

Soulful Songs and Stories



With a song and your stories, we co-create a soft place for hard conversations and a brave space for personal and spiritual growth.

Hi Soulful Song Lovers and Story Tellers,

Just a short note to say hello and keep in touch—no theme, no pages of quotes, just some music and some stories.

Ennio Morricone, the Italian composer, one of the world's most versatile and influential creators of music for the modern cinema, died on July 6, 2020 in Rome. He was 91. You're probably familiar with some of his compositions, even if you didn't know he wrote them. We especially commend these particularly beautiful, refreshing, and calming pieces:

The Mission: Main Theme https://youtu.be/oag1Dfare_E

The Mission: Gabriel's Oboe <https://youtu.be/2WJhax7Jmxx?t=9>

Cinema Paradiso: Main Theme <https://youtu.be/PYWFv4dqTUo>

Cinema Paradiso: Love Theme https://youtu.be/9Aqj6u_7kFM

<https://youtu.be/MToDzVMUqYs>

“Relaxing Moments with Ennio Morricone” <https://youtu.be/3KbWVyK9Lxk>

More about Morricone from *WaPo*: www.j.mp/Ennio88 www.j.mp/Ennio89

Steve has been a big fan and long time supporter of *The Moth*,

“true stories told live.” There are hundreds of Moth stories on YouTube; these two are among his favorites:

Micaela Blei: What it took for me to realize I'm totally comfortable and beautiful
<https://youtu.be/Wtyj7csSZr8> (06:19)

Satori Shakoor: I'm goin' for being over-the-top alive
<https://youtu.be/9V6LpXltJkY> (12:22)

The fifteen PDFs of songs, stories, and music that we sent and posted every week since lockdown have not (yet) been posted on our webpage, www.j.mp/uucsr-sss. If you missed any of them, or would like the whole set emailed in a zip file or snail-mailed on a flashdrive, email Steve: ClarityAndGrace@gmail.com.

Our deep gratitude to many of you who have stayed in touch with us and each other. If we haven't responded yet, expect to hear from us soon. Be well, do good work, and stay in touch.

Namasté,

Alice and Steve