



# **Weekly Sanctuary Book**

2026

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## **ROOTED SPIRIT SANCTUARY**

### **COVENANT OF COMMITMENT**

We, the members and companions of Rooted Spirit Sanctuary, enter into this covenant as an expression of our sacred commitment to one another and to the flourishing of our spiritual community.

We gather not as perfect people, but as seekers—rooted in the Earth, reaching toward Spirit, and committed to walking together with courage, compassion, and integrity.

#### **In the spirit of this commitment, we affirm the following:**

Our Shared Intentions:

- To co-create a sanctuary where all beings are welcomed with dignity, respect, and love.
- To honor the sacred in each other and in all of life.
- To nurture a living, evolving spirituality rooted in wonder, wisdom, and shared ritual.

Our Commitments to One Another:

- We commit to showing up—physically, emotionally, and spiritually—with authenticity and presence.
- We commit to listening deeply and speaking truthfully, with kindness and care.
- We commit to holding space for each others' healing and transformation.
- We commit to honoring the multitude of spiritual paths followed by one another.
- We commit to resolving conflict directly and respectfully, seeking restoration rather than blame.

Our Commitments to the Earth and the Wider World:

- We commit to living in harmony with the Earth, acknowledging our interdependence with all living beings.
- We commit to engaging in acts of justice, compassion, and service as expressions of our rooted faith.

Our Sacred Participation:

- We honor the rituals, rhythms, and leadership of the Sanctuary, and contribute our time, gifts, and resources as we are able.
- We acknowledge that spiritual community is a shared responsibility, and we offer our presence and participation as sacred acts.

*With humility and hope, I, \_\_\_\_\_, enter into this covenant—not as a binding law, but as a living promise. I do so freely, with an open heart and rooted spirit.*

Signature:

Date:

\*Inquire for a membership form

## **ROOTED SPIRIT SANCTUARY**

### **COVENANT OF CONFIDENTIALITY & SACRED TRUST**

We recognize that Rooted Spirit Sanctuary is a container for deep personal sharing, spiritual exploration, and healing. We honor the vulnerability and courage it takes to speak truth, process pain, and share sacred experiences in community.

As members of this Sanctuary, we covenant to :

- Hold each other's stories in confidence, treating what is shared in community spaces as sacred and private.
- Refrain from sharing the names, experiences, or words of others without their clear and direct consent.
- Respect the boundaries of others, and ask permission before offering advice, sharing details, or referencing someone's personal journey.
- Use our awareness and discernment to protect the emotional and spiritual safety of the Sanctuary.

*I, \_\_\_\_\_, understand that breaches of confidentiality can cause real harm. In keeping this covenant, I commit to cultivating a community rooted in trust, integrity, and care.*

Signature:

Date:

\*Inquire for a membership form

# Virtual Sanctuary Covenant

Welcome to our shared space.

Even though we gather across miles, this is still sacred ground. To honor one another and the spirit of our community, we agree to:

1. Arrive with Presence
  - a. Join on time when you can, and settle in as you arrive.
  - b. Silence notifications and other distractions to be fully here.
  - c. Silence your microphone if not speaking.
2. Honor the Circle
  - a. When someone is speaking, we listen without interrupting.
  - b. Share the air—make space for all voices, especially the quieter ones.
3. Speak from the Heart
  - a. Use “I” statements and share your own experience.
  - b. Offer stories, reflections, and questions with openness.
4. Respect Privacy
  - a. What is shared here stays here, unless you have permission to share it beyond.
  - b. Screenshots, recordings, or sharing names without consent are not allowed.
5. Care for Ourselves & Each Other
  - a. Feel free to turn off your camera if you need rest or privacy.
  - b. Tend to your body—stretch, sip water, or step away briefly as needed.
6. Engage with Kindness
  - a. Assume positive intent, but also take responsibility for impact.
  - b. If conflict arises, we seek understanding before judgement.
7. Hold the Sacred Together
  - a. This is not just a meeting—it’s a sanctuary.
  - b. We show up as co-stewards of its peace, beauty, and welcome.

These agreements help us create a safe and sacred space for all. Thank you for holding them with care.

# Rooted Spirit Sanctuary

## Weekly Sanctuary Bulletin

*Every Friday on Zoom at 5:00pm PST*

**4:45pm**

Pre-Sanctuary Fellowship in main Zoom room

**5:00pm**

Sanctuary begins / Opening Intention

Opening Song

Service Leader Reflections

Congregant Reflections

Community Announcements / Requests For Support

Closing Intention / Song

Post-Sanctuary Fellowship  
(until 6:00pm PST)

## Intentions

### **1. Opening**

*We gather in this sacred sanctuary,  
rooted deeply in the earth and lifted by  
spirit.*

*May the wisdom of the earth  
and the teachings of our ancestors  
guide our hearts.*

*May our bodies find healing,  
our spirits awaken,  
and our community grow in love and  
presence.*

*With gratitude and humility,  
we open this space for transformation  
and connection.*

### **2. Reverence**

*We open this sanctuary in gratitude for  
the elements that sustain us.*

*May our presence here be an offering  
of care, attention, and respect.*

### **3. Gathering**

*We gather in reverence for the Earth  
beneath our feet,  
the breath within our bodies, and the life  
that surrounds us.*

*May this space be grounded, safe, and  
alive with truth.*

### **4. Courage**

*Root us in the soil of compassion,  
and let courage rise like sap within us.*

*When the winds of change blow,  
may we bend but not break.*

*When shadows gather,  
may we remember the light within and  
among us.*

### **5. Listening**

*As we arrive, we root ourselves in this  
place and this moment.*

*May we listen deeply—  
to the land, to one another,  
and to what seeks to emerge.*

## 6. Gratitude for Community

*We give thanks for this circle of belonging,  
for the hand and hearts that prepared this space,  
for the voices that lift us up,  
and for the unseen forces that guide us toward one another.*

*May gratitude be the ground we walk upon.*

## 7. Gratitude for Mother Earth

*We give thanks to all Indigenous peoples across the Earth, whose ways of knowing continue to keep the world alive.*

*We give thanks to our ancestors, who remind us how to love the land.*

*And we give thanks to the Earth herself, who receives us without condition.*

*May we walk gently wherever we are.*

*May our lives become offerings of respect and restoration.*

## 8. Healing

*May every wound find gentle tending, every burden find an open ear, every soul find a place to rest.*

*Here, let compassion be the healer, and kindness be the balm that makes us whole.*

## 9. Connection

*As roots intertwine beneath the soil, so may our lives be woven together in trust and care.*

*Help us to see the sacred in one another,*

*and to remember that no one walks alone.*

## 10. Peace

*May the quiet we've shared here settle into the marrow of our being.*

*May kindness be the breath we breathe, and truth the ground beneath our feet.*

*As we return to the world's unfolding, let us be bearers of light, keepers of hope, and witnesses to beauty.*

*Until we meet again, may we walk in peace.*

## 11. Closure

*In the stillness of this moment, we give thanks for the breath that holds us,*

*the earth that steadies us, and the love that surrounds us.*

*May we close this sanctuary service in peace, kindness, and joy.*

## **12. Open Circle**

*This circle opens, but our connection  
does not end.*

*May we return to the land and our lives  
with renewed presence and  
responsibility.*

## **13. Grounding**

*As we prepare to depart, we carry this  
grounding with us.*

*May what we've shared continue to  
ripple outward*

*in care for the Earth and each other.*

## Songs

### **1. Put Your Roots Down**

Put your roots down, put your feet on the ground.  
Can you hear what she says when you listen?

Put your roots down, put your feet on the ground.  
Can you hear what she says when you listen?

'Cause the sound of the river as it moves across the stones  
Is the same sound as the blood in your body as it moves across your bones.

Are you listening? Whoa-oa  
Are you listening? Whoa-oa

### **2. Sunarai**

*Sunarai* is a type of flower found in the Andes Mountains of Peru. It blooms very rarely, so to witness a blooming Sunarai is considered a blessing to the Q'chua people of the region. When sung, replace the underlined word with something different in each round.

Sunarai, Sunarai  
Sunarai á tí

Sunarai, Sunarai  
Sunarai á tí

Sunarai, Sunarai  
Sunarai á tí

Sunarai, Sunarai  
Sunarai á tí di di di di di—

### **3. Ide Were Were**

*Ide Were Were* is an ancient mantra rooted in the Yoruban tradition. It honors Oshun, goddess of the river and protector of the poor, among other things. As we sing these words, we honor all traditions offering reverence to Mother Nature and the elements.

Ide were were Nita Oshun  
Ide were were

Ide were were Nita Oshun  
Ide were were Nita-ya

Osha kiniba, Nita Oshun  
Cheke, cheke, cheke, Nita-ya  
Ide were were

### **4. The Way Knows**

You don't have to know the way  
the way knows the way

You don't have to plan the way  
trust the way  
feel your way

The way knows  
The way knows  
The way knows the way

### **5. Tall Trees**

Tall trees grow in the heart of the forest  
High in the sky as the roots grow down  
In the deep, dark earth  
In the de—ep, dark earth

## 6. Loosen

Loosen, loosen baby  
You don't have to carry  
The weight of the world in your muscles and bones  
Let go, let go let go (repeat)

Holy breath and holy name  
Will you ease, will you ease this pain? (repeat)

## 7. Earth Is My Body

Earth is my body  
Water my blood  
Air my breath  
And fire my spirit (repeat)

Heya heya heya  
Ya heya heya ho  
Heya heya heya he-ya ho— (repeat)

## 8. Humble Me

*Humble me, that I may see your beauty more clearly  
Humble me, that I may treat this creation with beauty*

*The pure water flowing from your breast teaches me to live like the ocean  
The pure water flowing from your breast teaches me to live like the sea*

*The pure fire flowing from your sun teaches me to live like the open heart*

## 9. Near Friends

(sung in a round)

*Near friends, dear friends  
Let me tell you how I am feeling  
You have given me such treasures  
I love you so*

## 10. Mother I Feel You

Mother I feel you under my feet  
Mother I hear your heartbeat (repeat)

Heya heyah  
Ya heyah  
Heya heyah heyah he-ya ho— (repeat)

Mother I hear you in the river's song  
Eternal waters flowing on and on (repeat)

Heya heyah  
Ya heyah  
Heya heyah heyah he-ya ho— (repeat)

Father I see you when the eagle flies  
Light up the spirit, gonna take us higher (repeat)

Heya heyah  
Ya heyah  
Heya heyah heyah he-ya ho— (repeat)

## **11. Grandmother Calling**

This song has additional verses centering men and centering our Queer population. Those lyrics will be shared prior to any Sanctuary that plans to use them.

I hear the voice of my grandmother calling me  
I hear the voice of my grandmother's song, she says  
    Wake up, wake up, child  
    Wake up, wake up  
    Listen listen, listen listen

I hear the voice of my grandmother calling me  
I hear the voice of my grandmother's song, she says  
    Stand in your power, women  
    Stand in your power  
    Listen listen, listen listen

I hear the voice of my grandmother calling me  
I hear the voice of my grandmother's song, she says  
    Give birth, give life, mothers  
    Give birth, give life  
    Listen listen, listen listen

I hear the voice of my grandmother calling me  
I hear the voice of my grandmother's song, she says  
    Teach and be wise, croan  
    Teach and be wise  
    Listen listen, listen listen

## 12. She Gives Me Life

*Water flows through me  
I am the water I am (repeat)*

**Refrain**

*She gives me life, she gives me life  
She gives me life to live (repeat)*

*Air flows through me  
I am the air I am (repeat)*

*Earth grounds in me  
I am the earth I am (repeat)*

*Fire burns in me  
I am the fire I am (repeat)*

## 13. Ho'oponopono

I love you  
I'm sorry  
Please forgive me  
Thank you, thank you  
(x4)

Ho'oponopono  
Ho'oponopono  
Ho'oponopono  
Ho'oponopono