



# Chaplaincy Chat

## Don't Be Afraid

Don't be afraid to lift your wings  
And soar through life each day  
Find joy and love and happiness  
As you go along your way.

Life is steeped with ups and downs  
And troubles not so fun  
Chin up high and shoulders back  
We meet them one by one.

Don't be afraid when sorrow comes  
The answer is quite clear  
Get down upon your knees and pray  
For God is always near.