

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 dealing with mishegoss, mystery, and miracle. Sometimes “you gotta walk it by yourself,” and sometimes “we get by with a little help from our friends.”

“The Boy In The Bubble,” Paul Simon

Patti Smith <https://youtu.be/5HIK7jN9fjc> 4:30

Paul Simon (live) <https://youtu.be/Hk7MCvCHNQA> 5:15

Lyrics: <https://www.azlyrics.com/lyrics/paulsimon/theboyinthebubble.html>

“The Boy In The Bubble” devolved down to hope and dread. That’s the way I see the world, a balance between the two, but coming down on the side of hope. —Paul Simon, Rolling Stone

“These are the Days of Miracles and Wonder”

Rabbi Noa Kushner, The Kitchen, Dec 7, 2020

Sometimes we miss the miracles / Even really obvious ones / Sometimes we need other people to tell us: “That thing that happened? The fact that you are a totally different person now? That was a miracle. Say the blessing.” **Read the full piece here:**

<https://www.thekitchensf.org/read-listen-posts/these-are-the-days-of-miracles-and-wonder>

Creativity flourishes not in certainty but in questions. Growth germinates not in tent dwelling but in upheaval. Yet the seduction is always security rather than venturing, instant knowing rather than deliberate waiting.

—**Sue Monk Kidd**, *When the Heart Waits*, 1990

“River Flows In You,” Yiruma/Karolina Protsenko & Mom

Instrumental: https://youtu.be/szhG-zER_xs 3:31

Lyrics: <https://genius.com/Yiruma-river-flows-in-you-english-lyrics-lyrics>

“The Wild, Sublime Body,” Melissa Febos

“An excerpt of one of the most personal essays from my new book, *Girlhood*, is about how our society taught me to hate my own body, how I found my way back to it, and how queer love was the doorway.” “My knowing was from a time before I knew such experience was speakable, when all I knew was that deep well inside me, the channel that connected everything to the pulse of my own wild heart.” **Read the full piece here:**

<https://yalereview.yale.edu/wild-sublime-body>

“I’m Amazing,” Keb’ Mo’, <https://youtu.be/sYnA4-jours> 3:15

Sister, I need to talk to you / I’m amazing; I’m incredible / I’m a miracle, a dream come true / I’m marvelous; I’m beautiful / Guess what? / So are you

“All of Me,” John Legend <https://youtu.be/45op7goxZqg> 5:07

Lyrics: <https://www.azlyrics.com/lyrics/johnlegend/allofme.html>

Mercy, grace, forgiveness, and compassion are synonyms, and the approaches we might consider taking when facing a great big mess, especially the great big mess of ourselves—our arrogance, greed, poverty, disease, prejudice. It includes everything out there that just makes us sick and makes us want to turn away, the idea of accepting life as it presents itself and doing goodness anyway, the belief that love and caring are marbled even into the worst life has to offer. —**Anne Lamott**, *Hallelujah Anyway: Rediscovering Mercy*

“Bye Bye Blackbird,” composed by Ray Henderson, lyrics by Mort Dixon Eliane Elias (Instrumental) <https://youtu.be/AwiWQRYeNzI> 10:02

“You Are Who You’ve Been Looking For,” Adam Roa

Watch the video: https://youtu.be/nt5_3cbo3II 5:15

We empty ourselves to let the divine flood us with love. We are empty so we may be full. —**Beverly Lanzetta**, *The Monk Within: Embracing a Sacred Way of Life*, 2018

“On The Sunny Side Of The Street”

composed by Jimmy McHugh, lyrics by Dorothy Fields

Esperanza Spalding <https://youtu.be/TQtXo4tiZxs?t=44> 3:43

Commit to love, to giving birth to the Holy in one’s own life, and to becoming midwives of divinity in this evolving cosmos. We are to be wholemakers of love in a world of change. —Franciscan **Ilia Delio**, “Love at the Heart of the Universe,” adapted

“I Believe in Love”

Elizabeth Wurtzel’s Final Year, In Her Own Words

The difficult final year of a much-loved and legendarily difficult woman. *“I feel like it’s 1993, when my heart had a black eye all the time. 26 is a boxing match of the soul. I did not expect bruises at 52. I have blamed myself. I have blamed my husband. I have blamed cancer. I have blamed marijuana. I have blamed sexism. I have blamed Charlottesville. I have blamed my in-laws. I have blamed several men named David. I have blamed my mother who lied to me my whole life about who my father is. Who would I be if I did not blame Donald Trump?”* **Read the full piece here:** www.j.mp/WurtzelLove

“Bye Bye Blackbird,” composed by Ray Henderson, lyrics by Mort Dixon

Diana Krall <https://youtu.be/DzkJLrU3SXc> 3:44

Look, I don’t know much, but I know these things uncontrovertibly and inarguably: One: stories matter waaaaay more than we know. Two: all stories are, in some form, prayers. Three: love is the story and the prayer that matters the most.

—**Brian Doyle**, *The Wet Engine*

“You Take My Breath Away,” Claire Hamill/Tuck & Patti

<https://youtu.be/-jHv-YLL46A> 5:40

We build on foundations we did not lay

We warm ourselves by fires we did not light

We sit in the shade of trees we did not plant

We drink from wells we did not dig

We profit from persons we did not know

This is as it should be.

Together we are more than any one person could be.

Together we can build across the generations.

Together we can renew our hope and faith in the life that is yet to unfold.

Together we can heed the call to a ministry of care and justice.

We are ever bound in community.

May it always be so.

—**Peter Raible**, UU minister (1929–2004)

“Cortège,” Lili Boulanger/Judith Pfeiffer

https://youtu.be/ljQXog_vfws 1:48

“Amazing Grace,” (tune “New Britain” arr. William Walker)

Jennifer Jeon, violin (Instrumental) <https://youtu.be/ojCekV3QORw> 3:16

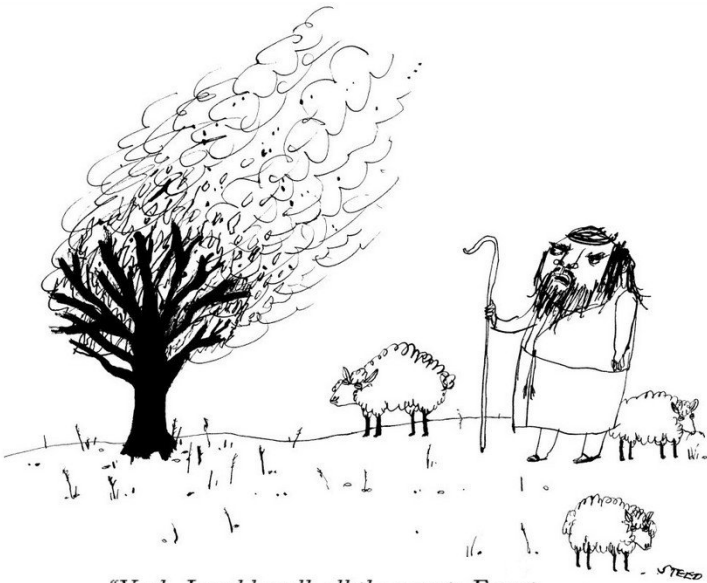
I once was bound / but now I’m free

BE
YOU
(tiful)
Beauty. True you.

GROWTH
Never
happens
IN
COMFORT



she
believed
she could,
so she
did.



*"Yeah, I could walk all the way to Egypt.
Or you could just free them yourself using magic."*

