

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,

Storytelling 1 “When we profess to know someone, that is, *really* know someone—like a close friend, or a husband or wife—what is it that we know? Pillow talk is one of the principal means by which newly acquainted couples bond. It is honest, confessional, and almost always expressed as a story: this is what happened to me and this is what I did. Sometimes, such revelations are also tests: now that you know what I did, can you still love me? Postcoital self-disclosure, perhaps the most intimate of all forms of communication, usually expresses what we judge to be most important about ourselves. It is also an implicit invitation for the addressed party to reciprocate. Exchanging stories brings us closer together than touching or kissing, closer than embodiment will allow.” —Frank Tallis, *The Act of Living*, via *LitHub*, Jul 22, 2020

Storytelling 2 “So please don’t keep you to yourself. There are too many lessons within the pages of our lives that go unshared as it is. We were born for such a time as this. It won’t always be easy but the trek will be worth it, the impact will be lasting and we are only as alone as we allow ourselves to be.” —Sam(antha) Ragland, *The Cohort (Poynter)*, July 28, 2020

Three Soulful Stories paired with three Soulful Songs

Two *Moth* stories about what happens when you finally tell, and a *Comedians in Cars Getting Coffee* episode that’s the most relaxed, uninhibited quarter-hour of conversation you may have ever heard.

Deedee Lundberg: Amidst the sounds of silence <https://youtu.be/V9wKlJBaUS8> 6:01
A kidney stone, words unspoken, and a first-of-its-kind ending on *The Moth* stage.

“Invisible String,” Taylor Swift <https://youtu.be/OuFnpmGwg5k> 4:13

“And isn’t it just so pretty to think/All along there was some/Invisible string/Tying you to me”

Emely Recinos: But now I see <https://youtu.be/-nzSSeMChjA> 5:13

“Now Let Us Sing,” aka “Sing Till the Power of the Lord Comes Down”

Spirit Voices <https://youtu.be/Rf2h3UeNjnE> 2:24

Greater Emmanuel Temple Church https://youtu.be/gi_qS4ks0ek 3:43

“Lift up your voice, be not afraid”

Barack Obama and Jerry Seinfeld: Dialog without armor or pretense

https://youtu.be/UM-Q_zpuJGU?t=136 16:59

“Down by the Riverside” <https://youtu.be/nQ1gHm8v3ek> 4:00 *Playing For Change* featuring Grandpa Elliott, Preservation Hall Jazz Band, Keb Mo, and the Congolese Choir of Grace.

“I’m gonna lay down my sword and shield”

Music for the fun of it

Ocean, John Butler (live >2m views; studio >48m views)

Live: <https://youtu.be/hQjwkXrcUrs?t=29> 5:03 **Studio:** https://youtu.be/jdYIf_ybyVo 12:04

Molly on the Shore, Percy Grainger, <https://youtu.be/66wSECRpWIY> 4:10

Peace Like A River, CJ and Friends, <https://youtu.be/d6085sLXCMs> 1:40

Hot Time In the Old Town Tonight, Doreen Ketchens, <https://youtu.be/nLkQMjanWag> 4:10

Namasté,

Alice and Steve