DADO EL SONIDO Y EL ABECEDARIO
CON EL LAS PALABRAS QUE PIENSO Y DECLARO
MADRE, AMIGO, HERMANO Y LUZ ALUMBRANDO
LA RUTA DEL ALMA DEL QUE ESTOY AMANDO

GRACIAS A LA VIDA QUE ME HA DADO TANTO
ME HA DADO LA MARCHA DE MIS PIES CANSADOS
CON ELLOS ANDUVE CIUDADES Y CHARCOS
PLAYAS Y DESIERTOS, MONTAÑAS Y LLANOS
Y LA CASA TUYA, TU CALLE Y TU PATIO

GRACIAS A LA VIDA QUE ME HA DADO TANTO
ME DIO EL CORAZÓN QUE AGITA SU MARCO
CUANDO MIRO EL FRUTO DEL CEREBRO HUMANO
CUANDO MIRO EL BUENO TAN LEJOS DEL MALO
CUANDO MIRO EL FONDO DE TUS OJOS CLAROS

GRACIAS A LA VIDA QUE ME HA DADO TANTO
ME HA DADO LA RISA Y ME HA DADO EL LLANTO
ASÍ YO DISTINGO DICHA DE QUEBRANTO
LOS DOS MATERIALES QUE FORMAN MI CANTO
Y EL CANTO DE USTEDES QUE ES EL MISMO CANTO
Y EL CANTO DE TODOS QUE ES MI PROPIO CANTO
GRACIAS A LA VIDA

HEALING FOR THE BROKEN HEARTED

I hope one day, we find each
other again and laugh over
whatever pain we might have
caused

r.m. drake

I WISH YOU LOVE BY NAT KING COLE

GOODBYE, NO USE LEADING WITH OUR CHINS. THIS IS
WHERE OUR STORY ENDS— NEVER LOVERS, EVER
FRIENDS. GOODBYE, LET OUR HEARTS CALL IT A DAY,
BUT BEFORE YOU WALK AWAY, I SINCERELY HAVE TO
SAY—

I WISH YOU BLUEBIRDS IN THE SPRING TO GIVE YOUR
HEART A SONG TO SING AND THEN A KISS, BUT MORE
THAN THIS I WISH YOU LOVE.

AND IN JULY A LEMONADE TO COOL YOU IN SOME LEAFY
GLADE. I WISH YOU HEALTH BUT MORE THAN WEALTH I
WISH YOU LOVE.

MY BREAKING HEART AND I AGREE THAT YOU AND I
COULD NEVER BE SO WITH MY BEST, MY VERY BEST, I
SET YOU FREE.

I WISH YOU SHELTER FROM THE STORM, A COZY FIRE TO
KEEP YOU WARM, BUT MOST OF ALL WHEN SNOWFLAKES
FALL...

I WISH YOU LOVE.

HEALING FROM LOSS OF FAITH



**WHERE ARE YOU CHRISTMAS?
FROM DR. SEUSS'
"HOW THE GRINCH STOLE CHRISTMAS"**

WHERE ARE YOU, CHRISTMAS?
WHY CAN'T I FIND YOU?
WHY HAVE YOU GONE AWAY?

WHERE IS THE LAUGHTER YOU USED TO BRING ME?
WHY CAN'T I HEAR MUSIC PLAY?
MY WORLD IS CHANGING.
I'M REARRANGING.
DOWS THAT MEAN CHRISTMAS CHANGES TOO?

WHERE ARE YOU, CHRISTMAS?
DO YOU REMEMBER
THE ONE YOU USED TO KNOW?
I'M NOT THE SAME ONE.
SEE WHAT THE TIME'S DONE.
IS THAT WHY YOU HAVE LET ME GO?

CHRISTMAS IS HERE, EVERYWHERE,
CHRISTMAS IS HERE, IF YOU CARE.

IF THERE IS LOVE IN YOUR HEART AND YOUR MIND,
YOU WILL FEEL LIKE CHRISTMAS ALL THE TIME.

I FEEL YOU, CHRISTMAS,
I KNOW I FOUND YOU.
YOU NEVER FADE AWAY.

**The joy of Christmas stays here inside us,
Fills each and every heart with love!**



PRAISE THE NEW DAY,
A GIFT OF THE SOURCE OF ALL BEING,
THE BREATH OF LIFE,
THE SOUL OF THE UNIVERSE.
CHERISH THE MOMENTS
AND SANCTIFY THE HOURS.

BLESS THE JOYS
AND HONOR THE TEARS.
LIFT YOUR HEART IN SONG.
RAISE YOUR VOICE IN THANKSGIVING.

MAGNIFY YOUR FAITH.
PRACTICE ACCEPTANCE.
OFFER CONSOLATION.

SEEK WISDOM.
BECOME A WELL OF HEALING,
A BEACON OF KINDNESS,
A SOURCE OF FORGIVENESS,
A LIGHT OF WONDER AND WISDOM.

SOUL OF THE UNIVERSE,
BREATH OF LIFE,
SOURCE OF ALL BEING,
WE PRAISE THE NEW DAY.
A GIFT OF HOLINESS AND LOVE

ALDON SOLOVOY

יש כוכבים
שאורם מגיע ארצה רק כאשר הם עצמם אבדו ואינם
יש אנשים
שזיו זכרם מאיר כאשר הם עצמם אינם יותר בתוכנו
אורות אלה
המבהיקים בחשכת הלילה - הם שמראים לאדם את אורות הדרך

**BELIEVE BY JOSH GROBAN
FROM THE POLAR EXPRESS**

CHILDREN SLEEPING SNOW IS SOFTLY FALLING
DREAMS ARE CALLING LIKES BELLS IN THE DISTANCE
WE WERE DREAMERS NOT SO LONG AGO
BUT ONE BY ONE WE ALL HAD TO GROW UP

THERE ARE STARS UP ABOVE, SO FAR AWAY WE ONLY
SEE THEIR LIGHT LONG, LONG AFTER THE STAR
ITSELF IS GONE. AND SO IT IS WITH PEOPLE THAT WE
LOVED -- THEIR MEMORIES KEEP SHINING EVER
BRIGHTLY THOUGH THEIR TIME WITH US IS DONE.
BUT THE STARS THAT LIGHT UP THE DARKEST NIGHT,
THESE ARE THE LIGHTS THAT GUIDE US. AS WE LIVE
OUR DAYS, THESE ARE THE WAYS TO REMEMBER.

WHEN IT SEEMS THE MAGIC SLIPPED AWAY
WE FIND IT ALL AGAIN ON CHRISTMAS DAY

HANNAH SENESH, MISHKAN T'FILAH

BELIEVE IN WHAT YOUR HEART IS SAYING
HEAR THE MELODY THAT'S PLAYING
THERE'S NO TIME TO WASTE
THERE'S SO MUCH TO CELEBRATE
BELIEVE IN WHAT YOU FEEL INSIDE
AND GIVE YOUR DREAMS THE WINGS TO FLY
YOU HAVE EVERYTHING YOU NEED
IF YOU JUST BELIEVE

MISS ME-BUT LET ME GO BY CHRISTINE ROSSETTI

WHEN I COME TO THE END OF THE ROAD AND THE
SUN HAS SET FOR ME I WANT NO RITES IN A GLOOM-
FILLED ROOM. WHY CRY FOR A SOUL SET FREE?

TRAINS MOVE QUICKLY TO THEIR JOURNEY'S END
DESTINATIONS ARE WHERE WE BEGIN AGAIN
SHIPS GO SAILING FAR ACROSS THE SEA

MISS ME A LITTLE-BUT NOT TOO LONG AND NOT WITH
YOUR HEAD BOWED LOW. REMEMBER THE LOVE THAT
WE ONCE SHARED, MISS ME-BUT LET ME GO.

FOR THIS IS A JOURNEY THAT WE ALL MUST TAKE AND
EACH MUST GO ALONE. IT'S ALL PART OF THE
MASTER'S PLAN, A STEP ON THE ROAD TO HOME.

TRUSTING **STARLIGHT** TO GET WHERE THEY NEED TO BE

WHEN YOU ARE LONELY AND SICK OF HEART GO TO
THE FRIENDS WE KNOW AND BURY YOUR SORROWS IN
DOING GOOD DEEDS. MISS ME-BUT LET ME GO!



“OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE. IT IS OUR LIGHT, NOT OUR DARKNESS THAT MOST FRIGHTENS US. WE ASK OURSELVES, 'WHO AM I TO BE BRILLIANT, GORGEOUS, TALENTED, FABULOUS?' ACTUALLY, WHO ARE YOU NOT TO BE? YOU ARE A CHILD OF GOD. YOUR PLAYING SMALL DOES NOT SERVE THE WORLD. THERE IS NOTHING ENLIGHTENED ABOUT SHRINKING SO THAT OTHER PEOPLE WON'T FEEL INSECURE AROUND YOU. WE ARE ALL MEANT TO SHINE, AS CHILDREN DO. WE WERE BORN TO MAKE MANIFEST THE GLORY OF GOD THAT IS WITHIN US. IT'S NOT JUST IN SOME OF US; IT'S IN EVERYONE. AND AS WE LET OUR OWN LIGHT SHINE, WE UNCONSCIOUSLY GIVE OTHER PEOPLE PERMISSION TO DO THE SAME. AS WE ARE LIBERATED FROM OUR OWN FEAR, OUR PRESENCE AUTOMATICALLY LIBERATES OTHERS.”

—MARIANNE WILLIAMSON, A RETURN TO LOVE

HEALING FROM GRIEF

Blessed are those that mourn; for they will be comforted.

Matthew 5 : 4



I'LL BE SEEING YOU BY SAMMY FAIN

I'LL BE SEEING YOU IN ALL THE OLD FAMILIAR PLACES THAT THIS HEART OF MINE EMBRACES ALL DAY THROUGH. IN THAT SMALL CAFÉ, THE PARK ACROSS THE WAY, THE CHILDREN'S CAROUSEL, THE CHESTNUT TREE, THE WISHING WELL.

I'LL BE SEEING YOU IN EVERY LOVELY SUMMERS DAY, IN EVERYTHING THAT'S LIGHT AND GAY I'LL ALWAYS THINK OF YOU THAT WAY.

I'LL FIND YOU IN THE MORNING SUN AND WHEN THE NIGHT IS THROUGH...

I'LL BE LOOKING AT THE MOON BUT I'LL BE SEEING YOU

LORD 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

AND WHERE THERE IS SADNESS,

JOY

O DIVINE MASTER
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
WITH ALL MY HEART

FOR IT IS IN GIVING THAT WE RECEIVE
IT IS IN PARDONING THAT WE ARE PARDONED
AND IT'S IN DYING THAT WE ARE BORN
TO ETERNAL LIFE

—THE PRAYER OF SAINT FRANCIS OF ASSISI



I WILL HONOR CHRISTMAS
IN MY HEART, AND TRY TO
KEEP IT ALL THE YEAR. I
WILL LIVE IN THE PAST, THE
PRESENT, AND THE FUTURE.
THE SPIRITS OF ALL THREE
SHALL STRIVE WITHIN ME. I
WILL NOT SHUT OUT THE
LESSONS THEY TEACH!

- Charles Dickens, *A Christmas Carol*



HEALING FROM GOODBYES AND DISTANCE



How lucky I am to have something that makes saying goodbye so hard.

I'LL BE HOME FOR CHRISTMAS

**I'M DREAMING TONIGHT
OF A PLACE I LOVE
EVEN MORE THAN I USUALLY DO.
AND ALTHOUGH I KNOW
IT'S A LONG ROAD BACK,
I PROMISE YOU:**

**I'LL BE HOME FOR CHRISTMAS;
YOU CAN PLAN ON ME.
PLEASE HAVE SNOW AND MISTLETOE,
AND PRESENTS ON THE TREE.**

**CHRISTMAS EVE WILL FIND ME
WHERE THE LOVE LIGHT GLEAMS.**

**I'LL BE HOME FOR CHRISTMAS,
IF ONLY IN MY DREAMS!**

THE SERENITY PRAYER
BY RHEINHOLD NEIBUHR

God

*grant me the
serenity*

to accept the things I cannot change,

Courage

to change the things I can, and

wisdom

to know the difference.

A PRAYER FOR THE CAREGIVER
BY BRUCE MCINTYRE

UNKNOWN AND OFTEN UNNOTICED,
YOU ARE A HERO NONETHELESS.

FOR YOUR LOVE, SACRIFICIAL, IS GOD AT HIS BEST.
YOU WALK BY FAITH IN THE DARKNESS OF THE GREAT
UNKNOWN, AND YOUR COURAGE, EVEN IN WEAKNESS,
GIVES LIFE TO YOUR BELOVED.

YOU HOLD SHAKING HANDS AND PROVE THE ULTIMATE CARE:
YOUR PRESENCE, THE KNOWING, THAT YOU ARE SIMPLY THERE.

YOU RISE TO FACE THE GIANT OF DISEASE AND DESPAIR,
IT IS YOUR FINEST HOUR, THOUGH YOU MAY BE UNAWARE.
YOU ARE RESILIENT, AMAZING AND BEAUTY UNEXCELLED,
YOU ARE THE CAREGIVER AND YOU HAVE DONE WELL!

HEALING FROM ILLNESS

sickness n.

sick·ness | \ 'sɪk-nəs \

Definition of Sickness

1a: ill health : ILLNESS

b: a disordered, weakened, or unsound condition

2: a specific disease

PRAYER FOR HEALING BY TODD HERZOG ARRANGED BY JENNY SNYDER

EL NA REFANA LA REFANA LANU

DEAR GOD OF OUR ANCESTORS
HELP US RENEW OUR FAITH
GRANT US A PERFECT HEALING
BRING PEACE TO ALL OUR DAYS

EL NA REFANA LA REFANA LANU

RESTORE OUR STRENGTH OF BODY
HELP CLARIFY OUR MINDS
REFRESH OUR TIRED SPIRITS
REJUVENATE OUR LIGHT

EL NA REFANA LA REFANA LANU

THANK YOU FOR ALL THESE BLESSINGS
THROUGHOUT OUR DAYS AND NIGHTS
WE CELEBRATE THE JOURNEY
THIS PRECIOUS GIFT OF LIFE

EL NA REFANA LA REFANA LANU

FOR GOOD FROM WICKED THE MUSICAL

I'VE HEARD IT SAID THAT PEOPLE COME INTO OUR LIVES FOR A REASON, BRINGING SOMETHING WE MUST LEARN, AND WE ARE LED TO THOSE WHO HELP US MOST TO GROW IF WE LET THEM AND IF WE HELP THEM IN RETURN. WELL, I DON'T KNOW IF I BELIEVE THAT'S TRUE BUT I KNOW I'M WHO I AM TODAY BECAUSE I KNEW YOU... LIKE A COMET PULLED FROM ORBIT AS IT PASSES A SUN, LIKE A STREAM THAT MEETS A BOULDER HALFWAY THROUGH THE WOOD.

WHO CAN SAY IF I'VE BEEN CHANGED FOR THE BETTER BUT BECAUSE I KNOW YOU I HAVE BEEN CHANGED FOR GOOD.

IT WELL MAY BE THAT WE WILL NEVER MEET AGAIN IN THIS LIFETIME SO LET ME SAY BEFORE WE PART SO MUCH OF ME IS MADE OF WHAT I LEARNED FROM YOU YOU'LL BE WITH ME LIKE A HANDPRINT ON MY HEART— AND NOW WHATEVER WAY OUR STORIES END I KNOW YOU HAVE RE-WRITTEN MINE BY BEING MY FRIEND...LIKE A SHIP BLOWN FROM IT'S MOORING BY A WIND OFF THE SEA, LIKE A SEED DROPPED BY A SKYBIRD IN A DISTANT WOOD.

WHO CAN SAY IF I'VE BEEN CHANGED FOR THE BETTER BUT BECAUSE I KNOW YOU I HAVE BEEN CHANGED FOR GOOD.

AND JUST TO CLEAR THE AIR I ASK FOR FORGIVENESS FOR THE THINGS I'VE DONE YOU BLAME ME FOR. BUT THEN I GUESS WE KNOW THERE'S BLAME TO SHARE AND NONE OF SEEMS TO MATTER ANYMORE!

WHO CAN SAY IF I'VE BEEN CHANGED FOR THE BETTER BUT BECAUSE I KNOW YOU I HAVE BEEN CHANGED FOR GOOD.



HEALING FROM THE UNEXPECTED

I WISH YOU *Enough*

I WISH YOU ENOUGH...
I WISH YOU ENOUGH SUN
TO KEEP YOUR ATTITUDE BRIGHT
NO MATTER HOW GREY THE DAY MAY APPEAR.
I WISH YOU ENOUGH RAIN
TO APPRECIATE THE SUN EVEN MORE.
I WISH YOU ENOUGH HAPPINESS
TO KEEP YOUR SPIRIT ALIVE AND EVERLASTING.
I WISH YOU ENOUGH PAIN
SO THAT EVEN THE SMALLEST OF JOYS IN LIFE
MAY APPEAR BIGGER.
I WISH YOU ENOUGH GAIN
TO SATISFY YOUR WANTING.
I WISH YOU ENOUGH LOSS
TO APPRECIATE ALL THAT YOU POSSESS.
I WISH YOU ENOUGH "HELLO'S"
TO GET YOU THROUGH THE FINAL "GOODBYE."

BOB PERKS

SHEPHERD ME, O GOD BY MARTY HAUGEN

SHEPHERD ME, O GOD BEYOND MY WANTS, BEYOND MY FEARS,
FROM DEATH INTO LIFE.

GOD IS MY SHEPHERD, SO NOTHING SHALL I WANT, I REST IN THE
MEADOWS OF FAITHFULNESS AND LOVE, I WALK BY THE QUIET
WATERS OF PEACE.

GENTLY YOU RAISE ME AND HEAL MY WEARY SOUL, YOU LEAD ME BY
PATHWAYS OF RIGHTEOUSNESS AND TRUTH, MY SPIRIT SHALL SING
THE MUSIC OF YOUR NAME.

THOUGH I SHOULD WONDER THE VALLEY OF DEATH, I FEAR NO EVIL,
FOR YOU ARE AT MY SIDE, YOUR ROD AND YOUR STAFF MY COMFORT
AND MY HOPE.

YOU HAVE SENT ME A BANQUET OF LOVE IN THE FACE OF HATRED,
CROWNING ME WITH LOVE BEYOND MY POWER TO HOLD.

SURELY YOUR KINDNESS AND MERCY FOLLOW ME ALL THE DAYS OF
MY LIFE, I WILL DWELL IN THE HOUSE OF MY LORD FOREVERMORE.

HEALING FROM TURMOIL

Blowing out
someone else's candle
doesn't make yours
shine any brighter...

MY GROWN UP CHRISTMAS LIST

DO YOU REMEMBER ME?
I SAT UPON YOUR KNEE.
I WROTE TO YOU
WITH CHILDHOOD FANTASIES.
WELL, I'M ALL GROWNUP NOW.
CAN YOU STILL HELP SOMEHOW?
I'M NOT A CHILD
BUT MY HEART STILL CAN DREAM.
SO HERE'S MY LIFELONG WISH,
MY GROWN-UP CHRISTMAS LIST,
NOT FOR MYSELF
BUT FOR A WORLD IN NEED.

No more lives torn apart,
and wars would never start,
And time would heal all hearts.
Every man would have a friend,
That right would always win,
And love would never end.
This is my grown-up Christmas list.

WHAT IS THIS ILLUSION CALLED,
THE INNOCENCE OF YOUTH?
MAYBE ONLY IN OUR BLIND BELIEF
CAN WE EVER FIND THE TRUTH.
THIS IS MY ONLY LIFE LONG WISH.

THIS IS MY GROWN UP
CHRISTMAS LIST

IF PRAYERS FOR PEACE WON'T GET US TO REDEMPTION, ACTS OF PEACE MAY AT LEAST BRING US CLOSER, WE ACCEPT REALITY. BUT HOLD ON TO THE VISION. IF WE OPEN UP OUR HEARTS AND OUR HANDS TO OUR NEIGHBORS, IF WE DISAVOW VIOLENCE IN OUR OWN LIVES, IF WE ARE ABLE TO CONNECT WITH, UNDERSTAND AND ACCEPT THOSE THAT ARE DIFFERENT FROM US, IF WE ARE ABLE TO PUT OUR FELLOW HUMAN BEINGS ABOVE IDEOLOGY, THEN MAYBE WE CAN AT LEAST AFFECT OUR WORLDS, OUR CIRCLES OF INFLUENCE.

**I'M TIRED OF PRAYING FOR PEACE. WE MOURN THE VIOLENCE, THE LOSS OF LIFE, THE INJURY. AND WHILE OVERWHELMED BY THE ENORMITY OF IT, LET US FOCUS ON THE SMALL GESTURES WE CAN DO TO HELP BRING ABOUT THE WORLD WE DESIRE.
-SETH GOLDSTEIN, RABBIS WITHOUT BORDERS - MY JEWISH LEARNING**



BEAUTIFUL THINGS BY GUNGOR

ALL THIS PAIN, I WONDER IF I'LL EVER FIND MY WAY
I WONDER IF MY LIFE COULD REALLY CHANGE AT ALL
ALL THIS EARTH COULD ALL THAT IS LOST BE EVER FOUND?
COULD A GARDEN COME OUT FROM THIS GROUND, AT ALL?

YOU MAKE BEAUTIFUL THINGS
YOU MAKE BEAUTIFUL THINGS OUT OF THE DUST
YOU MAKE BEAUTIFUL THINGS
YOU MAKE BEAUTIFUL THINGS OUT OF US

ALL AROUND, HOPE IS SPRINGING FROM THIS OLD GROUND,
OUT OF CHAOS LIFE IS BEING FOUND IN YOU

YOU MAKE ME NEW
YOU ARE MAKING ME NEW
YOU MAKE ME NEW
YOU ARE MAKING ME NEW

RAINDROPS BY BURT BACHARACH

RAINDROPS ARE FALLING ON MY HEAD
AND JUST LIKE THE GUY WHOSE FEET ARE TOO BIG FOR HIS BED
NOTHING SEEMS TO FIT THOSE RAINDROPS ARE FALLING ON MY HEAD
THEY KEEP FALLING

SO I JUST DID ME SOME TALKIN' TO THE SUN
AND I SAID I DIDN'T LIKE THE WAY HE GOT THINGS DONE
SLEEPIN' ON THE JOB
THOSE RAINDROPS ARE FALLING ON MY HEAD, THEY KEEP FALLING

BUT THERE'S ONE THING I KNOW
THE BLUES HE SENDS TO MEET ME WON'T DEFEAT ME
IT WON'T BE LONG 'TILL HAPPINESS STEPS UP TO GREET ME

RAINDROPS KEEP FALLING ON MY HEAD
BUT THAT DOESN'T MEAN MY EYES WILL SOON BE TURNIN' RED
CRYING'S NOT FOR ME
'CAUSE I'M NEVER GONNA STOP THE RAIN BY COMPLAININ'

BECAUSE I'M FREE
NOTHING'S WORRYING ME...

DON'T QUIT!

WHEN THINGS GO WRONG, AS THEY SOMETIMES WILL,
WHEN THE ROAD YOU'RE TRUDGING SEEMS ALL UPHILL,
WHEN THE FUNDS ARE LOW AND THE DEBTS ARE HIGH,
AND YOU WANT TO SMILE, BUT YOU HAVE TO SIGH,
WHEN CARE IS PRESSING YOU DOWN A BIT-
REST IF YOU MUST, BUT DON'T YOU QUIT.
LIFE IS QUEER WITH ITS TWISTS AND TURNS,
AS EVERY ONE OF US SOMETIMES LEARNS,
AND MANY A FELLOW TURNS ABOUT
WHEN HE MIGHT HAVE WON HAD HE STUCK IT OUT.
DON'T GIVE UP THOUGH THE PACE SEEMS SLOW -
YOU MAY SUCCEED WITH ANOTHER BLOW.
OFTEN THE GOAL IS NEARER THAN
IT SEEMS TO A FAINT AND FALTERING MAN;
OFTEN THE STRUGGLER HAS GIVEN UP
WHEN HE MIGHT HAVE CAPTURED THE VICTOR'S CUP;
AND HE LEARNED TOO LATE WHEN THE NIGHT CAME DOWN,
HOW CLOSE HE WAS TO THE GOLDEN CROWN.
SUCCESS IS FAILURE TURNED INSIDE OUT -
THE SILVER TINT IN THE CLOUDS OF DOUBT,
AND YOU NEVER CAN TELL HOW CLOSE YOU ARE,
IT MIGHT BE NEAR WHEN IT SEEMS AFAR;
SO STICK TO THE FIGHT WHEN YOU'RE HARDEST HIT -
IT'S WHEN THINGS SEEM WORST THAT YOU MUST NOT QUIT.

—ANONYMOUS

A BLESSING OF AMERICA

MAY AMERICA USE HER BLESSINGS
WISELY AND WELL

MAY WE NOT SQUANDER HER ABUNDANCE ON
FRIVOLITY

MAY OUR STRENGTH BE ALWAYS ON THE SIDE OF
JUSTICE

MAY OUR LEADERS BE STRONG ENOUGH TO SEEK
PEACE

MAY THE GREAT, STRONG HEARTS OF OUR PEOPLE BE
OPEN

MAY OUR LABORS BE OF BENEFIT TO
AMERICA AND THE WORLD

MAY OUR LEGACY BE ONE OF ENDURING
EQUALITY AND LIBERTY

MAY ALL WHO SEEK CITIZENSHIP

be ever welcome here

MAY OUR GOVERNMENT ACT WITH SOUNDNESS OF
JUDGMENT

MAY AMERICANS BE WORTHY OF THE HOPE PUT IN OUR HANDS.

BLESS AMERICA THIS DAY AND EVERY DAY WITH GREATNESS.

WE, EACH OF US, ARE THE GUARDIANS OF AMERICA'S FATE.

We the people,

ARE THE GREATEST STRENGTH OF AMERICA.
I BLESS AMERICA THIS DAY,
AND CELEBRATE FREEDOM.