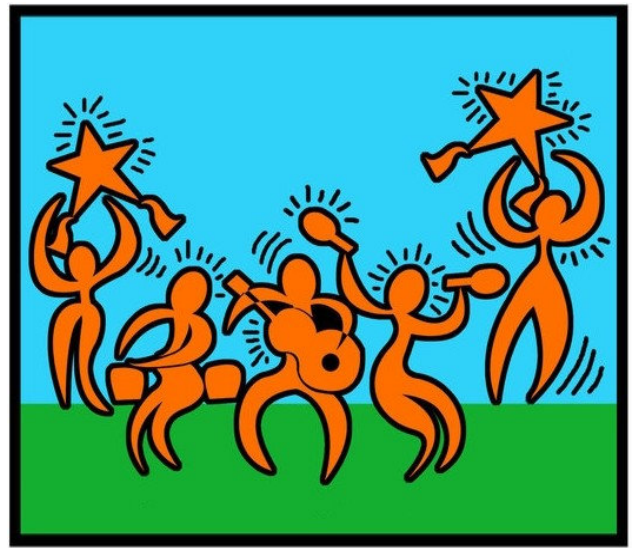


Soulful Songs and Stories



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 happiness on Saturday nights and Sunday mornings. **Questions:** Are Sunday mornings penance for Saturday night? Are you as happy Sunday morning as you were the night before? Do you wear a different mask on Sunday? Is there a line between the sacred and the secular?

“(Looking For) The Heart of Saturday Night,” Tom Waits

Makes it kind of quiver down in the core / 'Cause you're dreaming of them Saturdays that came before / And now you're stumbling / You're stumbling onto the heart of Saturday night

Tom Waits <https://youtu.be/f7UHd7NVegE> 3:53

Diana Krall <https://youtu.be/CQRxm427nKA> 4:04

Lyrics: <https://genius.com/Tom-waits-looking-for-the-heart-of-saturday-night-lyrics>

“Triolet on a Line Apocryphally Attributed to Martin Luther”

–A. E. Stallings (h/t Rev. Dr. Natalie Fenimore)

*Why should the Devil get all the good tunes,
The booze and the neon and Saturday night,
The swaying in darkness, the lovers like spoons?
Why should the Devil get all the good tunes?
Does he hum them to while away sad afternoons
And the long, lonesome Sundays? Or sing them for spite?
Why should the Devil get all the good tunes,
The booze and neon and Saturday night?*

“Come Sunday,” Duke Ellington/Ben Webster &

Oscar Peterson (instrumental) https://youtu.be/CcgJrMk_rfk?t=14 7:43

Lord, dear Lord above, God almighty, God of love, Please look down and see my people through.

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. The cross-pollination of jazz, blues, and tap with church music and practices could be considered the epitome of missional outreach and spiritual creativity.

—Barbara A. Holmes, *Joy Unspeakable: Contemplative Practices of the Black Church*

“Starry Crown” (Chased Old Satan Through The Door)

Woodie Brothers We'll I met ol' Satan at the door / and I hit 'im on the head with a two-by-four / And I'm gonna wear that starry crown over there [or you could wear it now.]

Carolina Chocolate Drops <https://youtu.be/gWdT949FcY4> 2:24

[FYI, Rhiannon Giddens (here, playing the banjo) is a MacArthur (“Genius Grant”) Fellow.]

Billy Cardine <https://youtu.be/p8Ptq7qP7Fc> 3:33

Lyrics: <https://genius.com/Carolina-chocolate-drops-starry-crown-lyrics>

Happiness is an inside job. —William Arthur Ward

The clown is the mirror image of the priest. The priest summons, celebrates and interrogates the sacred; the clown does the same with the profane.

—Edward Docx

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

Jim Snidero, saxophone <https://youtu.be/ChET8p6m5B8> 7:02

Jon Batiste, piano, vocal https://youtu.be/H46yXW4qR_M?t=70 2:54

“A Chloris,” Reynaldo Hahn

Albrecht Mayer, oboe; Kimiko Iman, piano

<https://youtu.be/Sh5sRo9SlAg?t=2> 3:00

Pumeza Matshikiza, soprano <https://youtu.be/oiwTEIsM9UI> 2:54

Lyrics (Théophile de Viau): <https://www.oxfordlieder.co.uk/song/2530>

Real happiness is cheap enough, yet how dearly we pay for its counterfeit. —Hosea Ballou

There is no cosmetic for beauty like happiness.

—Lady Blessington

“I’ll Fly Away,” Albert E. Brumley

Superband https://youtu.be/lBzl_YugPwU 3:58

Tricia Boutté & N.O. Jazz Band of Cologne <https://youtu.be/ly-DIeXGsxxg?t=42> 4:42

The most recorded gospel song and a standard song at bluegrass jam sessions.

“Get Happy/Happy Days Are Here Again”

Harold Arlen; Ted Koehler, lyrics/Milton Ager; Jack Yellen, lyrics

Andrew Nelin & Nick Cortazzo <https://youtu.be/HUx6Al5hgZI> 2:08

Judy Garland & Barbra Streisand <https://youtu.be/UxFvQEanqbQ?t=62> 2:25

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. —**Marcel Proust**

There is some kind of a sweet innocence in being human—in not having to be just happy or just sad—in the nature of being able to be both broken and whole, at the same time. —**C. JoyBell C.**

“This Is Me,” Justin Paul, Benj Pasek/Keala Settle (from *The Greatest Showman*)

When the sharpest words wanna cut me down / I'm gonna send a flood, gonna drown them out
I am brave, I am proof / I am who I'm meant to be, this is me
Look out 'cause here I come / And I'm marching on to the beat I drum
I'm not scared to be seen / I make no apologies, this is me

In Performance: attached or <https://youtu.be/BNRBgxiS2c?t=23> 3:43

YouTube video extends beyond the song, which ends at 4:06; lyrics included (click “SHOW MORE”)

Film Clip: <https://youtu.be/Rj4Yu9Utdwo> 3:46 lyrics superimposed

The only way to find true happiness is to risk being completely cut open. —**Chuck Palahniuk**, *Invisible Monsters*

This one's for you, for being part of Soulful Songs and Stories

“This Kind of Happy,” Iris DeMent <https://youtu.be/lqEqJuod5aI> 3:44

Lyrics: <https://genius.com/Iris-dement-this-kind-of-happy-lyrics>

