

LEARNING EXCHANGE PROTOCOL

Personal Narrative

Somebody Has Prayed Me Over

Note: All protocols have multiple origins. The strength of a protocol is in the ability of facilitators or planners to adjust/revise for use in your context. <http://www.nsrharmony.org/free-resources/protocols/a-z> is a good source of multiple protocols for school, district, community and organizational use.

It is best if you can download and play the song from Sweet Honey in the Rock while teacher or students read lyrics.

As facilitator, talk about an experience of someone who has had a special effect on your life – the somebody who has helped you over. Your story should be no longer than 2 minutes.

You can designate a kind of person who has helped you over

- **A person of courage**
- **A mentor**
- **A relative**

Ask participants to think about a person who has helped them get to where they are – a guide, a mentor who has been important and is the angel that sits on his or her shoulder. You might ask them to think about what the mentor might whisper in his or her ear.

**They can Think Pair Share or share in trios or quartets.
You can ask for storytelling volunteers.**

Norms for Engagement

- **Stay engaged**
- **Assume best intentions**
- **Maintain double confidentiality**
- **Do not comment on story until debrief to give warm feedback**
- **Two minute stories**

Who is an educational mentor or colleague who has helped you over?

SOMEBODY HAS PRAYED ME OVER

Carol Maillard of Sweet Honey and the Rock (for Ed Love, Howard University art professor, who passed over some years ago)

1.

Somebody has prayed me over	Somebody has marked my way
Somebody has prayed me over	Somebody has marked my way

2.

Somebody has prayed me over	No place you cannot go
Somebody has marked the way	No love too deep to feel
Somebody has prayed me over	No hope too high for heaven
Somebody has marked my way	No dream you dare not dream

3.

Vision set on tomorrow
Head high heart wide open
Mind clearly on my future
Lovin, every single day

Repeat stanza 1.

4.

Protectin me, seein' me, hopin' for me, givin' me strength
To dare to be, dream to be, all that I have to be
Guidin' me, inspirin' me, **ancestors live inside me**
Daring me to be the future, pullin' me I hear them callin''

5.

No place you cannot go	Somebody has prayed me over
No love too deep to feel	Somebody has marked my way
No hope too high for heaven	Somebody has prayed me over
No dream you dare not dream	Somebody has marked my way

Vision set on tomorrow
Head high heart wide open
Mind clearly on my future
Learnin' every single day

7.

Protectin' me, inspirin' me, ancestors light to guide me
Pushin' me, pullin' me, helpin' me to be the future.
Protectin' me, inspirin' me, ancestors light to guide me
Pushin' me, pullin' me, helpin' me to be the future.