

Happy William Pharrell

It might seem crazy what I am 'bout to say
Sunshine, she's here you can take a break
I'm a hot air balloon that could go to space, huh
With the air, like I don't care, baby, by the way, huh

Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna do

Here come bad news, talking this and that (talk, yeah)
Well, give me all you got and don't hold back (yeah)
Well, I should probably warn you, I'll be just fine (yeah)
No offense to you, don't waste your time, here's why

do (hey, c'mon, uh) bring me down, can't nothin'
(Happy) bring me down, my level's too high
(Happy) to bring me down, can't nothin' (huh)
(Happy) bring me down, I said (let me tell you now), uh
can't nothin', uh
(Happy, happy), bring me down (happy, happy),
my level's too high

Prayer Leader:

Naja Yazbek
6 / 2 / 2026

Printed on 100% recycled paper

If I Had My Life to Live Over



Photo by Riitta Ikonen and Norwegian photographer Karoline Hjorth



Our prayer is characterized by silence ~
Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.
God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

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An Interfaith Ministry founded by the Sisters of Charity of St. Augustine

To Ponder: **Nadine Stair**, 85 years old, Louisville,
Kentucky If I Had My Liie to Live Over

I'd like to make more mistakes next time.
I'd relax.
I would limber up.
I would be sillier than I have been on this trip.
I would take fewer things seriously.
I would take more chances.
I would climb more mountains and swim more rivers.
I would eat more ice cream and less beans.
I would perhaps have more actual troubles,
but I'd have fewer imaginary ones.
If I had my life to live over,
I would start barefoot earlier in the spring
and stay that way later in the fall.
I would go to more dances.
I would ride more merry-go-rounds.
I would pick more daisies

Reminders:

Come on time or **better yet, COME EARLY**
Honor the silence
Share briefly from personal experience
Listen to each other
Discussion (cross talk) is for after the hour of prayer

Reading: **Samantha Reynolds**
I Am Not Old

I am not old...she said
I am rare.
I am the standing ovation at the end of the play.
I am the retrospective of my life as art
I am the hours connected like dots
Into good sense
I am the fullness of existing.
You think | am waiting to die...
But | am waiting to be found
I am a treasure.
I am a map.
And these wrinkles are Imprints of my journey
Ask me anything.

Sharing...

a word...

a phrase...

a reflection...