

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,

Songs and Stories about *Time in the Age of Covid*

In most eras, history proceeds along a set path and change is difficult. But the novel coronavirus has upended society. People are disoriented. Things are already changing and, in that atmosphere, further change becomes easier than ever. We have agreed to isolate ourselves for long stretches. We have worked, attended meetings and had deeply personal conversations by talking to our laptops. We've taken online courses and have seen doctors and therapists using telemedicine. In a month, companies changed policies that would normally have taken them years to revise. Overnight, cities turned avenues into pedestrian walkways and sidewalks into cafes. Attitudes toward people previously ignored or overlooked are shifting. And governments have opened up their coffers in ways that were once unimaginable and could lead to much greater willingness to invest in the future. This ugly pandemic has created the possibility for optimism, change and reform. It has opened a path to a new world. It's ours to take that opportunity or to squander it. Nothing is written.

—Fareed Zakaria, *WaPo*, Oct 6, 2020 www.j.mp/FZ-ppw

“Who Knows Where the Time Goes?” Sandy Denny (lyrics below)

Sandy Denny <https://youtu.be/j5TCsKdklfQ> 4:15

10,000 Maniacs, Mary Ramsey, vocals <https://youtu.be/IMPWEn6pAN8> 5:40

Richard Thompson <https://youtu.be/w6g2tA4Ziik> 4:19



How we spend our days, is, of course, how we spend our lives. —Annie Dillard

People today live in what the late sociologist Zygmunt Bauman called liquid modernity. All the traits that were once assigned to you by your community, you must now determine on your own: your identity, your morality, your gender, your vocation, your purpose, and the place of your belonging. Self-creation becomes a major anxiety-inducing act of young adulthood. —**David Brooks, *The Atlantic*, Oct 5, 2020** www.j.mp/db-amc

Brooks makes it sound like having traits assigned to you by others is a good thing. Doubtful, since we spend the last three-quarters of our lives trying to unlearn what our parents and priests and other policemen taught us in the first quarter.

“The world is a beautiful place,” Lawrence Ferlinghetti

...ifbut then...

<https://youtu.be/lr1MUjuK43M?t=24> 2:05 (read by LF; text below)

Koyaanisqatsi: Life out of Balance music by Philip Glass
a 1982 film directed by Godfrey Reggio and cinematography by Ron Fricke

*The music and the movie give you an enhanced view of how frenetic our lives are. A two minute clip from Part 6 (of 9) is **attached**. If you watch it online, watch at least to 2:28.*

<https://youtu.be/jOlVJTUcrIE?t=25>

In a fast-paced consumer society with endless options, we are easily bounced around by our whims, manipulated by advertisers and marketers. Very little of what we do every day is the result of a considered decision. In lockdown, I learned that I missed much less about this old life than I would have thought. I was reminded how shallow many of our preferences really were. When my options shrunk and any activity required more planning, the choices I made became more authentic because they had to be more thought-through. Perhaps we will soon look back and say, as Sartre did: “The circumstances, atrocious as they often were, finally made it possible for us to live, without pretense or false shame, the hectic and impossible existence that is known as the lot of humankind.”



—**Julian Baggini, *Psyche*, Sep 30, 2020** www.j.mp/IB-lib

“Faith Is Such a Simple Thing,” Al Carmines (1936-2005)

“all unknowingly we trace / a geography of grace”

Paul Rounsaville (*Al's partner; sung at Al's memorial service*) <https://youtu.be/qeY7BULXbWs>

Emmy Bean attached, or view online https://youtu.be/3U_CjyLoRjY?t=7 1:05



We have to allow ourselves to be loved by the people who really love us, the people who really matter. Too much of the time, we are blinded by our own pursuits of people to love us, people that don't even matter, while all that time we waste and the people who do love us have to stand on the sidewalk and watch us beg in the streets! It's time to put an end to this. It's time for us to let ourselves be loved. —**C. JoyBell C.**

One more song on time:

“Time,” lyrics, Roger Waters; Pink Floyd, from *The Dark Side of the Moon* (1973)

“No one told you when to run, you missed the starting gun.... /
Shorter of breath, and one day closer to death.”

<https://youtu.be/A7pI96Osp9c?t=162>

Music with atypical time signatures:

“Unsquare Dance,” Dave Brubeck from *Time Further Out*

Bass, Eugene Wright; Drums, Joe Morello; Piano, Dave Brubeck

“‘Unsquare Dance,’ in 7/4 time, is a challenge to the foot-tappers, finger-snappers and hand-clappers. Deceitfully simple, it refuses to be squared. And the laugh you hear at the end is Joe Morello’s guffaw of surprise and relief that we had managed to get through the difficult last chorus.”

<https://youtu.be/yLsqZfZoiig>

Symphony No. 3 in c minor, “Organ,” Finale, Camille Saint-Saëns

Two sections (a total of 21 bars) at the end of the finale are in 3/1. Regardless of time signature, this is a blockbuster for organ fans.

Boston Symphony Orchestra/Charles Munch; Berj Zamkochian, organ

https://youtu.be/XWPB3pjX_UU?t=1626 7:43

Detroit Symphony Orchestra/Paul Paray; Marcel Dupré, organ

<https://youtu.be/bw7GCORkrFU> 8:15

Orchestre de Paris/Paavo Järvi; Thierry Escaich, organ

<https://youtu.be/ZWCZq33BrOo?t=1696> 8:16

We’ll leave you with these good words:

You’ve got to sing like you don’t need the money

Love like you’ll never get hurt

You’ve got to dance like nobody’s watchin’

It’s gotta come from the heart if you want it to work.

—**Susanna Clark and Richard Leigh, “Come from the Heart”** (1987)

Guy Clark & Townes Van Zandt: <https://youtu.be/SFUQhOEloeo>

Kathy Mattea: <https://youtu.be/IMaQIEjmGkk>

Wishing you the best of songs and stories; take the time to make them soulful.

Namasté,

Alice and Steve

Who Knows Where The Time Goes?

Sandy Denny (1947-1978)

Across the purple sky, all the birds are leaving
But how can they know it's time for them to go?
Before the winter fire, I will still be dreaming
I have no thought of time

For who knows where the time goes?
Who knows where the time goes?

Sad, deserted shore, your fickle friends are leaving
Ah, but then you know it's time for them to go
But I will still be here, I have no thought of leaving
I do not count the time

For who knows where the time goes?
Who knows where the time goes?

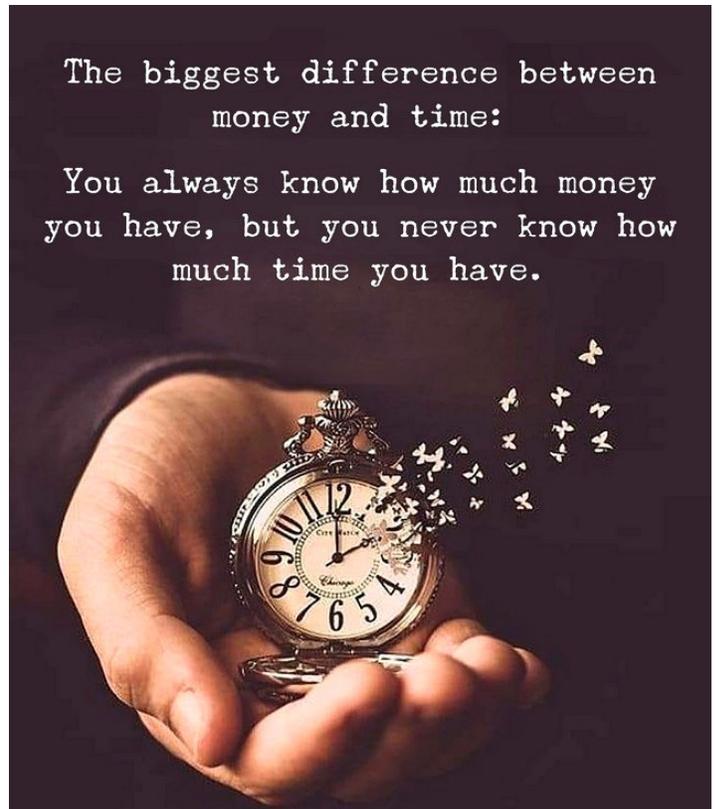
And I am not alone while my love is near me
I know it will be so until it's time to go
So come the storms of winter and then the birds in spring again
I have no fear of time

For who knows how my love grows?
And who knows where the time goes?

1967

The biggest difference between
money and time:

You always know how much money
you have, but you never know how
much time you have.



The World Is a Beautiful Place

Lawrence Ferlinghetti, from *A Coney Island of the Mind*, ©1955

The world is a beautiful place
to be born into
if you don't mind happiness
not always being
so very much fun
if you don't mind a touch of hell
now and then
just when everything is fine
because even in heaven
they don't sing
all the time

The world is a beautiful place
to be born into
if you don't mind some people dying
all the time
or maybe only starving
some of the time
which isn't half bad
if it isn't you

Oh the world is a beautiful place
to be born into
if you don't much mind
a few dead minds
in the higher places
or a bomb or two
now and then
in your upturned faces
or such other improprieties
as our Name Brand society
is prey to
with its men of distinction
and its men of extinction
and its priests
and other patrolmen

and its various segregations
and congressional investigations
and other constipations
that our fool flesh
is heir to

Yes the world is the best place of all
for a lot of such things as
making the fun scene
and making the love scene
and making the sad scene
and singing low songs and having inspirations

and walking around
looking at everything
and smelling flowers
and goosing statues
and even thinking
and kissing people and
making babies and wearing pants
and waving hats and
dancing
and going swimming in rivers
on picnics
in the middle of the summer
and just generally
'living it up'
Yes
but then right in the middle of it
comes the smiling
mortician