

# Sing Together !

For joy,  
community,  
relaxation,  
& health!

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Version 4



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## Angel Wash - Saphir Lewis, Rafe Perlman

G2

I behold you beautiful one  
 I behold you child of the earth and sun  
 Let my love wash over you  
 Let my love watch over you

## Bambalela - Cape Town, South Africa

*Written by the JL Zwane Memorial Church in the Gugulethu area of Cape Town in S.Africa. Sung during the Aids crisis of the 1990s to encourage hope. Key G. Soprano - D(5), Alto - A(3), Tenor - G, Bass - G*

Bambelela, bambelela,  
 Oh, bambelela, bambelela  
 Bamba-bamba-bamba-bamba-bamba.  
 Oh, bamba, bambelela

Never give up, never give up.  
 Oh, never give up, never give up  
 Never, never, never, never, never.  
 Oh, never, never give up

**S:** 5... 5... 7-6... 6...; 8... 8... 8b. \_ 7 6. 5.. 4

**A:** 3... 3... 5-4... 4...; 5... 6... 5. \_ 5 4. 4. 2

3 (melody)

**T:** 1... 1...2 1.. 1..; 3... 4.-3. 3-2 \_ 3 2-1

2-1-↓6-1

**B:** ↓1... 1...3 4... 4...; 8... 5. \_ 5.4. 4..1

## Be Open - Debbie Nargi-Brown

Key A

Be open for something wonderful to happen  
 Be open to the possibility (x2)

Aiye Aiye Aiye,  
 Aiye Aiye Aiye (x2)

## Because you are you - Kaitie Ty Warren

*I wrote this song intentionally to celebrate the interconnected nature of the community singing world.*

How would I do this without you?  
 How would I live, and who would I be?  
 I am known by knowing you  
 Because you are you, I am me

## Begin again - Barbara McAfee

*Key B. Someone praised my friend Patrick's dedication to his yoga and meditation practice over many decades. Patrick laughed and said, "Oh no, I quit so many times! The thing is, I was always willing to begin again." [Song](#)*

Be, begin, begin again  
 Be, begin, begin again  
 Be, begin, begin again  
 I fall do-o-own, I begin again

## Bele Mama - Rec. by Albert Mouangué, Cameroon

Key [C3](#)

Bele Mama, bele Mama, ey  
 Bele Mama, bele Mama, ey  
 Bele Mama, bele Mama, bele Mama, bele Mama,  
 Bele Mama, bele Mama, ey

## Birthday Round - Dorothy Dushkin

Key C. Start G2

We wish you a happy birthday  
 A joyous and celebrated birthday  
 To our dear (Name or Friends)  
 May she/he/they live a long long life

## Blow Blow Thou Winter Wind - Denis Donnelly

*Words adapted from Shakespeare, A2*

Blow Blow Thou Winter Wind  
 Cold falls the rain  
 Oh for my love  
 In my arms once again

## Bond of Trust - Katie Sontag

[Key A](#). Start **B**: C3#, A3, A2, C3#. 'Bond' is beat 1. A & S start on beat 4, T on 3

**B**: This **bond** of trust / It will hold us  
 We are safe here / Safe here

**A:** The truth / Show me the way  
Give me the courage to say

**T:** May the truth / Be the guide / May it shine bright  
May the truth guide the light

**S:** If I feel it, I will say it  
If I feel it I'll say it, say it / Say it, say it

## Break 'Em On Down - Harmony Grisman

*Key E. Start B2, E3, B3*

Break 'em on down, break \_\_\_ 'em on down  
Break 'em on down, these walls between us

Break—these walls  
Break—these walls—down

\_\_\_ Break— \_\_\_ 'em on down  
Break 'em on down, these walls between us

## Busy yourself making beauty - Laurence Cole

*Key E. S: A(3)-G-F-F, A: F3(1)-D-C-C, T: C(5), B: F(1)-D-C-F*

Busy yourself making beauty. Busy yourself making love.  
Busy yourself making friendship, and everything else will work out.

## Canto Ergo Sum - arr. by Denis Donnelly

*E minor to G major, Soprano: G4, Alto: E4, Tenor: B3, Bass: E3*

Canto Ergo Sum  
I sing therefore I am  
Blessed be the gift of singing  
Blessed be the gift of singing

## Cauliflower Pizza - Karly Loveling

*Based on a quote from Brooklyn Childs. Am*

If Cauliflower can somehow become pizza, you, my dear, can be anything

There's cashew cheese, and avocado mayonnaise, just think, what could you become?

I want you to reach beyond your wildest dreams. Way beyond mushroom jerky.

# Chico Gospel - MaMuse

*Sarah Nutting and Karisha Longaker. [Db](#)*

There was a time I believed - life was over for me

There was a time I believed my life was over  
I feel strong today thanks to your help I'll find my way

(And) I too will lend you a hand when you need one

## **Chorus:**

Sometimes I get so down I feel like \_ this is the end

Like there's no way in hell I can get over this mountain

The sun has come out beyond the shadow of my doubt

I am walking on this earth stronger than ever

There was a time I believed there'd be no **love** for me

There was a time I believed I'd get no lovin'  
I feel love today thanks to your help I'll find my way

And I too will lend you a hand when you need one

There was a time I believed there'd be no **money** for me

There was a time I believed there'd be no money  
I feel rich today thanks to your help I'll find my way

And I too will lend you a hand when you need one

There was a time I believed there'd be no **peace** for me

There was a time I believed there'd be no peace  
I feel peace today thanks to your help I'll find my way

And I too will lend you a hand when you need one

## Circle of Song - Tony Turner

Key Bb.

### **Chorus:** (A2)

Come join with me in the circle of song  
The young and the old, the weak and the strong  
Singing with one voice though we may speak  
different tongues  
In the circle of song we are one

Some sing of the past, of battles lost and won  
Some sing of their dreams, of a new day in  
the sun  
Some sing out for love and some sing just for  
fun  
In the circle of song we are one (Chorus)

Some sing of this land, the country of their  
birth  
Some sing of this land and the beauty of the  
earth  
Some sing of this land for all that it is worth  
In the circle of song we are one

### **Refrain:**

Viens avec moi, dans ce cercle d'amis  
Où jeunes et moins jeunes, où grands et  
petits  
Chantent d'une seule voix, à travers leurs  
différences  
Dans ce cercle d'amis, tous unis.

Each of us must leave this place and go back  
to our home  
Each of us must walk a path that must be  
walked alone  
Each of us will bear the fruit of the seeds that  
we have sown  
In the circle of song we are one (Chorus)

## Close your Eyes - Leah Hokanson

Key Bb, B...Inspired by poetry translated from Rumi

Close your eyes  
fall in love  
stay there  
stay there

Open your eyes  
See the love  
Stay there  
mmmhhh

## Cold water - Barbara Macafee

Key C. Start C3

Cold Cold Cold water \_ \_ \_ , cold cold cold water \_ \_ \_  
1 1

Cold Cold water, \_ cold cold water  
3 4 3 4 4 \_ 4 4 3 3

(At Water)  
The first step in  
The body says No  
Meet it with a breath  
Yes Yes!

(After cold)  
The first step in the water  
The body always says no  
Meet the no with breath  
Then the body says Yes, YES!

## Come and take my hand in friendship

*Start C*

Come and take my hand in friend-ship  
Come and share a dream or two

So may we blessed be  
So may we blessed be

Come and sing a song beside me  
Lift my spirit and renew

## Come Sing a Song With Me - Carolyn McDade

Key Bb

Come, sing a song with me,  
come, sing a song with me,  
come, sing a song with me,  
that I might know your mind.

Chorus:  
And I'll bring you hope  
when hope is hard to find,  
and I'll bring a song of love  
and a rose in the wintertime.

Come, dream a dream with  
me...  
Come, walk in rain with me...  
Come, share a rose with  
me...

## Comfort of Singing Voices - Alouette Iselin

*Key A. Start E3(3). Chorus S: C5#(5), A/B: E3/E4(3); T: A3(1)*

Now is the dark time and cold time, too  
Gather round, circle of friends  
Our singing voices will see us through  
Until the dark times end

We give each other company  
Gather round, circle of friends  
Singing in sweet harmony  
Until the dark times end

**Chorus:**  
Until the dark times end, until the dark times  
end  
We need the comfort of singing voices until  
the dark times end

In a cage of bone we keep our wings  
Gather round, circle of friends  
If we would fly, then we all must sing  
Until the dark times end

## Creation of Éa - Ben Newman (lyrics Ursula K. LeGuin)

Key Cm

**Only** in silence, the word  
Only in **dark** the light \_  
**Only** in dying, life  
Bright the hawk's flight on the empty sky

## Dance in your Fullness - Kira Seto

Key

On a night like this I swim with the moon  
 \_\_ Flowing through my soul, oohh

La luna calls to me  
 Open to her ecstasy

Let it out, let it out  
 Let it all out  
 Shake it off, \_ shake it off \_  
 Dance in your fullness, dance in your fullness  
 Beauty

I want to howl  
 I want to scream  
 In this moon dance I feel all of me

## Djun Djun - Karen Porka

*5/4 timing, there is no wrong! Clap on 1, tap on 2-5.*

**Djun** Djun Gudaka  
**De** De Ga De Ga Dun  
**De** De Ga De Ga Dun  
**De** De Ga De Ga Dun

\_ Calling out to the **a-a**-ll \_\_  
**To come** sing \_ Oh \_ **to** come dance and  
 play \_  
 \_ Let your spirit **soar**  
**And let** go \_ Oh \_ **and let** Love to-day \_

## Don't go yet - Katie Ty Warren

*Written during pandemic, lonely and pregnant with first child. Key Gm?*

**Bass:** G below middle C  
 Don't go yet, don't go yet, don't go yet

**Alto:** G above middle C , after first don't go  
 yet from Bass.  
 Don't go yet, don't go yet, don't go yet.

When will you put your arms around me  
 When will I when will I hold you again

**Soprano:** B flat  
 Stay a while longer, Stay here with me

## Dona Nobis Pacem - Trad. Latin

Key Eb

Dona nobis pacem, pacem.  
 Dona nobis pacem. (X 5)

## Early Riser - Katie Sontag

Start E3, A4, A2, C3

I'm gonna wake up in the morning when it's dark  
 So I can watch the sun come up  
 I'm gonna wake up in the morning when it's dark  
 So I can watch the sun come up

I'm not going to miss any moment of the light no no no  
 I'm going to catch every moment of the sun yes yes yes  
 I'm not going to miss any moment of the light no no no  
 I'm gonna catch the sun

The sun emerges from its sleep and so do I.  
 When the sun goes to bed, I go to bed  
 so I can watch the sun come up.

The dark, the cold, I get to be alone  
 The fires warmth, nestled in my bones

## Energy of Love - Heather Houston

*Let's surround ourselves in love as we move through the world – like a protective ball of energy.*

The energy of love surrounds me  
 The energy of love moves through me  
 Guiding my way, in all I do and say  
 Yes the energy of love surrounds me (then joy, peace, hope, song, me/us etc.)

## Every Moment is a Prayer - Daniel Nelson

*Everyone breathes, everyone prays in some way, what if we bring those together.*

Every moment is a prayer \_ \_ \_  
 Every breath a new beginning \_ \_  
 Breathe your prayers ↓ \_ \_ \_  
 Breathe your prayers ↑ \_ \_ \_

## Everything falls apart - Sarina Partridge

*Minnesota. Song for fall, things falling apart but not necessarily a bad thing. Let them.*

Everything falls apart, let it fall _ _	And what is left behind (3x) (Oh) (Small,
Let it reveal the heart, of all _ _	quiet, dig in leaves)
	Is Lo-o-o-o-ove (4x)

*(Everything falls)* Le-et it fa-a—a-ll\_  
*(Let it reveal)* The heart of a-a—a-ll

## Farewell Shanty - Mervyn Vincent

*Key G*

It is time to go now. Haul away your anchor. Haul away your anchor. 'Tis our sailing time.	Get her on her course now. Haul away your foresheets. Haul away your foresheets. 'Tis our sailing time.	When your sailing's over Haul away for Heaven. Haul away for Heaven. God be by your side.
Get some sail upon her. Haul away your halyards. Haul away your halyards. 'Tis our sailing time.	Waves are breaking under. Haul away down-channel. Haul away down-channel. On the evening tide.	

## The First Snow - Unknown

*Start G2*

The first snow falls so silently down,  
 that none can hear it touch the ground  
 and still it falls, and falls, and falls.

## Flame - Susie Ro Prater

Listen deeply,  
a flame is rising in the center of the storm

She sings in silence,  
inside the ocean of my soul

Voices rise and weapons fall  
and nations unite across the world  
and songs of peace at the heart of every land  
oooh— or heart of every land

## Forest of Voices - Annie Becker

Ah \_ Ah Ah Ah Ah ↑Ah  
Ah \_ Ah Ah Ah Ah Ah \_ ↓Ah ↓Ah ↓Ah  
I believe \_\_ in the power of singing  
Like the roots of the trees we touch our forest of voices  
I believe in the healing power of singing  
Like the roots of the trees we touch our forest of voices  
Never never never will we ever be together this moment \_ This place!  
Let us revel \_ in glorious vibration. Glorious vibration.

## Freedom is coming - South Africa

*Comes from the apartheid struggle (1948-1994) in South Africa in the mid-twentieth century. S: B3; A: G3; T: D3; B: G3*

**Lead (C4):** Oh freedom, Oh freedom, Oh freedom  
Oh yes I know, Oh yes I know, Oh yes I know

**SATB On 4:** Freedom is coming, Freedom is coming, Freedom is coming, oh yes I know.  
Oh yes I know, Oh yes I know, Oh yes I know, Oh yes I know (Justice, Healing)

## Friends Like You - Jenny Lester

*Key C. Guitar: G, D, C. Start E3*

**Friends like you make the world go round**  
**Keeping spirits high, feet on the ground**  
**Time will keep you in my heart**  
**Dear friend we will never part**

Talkin' over wine on a long winter's night  
'Bout the way of the world and how to make it  
right  
Full of life, full of fire, never give in to the cold  
In our hearts we will never grow old

Chorus

When I fall by the way you are always the  
one  
To set me back on track or undo what I've  
done  
Together we laugh and together we cry  
When we stand we are side by side

Bridge:  
And if it should be that it's my time to go  
There is one thing that I need you to know

Chorus  
Dear friend we will never part  
Dear friend we will never part

## From Before Us - Jax the Bard

Deep in my bones, stirs through my veins  
I hear the voices from long ago,  
Mothers of old calling my name,  
Singing me secrets I somehow know

**We are the power in all of their plight  
Strong as the trees in the forest  
We are their legacy born from their fight  
Honoring those from before us**

Sure as the moon, pulling the tide  
I feel the pull from a distant past,  
all of my strength comes from inside,  
claiming the power they gave at last

Together we sing, loud and long  
To call on the mothers that bore us here  
Pillars of life, making us strong  
Showing us how we can persevere

I feel the ties, ancestral bond  
I know the women that fought for me  
I hear their cries, they are not gone  
They are alive in the air I breathe.

This is my voice, this is my vow  
This is my promise to sisters of mine  
I will not bend, I will not bow  
You will not break my foremothers design

## Fun/Kids Songs

### Coffee Song

C O F F E E, Coffee is not for me  
It's the drink that people wake up with  
That it makes you nervous is no myth  
Slave to the coffee cup  
They can't give coffee up

Latte, Mocha, Double Espresso  
It's an addiction that I know  
Can't miss that morning cup of Joe  
Latte high, I'll drink the stuff until the day I die.

### One Bottle of pop

One bottle of pop, two bottles of pop, three bottles of pop, four bottles of pop,  
Five bottles of pop, six bottles of pop, seven bottles of pop.

Don't throw your junk in my backyard, my backyard, my backyard,  
Don't throw your junk in my backyard, My backyard's full.

Fish and chips and vinegar, vinegar, vinegar,  
Fish and chips and vinegar, pepper pepper pepper salt

### Black Socks

Black socks, they never get dirty, The longer you wear them the blacker they get.  
Sometimes I think I should launder them, Something keeps telling me don't wash them yet.  
Not yet, not yet, not yet \_ Not yet, not yet, not yet

## I am a Pizza - Charlotte Diamond

Oh, I am a pizza (I am a pizza)  
 With extra cheese (with extra cheese)  
 From tomatoes (from tomatoes)  
 Sauce is squeezed (sauce is squeezed)  
 Onions and mushrooms (onions and mushrooms)  
 Oregano (oregano)  
 I am a pizza \_\_ Ready to go

Oh, I am a pizza (I am a pizza)  
 Pepperoni (pepperoni)  
 No anchovies (no anchovies)  
 Or phony baloney (or phony baloney)  
 I am a pizza (I am a pizza)  
 Order by phone (order by phone)  
 I am a pizza \_ Please take me home

Oh, I am a pizza (I am a pizza)  
 Peppers on top (peppers on top)  
 Out of the oven (out of the oven)  
 Into the box (into the box)  
 Into the car and (into the car and)  
 Upside down (upside down)  
 I am a pizza \_\_ Dropped on the ground

Oh, I was a pizza (I was a pizza)  
 I was the best (I was the best)  
 I was a pizza  
 Now I'm a mess

## Galaxies - Mary Buckley

*Key Am. Start E3, Harmony A3, Desc: C*

Galaxies inside galaxies, tree inside the seed. Mysteries inside you, mysteries inside me.  
 Descant: Galaxies inside galaxies inside galaxies inside galaxies.  
 Galaxies inside galaxies inside galaxies inside me.

1. Look in the eyes of a baby, look in the evening sky. Who made the fire and water, and who can tell you why?
2. I climbed up on the hilltop, with sadness in my heart. the sadness turned to vapour, and floated to the stars.
3. Music inside the thunder, thunder inside my brain. My brain's inside the wonder, inside the wind and rain.
4. Faith can move a mountain, love can melt a stone. But nothing moves without Spirit, and Spirit's inside our bones.

## Go tell it - Karla Mundy

*Key*

### Middle:

Go **tell** it to the ocean \_ (4 beats)  
 go **tell** it to the sea \_  
 Go **whisper** to the wind, who you  
 ↓**are** underneath \_ \_

### Higher:

(2 beat delay, underlined word on beat 3)  
 \_ \_ Come on back \_  
 to what you've always known \_  
think of the ways  
 \_ that you have grown \_

### Lower: (2 beat delay)

\_ \_ Go tell it, go tell it, go tell it, go go  
 1  
Go tell it, go tell it, go tell it, go go  
 2  
Go tell it, go tell it, go tell it, go go  
 2#  
Go tell it to the sea. (Go tell it now)  
 8 8 6# 5

## Good Choices - Laurence Cole

"I am an equal opportunity employer of magnificent objects of desperate supplication" - L.C. [W.S Poem](#)

Go-od choices \_\_ Come from  
 Expee \_\_\_ rience \_\_\_ And  
 Expee \_\_\_ rience \_\_, Well \_  
 That comes from \_\_ Bad choices \_

The poet William Stafford \_ warned us about \_  
 The shrug that lets the fragile sequence break \_\_\_  
 And how many times have I heard and tuned out,  
 Maybe not a path you should take \_ Bad choices

What the hell \_\_, wha-at the hell \_  
 How bad could it be-ee \_\_\_  
 Mother Mary, Jesus, Buddha, Santa Claus,  
 Quan Yin, E.T.  
 Wake us up and help us to see \_\_\_

## Good enough - Lea Morris

*In a moment of self-doubt and fear of lack when I was reminded of the many riches intrinsic in being alive.*

My hands are strong enough  
 They're strong enough, I'm good enough  
 My hands are strong enough to give love  
 My arms are long enough  
 They're long enough and I'm strong enough  
 My hands are strong enough to give love  
 My eyes are wide enough  
 They're bright enough and I'm strong enough  
 My hands are strong enough to give love

My hands are strong enough to love  
 I'm here for love  
  
 My, my, my hands  
 My, my, my hands  
 My, my, my hands are here to love, I'm here to  
  
 Every day, every hour  
 I am filled with power  
 I'm strong enough to give love

## Happiness Song - Linda Cirella

*Inspired by words translated from Hafez - 13th cent. Persian poet. C3*

Ever since happiness heard your name  
 Ever since ↑ happiness heard your name  
 It's been runnin', runnin', through the streets  
 trying to find you, trying to find you  
 Runnin' , runnin'\_, ↑ through the streets  
 ever since it heard your name

Happiness is trying to find you  
 Happiness is trying to find you  
 Happiness is trying to find you  
 Ever since it ↓↑ heard ↓↑ your ↓name

## Happy Birthday (The Merry Widow Waltz)

*Music: Franz Lehár, Lyrics: Unknown. G2*

Happy Birthday, Happy Birthday, we love you  
 Happy Birthday, and may all your dreams come true  
 When you blow out the candle, one light stays aglow  
 That's the love light in your eyes where'er you go

## Heart Wide Open - Lea Morris

Key E

Keep - - your heart - - wide open  
 Though the waves - - want to push - - you  
 around  
 You've got to keep - - your heart - - wide open  
 Till your faith - - brings you back - - to solid  
 ground

- I'm gonna keep - - I'm gonna keep -  
 - I'm gonna keep my heart wide open  
 - Although the waves - - want to push -  
 - Although the waves want to push me  
 around  
 - I'm gonna keep - - I'm gonna keep -  
 - I'm gonna keep my heart wide open  
 - Until my faith - - brings me back -  
 - Until my faith brings me back to solid  
 ground

- Keep your heart open, - keep your heart  
 open, (2X)  
 - ↑ Keep your heart open, - ↑ keep your heart  
 open,  
 - Keep your heart open - Keep your heart  
 open

- Keep your heart open, - keep your heart  
 open, (2X)  
 - ↑ Keep your heart open, - ↑ keep your heart  
 open,  
 - Until your faith brings you back to solid  
 ground

Keep your heart, keep your heart (2X)  
 ↑ Keep your heart ↑ keep your heart,  
 Keep your heart, keep your heart

Keep your heart, keep your heart, (2X)  
 ↑ Keep your heart ↑ keep your heart,  
 Keep your heart open

## Helele Mama - adapted from Black Umfolosi

Zimbabwe. Key E

Helele mama, hm mama  
 Helele mama, helele mama

Helele, helele, helele, helele  
 Hm mama, hm mama

Ee-yo, ee-yo, mama  
 Ee-yo, ee-yo, mama

## [Holding my Heart Open](#) - Coco Love Alcorn

Key

**Part 1** - A2-E3  
 Holding my heart \_  
 open for you I'm  
 holding my heart \_  
 Open \_ \_ \_

**Part 2** - Low - A2-E2  
 Holding \_ my heart \_ \_ \_  
 Holding \_ it open \_ \_ \_

**Part 3** - mid - E4-D4  
 1 Holding my heart \_ \_ \_  
 1 Holding my heart open \_ \_ \_

**Part 4** - high - A4-½-G4  
 1 Holding my heart \_ \_ \_  
 1 Holding it open \_ \_ \_

## Hope Lingers On - Lissa Schneckenburger

*Key Bb*

My mother, when love is gone (x2)  
In our darkest hour hope lingers on

My brother, with tolerance gone (x2)  
In our darkest hour hope lingers up on

My father, when peace is gone (x2)  
In our darkest hour hope lingers on

My love, when honor is gone (x2)  
In our darkest hour hope lingers on

**I will not hate And I will not fear  
In our darkest hour hope lingers here**

My country, when justice is gone (x2)  
In our darkest hour hope lingers on

My sister, when equality's gone (x2)  
In our darkest hour hope lingers on

Chorus (x2)

## How Can I Know Anything - Laura Sandage

*Key C Am F G*

How can I know anything with certainty?  
How can I know anything for sure?

I can stop—am I breathing?  
Stop—am I listening?

Stop—is my heart opening  
to love, to love, opening to love

## How could anyone ever tell you - Libby Roderick

*Key C. Start S: F; A: D; T: C*

How could anyone ever tell you, you were anything less than beautiful  
How could anyone ever tell you, You were less than whole  
How could anyone fail to notice, That your loving is a miracle  
How deeply you're connected to my soul

## Human am I - Joan Szymko

*Adapted from "Woman Am I" by Joan Szymko. Key D. A & B same*

Human am I, Spirit am I  
 I am the infinite within my soul  
 I have no beginning and I have no end  
 All this I am

## Humbly - Laurence Cole

*Key D*

Humbly we walk here, humbly we sing here  
 Humbly we bless this ground

Humbly and with gratitude  
 Remembering the ancient ones who walk this ground

Humbly we walk this ground  
 With the spirit of blessing in our heart

## Hush, Wait, Listen - Mary Grigolia

*Key Dm*

Hush, wait, listen, listen  
 Dwell in the song of the breathing, breathing  
 Dwell in the song of the breathing, breathing

## I am me - Paul Barton

*Key C*

I am me, I am courageous  
 I love, I am powerfully here

## I Got a Fire - Karly Loveling

Key E

\* \_ I got a fire burning \*inside of me  
 I got a \*fire \_ burning in my \*soul \_ \_ \_  
 \* \_ I got a fire burning \*inside of me  
 I got a \*fire \_ burning in my \*soul \_ \_ \_

And I can \*feel that fire \*guiding me, telling me \*. which way to \*go \_ \_  
 And I can \*feel that fire \*guiding me, telling me \*. which way to \*go \_ \_

And I'm gonna \*feed it! \_ \_ I'm going to \*feed that fire  
 And I'm gonna \*heed it, \_ \_ when it tells me \*. which way to go=  
 And I'm gonna \*feed it! \_ \_ I'm going to \*feed that fire  
 And I'm gonna \*heed it, \_ \_ when it tells me \*. which way to go=

## I will be your standing stone - Melanie DeMore

Shared by Tonya Abernathy, CCLT 2024. F3, A3, F3-E3-D3

I will be your standing stone  
 I will stand by you

## I wish that I could show you - Barbara McAfee

Start G2. Lyrics from Hafiz after Daniel Ladinsky.

I wish that I could show you, I wish that I could show you  
 whenever you're lonely or walking in the dark  
 I wish that I could show you, I wish that I could show you  
 the astonishing light of your being

## If I know one thing

Shared by Tonya Abernathy, CCLT 2024. Substitute emotion, grace, love, ...

If I know one thing, I know I got \_\_\_\_\_  
 If I know one thing, I know I got \_\_\_\_\_  
 I know I got \_\_\_\_\_, I know I got \_\_\_\_\_  
 I know I got \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 I know I got \_\_\_\_\_.

## [If this is my last day on earth](#) - David Roth

Zipper in 'cried, loved, laughed, raise my voice, cared', etc.

<p>If this is my _ last day on this earth _ _ _          I'll say I sang, I say I sang          I'll say I sang for all that it was worth          If this is my last day on earth</p>	<p>I took one step,          I climbed a hill          I said I won't          I said I will          I'll say I sang for all that it was worth          If this is my last day on earth</p>
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## In your bones - Olivia Fern

May you know in your bones that this earth is your home,  
 may you feel in your soul you are worthy and whole,  
 May you know in your bones that this earth is your home,  
 may you feel that you belong.

## Islands in the Sea - Barbara McAfee

*Key Dm*

We, we...  
 we are like islands in the sea,  
 We, we...  
 we are like islands in the sea

Sep'rate on the surface  
 but connected in the deep ↑  
 Sep'rate on the surface  
 but connected in the deep ↓

## It's Okay - Kira Seto

*CCLT 2023. Key C*

It's OK, if you're not OK  
 It's OK, if you're not OK \_ \_ \_  
 You're loved darling, anyway \_ \_  
 It's gonna be OK \_ \_

## Jewels - Barbara McAfee

*Key Dbm*

Every time I go into the darkness,  
 I return with fistfuls of jewels

Dreaming darkness, dreaming light

\_ . Midnight velvet wraps all around me,  
 stars glitter brilliant above

## Keep Walking - Lyndsey Scott

Keep Walking \_ Keep Singing \_ Keep  
 Praying Keep Trusting  
 Keep On \_ Letting go into Love \_

I will let my heart break  
 new world opening  
 I am guiding my mind  
*stay right here*

"I will let myself be silently dra-↓awn ↑  
 by the stra-a-ange pu-ull  
 of what I truly love"

## Last Shanty, The - Nathan Evans

*Key G. Start chorus B-G*

Well, me father often told me when I was just a lad  
A sailor's life is very hard, the food is always bad  
But now I've joined the navy, I'm aboard a man-o-war  
And now I've found a sailor, ain't a sailor any more

**Don't haul on the rope, don't climb up the mast**  
And if you see a sailing ship, it might be your last  
Just get your civvies ready for another run-ashore  
A sailor ain't a sailor, ain't a sailor anymore

Well, the killick of our mess he says we had it soft  
It wasn't like that in his day when we were up aloft  
We like our bunks and sleeping bags, but what's a  
hammock for?  
Swinging from the deckhead, or lying on the floor?

They gave us an engine that first went up and down  
And then with more technology, the engine went  
around  
We know our steam and diesels but what's a mainyard  
for?

A stoker ain't a stoker with a shovel anymore

And two cans of beer a day and that's your bleeding lot  
And now we've got an extra one because they stopped  
The Tot

So we'll put on our civvy-clothes and find a pub ashore  
A sailor's just a sailor just like he was before

## Let the circle be wide - Tommy Sands

Let the circle be wide 'round the fireside  
And we'll soon make room for you.  
Let your heart feel no fear  
For there're no strangers here.  
Just friends that you never knew.

## Lead With Love - Melanie DeMore

*Key Bm, but start on G is easier*

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.

Don't give up hope, You're not alone,  
Don't you give up, Keep movin' 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.

## Let it be easy - Ma Muse

Let it be easy \_ to find my own rhythm  
Let it be easy \_ to get to know myself  
Let it be easy \_ to find my own rhythm  
In the midst of what is going on for everybody else

## Let Things Ripen - Laurence Cole

*Key Db*

Let things ripen and then fall.  
Force is not the way at all.  
Just let go and we will see  
The way to do is to be.

## Let Us Show Up - Pam Blevins Hinkle

*Key G, start part 1 on 5 (D4)*

Let us show up and light up the dark  
Let us show up, bring joy to each heart  
Let us show up, with indifference destroyed  
Let us show up with joy

Let us go out and light up the dark  
Let us go out, bring joy to each heart  
Let us go out, with indifference destroyed  
Let us go out with joy

## Light is returning - Charlie Murphy

*Key Bm ↑*

Light is returning  
Even though this is the darkest hour  
No one can hold back the dawn  
  
Let's keep it burning  
Let's keep the light of hope alive  
Make safe our journey through the storm

One planet is turning  
Circle on her path around the sun  
Earth mother is calling her children home  
  
Come on home, children come on home  
Come on home, children come on home

## Listen ([Eel River Song](#)) - Meredith Buck

*Key D*

Listen ↑, listen ↑, listen ↓, listen ↓ (16)  
  
Lay yourself down on the rocks now  
Let your body down in the river  
Listen for the drumming on the other side \_  
Lose yourself in the meantime ↓

Listen (3)  
Let your body be your guide (4)  
Let the water decide (6)  
Lose yourself in the meantime (3)

## Live In Peace - Helen Yeomans

*Key Cm*

**Bass:**  
Domine, Domine, da pacem, da pacem  
People get ready, the time has come

**Alto and Tenor:**  
Domine, Domine, da pacem, da pacem  
Domine...

**Soprano:**  
Shanti, may we live in peace, may we live in  
peace  
Lay our weapons down

## Lo Yisa Goy - Shalom Altman

*Hebrew, Isaiah 2:4, A nation shall not raise a sword against a nation, and they shall not learn any more war.*

Lo yisa goy el goy che-rev  
Lo yil'm'edoo od mil-cha-mah. (x2)

## Loosen - Aly Halpert

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

Holy breath, and holy name  
Will you ease, will you ease this pain

## Love this Dirt - Gigi Amazonia (Gina Chick)

*Taught by Maeve Iredale at Forest of Voices. Gina won Alone Australia. Part 2 and 3 on 8*

Every time I put my feet upon the earth I feel the rhythm in my body Love this dirt	Take me to the place _ where my heart just wants to be _ _ _ Take me to the place _ where I know that I am free _ _ _
_ Every time my fe-et are on the earth I feel the rhyt-hm _ Love this dirt	

## Lulaby

*Underline - same note. Bold is start note.*

**Loo** ↑loo ↑loo, ↓loo ↑loo-↑loo ↑loo, ↓loo ↑loo-↑loo ↑loo, ↓loo-↑loo ↑loo -loo  
Loo loo ↑loo, ↓loo ↑↑loo ↓loo, ↓loo ↑loo ↑↑loo ↓loo-↑loo ↑loo loo  
Loo ↓↓loo, ↑loo ↓loo-↓loo -loo, ↑loo ↓loo-↓loo ↓loo ↓loo ↑loo ↑loo -loo

**Darkness** is coming, the **moon** she is rising, the **stars** they are shining, the sun's gone to sleep  
Close your eyes as I rock you gently sing you swe-e-et songs while you dream  
Good-night, Goo-o-od-night, now it is time to sleep

## Make me a Net - Stevie Greenwell

Make me a net  
Stretch out my arms  
Pull me fa\_\_r and wide  
Let everything else flow right through me  
Let only the goo-oo-ood inside

## Make the Path by Walkin' - Emily Elbert

*Key Am*

Step by step and breath by breath  
We journey through the garden  
We may not know what the future holds  
But we'll make the path by walkin'

So open up, sing from the heart  
And let spirit do the talkin'  
We may not know what the future holds  
But we'll make the path by walkin'

Make the path by walkin'  
We'll make the path by walkin'  
We may not know what the future holds  
But we'll make the path by walkin'

Holy spirits, wisdom keepers, master teachers of the  
plant kingdom, oh...  
We ask of you, our ancestors, help us walk this path  
together, we're...  
Listening for sacred lessons, singin', dancin' in  
surrender, oh...  
We will strengthen, we will soften,  
We'll make the path by walkin' (Chorus)

## May It Be - Eithne ni Bhraonain (Enya)

*Nicky Ryan, and Roma Ryan. Key Bb*

May it be an evening star shines down upon you  
May it be when darkness falls your heart will be true  
You walk a lonely road, Oh how far you are from home

Mornië utúlië, Believe and you will find your way  
Mornië alantië, A promise lives within you now

May it be the shadows call will fly away  
May it be you journey on to light the day  
When the night is overcome you may rise to find the sun

## May the circle be open - Robert Gass

May the circle be open but unbroken  
May the love of the Goddess be ever in our hearts  
Merry meet and merry part and merry meet again

## Moon Shadows - Unknown

*Key Am. Start E3, A2, A2, C3-E3*

Moon grows, shadows, shine one, cycle

Moon shadow (4X)

The moon she is growing, yes (*repeat*)  
It is part of her fullness, part of her fullness  
Her dark side is showing, yes (*repeat*)  
That is part of her wholeness, part of her  
wholeness

If you can dance with you shadow  
Like the moon does with hers  
You will shine your light brighter  
Than all of the stars

## Most beautiful sky - Jennifer Levenhagen

Most beautiful sky,  
I see how you change each day  
And each day remain

## Mr. Moon - Kathy-Reid Naiman

*Key C, Start G2, G2, G3*

Mr. Moon, Mr.Moon,  
You're out too soon,  
The sun is still in the sky.  
Go back into your bed,  
And cover up your head,  
Until the day goes by.

Twas on a summers evening,  
I walked the forest through.  
When suddenly I heard it, a soft and sweet  
cuckoo.

Cuckoo, cuckoo, cuckoo, cuckoo, cuckoo,  
Cuckoo, cuckoo, cuckoo, cuckoo, cuckoo

## Music alone shall live - German Folk Song

All things shall perish from under the sky.  
Music alone shall live,  
Music alone shall live,  
Music alone shall live,  
Never to die.

## Ning Yeda - Northern Ghana

*Ghanaian Welcome Song (Dagbani language). Key A. S and T melody C#, Alto/Bass: A*

Ning yeda  
Ning yeda oho  
Ning yeda mm mabia  
Ning yeda

## Noah's Dove - Kurt Lichtman

*Key G*

Oh, if I had wings like Noah's dove  
I would fly away to the one I love  
I would fly away to the one I love

## Nobody but you - Serena Ryder

*Shared by Natalie Ramsay, CCLT 2024.*

There's something inside me, nobody can take, nobody can touch, nobody can break  
There's something inside me, nobody can see, nobody but you, nobody but me

I've got an ocean, nobody can drink, nobody can sail, nobody can see  
I've got an ocean, nobody can see, nobody but you, nobody but me.

## Not a Lone Wolf - Steph Drouin & Aimee Ringle

*Shared by Janice Hardy, CCLT 2024*

I'm not a lone wolf and I never was  
Anything I achieve I achieve it because  
I am standing on the shoulders  
Of an infinite many seen and unseen

I'm not a lone wolf and I never was  
Anything I achieve I achieve it because  
I am riding on a tidal wave  
Of universal longing

I'm dropping the I; I'm claiming the we  
I'm feeling the everyone inside of me  
I'm dropping the mine; I'm claiming the ours  
'Cause the whole is greater than the sum of  
the parts

I'm dropping the I; I'm claiming the we  
I'm feeling the everyone inside of me  
I'm dropping the mine; I'm claiming the ours  
'Cause I recognize how connected we are

Every prayer that was ever said  
And every tear that was ever shed  
And every gesture on every day  
Weaves us into the dancing, this is love's  
way, oh

Every prayer that was ever said  
And every tear that was ever shed  
And every step on every day  
Brings us into belonging, this is love's way, oh  
oh

## Now I walk in Beauty - Gregg Smith (Navajo Prayer)

*Key Ebm*

Now I walk in beauty Beauty is before me  
Beauty is behind me Above and below me

## Now is the Time - Brian Hoover

*Key Dm. Wrap up on last line.*

If **ever** there was a time, to sing together  
Now is the time, Now is the time  
**Sing** along with me, sing in harmony  
Healing spirits come to us  
**Help** us, find our way, to each other

## Noyana

*Zulu Prayer. 'Are you going there, what do you say, Are you going? Are you going up there? Key D*

Noyana Noyana, Noyana Noyana  
Ni-thi-ni No-ya-na, No-ya-ya phe-zu-lu

## Of this Earth - Sarina Partridge

Key F. 1: F; 2: C-5th; 3: A-3rd. 'Turning' and 'grow again' of 2 and 3 line up.

I am of this earth, I am of this sky  
 And the seasons turn, And so do I  
 I am made to change \_ , I am made to bend \_  
 I am made to bre-e-e-eak, and to \_ grow  
 again.

*(After I am of this ...)*

I am of this earth, I am of this sky  
 I am of this turning turning turning  
 I am made to change \_ , I am made to made  
 to bend\_  
 I am made to \_ grow again

*(Comes in same time as second layer)*

I \_ I \_ a-am part \_  
 of this turning turning turning \_  
 I \_ I \_ a-am ma\_  
 a\_a\_de to grow again \_

## Oh be Joyful

Oh be joyful oh be jubilant  
 Put your sorrows far away  
 Come rejoice and sing together this ha-ppy day

Ooohhh, beeeee, joyyy-fuuuull, Ooohhh, beee, happy on this day

Oh be joyful, Oh be joyful, Oh be joyful on this ha-appy day

# Oh Morning - Laurence Cole

Key C

Oh Morning, what a joy! (3X),  
Walking through you in the sun!

**♩ = 85 THREE PART VERSION**

SOPRANO  
OH MOR-NING, WHAT A JOY OH MOR-NING, WHAT A JOY OH MOR-NING.

ALTO  
OH MOR-NING, WHAT A JOY OH MOR-NING, WHAT A JOY OH MOR-NING.

TENOR  
OH MOR-NING, WHAT A JOY OH MOR-NING, WHAT A JOY OH MOR-NING.

BASS  
OH MOR-NING, WHAT A JOY OH MOR-NING, WHAT A JOY OH MOR-NING.

**6 FOUR PART VERSION**

S.  
WHAT A JOY WALK - ING THROUGH YOU IN THE SUN OH MOR-NING, WHAT A JOY

A.  
WHAT A JOY WALK - ING THROUGH YOU IN THE SUN OH MOR-NING, WHAT A JOY

T.  
WHAT A JOY WALK - ING THROUGH YOU IN THE SUN OH MOR-NING, WHAT A JOY

B.  
WHAT A JOY WALK - ING IN THE SUN OH MOR-NING, WHAT A JOY

## Oh River - Lisa Littlebird

Finding my way, finding my way, finding my way,  
Finding my way, finding my way back home (x2)

Boom bi- bitsa bitty bitta (x8)

Oh river, I hear you, feel you calling me  
Oh river, who will I be when I reach the sea

I— I am home (x2)

## Oh what miracles - Betsy Rose

*Tempted to skip the morning routine of going outside, saw a perfect spiderweb when she went.*

Dew on the grass and fog in the air, and the **perfect** spiderweb \_  
**Oh** what miracles are waiting for us, if we **just** \_ get out of bed \_

## Onawa's Waltz - John Krumm

I've been waiting all the day long  
To see the stars in your eyes

My love come dance with me now  
See how the evening flies

And as you sleep my dear, know that I'll be near  
to hold you when you arise

## One Heart Beating - Sue Kirkpatrick

We are one world, one voice, one heart beating  
We are one world, one voice, one heart beating

\_ . Everybody living in this world . everybody has a voice, let's use it  
. Everybody living in this world - ; One heart beating

\_ \_ We are one world – we are one heart beating  
\_ We are one world one heart beating

## Only way through is through, The - Dianne Baker

The only way through is through  
The only way through is through  
You can choose when it's time to start  
But the only way through is through

You're being pressed down by a heavy hand  
But when you reach rock bottom there's a  
place to stand.

You take one step, you're still full of the dark  
You take two steps, you might feel a little  
spark  
Three steps ahead you see the light of day  
Keep on walking cuz you're on your way.

## On the darkest night - Katie Sontag

On the darkest night of the year  
 Let us sing these songs to-ge-ther  
 On the darkest night of the year  
 Let us make the light together

Light is coming back (x4)

This is the night we light our candles of hope  
 This is the night \_ we light \_ our way home.

Let the dark restore our soul  
 Let the dark make us feel whole

## Open the Circle - Frank Hernandez and Ted Warmbrand

Open the circle, the time has come  
 Open the circle, for everyone  
 This is our circle without a doubt  
 We'll keep it open 'til nobody's left out

Open the circle, the time has come  
 Open the circle, for everyone  
 This is our circle for kith and kin  
 We'll keep it open until everyone's in

## Oy Vey - David Kaetz

Oy Vey! Oy Vey! Life's a merry rounding way  
 That's for sure, that's for sure  
 One day one way then it goes the other way  
 That's for sure, that's for sure

Strange that we thought that it might be  
 different  
 Ya ba ba ba, ba ba ba ba, bum bum bum  
 Change one thing; all things different  
 Ya ba ba ba, ba ba ba ba, bum bum bum

Join me in the dance  
 Ya ba ba ba, ba ba ba ba, bum bum bum  
 Come on, take a chance  
 Ya ba ba ba, ba ba ba ba, bum!

## Pack up your sorrows - Richard Fariña and Pauline Marden

No use crying, talking to a stranger,  
 Naming the sorrows you've seen.  
 Too many sad times, too many bad times,  
 And nobody knows what you mean.

Ah, but if somehow you could pack up your sorrows,  
 And give them all to me,  
 You would lose them, I know how to use them,  
 Give them all to me.

No use rambling, walking in the shadows,  
 Trailing a wandering star.  
 No one beside you, no one to hide you,  
 Nobody knows where you are.

No use gambling, running in the darkness,  
 Looking for a spirit that's up free.  
 Too many wrong times, too many long  
 times,  
 Nobody knows what you see.

No use roaming, lying by the roadside,  
 Seeking a satisfied mind.  
 Too many highways, too many byways,  
 And nobody's walking behind.

## Pearl in the Dark - Sarina Partridge

*Began during a conflict with someone, and is about facing fear and having the courage to talk to them*

I'm gonna dive deep \_\_ \_\_ \_\_, a little deeper \_\_ \_\_ \_\_  
 Into the grit and the mud and the muck, that I don't want to see \_\_ \_\_ \_\_  
 Cuz I think there's a seed \_\_ \_\_ \_\_, there's a teacher \_\_ \_\_  
 There's a pearl in the da-a-rk, shi-ning

\_ I will lean into, this darkness \_\_, this darkness \_  
 A seed is shining, there's a ↑pearl, ↓in the dark ↑shi-↓ning

Ooh, ooh, ooh, ooh-ooh-ooh ooh, Shining like a pearl  
 Ooh, ooh, ooh, ooh-ooh-ooh ooh, New leaves unfurl  
 Ooh, ooh, ooh, ooh-ooh-ooh ooh, a new way is possible  
 There's a ↑pearl \_ ↓in the dark ↑shi-↓ning

## Pool of Love - Alexa Sunshine Rose

May the pool of love we have gathered here  
 Spread it's wings and fly, Far and near  
 From the depths of our hearts to the farthest star  
 May our love, bless everyone  
 May our love, bless everyone

## Power of Kindness - Ma Muse

*Karisha Longaker and Sarah Nutting*

Oo, I believe in the power of kindness  
 Oo, I believe in the power of love.  
 Oo, I believe in the power of kindness  
 Oo, I believe in the power of love.

We don't know what's coming,  
 but we can help shape what's ahead.  
 With kindness as our currency,  
 the common wealth is in our hands.

### **Pre-Chorus:**

So, give a little, give a little,  
 ah give a lot, don't stop.  
 A helping hand makes the world go 'round,  
 there's more than enough.

### Chorus

Look up now people,  
 and keep your ears to the ground.  
 We are the river flowing,  
 generosity abounds.

### Pre-Chorus & Chorus

The honey bee serves sweetness  
 only to help the world bloom  
 Bringin' love to the flower, from the flower to  
 the fruit,  
 we could learn a thing or two

### Pre-Chorus & Chorus

## Rain Song, The - Mark Growden

*Walking through San Francisco when there was a severe drought in California. Thrilled to feel the raindrops, it had a celebratory feeling.*

### Altos (Middle-High): (G4)

Rain \_ , Comin' down comin' \_  
87856 5 4 3 5. 5

Rain \_ , Comin' down \_  
87856 7 7 8

### Sopranos (High): (G4)

(Oh the) rai-ain \_ , Comin' down comin' \_  
1 1 3- 3214 3 2 1 2 2 \_

Rai-ain it's comin' down (Oh the)  
3 - 3214 4 3 2 1

### Tenors (Middle-Low): (E3)

(Oh the) rain rain \_ Rain, \_ it's comin' - the  
6 6 5 5 1 \_ 8 7 7 6

Rain rain rain, / Comin' down - (Oh the)  
5 5 878 5 43 3

### Bass (Low): (G3)

Rain rain rain \_ , Comin' down \_  
8 8 5 6 1 1 5

Rain rain rain \_ , Comin' down comin' down  
8 8 5 6 5 5 5 1 1 1

**Percussion:** Stomp-clap\_clap\_clap\_clap

**Percussion Interlude:** (keep hands soft - du-bi-du-bi-du - four count in)

Stomp(R) **Clap** du-bi-du-bi-du **Clap** (Tap Tap) **Clap** du-bi-du-bi-du (**Clap Clap**)

## Reach Down - Josh Fox

*shared by Dianne Baker, CCLT 2024*

Reach down into the great ↑unknown  
Reach down into the great ↓unknown (repeat)

The chips at the bottom of bag are the saltiest  
Things are much more salty at the bottom of the bag.

## Ridin' my bike - Laurence Cole

Ridin' my bike, riding' my bike, riding' my back to work and back

Ooooo, I like to ride my bike, ride it to work, and back,  
Ooooo, I like to read my bike, ride it to work, and back,

I can hear the birds, I can feel the breeze,  
I can smell the blossoms on the trees,  
I can feel my body growing strong,  
It just makes me want to sing this song.

## Right Place, Right Time - Samara Jade Gisondo

I believe that I'm in the right place at the right time  
 This wave is crashing down and it's the one for me to ride

Crazy world, crazy time  
 Gonna let go of what ought to be and hang on for the ride

Ebb and flow  
 Rising, falling

## Rising Strong - Heather Houston

Oh take my hand now, yes you belong  
 And lift your voice now, we'll sing this song  
 And we will root down into the ground now  
 We're rising strong, yeah, we're rising strong

And we are warriors of the light  
 And we are stronger when we unite  
 We are here to waken the love  
 We are rising strong, yeah, we're rising strong

Part 3: (also part 4 and 5 if harmony layers are added)  
 Ooh,  
 Ooh, ooh, ooh,  
 Ooh, ooh, ooh, ooh,  
 Ooh,

## The River - Coco Love Alcorn

<p>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</p>	<p>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</p>	<p>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</p>
<p>Water heal my body                  Water heal my soul                  When I go down, down                  To the water By                  the water I feel whole</p>	<p>Bass: (A2)                  Dum Dum Dum Dum K                  Dum T-K Dum Dum Dum K</p>	<p>Oo-oo oo-oo oo-o-o-o</p>

## Roll the old chariot along - Sea Shanty

*Following his victory and death at the Battle of Trafalgar, Admiral Horatio Nelson's body was preserved in a cask of brandy or rum for transport back to England.*

Oh, we'd be alright if the wind was in our sails (3X)  
And we'll all hang on behind

Well a drop of Nelson's blood wouldn't do us any harm (3x)  
And we'll all hang on behind

Come on and roll the old chariot along  
(Yes, we'll) roll the old chariot along  
(Come on and) roll the old chariot along  
And we'll all hang on behind

## Sacred Circle - Heather Pierson

I am entering into a sacred circle, Entering into a sacred space.  
I will open my heart and quiet my mind for the blessings about to unfold (2X)

## Sacred Ground - Nickomo Clark

Remember, Remember  
We are walking on sacred ground

Sa- -cred grou-ound we are wa-a-lking (3x)  
We Are walking on sacred ground

Remember we are wa-al-king

Sacred ground sacred ground  
We are walking on sacred ground (down)

## Sending you light - Melanie DeMore

I am sending you Light, To heal you, To hold you  
I am sending you Light, To hold you in Love  
I am sending you Light, To heal you, To hold you  
I am sending you Light, To hold you in Love

No matter where you go  
No matter where you've been  
You'll never walk alone  
I feel you deep within so ... (Chorus)

No matter what you feel or what you choose to show  
I'm always there for you  
And so I want you to know that..(Chorus)

I walk the path with you  
Go slow dear one don't hurry  
I'll go just like you need to go  
There is no need to worry cause ..(Chorus)

## She gives me life - Alexa Sunshine Rose

Water flows through me/ I am the water I am.  
She gives me life yes/ she gives me life/ she gives me life to live.  
(Music, love, sorrow, joy... add your own words!)

## Si le le - Bobby McFerrin

7-count. Snap Snap Tap Tap, Snap, Tap, Snap.

Si le le, Si le le \_ , eh eh oh.

Dede, dede, dede de do; dede, dede de do

## Simple Praise of Trees - Gretchen Sleicher

*A line of a poem by David Densmore to Vivaldi's Four Seasons, Winter. Walking in a forest on Cortes Island, B.C., the harmonies came through in gratitude for the few old growth trees remaining on the island, and the islanders organizing to protect them from logging.*

### Alto (C3 - on 1)

1 5 4 3 2 1 2 5↓ 5↓ 4 3 2 1 7↓ 4 4 3

I raise my arms in the forest \_ \_ , and join the simple praise of trees \_ \_

### Soprano (G3 - 'In the' on 3)

5 1↑ 1 5 1. 1. 5 1. 7 6 5 5 6 5 5

(In the) forest, the forest, I raise my arms \_ , in praise of trees \_ \_ (In the)

### Tenor (C3, on 1)

8 7 6 5 6 7 5 6 7 8

I \_ \_ raise my arms \_ , and join \_ , the praise of trees \_ \_ \_

### Bass - G2

5 8 7 6 5 6 6 5 5 6 7

I \_ raise my a \_ rms \_ , .and join \_ , the praise of trees \_ \_ \_

## Sing - Yambaby

1 & 2, then 3 by itself, then 1,2,3. Cm? 1: C3, 2: C4. 3: C3, F2(4), D3#(3)

Come \_ come \_ sing with me

We'll lift our souls \_ , we'll lift our voices

Come \_ come \_ sing with me

We'll lift out spi-rits up \_ together now

Sing \_ . Sing \_

↑Sing \_ Sing \_ Tell me will you

Sing \_ Sing \_ .

Will you . sing . with . me \_

. Fill the air with joyful noises \_

Until the whole wide world re-joi-i-ces \_

. Fill the air with joyful noises \_

Unto the whole wide world \_ \_ \_

## Sing Sing - Serana Ryder

You gotta sing sing sing sing out loud,  
 Don't matter if you stay on track.  
 You gotta sing sing sing sing out loud,  
 Don't you dare holding nothing back.

I've been around for long enough to know that  
 Everybody needs to sing  
 No matter if you're all alone or surrounded  
 By a thousand people with a thousand things.

It's not about the way you look or what you do  
 As long as you are having fun  
 Because you know we're here together in the  
 world  
 You'll never be the only one

You gotta sing sing sing sing out loud,  
 Don't you dare hold nothing back.  
 Don't you dare hold nothing... (2X)  
 Don't you dare hold nothing back.

## Sing With Me Sweetly - Samara Jade

At the dim of the dusk and the calm of the  
 dawn,  
 The birds they never fail to sing their morning  
 and evening songs  
 And who knows, maybe they make this world  
 go round,  
 As they sing their lives along

So let's sing to the sun as it sinks far below  
 The horizon, and the stars appear and one by  
 one they glow,  
 And our voices lift like smoke up from the fire,  
 And who knows where they go,  
 Who knows where they go

### **Chorus:**

Sing with me sweetly, we'll stay up all night  
 Till the songs that we sing bring the morning  
 light  
 Sing with me sweetly tonight

We'll sing til our voices blend into one  
 Til the sound waves are aligned and our egos  
 are undone  
 You know it's the best kind of sharing love,  
 To harmonize in union  
 To harmonize in union

### Chorus

My heart is heavy with all the troubles  
 everywhere,  
 I want to make a difference and it hurts how  
 much I care,  
 But there are days when the best that I can  
 do,  
 Is let sweet melodies fill the air  
 Let sweet melodies fill the air

### Chorus

Sing with me sweetly tonight  
 Sing with me sweetly... tonight...

# Sing on - Sarina Partridge

Start 2: A3 1: C4#

1  
2

I am gonna dig down deep, to the place where hope is

1  
2

Drink that sweet living water flow

1  
2

Tend the seeds of the great heart beating

1  
2

Sing on, sing on, sing on - Sing on, sing on, sing on

Sing on, sing on, sing on - Sing on, sing on, sing on!

3

... I - will - find - that - living water flow

3

... I - will - sing - on, I - will - sing - on!

Sarina Partridge - December, 2021: Underneath the frozen ground, as the days get ever shorter and darker, it's hard to keep the hope alive sometimes. But if I dig down reeeeeeeally deep, I know the groundwater is flowing down there somewhere, I know the seeds are doing what they need to do in order to grow again in the spring, I know the great heart of the earth is always beating. I am gonna dig down deep and find the aliveness and sing on, sing on, sing on. Family, sing with me! We've got this!

## Sing your way home - William Fisher

Version by Nancy Dobbs, Original from 1922 with melody by Dvorak.

Sing your way home at the end of the day.  
Sing your way home; drive the shadows away.  
Smile as you go, and wherever you roam  
It will lighten your load, it will brighten your road  
If you sing your way home.

## Siyahamba

Siyahamb' ekukhanyen' kwenkhos [x4]  
(khanyen' kwenkhos)  
Siyahamba... oo-oo  
(Siyahamba, hamba)  
Siyahamb' ekukhanyen' kwenkhos  
(khanyen' kwenkhos)  
Siyahamba... oo-oo  
(Siyahamba, hamba)  
Siyahamb' ekukhanyen' kwenkhos

We are singing for a better world [x4]  
(a better world)  
We are singing... oo-oo  
(We are singing, singing)  
We are singing for a better world  
(a better world)  
We are singing... oo-oo  
(We are singing, singing)  
We are singing for a better world

## Soak it up - Sara Stutz

I don't want to live my life in fear (dark, alone, inside, etc)  
I want to live my life with joy (love, hugs, with play, with friends, etc)  
O Oh, soak it up, soak it up

## Somewhere there's a forest

A2  
Somewhere there's a forest  
Where you can stand and dream  
And walk alone beside the waters  
Of a forest stream  
  
Where quietness and and peace of mind  
Are waiting there for you to find  
So leave the noisy world behind  
For just a little while

Somewhere there's a seashore  
Where the wind is blowing free  
And wheeling seagulls call above  
The music of the sea  
  
Somewhere there's a hillside  
Where you can climb at dawn  
And wonder at the sunrise  
As another day is born

## Somewhere to begin - TR Ritchie

A song is somewhere to begin, in the search for something worth believing in. If changes are to come there are things that must be done and a song is somewhere to begin.

People say to me, "Oh, you gotta be crazy!  
How can you sing in times like these?  
Don't you read the news? Don't you know the score?  
How can you sing when so many others grieve?"  
People say to me, "What kind of fool believes  
That a song will make a difference in the end?"

By way of a reply, I say a fool such as I  
Who sees a song as somewhere to begin  
A song is somewhere to begin  
The search for something worth believing in  
If changes are to come there are things that must be done  
And a song is somewhere to begin

Additional verses: 2) Dream... 3) Love...

## Spiral - Patricia Norton

I'm letting myself move in a spiral  
I'm flexing and I'm swaying and I'm bending with the wind.

\_ I'm coming down  
to where I want to be

\_ Gotta let me grow, gotta let me grow,  
you know, I've got to grow

## Spring Song, A (Excerpt) - Kristina Jessen

(C4#)

Doom-**bong**. doom doom **bong**,  
Doom doom **bong**, doom **bong**

(C4#)

Du-**bum** du-**bum** du, du-bum du-bum du  
du-bum du-bum du, bum

(C4#)

Feel the wind, her chill begins to thin;  
her warm breath caresses the Earth.  
Singing through the tall grass,  
I can feel her wandering  
through the meadow of my heart

(A4)

Ooo - ooo - ooo - ooo  
4. 3. 2. 1. 12314

Frozen lakes are melting  
Welcome the snowdrops as they rise  
Irises opening, hearts are hoping  
The birds are singing to you

## Standing on the earth

*shared by Charles Herman-Wurmfeld, learned from Emil and Maggie*

Standing on the earth with my roots grown down  
 My branches wide and open  
 Call down the sun, call down the rain  
 call down the fruits to a heart that is open to be...

## Stronger than the fear - Sarina Partridge

*Add joy, song, etc*

Our love is stronger than the fear (3x)  
 We see the path before us, and we are not afraid  
 We are a mighty chorus, and we are not afraid

## Surrender / Stop Struggling - Kaitie Ty Warren

What if I just \_\_ stop \_\_ struggling  
 What if I just \_\_ stop \_\_ struggling

What if I just stop struggling ↑  
 What if I just stop struggling ↓

Let it go (x2)

Can I surrender? (x2)

## Surrounding you - Barbara McAfee

*Written after news of a friend's daughter who was struggling with a serious health issue after giving birth to her son.*

I wish you courage for the next step and the next  
 I wish you peace in the middle of the storm  
 I wish you unexpected joy, strength to see you through,  
 And a heart wide open to all the love surrounding you,  
 It's surrounding you (We are surrounding you, Love is surrounding you).

## Tacobelle Canon - Christine Lavin

Guac-a-mo-le, guac-a-mo-le, guac-a-mo-le,  
guac-a-mo-le

Taco salad taco salad taco salad taco salad  
Taco salad taco salad taco salad taco salad

Fajita! Fajita! Fajita! Fajita! Fajita! Fajita!  
Fajita! Fajita!

Lots of cheese and some sour cream  
Some lettuce salsa don't forget the  
Refried beans

Lots of cheese and some sour cream  
Some lettuce salsa don't forget the  
Refried beans

Hot really hot add a little jalapeno  
Make it hot really hot add a little jalapeno  
Make it hot really hot add a little jalapeno  
Make it hot really hot add a little jalapeno  
make it

## Tending the spark - Heather Houston

*A song for these uncertain times. This one came as the Chico fire was raging in CA. The reality of climate change, vulnerability, uncertainty, grief, and a spark of hope, were swirling through me all at once.*

And we will care for each other  
As the world around us unravels  
And we will tend to the spark  
Of hope that lives within our grieving hearts  
And we are here now, in this present moment  
Lifting our voices and hearts  
And we are here now, we have come together  
We are tending the spark of hope  
Oh may it grow  
And we will care for each other

## The crow calls - Maggie Wheeler

The crow calls  
The sun falls  
They know the rhythm  
The rhythm of it all 2x

(Echo:)  
The crow calls  
The sun falls  
They know the rhythm  
The rhythm of it all

We are the only ones  
Who have forgotten how to listen  
We're the only ones  
Who have forgotten how to listen  
We're the only ones  
Who have forgotten how to listen  
The earth is calling us to open up our ears

Put your hands in the dirt  
Let's heal the hurt  
The earth is waiting  
For us to do the work  
Do the work 2x

## The Future is calling - Sarina Partridge

*Justice... joy... courage...singing [your ideas here!]*

The future is calling, is calling for healing  
Can you feel it? \_\_ Can you feel it? \_\_

The future is calling, is calling for healing  
And the people will sing along \_\_\_  
And the singing will keep us strong \_\_\_

## The Power of the People - Samara Jade

The power of the people \_  
Is greater than than the people in  
power \_\_\_  
So rise on up

\_ We pledge allegiance to each o-o-o-ther  
All my sisters and my bro-o-thers

## The voice is an arrow

The voice is an arrow to the \_ heart of desire  
Carried on wind \_ it takes us to the fire  
I am in the fire, I am in the fire  
I am in the fire, of my hearts desire.

## The Way knows the way - Lyndsay Scott

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

## There is a River - Karly Loveling

shared by Janice Hardy, CCLT 2024, A3

There is a river \_\_ flowing inside  
 There is a river \_\_ deep and wide  
 There is a river \_\_ carrying me  
 Carrying me back home.

(After 'There is a ') G4  
 \_ There is a river washing me clean \_ \_  
 Taking my pain away from me \_  
 \_ There is a river carrying me  
 Carrying me back home.

A3 D4 (same start as second)  
 There is a river  
 \_\_ bringing blessings to me  
 There is a river  
 carrying me back home.

## This is Home - Sophia Efthimiou

This is home, where I belong  
 In this breath, in this heart  
 This is home, where I belong  
 In this Voice, in this song!

## This Is It - Maggie Wheeler

Written when Maggie's daughter was returning home during pandemic

This is it, This is it, This is the place you  
 wanna be ::  
 Don't wait until tomorrow to let yourself be  
 free  
 This is it, This is the place you wanna be

Song you wanna sing :: to let your voices ring  
 The love you wanna feel :: to let your love be  
 real  
 The world is calling out to you :: for what you  
 came to do  
 First verse again

## This is me I take up space - Galin Smith

Daniel Nelson learned from Galin who lives in between the gender realms. We have all felt a bit at times.

This is me \_ this is me \_ all of me I take up space \_ \_ \_  
 I — will not apologize for the space that I take up in this world 'cause I am me \_ \_ \_  
 I can see the beauty in your spirit when I'm here,  
 and I'm whole and connected to the earth, yes I am

## This is the House - Ma Muse

Come on over, welcome in  
 Come on over, let's be friends  
 Come on over, there is enough  
 This is the house we've been dreaming of (2x)

## This Pretty Planet - John Forster and Tom Chapin

Key D.

This pretty planet spinning through space  
 You're a garden, you're a harbour, you're a  
 holy place

Golden sun going down,  
 Gentle blue giant spin us around

All through the night  
 Safe till the morning light

## Thuma Mina

Shared by Cathy Shapiro, CCLT 2024. means "Send me"

Thuma Mina, Waa-ba-ba  
 Thuma Mina,  
 Thuma Mina, Waa-ba-ba  
 Thuma Mina

## Tide is rising - Rabbi Shoshana & Yotam Shachter

Key A

The tide is rising, and so are we! (3x)  
 This is where we are called to be (2x) !  
 G - D - / D C D - / 1st / D Am Bm - / C D G -

Verses:  
 The task is mighty...  
 The land is holy...  
 The storm is raging...  
 The sun is shining...  
 The world is ready... (repeat v.1)

## Time has come - Suzanne Stirling

Time has come to remember, wake from slumber, who we are, who we are, who we are  
 Golden threads in the darkness, full of wonder, We are stars, we are stars, we are stars.

## Tower of Strength - Jackie Summer

Key Em

I am a tower of strength within and without,  
I am a tower of strength within. (x2)

I let every burden fall from my shoulders,  
all anxiety slip from my mind. (x2)

I let every shackle be loo-oo-oose,  
I let every shackle be loose. (x2)

## Trees Grow Slow

Key Em

Trees grow slow and trees grow strong.  
And trees sway with the wind their whole lives long.  
And trees hold the ground as they reach for the sky.  
And fallen trees still feed the seeds they cast before they die.

## Trust in the Weaver - Laurence Cole

*Dougald Hine: "You don't have to be the whole weave, let yourself be your very own thread". Also William Stafford poem "[The Way it is](#)". Start G2(1)*

You don't have to be, the who-o-o-ole weave  
1 6 5 4 4 1 7 8 7 6 6 - 5  
Just let yourself be \_ your very own thread  
7 7 6 5 5 1 6 8 6 5 6-5-4

Trust __	Trust in the weaver
3	3 2 1 2 2
5	5 4 3 4 4
Trust __	Trust in the wea-↓ver
3	3 2 1 2 1
7	7 7 7 7 6

## Turning of the World - Ruth Pelham

Key A

Let us sing this song for the turning of the world  
That we may turn as one  
With every voice, with every song, we will move this world along  
And our lives will feel the echo of our turning  
With every voice, with every song, we will move this world along (2x)  
And our lives will feel the echo of our turning

Verses: for turning, turn, substitute

2) loving, love

3) healing, heal

4) dreaming, dream, ending with:

And our lives will feel the echo of our dreaming

And our lives will feel the echo of our healing

And our lives will feel the echo of our loving

And our lives will feel the echo of our turning

## Walk the way - Lea Morris

Key Am

I will walk the way  
Love will guide the way

(Slow)

I will walk the way  
Love guide the way

(High)  
I will walk the way  
Love guide the way

\_ I'm walking, \_  
\_ I'm guided \_  
by \_ love  
\_ o-o-o-on my  
way. (I'm walking...)

## We are created by sound - Alexa Sunshine Rose

We are created by sound/ we are created by the song of the universe  
We are created by sound/ we are created by the song of the universe

Singing with the trees/ singing with the song of the universe  
Singing with the whales/ singing with the honeybees...

All creation/ sings...

## We are the light - Ellen Rockne

We are the light, I can see it in your eyes  
I see you, you see me  
Doo de-doo doo, doo doo doo

This is our summer song, sing to remember,  
Light lives inside of us, fearless and tender  
There will be darker times, there will be lighter  
But if we are this light, what could be brighter

## We Are Weaving Our Lives - Alexa Sunshine Rose

Key C#m. Written after husband's brain surgery, feeling all the love from so many sources.

We are weaving our (start 2) lives  
We are weaving our hearts and our minds  
We are wea-ea-ving the bright and dark  
threads  
Of our journeys through

We are weaving our lives  
We are weaving a blanket of light  
We are wea-ea-ving a basket to hold  
All that's true

## We get there together - [Josh Blaine](#)

*Reminding people that we must get together, even with people we don't agree with , March 2025 Texas Capitol Rotunda*

No one is getting left behind this time \_

No one is getting left behind ↑

No one is getting left behind this time \_

We get there together or never get there at all ↓

We get there together or never get there at all -

We ↑get ↓there to-↑ge-↓ther or ↑ne-↓ver get there at all ↑

## [We give thanks](#) - Laurence Cole

*Key Eb*

We give thanks for the life in the soil.  
 We give thanks for the light from above.  
 We give thanks for this beautiful meal,  
 That was gathered here  
 From the light and the soil  
 And seasoned with Love!

## We got all the love - Helen Yeomans

*Key D*

We got all the love (joy, prayer, peace)  
 All that we need  
 to change our world  
 Hallelujah

## We hold this land - Daniel Nelson

We **hold** this land in sacredness  
 With **all** the beings who dwell here  
 We're **singing** to honour these sacred lands  
 With every breath of our being \_

## We hold you in our circle - Emily Roblyn

*Key C. Start G3, E4, G4. Shared by Nadia Bolz-Weber, CCLT 2024. Written for a wedding.*

We **hold** you in our circle

We hold you in our love

Hold you in our circle, hold you in our love

Hold you in our circle (same note), hold you in our love.

## We let it be (excerpt) - Rickie Byars Beckwith

*Ending of a gospel song by Rickie Byars Beckwith. Key D*

We let the love wash over us.  
We let, we let it be.  
(peace, joy, grief, hope, light, rain, song etc)

### High (B4)

7 7 6 6 5 7 5 5  
7 7 6 6 5 5

### Middle (G4)

5 5 4<sup>5</sup> 4<sup>5</sup> 3 5 3 3  
5 5 4<sup>5</sup> 4<sup>5</sup> 3 3 2

### Low (D3)

2 2 2 2 1 3 1 1  
2 2 2 2 1 1 7 ↓

## We Shall Be Known - Ma Muse (K. Longaker)

Key A

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

## Well look at that - Sarah Stutz

*While out with her yellow lab dog. Often not in the present moment. Spring day, flowers, spiderwebs. 3 Harmonies.*

Well look at that you're beautiful (3x)  
\_ You keep me going!

## We'll sing the night away - Robbie Clement

Key C

Come gather round the flaming ember,  
we'll sing our songs that we remember,  
**and with our voices warm and tender**

**We'll sing the night away.**  
**And with our voices warm and tender**  
**We'll sing the night away.**

We'll tell the stories of our mothers,  
our dear fathers, sisters, brothers,  
**while in our hearts we hold each other...**

We leave behind our lamentation,  
all our trials and tribulations,  
**beneath bright heavens constellations...**

We'll leave our troubles all behind us,  
to find the dear deep time that binds us,  
**and until the morning finds us...**

So then come trouble or come sorrow,  
from these glad times we will borrow,  
**To find the strength to face tomorrow..**

## We're giving thanks

We're giving thanks \_\_\_\_, we're giving thanks \_\_\_\_,  
 we're giving thanks for the time that we \_\_ had together  
 We're giving thanks \_\_\_\_, we're giving thanks \_\_\_\_,  
 We're giving thanks for the time we had.

I'm \_\_ so \_\_ grate-ful for this time \_\_\_\_,  
 I'm \_\_ so \_\_ grate-ful for this time \_\_\_\_ together.

You will here in my heart, even when we are apart,  
 You will be in my heart \_\_ singing, singing

## We've got teeth - Yuri and Jonah Woodstock

**We've** got teeth \_\_, We've got teeth \_\_  
 Whenever you're in doubt, Remember we've got teeth \_\_

Look at em there in your **mou-outh**, Look at em there in your mou-outh \_\_  
 Whenever you're in doubt, Remember we've got teeth

\_\_ Canines and incisors, Tools for us we're biters x2

**White** \_\_\_\_ and pearly \_\_\_\_,  
 Use em everyday \_\_, Surely \_\_\_\_

## Wellerman - The Longest Johns

**Key:** C#m: **Soprano:** C#4, **Alto:** A4(A3), **Tenor:** E3, **Bass:** A2 **Melody:** G3# - C3#

There once was a ship that put to sea,  
 And the name of that ship was the Billy o' Tea  
 The winds blew hard, her bow dipped down,  
 Blow, me bully boys, blow!

She had not been two weeks from shore  
 When down on her a right whale bore.  
 The captain called all hands and swore  
 He'd take that whale in tow.

Before the boat had hit the water  
 The whale's tail came up and caught her.  
 All hands to the side, harpooned and fought  
 her,  
 When she dived down below.

No line was cut, no whale was freed,  
 An' the captain's mind was not on greed!  
 But he belonged to the Whaleman's creed  
 She took that ship in tow

For forty days or even more,  
 the line went slack then tight once more,  
 All boats were lost, there were only four  
 and still that whale did go.

As far as I've heard, the fight's still on,  
 The line's not cut, and the whale's not gone!  
 The Wellerman makes his regular call  
 to encourage the captain, crew and all!

Musical score for "What Am I Rushing To" by Wendy Luella Perkins. The score is for four voices: Soprano, Alto, Tenor, and Bass. The key signature is C major (one sharp, F#) and the time signature is 4/4. The tempo is marked "Allegro". The lyrics are: "SOON MAY THE WEL-LER-MAN COME TO BRING US SUG-AR AND TEA AND RUM."

Musical score for "What Goes Around" by Tom Tyre. The score is for four voices: Soprano, Alto, Tenor, and Bass. The key signature is C major (one sharp, F#) and the time signature is 4/4. The lyrics are: "ONE DAY WHEN THE TONGU-ING IS DONE WE'LL TAKE OUR LEAVE AND GO."

## What Am I Rushing To - Wendy Luella Perkins

Key C

What am I rushing to, oh  
 What am I rushing for  
 What am I rushing to, oh  
 What am I rushing for

Slow down, slow down  
 And savour ↑  
 Slow down, slow down  
 And savour ↓

## What Goes Around - Tom Tyre

Key Em D

What goes around  
 comes round again  
 Comes round again  
 that we might mend

## When I go down into the water - Sarina Partridge

Key E

**Soprano:** B4, (8) each. 5 6 ↑1 3 5 3 2 1 1 ↓6 ↓5

When I go **down** into \_ the wa-te-r,  
the water in me \_ is co-o-ming home \_ \_.  
When I go **down** into \_ the wa-a-a-ter,  
I remember I- belong \_ \_  
I remember I- belong \_ \_

**Tenor:** B4 on 2 beat - 5 5 5 5-4 6 5 3 2 1

\_ When I go down \_ in-to the wa-ter\_, (10)  
I am com-ing ho-o-ome (6)  
\_ When I go down \_ in-to the wa-ter, (9)  
I be-long\_ \_ (5)  
I remember I↓ belong \_ \_ (8)

**Bass:** (on the 2) E4. 1 ↓7 ↓5 4 4 4 4# 5 5

\_ When I go down \_ (5)  
Into the wa-ter (4)  
I am co-ming ho-o-o\_ o\_ ome\_ \_\_. (13)  
I remember I be-long \_ (7)  
I I I remember I be-long \_ \_ (9)

## When I rise up - J David Moore

Poetry by Wendell Barry. Key C. Start E3.

Whe - en I rise up, let me  
**rise** up jo - o - oy - ful  
**li** - ke a bi - rd.

Whe - en I fall, let me  
fall with - out re - gret  
li - ke a le - eaf.  
Li - ke a leaf \_ \_ (Whoa oh oh)

## When we come into our calling - Laurence Cole

Key D.

When we come into our calling  
We become bells  
Calling to everyone else  
Oh come! Come into your calling!

## Why Why Worry - Andrea Sorum

Why why worry when you can sing (love, sing, learn, dream, grow, everyone's own word, etc)  
Why why worry when you can sing  
Sing to the most high, Sing to the mothers and the fathers.  
Sing to the mo-o-o-ost hi-i-igh. Sing for them to watch over, over  
Why why worry when you can sing?

## Wild and Free - Sarina Partridge

Key D. Start D3, F3#(3), A3(5). 2 & 3 on 'always'

Let there **always** be something wild here  
Beating at the heart here  
Standing at the edge of what's known  
Oh, there will always be something wild here  
Wild and free  
Wild and free

\_ Let there always be something wild here  
At the edge of what's known  
\_ There will always be  
Wild and free  
Wild and free

## Wild Rover - Traditional Irish

Key G. Start [Soprano](#) G3, [Alto](#) B2

I've been a wild rover for many a year  
And I spent all my money on whiskey and beer  
And now I'm returning with gold in great store  
And I never will play the wild rover no more.

And it's no, nay, never  
No nay never no more  
Will I play the wild rover, No never, no more

I went to an alehouse I used to frequent  
I told the landlady my money was spent  
I ask her for credit, she answered me nay  
such a custom as yours I can have any day

I brought from me pocket ten sovereigns bright  
and the landlady's eyes opened wide with delight  
she said: 'I have whiskeys and wines of the best  
and the words that you told me were only in jest'

I'll go home to my parents, confess what I've done  
and I'll ask them to pardon their prodigal son  
and when they've caressed me, as oft times  
before

I never will play the wild rover no more

## Wind/Rose/Bird

Shared by Natalie Ramsay, CCLT 2024. Kayaking in bad weather. 1 - G3, 2 - C4, 2b - D#, 3 - G4

The **wind** in the willows  
Cryin' like a solitary soul all  
alone  
The wind in the willows  
Cryin' like a solitary soul all  
alone

**Rose** rose rose red  
Will I ever see thee wed  
I will marry at my will sir  
At my will

(after first beat of 'rose')  
Poor poor bird, Take thy flight  
High above the sorrows, of  
this sad night

## Winter - John Krumm

Key G. Start E, B, G

When the Winter comes we gather,  
to dance and sing together  
When the winter comes we gather,  
to dance our cares away.

/ Everybody clap hands // Everybody sing now. /  
Sing a song of gladness, // sing a song of joy

Winter / cold Winter / blows hard against my  
windowpane  
dance 'round / the fire, till springtime comes again!

## With each sacred breath - Sarina Partridge

Written after having trouble breathing with covid.

With each sacred breath  
I have all that I need

## Wondrous Spring - Gretchen Sleicher

What a wondrous thing, in early spring  
 To go wandering \_ by the river  
 Shed the layers of winter, take in the sun  
 Lay my burdens down by the river

\_ What a wondrous da-ay  
 \_To wander by the river  
 \_Shed the winter, take in the sun  
 \_Lay me down by the river

Oh the magic song of the river  
 Flowing, growing, peace in my mind  
 Oh the rising mist of the mountain  
 Floating, lifting, a weight from my heart

Oh the magic song of the river  
 \_Flowing, \_growing, peace in my mind  
 Oh the rising mist of the mountain  
 \_ Floating, \_lifting, weight from my heart

## Work to Be Done - Sarah Nutting, of MaMuse

*Key Bb*

### **Part 1 (Tenor – These Hands are Strong):**

These hands are strong, this heart is wide,  
 This mind, this mind is wise  
 These hands are strong, this heart is wide,  
 I am on, on your side

### **Part 2 (Alto – Work to Be Done):**

There is work to be done, there is work to be done  
 With these hands, this heart, this mind  
 There is work to be done, there is work to be done  
 I am on, on your side

### **Part 3 (Bass – Steady On):**

Steady on, steady on, ↑steady on, steady on, ↓steady on, steady on. Steady on \_ on your side

### **Part 4 (Soprano):**

Joyfully, joyfully, joyfully, joyfully, joyfully, joyfully. Joy I'm on your side

## Woyaya - Teddy Osei & Sol Amarfio

*Key C*

We are going,  
 Heaven knows where we are going  
 But we know within  
 And we'll get there,  
 Heaven knows how we will get there  
 But we know we will

It will be hard we know  
 And the road will be muddy and rough  
 But we'll get there,  
 heaven knows how we will get there  
 But we know we will

Woyaya, Woyaya, Woyaya, Woyaya

## Yes to the moment - Kaitlin Wise

Nevada City, CA

You can, you can, you can, you can, you can \_ HUH  
 I say Yes to the moment, I say Yes to the moment, I say Yes to the moment, I say \_\_\_ YES  
 You can do this, we are with you, You can do this, \_\_ TRUST \_

## Yonder come day

Key C

Yonder come day, Day is a breakin' Yonder come day, Oh my soul,  
 Yonder come day, Day is a breakin' Sun is a-risin' in my soul.

Yon-de-er, Yon-de-er, Yon-de-er, Yon-der,  
 Yon-de-er, Yon-de-er, Sun is a 'risin' in my soul.

Sun \_\_\_\_, rise \_\_\_\_, Sun \_\_\_\_, rise oh yon-der  
 Sun \_\_\_\_, rise \_\_\_\_, Sun is a risin' in my soul

## You and I - Lawrence Cole

Key: C. *Soprano*: G4, *Alto*: E4, *Tenor*: C3, *Bass*: E3 (Same as alto). Adapted from words by Winona LaDuke.

You and I drink this water  
 You and I breathe this air  
 You and I walk this holy ground  
 You and I live here.  
 (They and we, All of us, You and I)

## You Are Not Alone - Kate Munger

Key Bb

You are not alone	I am not alone	We are not alone
I am here beside you	You are here beside me	We are here together
You are not alone	I am not alone	We are not alone
I am here now	You are here now	We are here now

## You are you, I am me

How would I do this without you  
 How would I live \_ and who would I be  
 I am loved by knowing you?  
 Because you are you, I am me

## You can Change the World - Paul Barton

Key C

You can change the world from wherever you are  
From wherever you are, from wherever you are

You can change the world, wherever you are  
Wherever you are, wherever you are

\_ Right now, \_ right now, \_ anything big or small  
\_ Right here, \_ right here, \_ you can answer the call

## Your Grief for What You've Lost - Barbara McAfee

*Key Am. Spiritual from the Gullah culture of the enslaved black communities of St. Simons Island, Georgia.*

Your grief for what you've lost  
Your grief for what you've lost  
Holds a mirror up to where you are so bravely  
Working - ah!

## Body Percussion

**S<sub>L/R</sub>** - Stomp; **C<sub>(R)</sub>** - Clap (rev); **B-t-F** - Butterfly; **U<sub>L/R</sub>** - Up (Tap Chest); **M<sub>L/R</sub>** - Mid (Tap Hip); **D<sub>L/R</sub>** - Down (Tap thigh); **Sn<sub>L/R/B</sub>** - Snap; **Cr<sub>L/R</sub>** - Cross slap

<b>Monday</b>	<b>here we go</b>	<b>let's start ea-sy</b>	<b>let's start slow</b>
S <sub>L</sub> S <sub>R</sub> C _	B -t -F _	U <sub>L</sub> U <sub>R</sub> U <sub>L</sub> U <sub>R</sub>	D <sub>L</sub> D <sub>R</sub> D <sub>L</sub> _
<b>This is the</b>	<b>Tuesday beat</b>	<b>Up and down and</b>	<b>Hands and feet</b>
Sn <sub>B</sub> _ Cr <sub>R</sub> Cr <sub>R</sub>	S <sub>L</sub> S <sub>R</sub> C _	U <sub>L</sub> U <sub>R</sub> D <sub>L</sub> D <sub>R</sub>	C C <sub>R</sub> Slide <sub>F</sub> _
<b>We</b> _ have got	<b>The groove</b>	<b>Wednesday</b> _	<b>We're on the move</b>
Slide <sub>A</sub> _ D <sub>L</sub> D <sub>R</sub>	Sn <sub>R</sub> Sn <sub>L</sub>	S <sub>L</sub> S <sub>R</sub>	C U <sub>L</sub> U <sub>R</sub> C <sub>R</sub>
<b>This is just a</b>	<b>Simple warning</b>	<b>I don't like this</b>	<b>Thursday morning</b>
U <sub>R</sub> U <sub>L</sub> M <sub>R</sub> M <sub>L</sub>	D <sub>L</sub> D <sub>L</sub> D <sub>R</sub> D <sub>R</sub>	U <sub>R</sub> Sn <sub>L</sub> Sn <sub>R</sub> (Tap elbow)	S <sub>R</sub> S <sub>L</sub> C C
<b>F - R</b>	<b>I - D - A</b>	<b>The weekend</b> _	<b>Is on it's way</b>
Sn <sub>B</sub> Sn <sub>Cross</sub>	Sn <sub>L-low</sub> Sn <sub>L-high</sub> Sn <sub>L-low</sub>	C U <sub>R</sub> U <sub>L</sub>	M <sub>B</sub> S <sub>L</sub> S <sub>R</sub> C

## Jim Jam Drummin' - Music Together

7 beats, clap on 7. Body, Knees, Foot, Friends.

Jim Jam drummin' with my one hand CLAP (3x)  
Drummin' the whole day long CLAP CLAP

## Games

**Group Walk** - Late for date, floor is lava, feet like jelly, etc.

**Pair Mirror** - one is leader on mirrors, switch

**Counting Circle** - Count to 20 one per person, then add snap or clap at intervals

**Blob tag** - every person tagged has to hold on to blob group.

**Dance Train** - leader leads silly dance moves, others follow, switch every 30 sec.

**Name and movement** - say your name with unique movement, others repeat

**Sound circle** - one person steps in, sound and movement, others copy

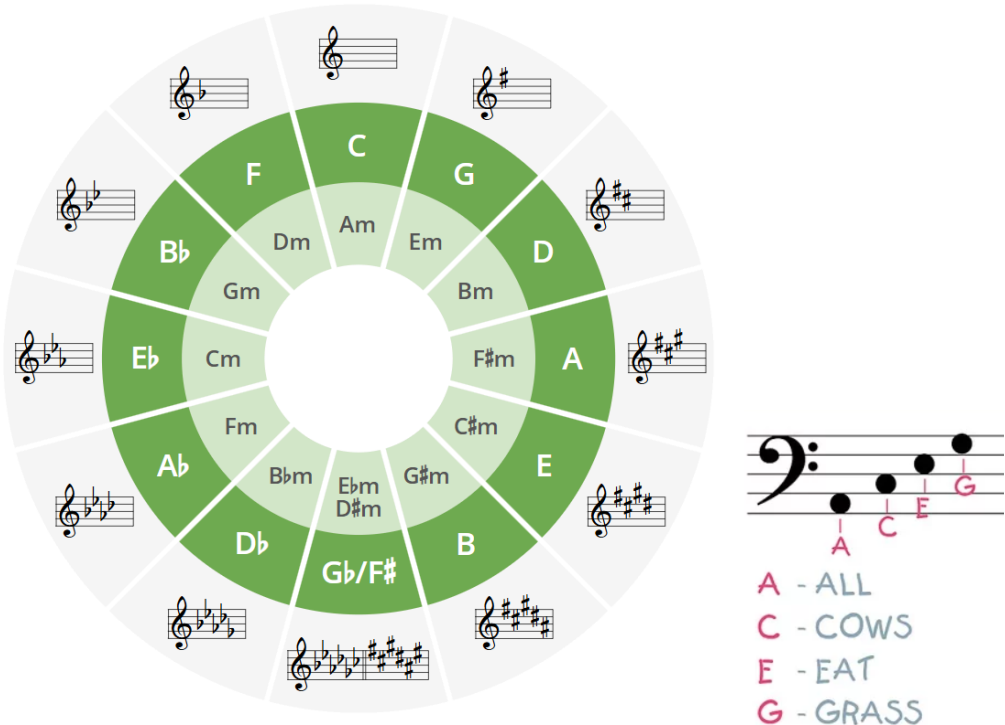
**Walk Freeze** - when leader says freeze, strike a wild pose, or "freeze like you won lottery"

**Zip Zap Zop** - Pass a clap and shout Zip Zap or Zop and funny gesture.

**Animal walk** - Shout out animals to walk like (Giraffe, frog, crab, etc)

**Human Knot** - in circle, grab hands of two people not next to you, try to untangle.

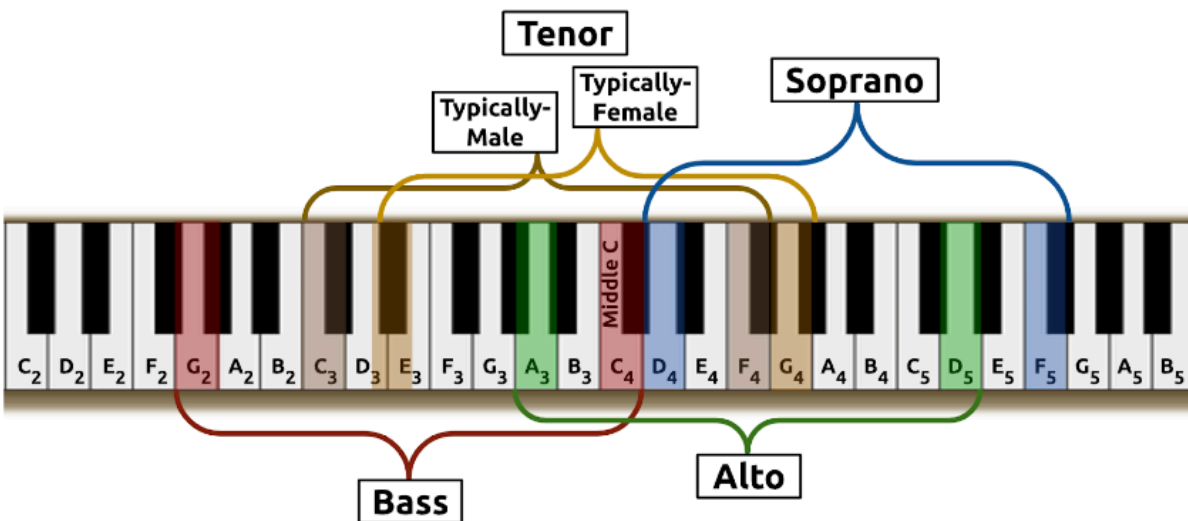
# Reference



**Battle Ends And Down Goes Charles' Father** (order of flats - BEAD)

**Father Charles Goes Down And Ends Battle** (order of sharps - reverse of flats)

'Spoken well is half sung well' - William Shakespeare  
 Guitar Strings: Eddie Ate Dynamite, Good Bye Eddie



## Why sing together?

To build connection, community, hope, joy, and reduce stress by releasing endorphins and oxytocin in the brain.

## Who can sing together?

All ages

No experience required

No need to read music

No performances



## But I can't sing!

No problem! We just sing for joy and connection, and it doesn't matter if you hit the right notes. If you can talk you can sing with us!

Harmony is "any note you sing that your neighbour isn't" - Pete Seeger

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive" - Howard Thurman