



Weekly Sanctuary Book

2026

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Rooted Spirit Sanctuary

Covenants

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:

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:

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 5:30pm PST

4:45pm

Pre-Sanctuary Fellowship in main Zoom room

5:00pm

Sanctuary begins / Opening Intention

Opening Song

Minister's Reflections

Congregant Reflections
(in small group Zoom rooms)

Community Acknowledgements

Closing Intention / Song

6:00pm

Post-Sanctuary Fellowship
(Members may request private Zoom rooms)

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 grace.*

2. Welcome

*May the spirit of Life
be with us as we open the doors of our
hearts.*

*Let each person who enters feel seen,
let each story be honored,*

*and let each voice find its place in the
chorus.*

3. 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.*

4. 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.*

5. 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.*

6. 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.*

7. 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.*

8. 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 peace walk
with you.*

9. 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.*

*Go in peace,
go in kindness,
go in joy.*

10. Closing Call & Response

We have gathered in spirit and in heart.

And we go forth in unity and love.

We have listened, shared, and grown.

And we carry these gifts into the world.

May our roots be strong, our branches wide, our hearts open.

Until we meet again, may peace be our path.

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 deep, 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 heya he-ya ho— (repeat)

8. Mother I Feel You

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

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

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

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

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

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

9. 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

10. Ho'oponopono

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

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