

# 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 around the theme, “Don’t Postpone Joy”*

**“This Year,” John Darnielle/The Mountain Goats** (lyrics below)

*I am going to make it through this year / If it kills me*

*In a cavalcade of anger and fear / There will be feasting and dancing in Jerusalem next year*

**The Mountain Goats** <https://youtu.be/p-PwGlxbuTU> 3:53

**Stephen Colbert joins The Mountain Goats** [https://youtu.be/T\\_qkVPZ8DJI?t=11](https://youtu.be/T_qkVPZ8DJI?t=11) 3:59

## *Dancing in the Streets: A History of Collective Joy*

*In the at least three-thousand-year-old struggle between Pentheus and Dionysus—between popes and dancing peasants, between Puritans and carnival-goers, between missionaries and the practitioners of indigenous ecstatic danced religions—the possibility of collective joy been largely marginalized to the storefront churches of the poor, and the darkened clubs frequented by the young. The early Christian patriarchs may not have realized that, in attempting to suppress ecstatic practices, they were throwing out much of Jesus too. —Barbara Ehrenreich, ISBN 0805057242*





**Dance, then where-ever you may be** / I am the lord of the dance, said he  
And I lead you all, wherever you may be / And I lead you all in the dance, said he  
—**Sydney Carter**, “Lord of the Dance”

**Do a loony-goony dance** / 'Cross the kitchen floor,  
Put something silly in the world / That ain't been there before.  
— **Shel Silverstein**, *A Light in the Attic*

**Life isn't about waiting** for the storm to pass. It's about learning to dance  
in the rain. —**Vivian Greene**



## **“In Spite of Ourselves,” John Prine** (lyrics below)

In spite of ourselves / We'll end up a'sittin' on a rainbow  
There won't be nothin' but big old hearts / Dancin' in our eyes

**John Prine and Iris DeMent** <https://youtu.be/P8tTwXv4gLY?t=101> 4:22

**Kevin Bacon and Kyra Sedgwick** <https://youtu.be/HDXV5XRcnpM> 2:40

There are several take-aways here, and at the risk of sounding like Captain Obvious, we're going to spell out two of them. The pandemic **will** end, and when it does, we will sing and dance and feast, thankful for seeing the performing arts up close and personal; for dining out; for interacting with family, friends, and our chosen communities; and for the end of masks and social distancing. In the meantime, if we are **careful**, “We'll end up a'sittin' on a rainbow.” But whether the pandemic ends in six months, or a year, or longer, life is too short and precious not to **celebrate** what we have, right here, right now.

**Don't postpone joy until you have learned all of your lessons. Joy is your lesson. —David Cohen**

An avid cyclist, beekeeper, author, and chef, Laurey Masterton lost her battle with cancer in February 2014 at age 59. Years ago, when Laurey was a lighting designer living in New York City, there was a toy store on the Upper West Side called The Last Wound-Up that sold wind-up toys. The owner's name was David Cohen, and he put the motto “Don't Postpone Joy” on pins and bumper stickers, and in the '80s it was not rare to see it on cars in the New York region. After the store closed, Laurey sought and was awarded the trademark for the phrase. “We still produce the bumper stickers and mugs for sale to benefit charities near to Laurey's heart,” said Heather Masterton, Laurey's sister. —**Asheville Citizen-Times**

## **Putting More Joy in Beethoven's “Ode to Joy”** Sym #9, Opus 125

**Marta Mera, Ivan Rodriguez, Anton Calvino, and Nacho Samena** Ragtime

<https://youtu.be/xUpm4Vqkajk> 2:15+

**Jacob Koller** Modern Jazz, 7/8 arrangement

<https://youtu.be/uMa6J6EnUY4> 3:25

**Derek Paravicini** In the style of Miles Davis

[https://youtu.be/7tynVc\\_nK3o](https://youtu.be/7tynVc_nK3o) 2:27

**The OPUS Flash Mob 2019** 120 Young Musicians

<https://youtu.be/oMQrPjB7B9c?t=50> 4:11

“Anthem of Europe,” based on “Ode to Joy,” is the organizational anthem used by the Council of Europe to represent Europe as a whole and the European Union.



# **“The God Who Only Knows Four Words,” Hafiz**

*Every child has known God,  
Not the God of names,  
Not the God of don'ts,  
Not the God who ever does anything weird,  
But the God who only knows four words  
And keeps repeating them, saying:  
“Come dance with Me.”*

*The Gift, Poems by Hafiz, **Daniel Ladinsky**, ISBN 0140195815*



## **“Welcome Table”** (lyrics below)

*We're gonna feast on milk and honey...  
We're gonna tell God how you treat us...  
All God's children gonna sit together...*

**Claudia and Dan Zanes** <https://youtu.be/MCUsKkaRgb4?t=16> 3:34

**Courtney Patton** <https://youtu.be/PNjH8rEJjDc?t=15> 2:54

## **Joy Unspeakable: Contemplative Practices of the Black Church**

*We are told that Jesus hung out with publicans, tax collectors, and sinners. Perhaps during these sessions of music, laughter, and food fellowship, there were also moments when the love of God and mutual care and concern became the focus of their time together. Contemplation is not confined to designated and institutional sacred spaces. God breaks into nightclubs and Billie Holiday's sultry torch songs; God tap dances with Bill Robinson and Savion Glover. And when Coltrane blew his horn, the angels paused to consider. Some sacred spaces bear none of the expected characteristics. The fact that we prefer stained glass windows, pomp and circumstance has nothing to do with the sacred. — **Barbara A. Holmes**, ISBN: 150642161X (pb)*

## **“We Are Pilobolus”**

*A one-minute clip of Steve's favorite dance company*

<https://youtu.be/lZ-4mUIw7vc>

***Wishing you the best of songs and stories; savor them until you dance—body and soul.***

**Namasté,**

**Alice and Steve**

# **“This Year,” *The Mountain Goats*** (*The Sunset Tree*, 2005)

Written by John Darnielle, “the Best Storyteller in Rock.” —Rolling Stone

<https://youtu.be/p-PwGlxbuTU> with Stephen Colbert: [https://youtu.be/T\\_qkVPZ8DJI](https://youtu.be/T_qkVPZ8DJI)

I broke free on a Saturday morning  
I put the pedal to the floor  
Headed north on Mills Avenue  
And listened to the engine roar

My broken house behind me and good things ahead  
A girl named Cathy wants a little of my time  
Six cylinders underneath the hood crashing and kicking  
Ahh, listen to the engine whine

I am going to make it through this year / If it kills me  
I am going to make it through this year / If it kills me

I played video games in a drunken haze  
I was 17 years young  
Hurt my knuckles punching the machines  
The taste of scotch rich on my tongue

And then Cathy showed up and we hung out  
Trading swigs from a bottle, all bitter and clean  
Locking eyes, holding hands  
Twin high maintenance machines

I am going to make it through this year / If it kills me  
I am going to make it through this year / If it kills me

I drove home in the California dusk  
I could feel the alcohol inside of me hum  
Pictured the look on my stepfather’s face  
Ready for the bad things to come

I down-shifted as I pulled into the driveway  
The motor screaming out, stuck in second gear  
The scene ends badly, as you might imagine

**In a cavalcade of anger and fear**

**There will be feasting and dancing in Jerusalem next year**

I am going to make it through this year / If it kills me  
I am going to make it through this year / If it kills me





## **“In Spite Of Ourselves,” John Prine** (*In Spite Of Ourselves*, 1999)

She don't like her eggs all runny  
She thinks crossin' her legs is funny  
She looks down her nose at money  
She gets it on like the Easter Bunny  
She's my baby  
I'm her honey  
I'm never gonna let her go

He ain't got laid in a month of Sundays  
I caught him once and he was sniffin' my  
undies  
He ain't too sharp but he gets things done  
Drinks his beer like it's oxygen  
He's my baby  
And I'm his honey  
Never gonna let him go

In spite of ourselves  
We'll end up a'sittin' on a rainbow  
Against all odds  
Honey, we're the big door prize  
We're gonna spite our noses  
Right off of our faces  
There won't be nothin' but big old hearts  
Dancin' in our eyes

She thinks all my jokes are corny  
Convict movies make her horny  
She likes ketchup on her scrambled eggs  
Swears like a sailor when shaves her legs  
She takes a lickin'  
And keeps on tickin'  
I'm never gonna let her go

He's got more balls than a big brass monkey  
He's a wacked out weirdo and a love bug junkie  
Sly as a fox and crazy as a loon  
Payday comes and he's howlin' at the moon  
He's my baby  
I don't mean maybe  
Never gonna let him go



In spite of ourselves  
We'll end up a'sittin' on a rainbow  
Against all odds  
Honey, we're the big door prize  
We're gonna spite our noses right off of our  
faces  
There won't be nothin' but big old hearts  
Dancin' in our eyes

In spite of ourselves  
We'll end up a'sittin' on a rainbow  
Against all odds  
Honey, we're the big door prize  
We're gonna spite our noses right off of our  
faces  
There won't be nothin' but big old hearts  
Dancin' in our eyes  
There won't be nothin' but big old hearts  
Dancin' in our eyes

# **“Welcome Table”**

*traditional American gospel and African American folk song by an unknown author*

We're gonna sit at the welcome table  
We're gonna sit at the welcome table one of these days  
We're gonna sit at the welcome table,  
We're gonna sit at the welcome table one of these days,

We're gonna feast on milk and honey  
We're gonna feast on milk and honey one of these days  
We're gonna feast on milk and honey,  
We're gonna feast on milk and honey one of these days

We're gonna tell God how you treat us  
We're gonna tell God how you treat us one of these days  
We're gonna tell God how you treat us,  
We're gonna tell God how you treat us one of these days

We're gonna walk beside our neighbor  
We're gonna walk beside our neighbor one of these days  
We're gonna walk beside our neighbor  
We're gonna walk beside our neighbor one of these days

All God's children gonna sit together  
All God's children gonna sit together one of these days  
All God's children gonna sit together  
All God's children gonna sit together one of these days

We're gonna sit at the welcome table  
We're gonna sit at the welcome table one of these days  
We're gonna sit at the welcome table,  
We're gonna sit at the welcome table one of these days  
We're gonna sit at the welcome table one of these days  
We're gonna sit at the welcome table one of these days



**Claudia and Dan Zanes**

<https://youtu.be/MCUKsKkARgb4?t=16> 3:34



**Courtney Patton**

<https://youtu.be/PNjH8rEJjDc?t=15> 2:54