

March 10, 2024

Rev. Diana Johnson, with Lucinda Alton, RScP & Chris Johnson, RScP

# Taizé

# Rev. Diana – We follow the bell to the stillness within... 3 Bells

#### Lucinda – Opening Prayer

**Rev. Diana –** Welcome...if you're new with us here this morning, my name is Rev. Diana Johnson, and I am the Pastor and Spiritual Director of Mystical Heart Spiritual Center. We are an Independent Interfaith Community that teaches Universal Principles and Practical Spirituality. We open our doors in welcome, trusting that you will be led to the Guidance and Wisdom of your own Mystic Heart.

#### Rev. Diana & Chris – Taizé Chants

Welcome Home to Your Mystic Heart, written by Diana & Chris Johnson VI Am Remembering, written by Rev. Melissa Phillippe

**Rev. Diana –** I invite you to relax more deeply into the Truth of your being. Take a long, slow, cleansing breath in, and on the exhale, bring to your awareness the Peaceful, Powerful Presence of the Sacred Masculine. Feel its Strength coursing through your body...feel it bring you into active engagement with all that is occurring. As you take another deep breath, focus on the mind...the beautiful and potent blending of brain, heart, and gut. Notice how with every breath, life-giving oxygen comes in through your nose, moving into the brain, but also down into the chest and belly. Feel the three as one.

Remembering that just as the breath connects the brain, heart, and gut into one individualized mind, so does it connect us to everything else...to our fellow humans, and to all other creatures...we share the same life-giving air...

The breath connects us to the plants...we inhale what they have given, and we exhale what they require. Breath is Life...Life is breath.

There are no barriers...there is nothing to separate us from Life. Each of us is a Life in process...every creature, plant, rock, and grain of sand...every drop of water...

...all that exists, no matter how large or small is an intricate and irreplaceable part of the One Life, all dancing together in this cosmic mystery. Take a moment to breathe in that sense of connection...



Sensing our deep connection with all of Life, we know it is time...it is time that we rise...in awareness and in action...that we show up for one another, and for our beautiful planet like we've never done before...to use the gifts that we have been given for the Greater Good of All. It is time to use our discerning minds to choose Wholeness over woundedness, Peace over violence, to choose Love over hatred or indifference. It is time to use our power of imagination consciously to create the world we want to leave our children. And so, we invite the presence of the **Sacred Masculine** to come forward...that Divine Masculine energy that lives in each one of us.

**The Sacred Masculine**...peaceful and powerful protector of all that has been created...encompassing qualities that support growth, harmony, and strength without the need for dominance or control. But this is not the image of masculinity that we have been handed by modern society.

And the image we have been handed...the domineering masculine that needs to win at all costs...that needs to rule, even if by violence...has left us wounded. The time has come to *Heal the Wound*. We know this is true. Our souls are feeling the Call...it is our duty, and our destiny, to heal.

I share a quote from The Flowering Wand by Sophie Strand:

"But in a culture where healing is disregarded in favor of speed and progress, that healing becomes much harder to accept. Women receive scant maternity leave. Unable to pay for health care, people slap bandages on mortal wounds, desperately fearing emergency-room bills. Others ignore the fire alarms screaming in their own bodies and show up to work, day after day, until they keel over and die. This isn't to mention the spiritual and psychological wounding from centuries of patriarchal domination...even our religions and mythologies have..." lost their power to help us heal.

But deep wounds cannot be immediately stitched closed. They must first be cleansed...kept open long enough for tissues to reknit themselves from the inside out. This is not a quick fix, but rather, a long and careful process. Healing cannot be rushed. It has to happen from the roots.

John O'Donohue offers some powerful advice in his poem *For the Interim Time*:

What is being transfigured here is your mind,

And it is difficult and slow to become new.

The more faithfully you can endure here,

The more refined your heart will become

For your arrival in the new dawn.

At its core, healing is trans*formation*...the changing of the world as we know it...and ultimately trans*mutation*...a change in the very essence of being.

I return to a beautiful description from *The Flowering Wand*:

...let us think of the dragonfly's metamorphosis. This is not like the simple caterpillar to cocoon to butterfly. No. The dragonfly's transformation is agonizingly slow. A prolarva bursts from its egg, searches for water, then hatches and molts. But this is just the beginning of the journey. The larva will hatch and molt another five to fourteen times, sometimes spending up to five years in the process of becoming. Finally, after having shed not one version of itself, but many, the larva crawls into shallower water, poking its head up and slowly tasting air. It breathes for the first time under cover of darkness. When it has literally caught its breath, it drags its wet body onto land, climbing up a flower stalk or hardy blade of grass where it can rest. When it has secured itself, it totally redistributes the liquid of its body, beginning to push out of itself. Once out of the "exuvia" of shed skin, the slimy, shiny dragonfly waits for its legs to harden and its wings to dry. The emergence process takes up to three hours, usually timed for the early morning.

We, like the dragonfly, are entering the murky waters of slow, transformative healing. As each of us attends to the wounds left by patriarchy, the wounds we have had inflicted upon us...and those that we have inadvertently inflicted upon ourselves and others...as we begin to outgrow old roles, moving into new, more expanded ways of being, we must be patient. We must give ourselves some Grace...offer Grace and mercy to one another. Real healing cannot be rushed. Stepping out of our painful circumstances as individuals...stepping out of dominant cultural narratives...involves a process of grieving, tending to our losses and transforming our dreams.

The Sacred Masculine that dwells within each one of us can assist us in this time of transformation. We put one foot in the water and keep the other planted firmly in the dirt. We feel our bothness...the movement and flow of the water, and the steady, resilient intelligence of the soil between our toes. We stay in touch with the natural world...it has always been our transformative medicine. It is the Perfect Expression of God in form. And in maintaining our Connection with our own Divinity, we remember to ask, "Please hold me...guide me through this time...move me slowly and lovingly into newness."

# Chris – Guided Meditation

*Healing the Wound* begins with determining where and how deeply we are wounded... We must look beneath the symptoms for the root cause of our pain... When we do, we often find that it stems from the discovery, in early infancy, that we are separate from Mother... separate from the people and things around us... alone...

As we grow, our sense of separation increases... we feel disconnected from others... from the Earth... from everything... It feels like we've been torn away from something bigger that we are a part of... and we *have*... That torn place is the wound that cries out to be healed... to be grafted back into Life... into Love... into Spirit...

Let us use our three minutes of Sacred, Silent Contemplation this morning to imagine this healing... this reconnection with all that is... Let us go beyond *believing* in the Unity

of all of Creation to *feeling* our Oneness... Let Spirit move deep within... healing the root of the wound... from the inside out...

# Silence – 3:00

Centered in gratitude for this embodied remembrance of our Divine Oneness, we return our awareness to the here and now... Grateful for our deepened connection with our Spiritual Family... and with our Creator... We *know* and *feel* that we are One...

As Taizé continues this morning, we receive Rev. Diana's inspired message directly... because it is already a part of us... unfolding within our hearts... a hidden treasure simply being revealed... as Spirit works from the inside out... *Healing the Wound*...

# Rev. Diana –

I ask you now to follow me to Middle Earth, to a mysterious and little-known character from Tolkien's Lord of the Rings series...Tom Bombadil. What do we know of this archetypal character? That he is very old...old enough to have seen the world's first raindrop and acorn. And we know that he saved "the Hobbits from the strangling roots of an animated willow using a song intimately keyed to the language of trees." (Sophie Strand)

When asked who Tom is, his wife says that "he is master – master of the wood and the water and the hills, but without owning any of these elements..." that he honors the diversity of the landscape...that "His mastery is not characterized by domination...(that it) predates elves and hobbits and wizards...and even acorns. It is the mastery of melody. The intimate ability to step into another being's particular song..." She says that he is:

a man in ecstatic participation with his world, rather than a man trying to change and manipulate nature: he is walking in the forest, wading in the water, leaping on the hilltops under light and shadow. He has no fear. Tom is master.

Tom's idea of mastery is playful, localized, and rooted. He shows no interest in leaving his forest. He respects his root systems...when he puts on the ring, he does not disappear. Instead, it is the ring that disappears, neutralized by Tom's indifference to the fight over good and evil...He doesn't want the ring to rule them all...to rule would be a burden to him. Tom let's everything belong to itself. That is his joy. (Sophie Strand)

Why does Tolkien include such a character in his adventurous tale? Although Tom doesn't fight battles of perform wild acts of bravery, he offers us something else...he offers refuge from the temporality of humankind. He is timeless...ageless. He reminds us that there is always another mythology, older and slower, that exists behind all of our stories.

He offers the hobbits song. He teaches them to play. He refuses to deliver definite answers, stressing the importance of ambiguity and curiosity. He literally nourishes weary travelers, inviting them to the table. In the story, some of the hobbits have named Tom *The One*, but he would only laugh at that name. He does not teach the angels and elves and men to sing. Rather, he interacts with his hobbit-friends as a primordial, almost eternal, strong, and loving force...and they are left with a warm glow, a timeless song, that will follow them all the days of their lives.

Maybe Tolkien is suggesting that there is an eternal Source of Strength and Love, and that when we interact with that One, we are left with a warm glow and a timeless song...reminders of our inherent Light and powerful Voice...and that together, in community, especially a community that shares Communion with Source *together*...we are stronger.

Life can feel difficult sometimes. The world can be a challenging place to be. Sophie Strand closes her chapter entitled *Sharing the Meal* with this paragraph:

Like Tolkien's hobbits, we have a long, hard road ahead. We have friends by our sides. We have good stories to tell. But we also need to get in touch with that golden hearth inside ourselves that is not tied to progress and is not tied to one human lifetime. That part of us that remembers the first acorn and the first raindrop. That settles low, into the roots, when strong winds blow. This is the table within us that we set with wine and food and fresh flowers. People with wombs have an easier time imagining this inner sanctum – this 'hut of intimacy.' But the masculine has it, too. The masculine is the master of the wood through celebratory, inclusive activity."

What a beautiful picture of The Sacred Masculine...strength but gentle, the courage to be authentic...focused action with no desire for control, confidence that stems from a deep understanding of self...welcoming, supportive, respectful, and compassionate...a safe place to land.

# Let's anchor this in prayer.

There is one, and only One timeless Source of all that is, forever expressing.

Not one of us can live outside of that One...there is nothing else.

I Am, you Are, an individualized vessel that gives form to the One Eternal Life.

That Life moves through me, though you...pure potential waiting for our direction.

"I am fully Divine, just as I am fully human.

The Presence of God is not just in me. As a Divine Being, I Am expressing the Presence of God as only I can.

(The same is true for you.)

The love in my heart, the strength of my will, the boundlessness of my imagination – these are all ways I bring the Presence of God into my life and into the world." (excerpted from Unity Magazine, March 9<sup>th</sup>, 2024)

The Power that I express in the world is both active and stable...It is strong, and flexible...It is rational, even as it tunes into the Heart.

The Power that I express in the world is held and honored as a Loving Power...It is never forceful.

It is forever creative, never destructive.

I consciously use the Creative Power of Spirit...grounded in Love, Compassion, Kindness, and Generosity.

This Loving Power can only assist in the healing of the world as I live *my* life in, from, and *as* the Loving Power of Spirit.

And so I do...I dedicate myself and my life to Love...to self-givingness...to the True Power that binds us together...that warms our hearts...that brings clarity to our minds, harmony to our emotions, and Joy to our spirits.

I commit my actions to connection and healing.

I serve as steward to the earth, to all that shares Her with me.

And I trust and know that as I give, so do I receive.

Thank You, Spirit, for Blessings too numerous to name...those gifts that I would call beautiful and graceful, and those that challenge me to grow in character, resilience, and faith.

I walk in reverence, in humility and deep gratitude for Your Creation, and for Your Powerful Presence and Wisdom in my Life. Thankful for all of it, I rest, knowing that my prayer is answered before it is spoken. And So It Is! Amen!

#### Rev. Diana

I invite you to Come back into the awareness of your body...notice the atmosphere in the room, and when you feel ready, gently opening your eyes and allowing your gaze to take in whatever is before you.

Feel free to look around and say good morning to everyone who is here celebrating with you this morning.

This is your Spiritual Family...one of your support systems. These are some of the people who care about you and are there for.

#### Rev. Diana – Love Offering

As we close our Taizé Meditation, we offer the opportunity for you to share your financial good in support of the work we do in the world. If you're joining us online, you can find a Donate Button and our mailing address at mysticheart.org. And we thank you in advance for your gifts.

# Offertory Music Video – Safe Place to Land, by Jami Lula

https://youtu.be/3v0FgwRChCs

Rev. Diana – Blessing for the Offering

Feel free to grab a cup of something warm next door and meet us back at 10:30 for a Conscious Conversation. We'll bless you on your way with *A Soul's Blessing*.

# Rev. Diana & Chris – Closing Song

W A Soul's Blessing, written by Chris Johnson

# Conscious Conversation

**Rev. Diana** – Good morning and welcome, or welcome back...welcome to those joining online. If you're new with us here this morning... my name is Rev. Diana Johnson, and I am the Pastor here at Mystic Heart. We are an Independent Interfaith Community that teaches Universal Principles and Practical Spirituality. We come together each week to be reminded of the Wisdom and Guidance that live in our own Mystic Hearts. You are hereby invited and welcomed to this Spiritual Family, to our Spiritual Home, should you choose it for yourself.

# Rev. Diana & Chris – Opening Music

- Welcome to the Mystic Heart, written by Diana & Chris Johnson
- *The One Big Family*, written by Robin Hackett & Gary Lynn Floyd
- The Light of the World by Chris Johnson

**Rev. Diana –** You can stay standing if you wish, or whatever brings the Presence of Spirit into the Body...fully engage your imagination as we join in the creation of a *Love-Soaked World*.

Know with me now that we are creating a world where all humans embody and live from the Qualities of Spirit...Love, Kindness, Generosity, and Compassion...and from this way of being, I can feel the presence of a deep sense of Joy, Contentment, and Sufficiency. Can you feel it?

In this new world, all people honor and care for one another, for all of the life forms that share this beautiful earth, and for the earth Herself.

We remember that we are connected to all of Life...that we are dependent on the planet to sustain us, and on one another.

Being generous by our nature, and living a life true to our nature, we give of ourselves freely, offering the gifts we came here to give. With all needs met for every person, each one is free to share time and talent in ways that feed the soul.

By our every thought, word, and action, we are writing a new story in which all beings are well-fed...have the safety and comfort of home and a deep sense of belonging and purpose. We are so grateful that once and for all, health, education, and healthy relationships are supported by social systems grounded in Integrity, Compassion and Wholeness.

We welcome this new way of living, valuing every being for its uniqueness...we practice living Authentic lives...there is no need to defend or protect. With Love, Generosity and Kindness guiding every human heart, our world is free of hatred and violence. We recognize the abundance that surrounds us...giving and receiving flow freely in every direction and all beings gratefully receive all that is needed to live physically, mentally, emotionally, and spiritually fulfilling lives.

The planet and its beings thrive like never before as we learn to see the sacred in everyone and everything...we walk in reverence and gratitude for all that we have been given.

We maintain this Vision day by day, moment by moment; we are not swayed by appearances. Each of us works to align our actions with our Vision, living these changes first in our own lives, with our families, friends, and neighbors...and a new world is being born. In this process of profound change, this Community stands as an open and welcoming place for all who seek support, belonging, Family.

By the power of our deep faith, this prayer is acted upon, answered even before it is spoken, as Spirit knows our heart's desire and intent. In full expectation of its Graceful unfolding...

...we release it to the Creative Power and Intelligence that I call God...to the One that gets it done...And so it is...Amen!

Bringing awareness back to the body, to the room, to this beautiful life, and to the amazing beings who share this space with us this morning...look around to say good morning to your Spiritual Family.

Our theme this month is **Sacred Masculine**, and the topic of Conversation this morning is **Healing the Wound**. If you were here for Taizé this morning, you will remember what was said... that the image we have been handed is that of the domineering masculine who needs to win at all costs...who needs to rule, even if by violence. Seeing and accepting this behavior as 'the way things are' and living with the consequences for millennia, has left us wounded...has left our planet wounded. We know that the time has come to **Heal the Wound**.. Our souls are feeling the Call...it is our duty, and our destiny, to heal.

But deep wounds cannot be immediately stitched closed. They must first be cleansed...kept open long enough for tissues to reknit themselves from the inside out. This is a long and careful process.

We contemplated healing as trans*formation*...the changing of the world as we know it...and ultimately trans*mutation*...a change in the very essence of what it means to be human. We looked at the transformation of the dragonfly...an agonizingly slow process. Did you know that the dragonfly sometimes spends up to five years and moves through a number of states and stages in the process of becoming?

We considered the idea that, like the dragonfly, we are entering the murky waters of slow, transformative healing. As each of us attends to the wounds left by patriarchy, the wounds we have had inflicted upon us...and those that we have inadvertently inflicted upon ourselves and others...

as we begin to outgrow old roles, moving into new, more expanded ways of being, we must be patient. We must give ourselves some Grace...offer Grace and mercy to one another. Real healing cannot be rushed. Stepping out of our painful circumstances as individuals...stepping out of dominant cultural narratives...involves a process of grieving, tending to our losses and transforming our dreams. The Sacred Masculine that dwells within each one of us can assist us in this time of transformation.

That's just a quick summary to bring you to our jumping off point for the Conversation this morning.

Delving into the Sacred Masculine has brought the depth of our collective unconsciousness into sharp focus for me. It's a little bit depressing if I let myself go there. The idea that violence, hatred, war, implicit bias, and prejudice are 'just the way it is, and will probably always be...part of being human' is really a prevalent mindset or worldview. And that is certainly the world as we've always known it. The question that is playing in my mind like a broken record is, if we are convinced that there is no other way for humans to live...if we can't even *imagine* a world without the sword, without the warrior...then how will it be created?

My purpose is not to get wrapped up in that particular discussion...I just wanted to let you know where this right turn in the conversation came from this week. So, finally...here is my first question:

# What is imagination?

(the dictionary defines it as: the picturing power or act of the mind, the constructive or creative principle; the faculty or action of forming new ideas, or images or concepts of external objects not present to the senses; the ability of the mind to be creative or resourceful)

How do we use our imaginations? (daydreaming, planning, worrying, etc.)

# Is our use of the imagination always conscious?

(sometimes our thoughts take off on their own; they engage in the dreaming off all we'd like to experience; and they engage in the things that make us angry, worried, and deeply fearful)

# What if the imagination, from a mystical perspective, is much more powerful that we are aware of? Do you think this might be true?

# What if the imagination is not a mental capacity at all, but rather a spiritual force, or force of Nature if that makes you more comfortable?

Thoughts?

I can only share what experience tells me...what I believe to the depth of my soul is true... that the imagination is *much* more powerful than most of us realize...that it holds *immense* creative power...that we are *constantly* manifesting by the power of our imagination, consciously or unconsciously... that our imaginings and beliefs impact the entire world and everyone and everything on it.

# What if the Butterfly Effect is real? What is the Butterfly Effect?

(the world is deeply connected, such that one small occurrence can and does influence a much larger, more complex system...potentially the Whole of Life)

I'm going to go out on a limb here...be vulnerable...share my heart. Why not? I trust y'all. I replaced the Warrior archetype with the Braveheart last week (which was actually coming from Sacred Masculine Energy flowing, not feminine).

I went that far...I'm going to take a chance...I'm going to use the r-word, maybe even the d-word.

# Do you know which words those are?

I believe that it is our responsibility, even our duty, to do no harm...to add no further to what Eckhart Tolle calls the pain body of this world. I was tasked with comforting the afflicted and afflicting the comfortable when I answered the Call to Ministry. So there it is...I believe it is up to each of us to use the power of imagination to heal our personal trauma, and to help write a new story for humanity and for the Sacred Mother.

That might mean suspending our disbelief for a while, like we do when we go to the movies...it might mean using the *What If* strategy for a while...get curious. What if the world can only be healed when each of us consciously chooses to imagine a world that is truly free from violence? We speak those words every week. What if each of us actively used the Sacred Power that we've been given to actively imagine what it would feel like, what life would be like? Might this be a more beneficial use of our creative power?

I want to be clear...I am not talking about changing our thinking. I am talking about accepting the power of imagination as the Christ Consciousness working within. Spiritual teacher Neville Goddard taught that the work of awakened imagination is to "partake of the nature of his opposite." In other words, if I believe that people are inherently violent, that the Warrior is an archetypal Truth, and that war among humans is inevitable, then I make the conscious choice to practice, with as much feeling, and with as many of my senses as I can arouse, the vision of a world where the opposite is true. I create, in the imaginal realm, a world in which Peace prevails, and my daily challenges come from my commitment to becoming more and more authentic...to being in greater service to the Whole.

I call on Great Spirit to further empower my imaginings...I invite Infinite Wisdom to guide and strengthen my Vision. And I ask to be shown a life where the Original Goodness of humanity is shining through the apparent darkness. And when my conscious Practice is done, I live my life as though *that* vision were true...as though my prayer has been answered.

It is not only for myself that I am tasked with healing any trauma that has been created within me...it is for the sake of global healing...it is a gift to all of creation.

This is a choice...*our* choice. This is *our* responsibility. This is our *honor* and *privilege*, and can be our delight, if we allow it to be so. What better way to spend a lifetime? I can't think of anything more important. And I can't think of a better group of people to share the journey with.

Thank you for joining me here this morning. Thank you for being my family...for listening and giving me the opportunity to share my heart. I pray that it sparks something in you this week.

#### Let's close in prayer:

Infinite Source of all that is, we feel Your Presence in this place...in our hearts, our minds, our bodies.

We know that Your Infinite Power and Wisdom are always working for the Good of All, moving through and as each one of us in every moment.

We trust in the Power of Imagination and hold it as Sacred...a gift of Spirit that empowers our lives.

We use this Power wisely, grateful that we have been entrusted with such a blessing.

We know that by this Power, we are transforming our lives and our world.

This is so whether we do so consciously or not.

And so, we choose to .awaken to our Power, using it to make smooth the evolution of humanity, and of the planet.

Giving thanks for the abundance of the Earth and the sustenance it offers, we hospice all that no longer serves, allowing it to melt into distant memory.

We serve as midwife to the new life that awaits us.

Thank You, Spirit, for your Sacred Trust, and for Blessings too numerous to name...those gifts that we would welcome as beautiful and graceful, and those that challenge us to grow in character, resilience, and faith, individually and collectively.

We walk in reverence, in humility and deep gratitude for Your Powerful Presence and Wisdom in our Lives. Thankful for this time of heartfelt connection, I rest, knowing that my prayer is answered before it is spoken. And So It Is! Amen!

Take a moment to allow your awareness to return to your body, to this space, to this beautiful gathering...welcome back.

Rev. Diana – Love Offering

I invite you to join in the celebration of the work we are doing in the world by sharing of your financial Good, should you choose to.

If you are at home, you can go to **mysticheart.org** to use our Donate Button or to find our mailing address.

We also have a Gracious Giving Program for those who would like to make a heartfelt monthly commitment of support so that we can more effectively budget and plan for our growth.

Tying in with our theme, please enjoy...

# 11:13 Music – There's a Healing Going On by Jami Lula

# https://youtu.be/NkG4ujOAraw

# Lucinda – Blessing for the Offering

# Lucinda – Invitations

- The Mystic Heart Book Club meets on Tuesdays drop-ins are welcome.
- Fast Track to Wellness is meeting on Thursday from noon to 2 pm. Dr. Sharon Brisolara will be presenting the Practice of Mindful Eating this week. Drop-ins are always welcome.
- Wetaphysical Bible meets on Thursday from 3-5 pm with Practitioner Chris Johnson. Drop-ins are always welcome...BYOB.
- April Jimenez-WinterSky is presenting a workshop on March 16<sup>th</sup>. April, would you like to come up and tell us about it?

Looking Ahead...

- Ill Matthews, volunteer for Shasta Interfaith and Meditation Guide, will be leading an Equinox Meditation on Thursday, March 21<sup>st</sup> from 6:30-7:45 pm. Come celebrate new beginnings with Spiritual Family. We'll be serving light refreshments afterward. The suggested donation is \$10.
- Raffle tickets for the Easter Basket Raffle are on sale next today. They are \$2 each or 6 for \$10. Please see Ellie between services or Cathy during lunch to purchase tickets.
- And reservations are coming in for our Spring Retreat at The Gathering Place at Shasta Lake. We are collecting your \$100 non-refundable deposit to hold your space. The total cost per adult is \$275. Contact Rev. Diana with your questions and to reserve your spot.

There is more information available in the March Bulletin...take one home with you. And check out our amazing website.

Information Cards if new people

Prayer Requests: I am available after service – We invite everyone to help us make a private space for prayer here in the Sanctuary by joining us next door for lunch

#### Rev. Diana & Chris – Closing Song

W Love Be With You, written by Lainey Bernstein, RScP, & Gary Lynn Floyd

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