

# 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 songs and stories.**

## **Martin Luther King, Jr. at the 1964 Berlin Jazz Festival**

*God has wrought many things out of oppression. He has endowed his creatures with the capacity to create—and from this capacity has flowed the sweet songs of sorrow and joy that have allowed man to cope with his environment and many different situations.*

*Jazz speaks for life. The Blues tell the story of life's difficulties, and if you think for a moment, you will realize that they take the hardest realities of life and put them into music, only to come out with some new hope or sense of triumph. This is triumphant music.*

*Modern jazz has continued in this tradition, singing the songs of a more complicated urban existence. When life itself offers no order and meaning, the musician creates an order and meaning from the sounds of the earth which flow through his instrument.*

*It is no wonder that so much of the search for identity among American Negroes was championed by Jazz musicians. Long before the modern essayists and scholars wrote of racial identity as a problem for a multiracial world, musicians were returning to their roots to affirm that which was stirring within their souls.*

*Much of the power of our Freedom Movement in the United States has come from this music. It has strengthened us with its sweet rhythms when courage began to fail. It has calmed us with its rich harmonies when spirits were down.*

*And now, Jazz is exported to the world. For in the particular struggle of the Negro in America there is something akin to the universal struggle of modern man. Everybody has the Blues. Everybody longs for meaning. Everybody needs to love and be loved. Everybody needs to clap hands and be happy. Everybody longs for faith.*

*In music, especially this broad category called Jazz, there is a stepping stone towards all of these.*

<https://jazztimes.com/blog/dr-martin-luther-king-jr-from-1964-berlin-jazz-festival-program-3>

**“Echoes of Spring,” “Tea For Two,” Willie The Lion Smith  
at the same 1964 Berlin Jazz Festival <https://youtu.be/LmybZFX4i6Y> 7:43**

**Stories give shape to experience** and allow us to go through life unblind. Without them, the stuff that happens would float around in some glob and none of it would mean anything. Once you have a version of what happened, all the other good stuff about being human can come into play. You can laugh, feel awe, commit a compassionate act, get pissed, and want to change things. —Alex Tizon

**We choose owning our stories of struggle over hiding,** over hustling, over pretending. When we deny our stories, they define us. When we run from struggle, we are never free. So we turn toward truth and look it in the eye. Showing up is our power. Story is our way home. Truth is our song. We are the brave and brokenhearted. We are rising strong.

—Brene Brown, “Manifesto of the Brave and Brokenhearted,” *Rising Strong*, 2015

**“Redemption,” Nathaniel Rateliff**

*Just set me free / Keep running till we learn to find peace*

<https://youtu.be/LHFm4hqHOhM> 5:13

**Tell all the truth but tell it slant.** —Emily Dickinson

**Music expresses that which cannot be put into words** and that which cannot remain silent. —Victor Hugo

**“I’ll Have To Say I Love You In A Song,” Jim Croce**

<https://youtu.be/IpVDuemlW4Q> 2:30

**What storytellers do** is help shape our stories of how the world works; at their very best, they can empower our moral imagination to envision how the world could work better. In other words, they help us mediate between the ideal and the real by cultivating the right balance of critical thinking and hope. Truth and falsehood belong to this mediation, but it is guided primarily by what we are made to believe is real.

—Maria Popova, *Brain Pickings*, Feb 15, 2015

**Your story will heal you** and your story will heal somebody else. When you tell your story, you free yourself and give other people permission to acknowledge their own story. —Iyanla Vanzant

**“Deep Peace”**

**Ashana** <https://youtu.be/rOY-hTXuFnU> 8:55

**Bill Douglas** [https://youtu.be/\\_rOAZR4Avso](https://youtu.be/_rOAZR4Avso) 4:48

**“When I Breathe In,” Sarah Dan Jones** (#1009, *Songs for the Journey*)

**UUCSR Quartet** attached, and in picture above

**UU Kent** <https://youtu.be/YHHxeDludT4> 2:43

**Music is the most direct and mysterious way** of conveying and evoking feeling. It is a way of connecting one consciousness to another. I think the nearest thing to telepathy is making music together. —Oliver Sacks

**Music creates this space** that we have no choice but to share. We have to realize that we're sharing everything on this planet. The water, the air, the hopes of our children. This deep, shared space is created by music. Justice comes into the world when courageous, beautiful human beings raise their voices and sing power, beauty, grace, and joy. —Peter Sellars, acceptance speech for the 2014 Polar Music Prize

**“First Grief, First Air,” Gautam Srikishan**

<https://soundcloud.com/floatingfast/first-grief-first-air> 3:50

**“Get Happy,” Kenny Banks Jr.**

<https://youtu.be/lqjMrPEg9VE> 7:00

**The very act of storytelling,** of arranging memory and invention according to the structure of the narrative, is by definition holy. We tell stories because we can't help it. We tell stories because we love to entertain and hope to edify. We tell stories because they fill the silence death imposes. We tell stories because they save us.

—James Carroll, *An American Requiem*

**Stories make us more alive,** more human, more courageous, more loving. Why does anybody tell a story? It does indeed have something to do with faith, faith that the universe has meaning, that our little human lives are not irrelevant, that what we choose or say matters—matters cosmically. —Madeline L'Engle, *The Writer* magazine, June 2002

**“He Won't Hold You,” Jacob Collier** (vocals, keyboard, guitar, bass, drums)

*Things rearrange, we miss what is not the same*

*I learned the value of what we had, taught by pain*

*Caught the rain / Used it to wash my wounds*

<https://youtu.be/mJR6XSSKi-g?t=576> 6:36

Lyrics: <https://genius.com/Jacob-collier-he-wont-hold-you-lyrics>

**“It Was Always So Nice With You,” The Diminished**

**Quartet** David Delarre, guitar; Tim Robinson, guitar; Pete Thomas, double bass

<https://youtu.be/lFqIsJUL8> 4:26

**Jazz is really about the human experience.** It's about the ability of human beings to take the worst of circumstances and struggles and turn it into something creative and constructive. That's something that's built into the fiber of every human being. And I think that's why people can respond to it. They feel the freedom in it. And the attributes of jazz are also admirable. It's about dialogue. It's about sharing. And teamwork. It's in the moment, and it's nonjudgmental. —Herbie Hancock

**Here we are, practitioners of memos:** *We send email and we receive it, we copy it and forward it and save it and delete it. We write to move the data, and organize the program, and keep people informed—and know and control and manage. We write and receive one-dimensional memos, that are, at best, clear and unambiguous. And then—in breathtaking ways—you summon us to song.*

—Walter Brueggemann, “Practitioners of Memos,” *Prayers for a Privileged People*

**There is a song for everyone**, *one incalculable mix of melody and magic that so neatly wraps the heart that we are lifted out of the here and now. And something in us is healed. Search for your song.* —Nancy Burke, *Meditations for Health*

**“When the Saints Go Marching In,” Doreen Ketchens**

<https://youtu.be/L8ydGKtLRJw> 3:24

**“Handful Of Keys,” Fats Waller/Stephanie Trick**

<https://youtu.be/ET3no9AfY68> 3:28

**Stories matter. Many stories matter.** *Stories have been used to dispossess and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity.*

—Chimamanda Ngozi Adichie, “The Danger of the Single Story”

**“Thou shalt not” is soon forgotten**, *but “Once upon a time” lasts forever.*

—Philip Pullman

**“I’ve Got Rhythm,” Hiromi**

<https://youtu.be/CY5dTBhRxOA> 8:56

**Facts go straight to the head**, *and stories go straight to the heart.*

—Ingmar Bergman

**“I’ll Fly Away,” Albert E. Brumley**

<https://youtu.be/acvPAhDPLKc> 2:22

**“The Swan,” The Carnival of the Animals**

**Camille Saint-Saëns/Yo-Yo Ma, Kathryn Stott**

<https://youtu.be/3qrKjywjo7Q> 3:06

**“Victorian Kitchen Garden Suite”**

**Prelude for Clarinet and Piano**

**Paul Reade/Emma Johnson** <https://youtu.be/kvqrY68IIZI> 3:13



**Music is a gift and a burden** *I've had since I can remember who I was. I was, born into music. The decision was how to make the best use of it.* —Nina Simone

**Music was my refuge.** *I could crawl into the space between the notes and curl my back to loneliness.* —Maya Angelou

**“Village Scene by the Inn,” Op. 19, Anatoly Liadov/BBC PO**  
[https://youtu.be/kMhh5usd\\_PU?t=374](https://youtu.be/kMhh5usd_PU?t=374) 7:04

**Magic is what we do.** *Music is the way we do it.* —Jerry Garcia

**Music has the power to heal, transform and inspire** *and we have the power through deep listening to increase our intuition and self awareness.*  
—Andre Feriante

**Nothing is better than music;** *when it takes us out of time, it has done more for us than we have the right to hope for.* —Nadia Boulanger

**“Theme varie, Op.89,” Cécile Chaminade/Nagata Ren**  
<https://youtu.be/zSOLSoHqu28> 4:46

**People are hungry for stories.** *It's part of our very being. Storytelling is a form of history, of immortality too. It goes from one generation to another.* —Studs Terkel

**Stories set the inner life into motion,** *and this is particularly important where the inner life is frightened, wedged, or cornered. Story greases the hoists and pulleys, it causes adrenaline to surge, shows us the way out, down, or up, and for our trouble, cuts for us fine wide doors in previously blank walls, openings that lead to the dreamland, that lead to love and learning, that lead us back to our own real lives....*  
—Clarissa Pinkola Estes, *Women Who Run with the Wolves*

**“We Found Love,” Rihanna/2 Cellos**  
Luka Sulic and Stjepan Hauser, Dusan Kranjc, drums  
[https://youtu.be/Wi2jp\\_xxiE](https://youtu.be/Wi2jp_xxiE) 2:36

**“Love Is All,” Playing For Change**  
<https://youtu.be/q4T37EaW4eU> 3:37

**Some are here working on a passage to Heaven**  
*And others, they can't carry that load / A few are left singing the blues on Purgatory Road*  
—Ray Wylie Hubbard, “Purgatory Road”

**“Aad Guray,” Deva Premal & Miten with Manose**  
*A mantra used for protection, to gain clarity, and to receive guidance from one's highest Self.*  
<https://youtu.be/EttrjulSIRQ> 9:40