The Power of Song

There is a renaissance of group singing across North America in response to the profound threats to civil rights, human rights and the planet. Connecting song and the struggle for peace and justice is a rich legacy. Countless singers, including Paul Robeson, Odetta, Woody Guthrie, Joan Baez, Bob Dylan, and Pete Seeger, have used their music to raise awareness about the realities of war and injustice, inspiring generations of listeners to seek a better world.

While any singing has rewards, the effects are amplified when we sing with other people. Participants experience even higher levels of energy, while simultaneously reducing stress and enhancing feelings of trust and bonding. The neuroscience of singing shows that it makes individuals happier, healthier, smarter and more creative.

The works selected for this “Power of Song” songbook are inspirational songs of peace, hope, freedom, struggle, and change. Song leaders from the Wholehearted Chorus, a local heart-led, joy-based community chorus in the Monterey Area and Big Sur, will teach the songs by oral tradition. Wholehearted Chorus founder and director, Lisa G. Littlebird, envisions a singing revolution, where community singing becomes as common as yoga. Learn more at www.thebirdsgs.com.

This songbook is yours to take with you. We encourage you learn the songs and practice leading your own group singing with family and friends. Remember to acknowledge the songwriters and/or the song’s history. Sing from the heart, forget your perfect offering!

MPJC’s theme for 2018, “Our Voice, Our Power,” focuses on the power of our voices to create a more just and peaceful society. Voices for change can take many forms, such as storytelling, music, humor, theater, literature, and cultural traditions. The “Power of Song” series examines the role of song in the struggles for social justice historically and as a force for change going forward.

We deeply appreciate the song leaders, Susie Joyce, Ellie Kincade, Amber Kingery, Michael Lojkovic, LaVerne McLeod, and Susan Moren for sharing their time and talents to lead the singing. We also thank Lisa G. Littlebird for her guidance in selecting and presenting the songs, for her inspiration, and for her dedication to the community singing movement.

We are grateful to Michaelia Morgan for her sign language interpretation of the songs we are singing. Sign language is yet another “voice” for expressing our hopes and desires for a better world.
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The name of the songwriter and/or publisher is listed with each song, unless it is of unknown origin.
AllOne Heart
Composer & Copyright by Melanie DeMore
http://www.melaniedemore.com
https://www.youtube.com/watch?v=B2-03sOAwNM

All one heart
Beat as one together
Beat as one this moment

Om Nama
Om Nama Shiva
Om Nama Shiva

All one song
Sing as one together
Sing as one this moment

OOOOOOOOO
OOOOOOOOO
OOOOOOOOO

All one heart
Beat as one together
Beat as one this moment.
Circle Round

by Linda Hirschhorn with Vocalot:
http://www.lindahirschhorn.com
https://www.youtube.com/watch?v=6I-UiDzeexU

Circle round for freedom
Circle round for peace
For all of us in imprisoned
Circle for release

Circle for the planet
Circle for each soul

For the children of our children
Keep the circle whole.

Note: Can be sung in unison or with added harmonies
Come, Come, Come

Jes Karper
http://jeskarper.org/

Come come come little little little little piece of sun

Sing the song of where you're traveling from

Your clothes are warm, your colors are so bright

Come come come little little little piece of light.
Doin’ the Impossible
by Laurence Cole ~ www.laurencecole.com
Recording by Lisa G. Littlebird
http://thebirdsings.com/doin-the-impossible/

What the world needs now is more people,
more people
who specialize in doin’,
doin’ the impossible!

Note: This is a four-part song, but can be taught in unison only for simplicity.
The Earth, the Air, the Fire, the Water
by Libana ~ http://www.libana.com
Chant performed by Loreena McKennitt
https://www.youtube.com/watch?v=9CnUGaH51IA

The Earth, the Air, the Fire, the Water
Return, Return, Return, Return

The Earth, the Air, the Fire, the Water
Return, Return, Return, Return

Ai-Ay, Ai-Ay, Ai-Ay, Ai-Ay
Ai-Oh, Ai-Oh, Ai-Oh, Ai-Oh

Ai-Ay, Ai-Ay, Ai-Ay, Ai-Ay
Ai-Oh, Ai-Oh, Ai-Oh, Ai-Oh
Faith

by Debbie Nargi-Brown
http://www.debbienargi-brown.com/cd-lyrics/

Faith is a bird that feels the light
And sings when the dawn is still dark.*

Oh Faith, oh Faith, where have you gone?
It is time to sing our song.

Bring me the light,
The dawn of the new day.

Note: *Poem by Rabindranath Tagore
Fly
by Debbie Nargi-Brown
Recording from her CD “Into the Rhythm”
http://www.debbienargi-brown.com

If you can’t teach me to fly,
teach me to sing, and dance

If you can’t teach me to fly,
teach me to love, and be loved

Gate gate, parasam gate, bodhi svaha

Note: Translation of the Sanskrit Heart Sutra:
“Gone, gone, gone altogether beyond,
O what an awakening, hallelujah!”
Forget Your Perfect Offering
Lyrics adapted from Leonard Cohen, musical attribution unknown.
Recording by Lisa G. Littlebird
http://thebirdsgins.com/forget-your-perfect-offering/

Call and Echo:

**Leader:** Forget your perfect offering  
**Group:** Forget your perfect offering

**Leader:** Ring the bells that you can ring  
**Group:** Ring the bells that you can ring

**Leader:** There is a crack in everything  
**Group:** There is a crack in everything

**Leader:** That’s how  
**Group:** That’s how

**Leader:** The light  
**Group:** The light

**Leader:** Gets in  
**All:** That’s how the light gets in

Note: Singers will catch on quickly if you’re super-duper clear about when they sing. Stop briefly before the last line to introduce that one. This song works great with drumming or hand percussion.
~ Lisa G. Littlebird
Go Down Deep
by Laurence Cole ~ www.laurencecole.com
Recording by Lisa G. Littlebird
http://thebirdssings.com/go-down-deep/

Part 1:
You want to get up to the joy
you’ve got to go down deep,
so go down, go down, go down.

Part 2:
The illness seeks the medicine,
so go down.

Part 3:
We can do this, we will rise!

Note: This is a fantastic, uplifting song to share to close a circle, or in any setting that calls for upliftment. I love to give space after the song to really bask in its transcendence. ~ Lisa G. Littlebird
Part One:
Humbly we walk here,
Humbly we sing here,
Humbly we bless this ground.

Part Two:
Humbly,
And with gratitude,
Remembering the ancient ones who walked this ground.

Part three:
Humbly, we walk this ground
With the Spirit of Blessing in our hearts.
I am determined to walk in freedom, yes I am.

I am determined to walk in freedom, yes I am.

Through all trials and tribulations. Persecutions, I am determined.

I am determined to walk in freedom, yes I am...

Note: This Christian hymn was sung by African American slaves, originally as, “I Am Determined to Walk with Jesus”. It was reshaped into a deeply personal way of dealing with the oppression of their enslavement. It was a prayer of consolation and grief, a song of perseverance and hope, and a song that inspired many to seek a way out of the sub-human conditions of slavery.
I Have Received the Benefit

Composed and Copyright by Lisa G. Littlebird
http://thebirdsings.com/i-have-received/

Part 1 (Low / Melody):
I have received the benefit of a thousand acts of love and kindness in my life.

Part 2 (Middle):
Offering the benefit,
I believe in the power of love and kindness. I believe in my life.

Part 3 (High):
Hallelujah! (x3)
I believe in love and compassion.

Note: Can be sung in unison or with added harmonies
Listen
by Meredith Buck
https://www.youtube.com/watch?v=4ENvRm77uxo
Recording by Lisa G. Littlebird
http://thebirdsings.com/listen/

Part I:
Listen, listen, 
listen, listen

Part II:
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

Part III:
Listen 
Let your body be your guide 
Let the water decide 
Lose yourself in the meantime
My heart* is ready and what am I gonna do? My heart is ready and what am I gonna do?

My heart is ready and what am I gonna do? Oh god! My heart is ready and what am I gonna do?

*This word is a zipper word and can be changed out with hands, voice, etc.

Note: This song is fun, fast and easy to teach to groups of all sizes. A great opener. ~ from Lisa G. Littlebird
One Foot/Lead with Love
Composed & Copyright by Melanie DeMore
http://www.melaniedemore.com
https://www.youtube.com/watch?v=9w22S8foSbk

CHORUS:
You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love 2X

CALL AND ECHO:
Don’t give up hope!  Don’t give up hope!
You’re not alone.  You’re not alone.
Don’t you give up!  Don’t you give up!
Keep movin’ on.  Keep movin’ on.

CHORUS 2X
Lift up your eyes!  Lift up your eyes!
Don’t you despair.  Don’t you despair.
Look up ahead  Look up ahead.
The path is there.  The path is there.

CHORUS 2X
I know you’re scared  I know you’re scared
And I’m scared too.  And I’m scared too
But here I am  But here I am
Right next to you.  Right next to you.

CHORUS 2X…and lead with love…and lead with love
One Voice
by Ruth Moody www.ruthmoody.com
https://www.youtube.com/watch?v=-mm3JY5qmQs
Recording by Lisa G. Littlebird
http://thebirdsggings.com/one-voice/

This is the sound of one voice
One spirit, one voice
The sound of one who makes a choice
This is the sound of one voice (x2)

This is the sound of voices two
The sound of me singing with you
Helping each other to make it through
This is the sound of voices two (x2)

This is the sound of voices three
Singing together in harmony
Surrendering to the mystery
This is the sound of voices three (x2)

This is the sound of all of us
Singing with love and the will to trust
Leave the rest behind it will turn to dust
This is the sound of all of us (x2)
Oooohh Oooohh Oooohh-oo

This is the sound of one voice
One people, one voice
A song for every one of us
This is the sound of one voice (x2)
May peace be with you
  Peace be with you now
May peace be with you always
  Peace be with you now and always.

May love be with you
  Love be with you now
May love be with you always
  Love be with you now and always.

May be grace be with you
  Grace be with you now
May grace be with you always
  Grace be with you now and always.

May peace be with you
  Peace be with you now
May peace be with you always
  Peace be with you now and always.
  Peace be with you now and always.
Power to the Peaceful Chant
by Michael Franti and Spearhead
https://www.michaelfranti.com
https://www.youtube.com/watch?v=ICL-4Onk0PA

Power to the Peaceful. 3x

Love to the Peaceful.
Rising Strong
by Heather Houston March 2018
https://www.youtube.com/watch?v=t2ahPCrP9Ic

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 wake –en the love
We are rising strong,
Yeah we’re rising strong
There’s a river of birds in migration, a nation of women with wings.

There’s a river of birds in migration, a nation of warriors with wings.

Note: Simple harmony song. The Second verse “warriors with wings” is an adaption from the original to be inclusive of other genders ~ an option.

River of Birds
by Libana: http://www.libana.com
Recording by Lisa G. Littlebird
http://thebirdsings.com/river-of-birds/
We are a gentle, angry people
And we are singing, singing for our lives.

We are a land of many colors
And we are singing, singing for our lives.

We are a peaceful, loving people…

We stand for people of all nations…

We are all in this together…

We are gay and straight together…

Note: A zipper song, first written after Harvey Milk and Mayor George Mascone were murdered in San Francisco. The lyrics have changed over time. New verses have been evolving, and more can be added.
Siyahamb’ ekukhanyeni kwenkos

[pronounced: 
Si ya ham ba ku kan yen kwen kos]

We are marching in the light of truth.

Translation: The direct translation is “We are marching in the light of God”, however the translation is often secularized when sung.

Note: This song originated in South Africa, probably as a Zulu folk song. It was rewritten as a Christian hymn by Andries Van Tonder in 1952 and in 1978 it was “discovered” and recorded by the Swedish choral group Fjedur. After that recording the song was widely popularized throughout the world, mostly through churches and schools.
Spirit Found Us
Lyrics by David Schiffman
Music & Recording by Lisa G. Littlebird
http://thebirdsongs.com/spirit-found-us/

In desperation we found freedom,
In freedom we found love,
In love we found devotion,
In devotion, spirit found us.

Note: This song is versatile – hymn-like, march-like and easy to learn.

“Upon my first month spent as a work scholar at Esalen Institute in 2005, our gifted group leader David Schiffman was inspired to write and share this short poem with us. A few years later I put it to music and began sharing it in groups. I shared the song with David before he passed away and sang it at his memorial. Since that time this song has been traveling far and wide, a healing song of potent simplicity.” ~Lisa G. Littlebird
Standing Like a Tree
by Betsy Rose ~ http://betsyrosemusic.org
https://www.youtube.com/watch?v=xKuOVtkf_PI

To be standing like a tree
with my roots dug down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruit to the heart that is open.

Note: Can be sung in unison, with body movement.
I will be your standing stone

I will stand by you.

(3 part harmony)
Part 1 (low):
This fire is the power of love and compassion,
This fire is the power of kindness and gratitude.

Part 2 (middle):
Burning away everything
that stands in the way of love.

Part 3: (high)
This fire is purification,
this fire is healing the nations,
this fire, this fire is love.
Turning Wheel
Composed and Recorded by Lisa G. Littlebird
http://thebirdssings.com/turning-wheel/

Part 1:
There’s a wheel that is turning, calling me (us) in to my (our) power

There’s a wheel that is turning, calling me (us) in to my (our) voice

Part 2:
It’s turning, we’re learning to stand inside our hearts

It’s turning, we’re learning to stand in love

Part 3 & 4:
I will not be silent

Note: Teach the whole group the first two parts and get those going together for awhile. Then stop and teach part 3 to the whole group with harmony.

Free use for this event. Please contact Lisa G. Littlebird for permission to perform or record for profit.
Uyai Mose
Recorded by Lisa G. Littlebird
Well-known hymn from Zimbabwe in Shona language
http://thebirdssings.com/uyai-mose/

Uyai mose, tina mate mwari (x3)

Uyai mose zvino

Translation:
Come all you people, come praise your maker (x3)
Come now and worship the Lord

Note: This is song is fun, fast and easy to teach to groups of all sizes. A great opener. ~ from Lisa Littlebird
We Shall Be Known
by MaMuse, 2016
http://www.mamuse.org
Note: Recorded by Lisa G. Littlebird
http://thebirdsings.com/we-shall-be-known/

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…
When you were born you cried
And the world rejoiced.
Live your life so that when you die
The world cries and you rejoice
Work to Be Done
by Sarah Nutting of MaMuse:
http://www.mamuse.org
Recording by Lisa G. Littlebird
http://thebirdsings.com/work-to-be-done/

Part 1:
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:
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:
Joyfully, joyfully, joyfully, joyfully, joyfully, joyfully
Joy I’m on your side

Part 4:
Steady on, steady on, steady on, steady on,
Steady on, steady on,
Steady on, on your side
The Monterey Peace and Justice Center is a 501(c)(3) California Public Benefit corporation.

**The Mission** of the Monterey Peace and Justice Center is to inspire and mobilize the people of Monterey County to cultivate peace, social justice, nonviolence, democracy, and environmental sustainability in our community and the world through education and advocacy.

We envision a world where:

- the dream of democracy is fulfilled by governments responsive to the will of the people.
- social and economic justice frees all from oppression and the conditions that lead to war
- conflicts are resolved by negotiation and diplomacy
- the commons belonging to all people are reclaimed from private greed
- human rights and dignity are assured
- human differences are appreciated and respected
- food, clothing, housing, education, and health care are attainable by everyone,
- the earth’s resources are used to sustain life rather than fuel wars and destruction, and
- the nations of the world cooperate to sustain the planet and make a good life for all.

The Peace and Justice Center is located at 1364 Fremont Boulevard in Seaside CA. Open Wednesdays and Saturdays, 1 PM to 5:30 PM

Phone: (831) 899-7322  www.PeaceCentral.wordpress.com

We host a free lending library, and art gallery, and ongoing programs and events.

For a listing of peace and social justice events at the Monterey Peace and Justice Center and throughout the county, find the **Weekly Peace Calendar** online at tinyurl.com/Weekly-Peace-Calendar