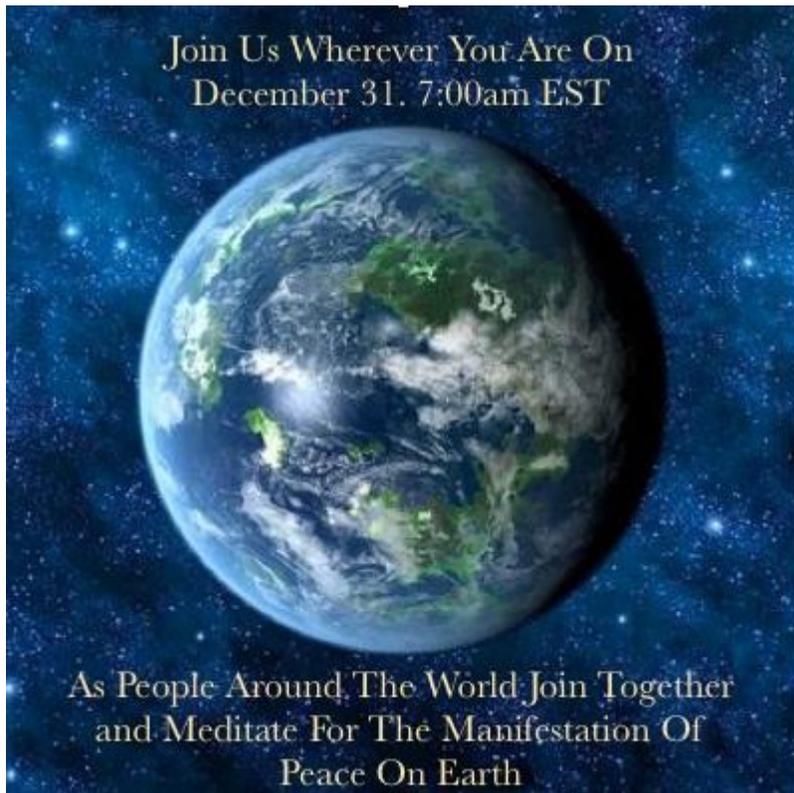


# Opportunities for “Safe at Home” Participation in the 2021 International Hour For Peace



**\*\*You may want to begin your experience with beautiful music.**

[Deep Peace - New Thought Choir Music - by Bill Douglas \(traditional Gaelic Blessing\) - Bing video](#)

[Reiki music for world peace: Meditation music, reiki music, healing music, peaceful music 31603R - YouTube](#)

*The next two songs from the album “God Speaks!” by 2 Healing Hearts were performed at the 2019 Hour For Peace. See lyrics at the bottom of this document.*

[After the Storm - YouTube](#)[After the Storm - YouTube](#)



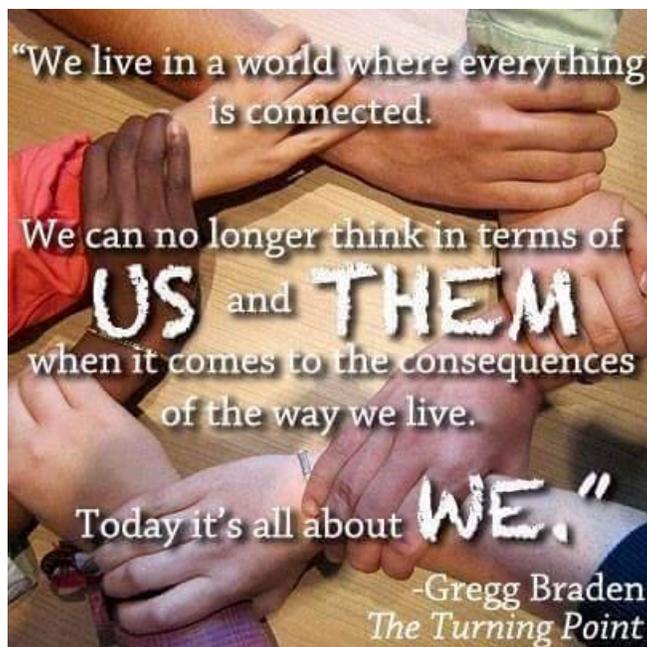
1 AFTER THE  
STORM.mp3



11 SING MY SONGS  
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[Sing My Songs \(God Speaks\) - YouTube](#)

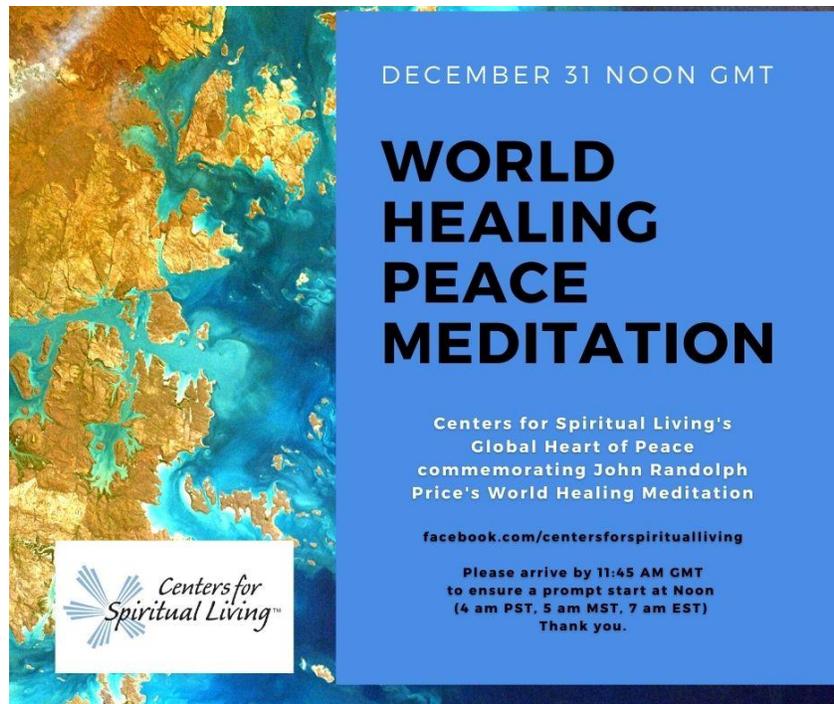
**"None of us are safe until all of us are safe."**



**\*\* World Healing Peace Meditation with Michelle Medrano and Chris Plym, Friday, December 31, 5 a.m. Mountain Standard Time. Hosted by Mile Hi Church in Lakewood Colorado, you can join via phone or Zoom, [World Healing Peace Meditation - Mile Hi Church](#) . "Join more than 500 million people from an array of faith traditions and philosophies, across seven continents, meditating simultaneously. We begin at precisely the same moment all around the world in all the many languages to pray in the ways of their own traditions. We each affirm peace and commit to doing our part to heal the world. It is truly an amazing experience to sense the consciousness and the presence of hundreds of millions of people sharing in this meditation." Click on [World Healing Zoom](#) or join via phone, 301 715 8592; Meeting ID: 832 1641 8215**

**\*\*[WORLD PEACE MEDITATION DAY - December 31, 2021 - National Today](#) "Every year, World Peace Meditation Day is held on December 31 as the whole world contemplates the start of a new year. It bears the promise of ushering in a new era of peaceful relations in the world by making people more mindful of concepts like self-control and personal development. It is commonly known that when people are at peace with themselves, they are more likely to seek out and build peaceful relationships in their community and country. Even in those parts of the world that are affected by war, meditation can help those affected by violence to overcome their loss and avoid being negatively affected by the events taking place around them."**

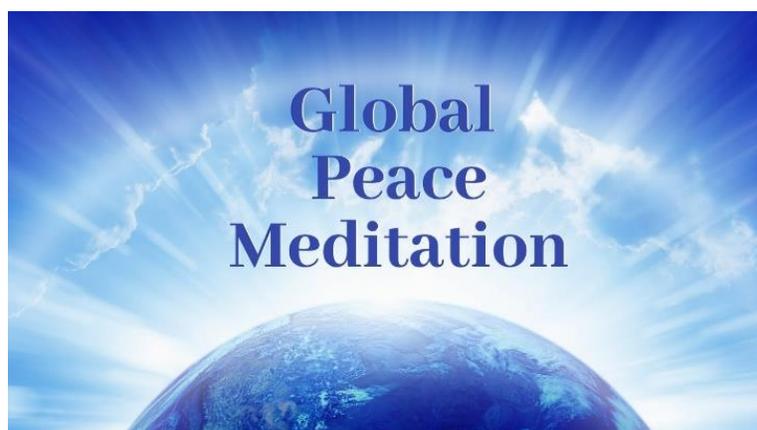
**\*\*The Centers for Spiritual Living's Global Services Heart of Peace Initiative** offers a peace meditation for all to [join live on the CSL Facebook page](#) at Noon Greenwich Meantime. That's 5:00 a.m. Mountain Time! Please arrive 15 minutes early to settle in and fully participate.



**\*\*For Catholics, this Holy Hour for Peace model from the U.S. Conference of Catholic Bishops is based on the ritual book "Holy Communion and Worship of the Eucharist Outside of Mass".** [Holy Hour for Peace | USCCB](#)

**\*\*Prayers for Peace from many faiths:** [www.hourforpeace.org/prayers.html](http://www.hourforpeace.org/prayers.html)

**\*\*Peace in Many Languages -** [www.hourforpeace.org/languages.html](http://www.hourforpeace.org/languages.html)



## More Guided Meditations:

\*\*Silent Unity Meditations: Inner Peace: "You are invited to relax, take a deep breath, and pause in this moment as you allow Spirit to restore your natural balance."

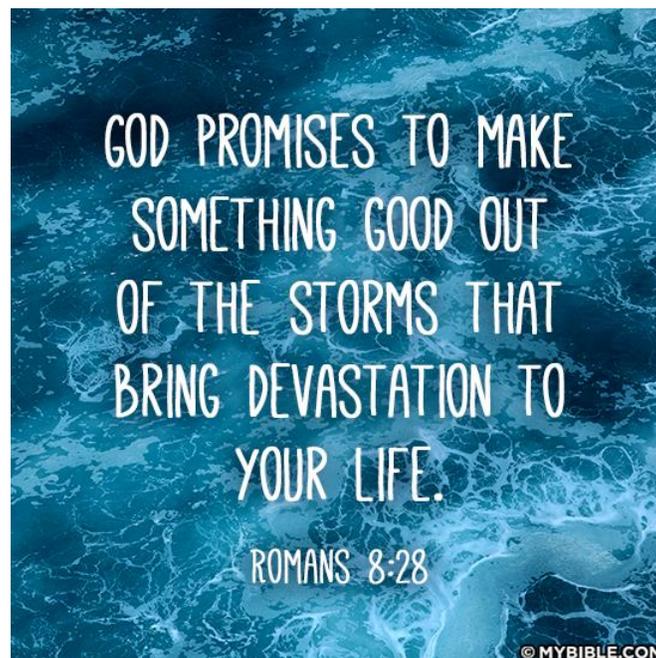
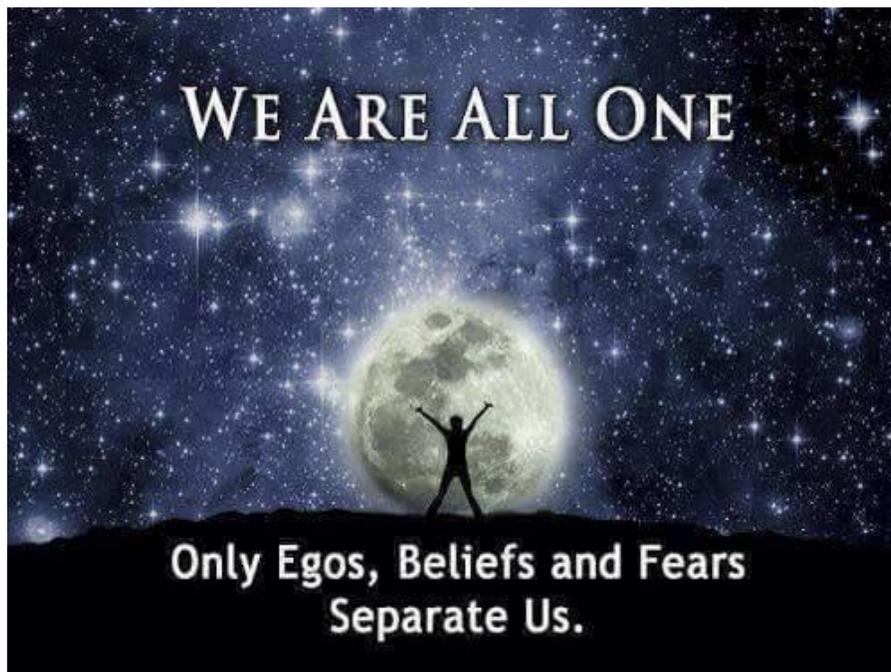
<https://www.unity.org/prayer/silent-unity-meditations/inner-peace>

\*\*Meditation for World Peace by Sarah Hall,

<https://www.youtube.com/watch?v=OdnU2esw8Tk>

\*\*Guided Meditation for World Peace by Selomen,

<https://www.youtube.com/watch?v=LBBMRfjxH5k>



# **“After the Storm” Lyrics**

**By Wahni Kay Santore and Rev. Dr. Victoria Gardner**

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## *Verse 1*

After the storm, there is New Light. After the storm, we’re alright.  
After the storm, we find release. After the storm, there’s healing and peace.  
After the storm . . . Hallelujah! After the storm . . . Hallelujah!  
After the storm . . . . Hallelujah!

## *Bridge 1*

In the midst of the storm, we were falling apart.  
But in the midst of our suffering, and broken hearts  
Jesus was there with His Love and Care. Jesus was there with His Love and Care.  
He is our Refuge and Shelter in the storm! Oh,  
Hal . . lelu . . . jah! Hal . . lelu . . . jah! Hal . . lelu . . . jah!

## *Verse 2*

After the storm, He opens our eyes. After the storm, we see New Life.  
After the storm, we find new strength. After the storm, we find new hope.  
After the storm . . . Hallelujah! After the storm . . . Hallelujah!  
After the storm . . . . Hallelujah!

## *Bridge 2*

In the midst of the wind, raging waves, and rain;  
In the midst of our sorrow, anguish, shame, and pain;  
Jesus is with us all the way. Jesus is with us, come what may.  
He calms the storms on the sea, and calms the storms in you and me!  
Oh, Hal . . lelu . . . jah! Hal . . lelu . . . jah! Hal . . lelu . . . jah!

After the storm . . . Hallelujah! After the storm . . . Hallelujah!  
After the storm . . . . Hallelujah! Hallelujah! Hallelujah! Hallelujah!

**“Calm waters never created a skilled sailor.  
Let the storm strengthen you.”**

**Patricia King Ministries**

# **Sing My Songs (God Speaks) Lyrics**

**By Rev. Dr. Victoria A. Gardner, 6-18-2016**

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## *Chorus:*

Sing My Songs for all the ages. Sing My Songs for all the sages.  
Sing My Songs of Love for all the earth.  
Sing My Songs for all My children so they will know I love them.  
Sing My Songs for all the ones who hurt.  
Sing My Songs of Peace and Unity, of Beauty and Harmony,  
My Songs of Truth for all the earth.  
Sing My Songs for all the nations. Sing My Songs for all Creation.  
Sing My Songs and know how much you're worth.  
Sing My Songs. Sing My Songs. Sing My Songs.

## *Verse*

Leaves realize they're on the same branch.  
Branches know they're part of the tree.  
Trees know they're part of the same forest  
And the forest and the earth are part of Me.  
Each tiny drop of rain becomes part of the river,  
And rivers always run to the sea.  
All parts of Mother Earth connect to each other,  
And you are all connected to Me.

## *Repeat Chorus*

## *Last Chorus*

Sing My Songs for all the ages. Sing My Songs for all the sages.  
Sing My Songs of Love for all the earth.  
Sing My Songs for all My children just to let them know I love them.  
Sing My Songs for all the ones who hurt, and hurt, and hurt, and hurt.  
Sing My Songs of Peace and Unity, of Beauty and Harmony,  
My Songs of Truth for all the earth.  
Sing My Songs for all the nations. Sing My Songs for all Creation.  
Sing My Songs and know how much you're all worth.  
Sing My Songs. Sing My Songs. Sing My Songs. Sing My Songs.

## **“Sing My Songs” was inspired by these scriptures:**

“Let the heavens be glad, and let the earth rejoice; Let the sea roar, and all the things it contains; Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.” Psalm 96:12

“Let the trees of the forest sing; let them sing for joy before the Lord.” 1 Chronicles 16:33

“Let the rivers clap their hands; Let the mountains sing together for joy and delight.” Psalm 98:8

“All the rivers flow into the sea, yet the sea is never full. To the place where the rivers come from, there they return again.” Ecclesiastes 1:7

“O sing to the Lord a new song; Sing to the Lord, all the earth!” Psalm 96:1

“Let us come before His Presence with a song of thanksgiving; Let us shout joyfully to Him with songs.” Psalm 95:2

“You, Lord, are my hiding place; You will protect me from trouble and surround me with songs of deliverance.” Psalm 32:7

“The Lord will save me, and we will sing with stringed instruments all the days of our lives in the house of the Lord.” Isaiah 38:20

“The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; He will quiet you with His Love; He will rejoice over you with singing.” - Zephaniah 3:17



