

[Contents](#)

ALL OF THE HARD DAYS ARE GONE.....	2
Carry the Flame,.....	3
Christmas in the trenches.....	4
Everything Possible.....	5
The Gathering of Spirits.....	6
Give Light.....	7
HERE IS MY HOME .....	7
Hope Lingers On .....	8
Hope is Everywhere:.....	9
HOW BEAUTIFUL UPON THE MOUNTAIN By Tom Paxton .....	10
Imagine .....	11
I Believe In You .....	12
I'll Be There (You Can Tell) .....	13
I'm Gonna Walk It With You .....	14
LULLABY (LIKE A SHIP).....	15
May the Light of Love -- David Roth .....	15
May Your Cup Always Be Full.....	16
MARY ELLEN CARTER .....	17
THE MUSIC OF HEALING .....	18
One heart at a Time .....	19
Oso Strong.....	20
Rise Again.....	21
RIVER .....	22
Safe Home .....	23
Somewhere Ahead.....	25
Step by Step - Pyle .....	25
Stone by stone.....	26
Swimming to the Other Side .....	27
Unison in Harmony.....	28
When All Thy Names Are One.....	29
A new day – Les Rice .....	30
I Choose Hope (Deb Seymour) .....	30

## ALL OF THE HARD DAYS ARE GONE

By Kevin McKrell, Dráguin Music

CHORUS: All of the hard days are gone.  
It's all beer and whiskey and songs from now on.  
We'll laugh at the darkness and dance until dawn.  
All of the hard days are gone.

We're all safe and warm here, my friends.  
The bad times are over. They won't come again.  
Raise up your voices and give us a song!  
All of the hard days are gone. CHORUS

Well, life has been cloudy and gray.  
Take the bad memories and put them away.  
The sun has come out. We've waited so long.  
All of the hard days are gone. CHORUS

So raise up your glasses and sing:  
All the hard times are gone, sure they don't mean a thing.  
If you want to be happy, we'll take you along.  
All of the hard days are gone. CHORUS

[From the [McKrells' CD](#) - Somethin' Fierce, October Eve Music.]

Hope is the stars in the darkness  
Hope is the seedling in the rain  
Hope is the love that we harness  
When we walk together through the pain  
I choose hope, I choose hope.

How do you laugh through the tears  
How do you move thorough the fears  
How do you pray when God disappears  
I choose hope, I choose hope

How do you stand when you feel so small  
How do you rise up you fall  
How do know it'll work at all  
I choose hope, I choose hope

Hope is the stars in the darkness  
Hope is the seedling in the rain  
Hope is the love that we harness  
When we walk together through the pain  
I choose hope, I choose hope

5. We all drink the water from the same deep well  
 Thy light, thy will be done  
 Why must one man's heaven be another's hell?  
 When all thy names are one (chorus)

#### Other Ideas:

Amos Lee Dreamin' [https://youtu.be/r\\_PMHiv4rvc](https://youtu.be/r_PMHiv4rvc)

All Shall Be Well - The Accidentals. "If there is anywhere on earth a lover of God who is always kept safe, I know nothing of it...But this was shown me: that in falling and rising again we are always kept in that same perfect love." Julian of Norwich  
 No time to feel hopeless  
<https://www.youtube.com/watch?v=9KSwg1qBUR4>

#### A new day – Les Rice

[Hang on to the work that you do every day.](#)

Hang on to the love every step of the way.  
 Hang on to the memories, hang on to tomorrow,  
 Hang on to the hope and the joy and the sorrow,  
 Each day is a victory still to be won,  
 So hang on with dignity,  
 Proudly hang on.

#### I Choose Hope (Deb Seymour)

Copyright (C) November 9, 2024

<https://youtu.be/42Cimc-FBMU?si=l5wNaQ3WbfFkE9D3>

How do you sing when you have no songs  
 How do think when your rights go wrong  
 How do you cope when you can't get along  
 I choose hope, I choose hope.

How do you dance with two left feet  
 How do talk when you can't speak  
 How do you win when you face defeat  
 I choose hope, I choose hope

#### Carry the Flame, by Dan Schatz

<https://youtu.be/fYHmis2D4Hs>

In the toughest time you ever knew	G D
The only thing that you could do	C C
Was Carry the flame	G D G
Sickness spreading through the land	G D
You held your spirit in your hands,	C C
And Carried the flame	G D

When storms and sorrows gathered round  
 You raised your head and you stayed your ground,  
 You Carried the flame  
 Through endless days of the hardest living,  
 You kept on loving, kept on giving, you kept on,  
 And Carried the flame

Carry the flame, raise it high	G D
Send its beacon through the sky	Em C
Keep it strong and shining through the pain	G D G
Let it rise and let it grow	G D
Let it light the world you know	Em C
Let it glow	G
And Carry the flame	D G

And when the day is done at last  
 We take on the spark you've passed,  
 And Carry the flame  
 From hand to hand we send it on  
 The kindling hope of rising dawn, in us all,  
 We Carry the flame

We are nurses, doctors, teachers,  
 we are children, parents, preachers, and we all  
 Carry the flame  
 We are scientists and cargo packers,  
 Farmers, singers, grocery stackers, young and old  
 We Carry the flame

## Christmas in the trenches

My name is Francis Tolliver , I come from Liverpool  
Two years ago the war was waiting for me after school  
To Belgium and to Flanders to Germany, to here  
I fought for king and country I love dear

Twass christmas in the trenches where the frost so bitter hung  
The frozen fields of France were still, no Christmas song was sung  
Our families back in England were toasting us that day  
Their brave and glorious lads so far away

I was lying with my messmate on the cold and rocky ground  
When across the lines of battle came a most peculiar sound  
Says I 'Now listen up me boys' each soldier strained to hear  
As one young German voice sang out so clear

He's singing bloody well, you know my partner says to me  
Soon one by one each German voice joined in harmony  
The cannons rested silent, gas clouds rolled no more  
As Christmas brought us respite from the war

As soon as they were finished and a reverent pause was spent  
"God rest ye Merry Gentlemen" struck up some lads from Kent  
The next they sang was "Stille Nacht" tis "Silent Night" says I  
An in two tongues one song filled up the sky

There's someone coming toward us, the frontline sentry cried  
All sights were fixed on one lone figure trudging from their side  
His truce flag like a Christmas star shone on that plain so bright  
As he bravely strode unarmed into the night

Soon one by one on either side walked into No Man's Land  
With neither gun nor bayonet we met there hand to hand  
We shared some secret brandy and we wished each other well  
And in a flare-lit soccer game we gave 'em hell

We traded chocolates cigarettes and photographs from home  
These sons and fathers far away from families of their own  
Young Sanders played his squeezebox and they had a violin  
This curious and unlikely band of men

What we sing is what we are  
Hear the music, hear the music,  
Hear the music from afar,  
What we sing is what we are

Vs 3 Over hills and over valleys  
Over mountains over seas  
Nation shall sing unto nation  
Until nations cease to be  
Unison in harmony  
Until nations, until nations,  
Until nations cease to be,  
Unison in harmony

## When All Thy Names Are One

Bob Zentz

1. I'll begin tomorrow, I'll be on my way (D-D-G-D)  
Thy light, thy will be done (D-D-A-A7)  
Bid farewell to sorrow, I will sing and pray (D-Bm-G-D)  
When all thy names are one (D-G-D-A-D)

When all thy names are one, oh Lord (D-G-D-D)  
When all thy names are one (G-G-D-A7)  
(sing third line of previous verse) (D-Bm-G-D)  
When all thy names are one (D-G-D-A-D)

2. For those who long for the days gone by  
Thy light, thy will be done  
And for those who stare at the starry sky  
Where all thy names are one (chorus – “where” instead of “when”)

3. The whole world 'round, they shall praise thy name  
Thy light, thy will be done  
In a thousand tongues, yet they sound the same  
When all thy names are one (chorus)

4. We all live in one building though some preach of doom  
Thy light, thy will be done  
Why must all thy children dwell in separate rooms?  
When all thy names are one (chorus)

I am alone, I am searching, hungering for answers in my time  
I am balanced on the brink of wisdom, I'm impatient to receive a sign  
I move forward with my senses open, imperfection it be my crime  
In humility I will listen, we're all swimming to the other side.

On this journey through thoughts and feelings, binding intuition, my head,  
my heart,  
I am gathering the tools together, I'm preparing to do my part  
All of those who have come before me band together and be my guide  
Loving lessons that I will follow, we're all swimming to the other side.

When we get there we'll discover all of the gifts we've been given to  
share  
Have been with us since life's beginning and we never noticed they were  
there  
We can balance on the brink of wisdom, never recognizing that we've  
arrived  
Loving spirits will live together, we're all swimming to the other side.

Counterpoint Harmony written 2002 by [Lui Collins](#)

"We are living, we are dwelling, in a grand and awesome time  
We can worship, we can cherish, all the ones we live beside."

### [Unison in Harmony](#)

#### **J. Boyes**

Vs 1 Soaring skywards, leaping sideways  
Do or die words cleave the air  
Joy and laughter, morning after  
Raise the rafters, we don't care  
If the roof's beyond repair  
Raise the rafters, raise the rafters,  
Raise the rafters we don't care,  
If the roof's beyond repair

Vs 2 Sisters, brothers, to all others  
Let this be our guiding star  
Hearts on fire but no messiah  
Hear the music from afar

Soon daylight fell upon us and France was France once more  
With sad farewells we each prepared to settle back to war  
But the question haunted every heart that lived that wonderous night  
"Whose family have I fixed within my sight?"

Twas christmas in the trenches where the frost so bitter hung  
The frozen fields of France were warmed as songs of peace were sung  
For the walls they'd kept between us to exact the work of war  
Had been crumbled and were gone forevermore

My name is Francis Tolliver, in Liverpool I dwell  
Each Christmas come since World War I I've learned its lessons well  
That the ones that call the shots won't be among the dead and lame  
And on each side of the rifle we're both the same

### [Everything Possible](#)

Fred Small "No Limit" 1985 <https://youtu.be/IZQFF9iPNXk>

We have cleared off the table, the leftovers saved,  
Washed the dishes and put them away  
I have told you a story and tucked you in tight  
At the end of your knockabout day  
As the moon sets its sails to carry you to sleep  
Over the midnight sea  
I will sing you a song no one sang to me  
May it keep you good company.

#### CHORUS:

You can be anybody you want to be,  
You can love whomever you will  
You can travel any country where your heart leads  
And know I will love you still  
You can live by yourself, you can gather friends around,  
You can choose one special one  
And the only measure of your words and your deeds  
Will be the love you leave behind when you're done.

There are girls who grow up strong and bold  
There are boys quiet and kind  
Some race on ahead, some follow behind  
Some go in their own way and time  
Some women love women, some men love men  
Some raise children, some never do

You can dream all the day never reaching the end  
Of everything possible for you.

Don't be rattled by names, by taunts, by games  
But seek out spirits true  
If you give your friends the best part of yourself  
They will give the same back to you.

#### CHORUS

[The Gathering of Spirits](#)  
[Carrie Newcomer](#) <https://youtu.be/M1WrNisRhDU>

Let it go my love my truest,  
Let it sail on silver wings  
Life's a twinkling that's for certain,  
But it's such a fine thing  
There's a gathering of spirits  
There's a festival of friends  
And we'll take up where we left off  
When we all meet again.

I can't explain it.  
I couldn't if I tried  
How the only things we carry  
Are the things we hold inside  
Like a day in the open,  
Like the love we won't forget  
Like the laughter that we started  
And it hasn't died down yet

Oh yeah, now didn't we  
And don't we make it shine  
Aren't we standing in the center of  
Something rare and fine  
Some glow like embers  
Like a light through colored glass

One by One (One by One), side by side (Side by Side)  
We will stand and face the fire  
There's no turning back this tide  
Stone by stone (Stone by Stone), day by day (Day by Day)  
We will make the great walls crumble  
And the borders fade away

I am just a mother, two children, six and four  
And I grew up in the shadow of the Wall, and of the war  
From our mothers to our daughters, we'll pass this torch one day  
We praise the names who fan the flames, and in one voice we say:

#### chorus

I was just a student and, like students everywhere  
We dreams great dreams together as we gathered in the square  
Though their tanks might break our bodies, we'll one day break these  
chains  
The streets of blood, like freedom's flood, is surging through our veins

#### chorus

I hear the distant thunder that rages o'er the sea  
And I watched in awe and wonder, "What's this got to do with me?"  
As we hear the cries for freedom rise from cities far and near  
From great to least in West and East, we join their voices here

#### [Swimming to the Other Side](#)

Pat Humphries

This recording by Lui Collins -- [link](#)

We are living neath the great big dipper, we are washed by the very  
same rain  
We are swimming in the stream together, some in power and some in  
pain  
We can worship this ground we walk on, cherishing the beings that we  
live beside  
Loving spirits will live forever, we're all swimming to the other side

There's an old ancient saying in the wind  
"One must only take the first step to begin"  
You're on your way, then you've done the hardest part  
Now make your journey with a generous heart.

### **Chorus**

Step by step, side by side  
Hand in hand this old world's a better ride  
Step by step, side by side  
Take a little step with your neighbor side by side.

When we've stumbled and broken our stride  
Wearin' out on our boots our foolish pride  
Gonna put on our brand-new running shoes  
And run a race which no one can really lose.

### **(bridge)**

If you see me fallin' down, and you stop to lend a hand  
What goes around comes round, and round and round

If you run to a neighbor for help  
That don't mean you can't do it for yourself  
It just means that your neighbor will know  
When he needs help he'll know where to go.

If we understood that the heart's the one true power  
And that nothin' that we see is really ours  
From a satellite we all look like one  
I think our world's turn may finally have come.

### **Stone by stone**

John McCutcheon  
"What its Like" 1990

I am just a plumber, and I take pride in my job  
I know every inch of piping underneath the streets of Prague  
Now overhead I hear the tread one hundred thousand strong  
Like the water's will they cannot still this power that moves us on

Some give it all in one great flame  
Throwing kisses as they pass

Just east of Eden  
But there's heaven in our midst  
And we're never really all that far  
From those we love and miss  
Wade out in the water  
There's a glory all around  
And the wisest say there's a 1000 ways  
To kneel and kiss the ground

### **Give Light**

(Greg Artzner – Magpie)

**Give light**, and people will find a way -3x

People will find a way I do believe

Teach Peace...

Stand together...

Give Love...

Give Light...

### **HERE IS MY HOME**

(Si Kahn)

Good friends from whom we now must part,

**Where are we bound?**

Your hands and voices lift my heart

**Here is my home.**

CHORUS:

Come darkness, come light

**Where are we bound?**

Come morning, come night  
**Here is my home.**

For those who work in harmony,  
**Where are we bound?**  
Can learn to live in unity;  
**Here is my home.**

If we can join ourselves in song,  
**Where are we bound?**  
Our hearts will live when we are gone;  
**Here is my home.**

The spirit that finds music here  
**Where are we bound?**  
Will sing forever in the air  
**Here is my home.**

Hope Lingers On

<https://youtu.be/lv9R60CSQ54>

**A - D A / / D A E A** (for reference only - Low Lily performs song a capella)

My mother, when love is gone (2x)  
In our darkest hour hope lingers on  
My father, when peace is gone (2x)  
In our darkest hour hope lingers on

I will not hate  
And I will not fear  
In our darkest hour  
Hope lingers here  
A - - - / / D - - - / - - A -

My sister, when equality's gone...  
In our darkest hour hope lingers on  
My brother, with tolerance gone...  
In our darkest hour hope lingers on

Chorus : Safe Home, Safe Home, Safe Home will you go  
May the light of the moon smile down on your road  
Safe Home, Safe Home, Safe Home will you go  
Until I next see you, safe home will you go

Chorus repeat

### Somewhere Ahead

James Keelaghan

Album: Small Rebellions (1990)

D Em G D  
Somewhere ahead, when our wheels have stopped rolling  
D Em G A  
Where the tires bite the gravel, and the traveling's through  
D Em G D  
Somewhere ahead, there'll be clean sheets and linens  
D Em A D  
Somewhere ahead, there is rest and there's you

Somewhere behind, many thousands of miles now  
Our work and our friends, the faces were new  
Somewhere behind, in this circular world love  
Somewhere behind, there is rest and there's you

Somewhere uncharted, lost in the darkness  
The headlights roll by, and the cars push on through  
Somewhere uncharted, close to the border  
Somewhere in fact, there is rest and there's you

Somewhere ahead, when our wheels have stopped rolling  
Where the tires bite the gravel, and the traveling's through  
Somewhere ahead, there'll be clean sheets and linens  
Somewhere ahead, there is rest and there's you  
Somewhere ahead, there is rest and there's you.

### Step by Step - Pyle

Chuck Pyle [Link](#)



We've come thru the fields

A D

We've crossed over rivers

A D

To find ourselves here

D G A

We sang songs of sorrow

A D

We sang songs of love

A D

Let's sing one more ~~together~~ song

G D

To send ourselves off

G A

Chorus : Safe Home, Safe Home, Safe Home will you go

G

May the light of the moon smile down on your road

A

Safe Home, Safe Home, Safe Home will you go

G

Until I next see you, safe home will you go

D

We've laid down our worries

Our troubles our fears

Like shells on the strand

Washed by laughter and tears

The tide has returned now

To carry loft us away

Back to our houses

And families we pray

Chorus : Safe Home, Safe Home, Safe Home will you go

May the light of the moon smile down on your road

Safe Home, Safe Home, Safe Home will you go

Until I next see you, safe home will you go

The fiddles are quiet

The whistles all still

Only echoes remain

Form the jigs and the reels

The dance floor is empty

Our farewells all said

Now it's time to be goin'

And 'til we all meet again

D A D

D D G

D A D

D D A

CHO

The children, when their parents are gone

In their darkest hour Hope Lingers on

The parents, when the dream is gone

In their darkest hour, hope lingers on

CHO

My love, when honor is gone...

In our darkest hour hope lingers on

My country, when justice is gone...

In our darkest hour hope lingers on

CHO

(At end of the last chorus: "Hope lingers here ")

[Hope is Everywhere:](#)

John Batdorf

<https://www.youtube.com/watch?v=upFORbYHU7U>

If the wreckage that's before us, has a chance to be repaired

It will take the ones who are patient and prepared

To restore what has been broken, with a vision for much more

Making it much better than before

Not enough to be reclaiming, it's as good as it was once

The past might forget, but the future never does

Who knows what will spark the engine, that'll drive us to our dreams

And beyond to destinies we've never seen

Don't believe the voices saying, it's beyond our reach

Don't believe the fear no matter where it's preached

Don't believe there is no way we'll make it there

Don't despair, don't despair

Hope is everywhere

Hope is everywhere

Well you might think that it's crazy, to believe that hope's alive

It's taken every hit and yet it still survives

Not drowned by all the rivers not imprisoned by the cells  
A story each new generation tells

Chorus

Bridge

Though it's everywhere, hope cannot be bought or sold  
Those who choose to give it up just get angry and get old  
And you'll never find it, by mocking what it means  
Dismissing the joy, and killing the dreams

If the wreckage that's before us, has a chance to be repaired  
I'm believing hope will get us there

Chorus

I still believe that hope will get us there

## HOW BEAUTIFUL UPON THE MOUNTAIN

By Tom Paxton

CHORUS:

How beautiful upon the mountain,  
Are the steps of those who walk in peace!  
How beautiful upon the mountain,  
Are the steps of those who walk in peace!

'Cross the bridge at Selma you came marching side by side,  
In your eyes, a new world on the way.  
Peace was in your hearts and justice would not be denied,  
You sang "We Shall Overcome someday."  
God knows the courage you possessed,  
And Isaiah said it best: (to chorus)

Marching 'round the White House,  
Marching 'round the Pentagon,  
Marching 'round the mighty missile plants,  
Speaking truth to power, singing peace to Babylon,  
Asking us, Why not give peace a chance?  
God knows the courage you possessed,  
And Isaiah said it best: (to chorus)

River, take me along,  
In your sunshine, sing me your song  
Ever moving and winding and free  
You rolling old river, you changing old river  
Let's you and me river run down to the sea!

I've been to the city and back again  
I've been moved by some things that I've learned  
Met a lot of good people and I called them friends  
Felt the change when the seasons turned

I heard all the songs that the children sing  
And listened to love's melodies  
I've felt my own music within me rise  
Like the wind in the autumn trees.

CHORUS

Someday when the flowers are blooming still  
Someday when the grass is still green  
My rolling waters will round me bend  
And flow into the open sea

So here's to the rainbow that followed me here  
And here's to the friends that I know  
And here's to the song that's within me now  
I will sing it where'er I go.

## Chorus Counterpoint by Bruce Baker. Rainy Camp 1998

Rivulets and waterfalls are laughing as they twine together, and  
Laughing as they roll along and run into the sea  
Laughing rolling running freely and winding and free  
You laughing rolling running river  
You changing ever changing river  
Let's Go, you and me river, run down to the sea

## Safe Home

Written By: Johnsmith

We've come thru the valleys  
A D

That as sure as the sunrise  
As sure as the sea  
As sure as the wind in the trees  
We rise again in the faces of our children  
We rise again in the voices of our song  
We rise again in the waves out on the ocean  
And then we rise again

We rise again in the faces of our children  
We rise again in the voices of our song  
We rise again in the waves out on the ocean  
And then we rise again...

About "Rise Again":

This song was written in 1984 by Cape Breton poet-songwriter Leon Dubinsky and debuted in the show "The Rise and Follies of Cape Breton Island". Originally sung by Raylene Rankin and the cast members (which included Rita MacNeil), it was released as a single by The Rankin Family in 1993 and quickly became a signature song for the group. Much to the delight of their audiences, they have re-recorded it on their most recent CD "These Are the Moments", 2009, and continue to include it in their concert set list. Raylene also sings "Rise Again" as part of her solo performances and fondly refers to the song as a "companion" who has been with her for many years.

RIVER  
([Bill Staines](#))

<https://youtu.be/MJiEsiO9ZRI>

I was born in the path of the winter wind  
And raised where the mountains are old  
The springtime waters came dancing down  
And I remember the tales they told

The whistling ways of my younger days  
Too quickly have faded on by  
But all of their memories linger on  
Like the light of a fading sky.

Now the generations that have joined you on this road,  
Look to you with power in their eyes.  
Showing you the torch has passed as they pick up the load,  
Showing you their eyes are on the prize.  
God knows the courage they possess,  
And Isaiah said it best: (to chorus)

Imagine  
John Lennon

Imagine there's no heaven  
It's easy if you try  
No hell below us  
Above us, only sky

Imagine all the people  
Livin' for today  
Ah

Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion, too

Imagine all the people  
Livin' life in peace  
You

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will be as one

Imagine no possessions  
I wonder if you can  
No need for greed or hunger  
A brotherhood of man

Imagine all the people  
Sharing all the world  
You

You may say I'm a dreamer  
 But I'm not the only one  
 I hope someday you'll join us  
 And the world will live as one

### I Believe In You

© 2005 Flp Breskin

G                    D            G  
 Singers can move mountains  
 G            Am    D  
 Live as if it's true  
 G                                    C  
 Lifting voices, lifting stones  
 G            D            G  
 I believe in you.

G  
 I believe in you  
 G    Am                    D  
 I believe in you  
 G                    G    C  
 We believe in music and  
 G            D            G  
 I believe in you

Black and white, rich and poor...  
 Courage to unbar each door

Every song a seed we've sown  
 Feed the stranger as our own

Let the harmony unfold  
 A home for every homeless soul

All the strength we need is here  
 For every heart, a listening ear

Bathe your broken heart with tears  
 Sing until the whole world hears

It was March of Twenty and Fourteen the hillside gave away  
 And unleashed a wall of rocks and mud, swept homes and lives away  
 With power of an atom bomb the landscape changed that day  
 And a town known for its placitude forever changed that day

The rescuers they soon arrived a rag tag group of men  
 Nearby lumberjacks and citizens came running round the bend  
 What they saw they could not comprehend, smashed houses all around  
 And they strained their ears to hear the sound of people underground

Now the time has passed, the road is back, and visitors abound  
 To see the havoc nature wrought on what was solid ground  
 At memorials pause and think upon the way things used to be  
 And those that perished in the slide and numbered Forty-Three

So we'll drink a toast to this fair place where Stilly River glides  
 And the residents and rescuers who never lost their pride  
 May we learn a lesson from them all, to be Oso strong  
 When all the times seem darkest, just let friendship take you on

### Rise Again

Leon Dubinski

When the waves roll on over the waters  
 And the ocean cries  
 We look to our sons and daughters  
 To explain our lives  
 As if a child could tell us why

That as sure as the sunrise  
 As sure as the sea  
 As sure as the wind in the trees  
 We rise again in the faces of our children  
 We rise again in the voices of our song  
 We rise again in the waves out on the ocean  
 And then we rise again

When the light goes dark with the forces of creation  
 Across a stormy sky  
 We look to reincarnation to explain our lives  
 As if a child could tell us why

Listening laughing crying  
One heart at a time

Lessons that the lost hearts learn  
It works out if we just take turns  
Brothers sisters can't you see  
It's as simple as can be  
I hear you hear me  
One heart at a time

Look at what contempt has cost  
One heart at a time  
Every chance for closeness lost  
One heart at a time  
Find the courage that we need  
To face each other's rage and greed  
Listening is the future seed  
One heart at a time

People of all different kinds  
One heart at a time  
Linking lives and hands and mind  
One heart at a time  
Links of caring we create  
Can pull the work away from hate  
Listening like its not too late  
One heart at a time

Cho

Oso Strong

Link [https://youtu.be/ity1\\_lmjN0](https://youtu.be/ity1_lmjN0) Bruce Baker ©2015

Yes we're Oso strong as we walk along this town we've known so well  
And these hard times that we struggle through will strengthen our good will  
For the ones that did not make it, whose hearts were pure and fine  
We will meet you in another world along the roads of time

I'll Be There (You Can Tell)

©1998 Pat Humphries

Mom, I'm so confused and I don't know what to do.  
Jesse beat my brother up because he was a Jew.  
They saw me in the alley before I ran away.  
They told me not to tell you but I had to anyway.

Chorus: I'll be there and I'll help you know the right thing for you.  
It's my job to keep you safe from hurtful things that people do.  
'Cause I love you and I'll hold you with the strength to see you through  
In your pain and in your fear, I'll be there.

Mom, I'm so confused, I thought Sarah was our friend.  
But she said some things about the love between you and Diane.  
She said, "Two women can't be married. You should try to get away."  
She told me not to tell you but I had to anyway.

Chorus

I'll be there when someone hurts you out of ignorance and fear  
You can always come home and find sanctuary here.  
Wherever you go, my love will whisper in your ear  
I'll be there, I'll be there.

Mom, I'm so confused and I feel like I could die.  
I don't feel safe with grandpa and I think I might know why.  
He said, "Touching makes you feel good and it's just a game we play."  
He told me not to tell you, but I had to anyway.

Chorus

I'll be there when someone hurts you out of ignorance and fear  
You can always come home and find sanctuary here.  
Wherever you go, my love will whisper in your ear  
I'll be there, I'll be there.

Chorus

In your pain and in your fear, I will always hold you near.  
In your pain and in your fear, I'll be there.

I'm Gonna Walk It With You

<https://youtu.be/c8boCrXOp9M>

Well it looks like it might be a hard road, but I'm gonna walk it with you  
And I know you might have a heavy load, but I can carry some too  
I will lift you up when they push you down, I will raise my voice and stand  
my ground  
Well it looks like it might be a hard road, but I'm gonna walk it with you

Well it looks like it might be a long night, but I ain't goin' nowhere  
And I know it's gonna be a hard fight, but I will stay right here  
I will shine a light in the darkest hour, I will face the man in the tallest  
tower  
Well it looks like it might be a long night, but I ain't goin' nowhere

I will work! I will fight! I will strive in the name love  
I will speak! I will shout! I will sing it to the skies above

Well it looks like it might be a perilous climb, but I will follow your lead  
And I know it might be a long time until the last one of us is freed  
But I will hold on tight, stay by your side, I will be with you for this whole  
damn ride  
Well it looks like it might be a perilous climb, but I will follow your lead

Well it looks like it might be a hard road, but I'm gonna walk it with you  
And I know you might have a heavy load, but I can carry some too  
I will lift you up when they push you down, I will raise my voice and stand  
my ground

Well it looks like it might be a hard road, but I'm gonna walk it with you  
I'm gonna walk it with you  
I'm gonna walk it with you  
I'm gonna walk it with you

CHORUS: Ah, ah, the heart's a wonder,  
Stronger than the guns of thunder,  
Even when it's torn asunder.  
Love will come again.

Sometimes the truth lies hid in a cornfield.  
You know that it's there but you can't put your arms round it.  
All you can hope for is to follow its footprints.  
Sing me the music of healing.

Who would have thought I could feel so contented  
To learn I was wrong after all of my rambles?  
I've learnt to be hard and I've learnt to be humble.  
Sing me the music of healing. CHORUS

Somehow the cycle of engines keeps turning  
To each of our sorrows and songs we start learning.  
Peace is the prize for those who are daring.  
Sing me the music of healing.

Time is your friend. It cures all of your sorrows.  
But how can I wait for another tomorrow?  
One step today, and a thousand will follow.  
Sing me the music of healing. CHORUS

One heart at a Time

<http://www.breskin.com/flip/oneheart.mp3>

The way we're going to heal this world is one heart at a time  
Man and woman boy and girl one heart at a time  
Heart to heart our lives entwine  
Heat to heart our hopes combine  
It starts with your heart hearing mine

One heart at a time  
One heart at a time

Three dives a day in hard hat suit and twice I've had the bends.  
Thank God it's only sixty feet and the currents here are slow  
Or I'd never have the strength to go below.  
But we've patched her rents, stopped her vents, dogged hatch and  
porthole down.  
Put cables to her, 'fore and aft and girded her around.  
Tomorrow, noon, we hit the air and then take up the strain.  
And watch the Mary Ellen Carter Rise Again.

For we couldn't leave her there, you see, to crumble into scale.  
She'd saved our lives so many times, living through the gale  
And the laughing, drunken rats who left her to a sorry grave  
They won't be laughing in another day. . .  
And you, to whom adversity has dealt the final blow  
With smiling bastards lying to you everywhere you go  
Turn to, and put out all your strength of arm and heart and brain  
And like the Mary Ellen Carter, rise again.

Rise again, rise again - though your heart it be broken  
And life about to end  
No matter what you've lost, be it a home, a love, a friend.  
Like the Mary Ellen Carter, rise again.

### THE MUSIC OF HEALING (Tommy Sands) (G)

Don't beat the drum that frightens the children.  
Don't sing the songs of winning and losing.  
Sit down beside me in the green fields of Bredon.  
Sing me the music of healing.

Sing me a song of a lover returning,  
That darkens the night and leaves in the morning.  
Bring me the news of a new day that's dawning.  
Sing me the music of healing.

I will walk! I will climb! shine my light the whole night through  
Because it looks like it might be a hard road, but I'm gonna walk it with  
you

[www.elliegracearts.com](http://www.elliegracearts.com)  
[www.brianclaflin.com](http://www.brianclaflin.com)

Dec 2016

### LULLABY (LIKE A SHIP)

Cris Williamson

Shaina Noll

Like a ship in the harbor,  
like a mother and child,  
like a light in the darkness,  
I'll hold you awhile."

"We'll rock on the water.  
I'll cradle you deep  
and hold you while angels  
sing you to sleep."

### May the Light of Love -- David Roth

As we come around to take our places at the table  
A moment to remember and reflect upon our wealth  
Here's to loving friends and family, here's to being able  
To gather here together in good company and health

May we be released from all those feelings that would harm us  
May we have the will to give them up and get them gone  
For heavy are the satchels full of anger and false promise  
May we have the strength to put them down

May the light of love be shining deep within your spirit  
May the torch of mercy clear the path and show the way



May the horn of plenty sound so everyone can hear it  
May the light of love be with you every day

May we wish the best for every one that we encounter  
May we swallow pride and may we do away with fear  
For it's only what we do not know that we have grown afraid of  
And only what we do not choose to hear

May the light of love be shining deep within your spirit  
May the torch of mercy clear the path and show the way  
May the horn of plenty sound so everyone can hear it  
May the light of love be with you every day

As we bless our daily bread and drink our day's libation  
May we be reminded of the lost and wayward soul  
The hungry and the homeless that we have in every nation  
May we fill each empty cup and bowl

May nothing ever come between or threaten to divide us  
May we never take for granted all the gifts that we receive  
Being ever mindful of the unseen hands that guide us  
And the miracles that cause us to believe

May the light of love be shining deep within your spirit  
May the torch of mercy clear the path and show the way  
May the horn of plenty sound so everyone can hear it  
May the light of love be with you every day

May the horn of plenty sound so everyone can hear it  
May the light of love be with you, may the light of love be with you  
May the light of love be with you every day

[May Your Cup Always Be Full](#)  
Alison Burns

ALTO  
We wish you joy We wish you health  
We wish you love  
We wish you peace

BASS We wish you joy and health and love and peace forever  
Joy and health and love and peace of mind

TENOR  
We wish you all good things for a happy year ahead All good things for a  
happy year ahead

SOPRANO  
May your cup always be full, and may your table always have enough to  
share And may your footsteps always be sure on the road, that you  
travel

## [MARY ELLEN CARTER](#)

(Stan Rogers)

She went down last October in a pouring driving rain.  
The skipper, he'd been drinking and the Mate, he felt no pain.  
Too close to Three Mile Rock, and she was dealt her mortal blow,  
And the Mary Ellen Carter settled low.  
There were five of us aboard her when she finally was awash.  
We'd worked like hell to save her, all heedless of the cost.  
And the groan she gave as she went down, it caused us to proclaim  
That the Mary Ellen Carter would rise again.

Well, the owners wrote her off; not a nickel would they spend.  
She gave twenty years of service, boys, then met her sorry end.  
But insurance paid the loss to them, they let her rest below.  
Then they laughed at us and said we had to go.  
But we talked of her all winter, some days around the clock,  
For she's worth a quarter million, afloat and at the dock.  
And with every jar that hit the bar, we swore we would remain  
And make the Mary Ellen Carter rise again.

Rise again, rise again, that her name not be lost  
To the knowledge of men.  
Those who loved her best and were with her till the end  
Will make the Mary Ellen Carter rise again.

All spring, now, we've been with her on a barge lent by a friend.