

*Songs for the Healing
of Our World*

A day of singing for song leaders

Led by Anne Goodwin and Kirstin Edelglass

Marlboro, Vermont

August 17, 2019

Songs of Gratitude

Unknown Blessings

We give thanks for unknown blessings already on their way

We give thanks for unknown blessings already on their way

Already on their way, already on their way

We give thanks for unknown blessings already on their way

Source Unknown

Bella Mama

Bella Mama, Bella Mama, aay

Bella Mama, Bella Mama, aay

Bella Mama, Bella Mama, Bella Mama, Bella Mama, Bella Mama, Bella Mama, aay

“Bella Mama” means “Calling in Mama (mother earth)” From the Torres Strait Islands, north of Australia and south of Papua New Guinea. It seems to have traveled there from Cameroon. (Kirstin learned this round from Lydia Violet at the Systems Seminar led by Joanna Macy and colleagues in 2017.)

Grateful to Be

I am grateful to be

Breathing, heart beating, joyous, and free

Even though hard times are right here with me*

I am grateful to be

Like the birds in the sky

Like the dragonfly

Like the trees listening

What lives in them lives in me

**originally written: "...hard times are all around me"; this lyric variation from Solomon Botwick-Ries.*

Kirstin learned song from Ridhi D'cruz at the Systems Seminar led by Joanna Macy and colleagues in 2017.

Every Moment Every Day

Susan Salidor

It is possible to be thankful every moment every day

It takes practice and humility

It takes vision and civility

It takes beauty and the wisdom to see it everywhere

https://www.youtube.com/watch?v=PqSdTqP4K_E

We Give Thanks

Wendy Luella Perkins

Oh, we give thanks for this precious day

For all gathered here and those far away

For the time we share with love and care

Oh, we give thanks for this precious day

<https://www.youtube.com/watch?v=Cc0hotvnE-g>

Amazed

Linda Hirschhorn

May I stay amazed for all of my days

At all of the ways of the world's turning

Amazed at what I've got, not what I've not

All soon forgot in the world's turning

<https://www.youtube.com/watch?v=W8v1bfgF7GI>

From You I Receive

From you I receive
To you I give
Together we share
And from this we live

Thank You Mother Earth

Thank you, Mother Earth
Thank you, Sister Water
Thank you for my birth
Thank you from your daughter

Thank you, Brother Sun
Thank you, air in motion
Thank you everyone
Earth, fire, air, and ocean

Kirstin learned this song at Camp Unalayee (Quaker) in California's Trinity Alps in 1995.

Mama Lee-ay

Mama Lee-ay, Oh Mama Lee-ay
Mama Lee-ay, Oh Mama Lee-ay
Seebung-gahway, Maa-Mama Lee-ay
Seebung-gahway, Maa-Mama Lee-ay

Translation: "Mother Earth we thank you, everything we need comes from you."

(Kirstin learned this from Glenda, a South African woman at Joanna Macy's 12-day Intensive in 2000.)

Songs for Honoring Our Pain for the World

Fear Not the Pain

Rachel Pollack Kroh

Fear not the pain
Let its weight fall back into the earth
For heavy are the mountains,
Heavy are the seas

Lyrics from "Sonnets to Orpheus" by Rainer Maria Rilke, translated by Joanna Macy and Anita Barrows.

<https://amidonchoralmusic.com/product/fear-not-the-pain/>

Sanctuary

recorded by Lydia Violet

Mama please won't you help me
To be a sanctuary
Open hearted, tried and true
With thanksgiving, I want to be a living
Sanctuary, for you.

<https://www.youtube.com/watch?v=tOn7jM4Wppw>

May This Be an Opening

Gretchen Sleicher

May this be an opening

May I be an opening

May we be an opening

An opening to love

<https://songsforthegreatturning.net/honoring-our-pain-for-the-world/may-this-be-an-opening/>

Witch Hazel

Tom Gala

I am looking at a witch hazel blooming in a garden
the bright yellow flowers in the middle of wintertime
and I tell heart be strong like the witch hazel flower
and you will not be injured by this dark and troubled time.

I take myself along to a place I know in winter
and I look at that south sloping bank covered with ice
and I tell my heart it all will melt and run down to the ocean
and you will not be injured by this dark and troubled time.

We must say good-bye to the one we love, we must say good-bye to many
We must say good-bye, in way too short a time,
and I tell my heart be strong like the witch hazel flower
and you will not be injured by this dark and troubled time.

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<https://www.youtube.com/watch?v=aTP8Pe2HCkQ>

One Heart at a Time

Michael Stillwater

One by one everyone comes to remember

We're healing the world one heart at a time

<https://elisewitt.com/web/one-by-one/>

Here's a Hand

Sarah Pirtle

Here's a hand pulling you on.

Here's a hand pulling you on.

Loving you scared, loving you strong.

Here's a hand pulling you on.

Here's a hand pulling you on.

Here's a hand pulling you on.

Holding you scared, holding you strong.

Here's a hand pulling you on.

<http://sarahpirtle.com/hope-sings/heres-a-hand.htm>

Ise Oluwa

Nigerian (Yoruba) Christian Song

Ise Oluwa, kole baje o

Ise Oluwa, kole baje o

Kole baje o, kole baje o

Ise Oluwa, kole baje o

"That which the creator made can never be destroyed." Anne learned it from Ysaye Brnwell, who translated it "the things of Earth cannot be destroyed".

<http://pancocojams.blogspot.com/2012/01/various-interpretations-of-ise-oluwa.html>

The River

Coco Love Alcorn

Water heal my body	A
Water heal my soul	A E
When I go down, down	A
To the water	F#m
By the water I feel whole	E A

The river is a healer
The river is a sage
The river knows no end
And the river feels no age
The river is a leader
Every single day
It's living in the moment
And it always finds a way

The river calls me over
It's calling out my name
In the day and in the night
I hear that river all the same
It's calling me over
Calling out my pain
Oh a river gathers tears
Just like a river gathers rain

The river is a traveler
Always on the go
A river never worries
If it's fast or if it's slow
River take me
To where I need to go
Oh, and I will just relax
And let the river flow

https://www.youtube.com/watch?v=S7L_hA0ideM

Songs for Awakening Wonder

We Are

Ysaye Barnwell (of Sweet Honey in the Rock)

For each child that's born
a morning star rises and sings
to the universe who we are (3x)

Am
Dm Am -Dm
Am E Am

We are our grandmothers' prayers
we are our grandfathers' dreamings
we are the breath of the ancestors
we are the spirit of God

Am Dm Am
Dm E Am
Am Dm Am
Dm C E Am

We are mothers of courage, fathers of time
Daughters of dust, sons of great visions
we are sisters of mercy brothers of love
lovers of life and the builders of nations
We're seekers of truth and keepers of faith
makers of peace, wisdom of ages

Am
Dm E E7
Am
Dm E E7
Am
Dm E E7

"

We are our grandmothers' prayers...

We are mothers of courage...

We are our grandmothers' prayers...

For each child that's born...(3x)

We are one

C E Am

<https://www.youtube.com/watch?v=hi9D7-68w90>

Gentle Arms of Eden

Tracy Grammer and Dave Carter

On a sleepy endless ocean when the world lay in a dream
There was rhythm in the splash and roll, but not a voice to sing
So the moon shone on the breakers and the morning warmed the waves
Till a single cell did jump and hum for joy as though to say

 This is my home; this is my only home

 This is the only sacred ground that I have ever known

 And should I stray in the dark night alone

 Rock me goddess in the gentle arms of Eden

Then the day shone bright and rounder 'til the one turned into two
And the two into ten thousand things, and old things into new
And on some virgin beach head one lonesome critter crawled
And he looked about and shouted out in his most astonished drawl

Then all the sky was buzzin' and the ground was carpet green
And the wary children of the wood went dancin' in between
And the people sang rejoicing when the field was glad with grain
This song of celebration from their cities on the plain

Now there's smoke across the harbor, and there's factories on the shore
And the world is ill with greed and will and enterprise of war
But I will lay my burden in the cradle of your grace
And the shining beaches of your love and the sea of your embrace

<https://www.youtube.com/watch?v=bAGMATHISK4>

My Roots Go Down

Sarah Pirtle

© 1984, 1989 Discovery Center Music, BMI

Chorus:

My roots go down, down to the earth.

My roots go down, down to the earth.

My roots go down, down to the earth.

My roots go down.

Verses:

I am a pine tree on a mountainside. (3x)

My roots go down.

I am a wild flower pushing through stones.

I am an ancient redwood tree.

I am a mountain reaching for the sun.

I rise with the voice of every living thing.

<http://sarahpirtle.com/hope-sings/my-roots-go-down.htm>

Hilarious rendition by father and young daughter - <https://www.youtube.com/watch?v=dYFsbxdaJSg>

Waves are Coming In

Part 1:

Waves are coming in (8x)

Part 2:

There is so much magnificence in the ocean

Waves are coming in; waves are coming in

Part 3:

Al-le-lu-ia

Anne learned from Peter Amidon, who learned from Ali Burns.

We Are Seeds

Rabbi Shoshanna Meira Friedman and Rev. Fred Small

They thought they could bury us, they didn't know

They thought they could bury us, they didn't know

They thought they could bury us, they didn't know

We are seeds

We are seeds, seeds, seeds

We are seeds, seeds, seeds

We are seeds

Shackle/free

Silence/song

Fracture/one

Wall us out/here

<http://www.rabbishoshana.com/seeds>

Walking with You

Burns Stanfield

Walking, walking with you

Walking with you is my prayer

<https://soundcloud.com/matt-meyer-161434262>

My Mama Loves Me

Suzanna Park

My Mama loves me

And I'm a child of love

And I can change the world

By lettin' her love shine right through me-e-e

Yah-ah, right through me-e-e

Whoa, right through me-ee

Kirstin learned this from Suzanna at a Village Harmony weekend in 2009.

Walk with Me

Maggie Wheeler

I walk in the spirit, I walk in the light

I walk in the darkest hour of night

And I call on my ancestors to my left and my right

To walk with me, to walk with me

<https://goldenbridgechoir.com>

Songs for Going Forth

My Heart is Ready

Cindy Kallet

My heart is ready and what am I gonna do,
My heart is ready and what am I gonna do,
My heart is ready and what am I gonna do,
Oh Yes!,* my heart is ready and what am I gonna do?

My feet are ready...
My hands are ready...
My voice is ready...
My soul is ready^...
My heart is ready...

**originally written: "Oh God,"
^this verse not in the original version*

<http://cindykallet.com/listen-look/songs/>

The Tide is Rising

© 2015 Rabbi Shoshana Meira Friedman and Yotam Schachter

The tide is rising, and so are we!	G D
The tide is rising, and so are we!	C D
The tide is rising, and so are we!	G D
This is where we are called to be,	Am Bm
This is where we are called to be!	C D G
The task is mighty...	
The land is holy...	
The storm is raging...	
The sun is shining...	
The world is ready...	

<http://www.rabbishoshana.com/the-tide-is-rising>

Come into Your Calling

Laurence Cole (a round)

Oh, when we come into our calling

We become bells

Calling to everyone else:

Oh come, come into your calling!

<https://songsforthegreatturning.net/going-forth/come-into-your-calling/>

One Foot in Front of the Other/Lead with Love

Melanie DeMore

You gotta put one foot in front of the other and lead with love

Put one foot in front of the other and lead with love (2x) (last time “we”)

Don't give up hope

You're not alone

Don't you give up

Keep moving on

Lift up your eyes

Don't you despair

Look up ahead

The path is there

I know you're scared

And I'm scared too

But here I am

Right next to you

https://www.youtube.com/watch?v=8KN_nqsKvwc

We Are the Ones

Bernice Johnson Reagon (of Sweet Honey in the Rock)

Part 1:

We are the ones, we are the ones, we've been waiting

Part 2:

We are the ones we've been waiting for

<https://www.shazam.com/track/3009405/we-are-the-ones>

<https://www.youtube.com/watch?v=tFPfnKNqcpI>

We Shall Be Known

Karisha Longaker (of MaMuse)

We shall be known by the company we keep

By the ones who circle round to tend these fires

We shall be known by the ones who sow and reap

The seeds of change, alive from deep within the earth

It is time now, it is time now that we thrive

It is time we lead ourselves into the well

It is time now, and what a time to be alive

In this Great Turning we shall learn to lead in love

In this Great Turning we shall learn to lead in love

<https://www.youtube.com/watch?v=dX11MEtbkXI>

Dangerous Times

Alison Burns

In dangerous times, hold fast to courage
In dangerous times, hold fast to love
And sing, and rise above
In dangerous times, hold fast to love

https://www.youtube.com/watch?v=h_-hkqCqnOM

Seed

Sandy O (of Emma's Revolution)

© 2002 Sandy O Moving Forward Music, BMI

Take the seed that you have and plant it here
Give it water and time for a day or a year
Take the seed that you have and plant it here
Give it love, give it love

Give it love, give it love
Give it love, give it love
Give it love, give it love
Give it love, give it love

Take the dream that you have and dream it here
Give it courage and time for a day or a year
Take the dream that you have and dream it here
Give it love, give it love

Take the song that you have and sing it here
Give it strength and time for a day or a year
Take the song that you have and sing it here
Give it love, give it love

<https://emmasrevolution.com/track/1287143/seed>

Somebody's Hurting My Brother

Yara Allen

Somebody's hurting my brother, and it's gone on *far too long*
It's gone on *far too long*; I tell you it's gone on *far too long*
Somebody's hurting my brother and it's gone on *far too long*
And we won't be silent anymore

Somebody's hurting my

... sister
... people
... children
...neighbor
...family

Somebody's poisoning the water
Somebody's poisoning the air, now
Somebody wants to build that wall, now

Background story told by Yara Allen, with song starting around 5:30:

<https://soundcloud.com/user-909500790/somebodys-hurting-my-brother-by-yara-allen>

I Wanna Be Ready

I wanna be ready, I wanna be ready
I wanna be ready when joy comes back to me

Kirstin learned from Solomon Botwick-Ries

Closing Songs

Good Where We've Been

Good where we've been, good where we're going to

Good where we've been, good where we're going to

Hay-yah, hay-yah, hay-yah, hay-yah, hay-yaaaah,

Hay-yah, hay-yah, hay-yah, hay-yah, Ho

Kirstin learned on the Audubon Expedition Institute bus c. 2002

May All Beings

May all beings be well and happy

May all beings be free from strife

May all beings return to love

Peace be with you forever more

Anne learned from Arif Leininger c. 2015

Wherever You Go

Susan Salidor

Wherever you go, you're walking on holy ground

Whenever you are, you're living in sacred time

Whoever you're with, you're in the presence of the divine

So, whatever you do, keep that in mind

Songs collected by Anne Goodwin & Kirstin Edelglass

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