

The Sunday Morning Heretic Sing: Setlists

Need more singing in your life? [Ongoing Twin Cities Community Song Circle Info doc](#)

Sept 21: Building a Net that Works #potlucksnacks!

-Liberation, Solidarity, Grounded in love, Til everybody's free!

■ liberation solidarity updated lyrics.m4a < recording

(old tune: *Earth my body, water my blood, air i breathe in, fire my spirit*– attributed to Nicole Sangsuree Barrett. [New liberation lyrics by liz here](#))

The systems that we live under are trash 🙌🙌 (to the tune of “If you’re happy and you know it, new lyrics by Liz, credit to the Nap Bishop Tricia Hersey’s Rest is Resistance card deck for the first iconic line)

The systems that we live under are trash 🙌🙌

The systems that we live under are trash 🙌🙌

There’s a better world to build, as we all get free and healed, ‘cause

The systems that we live under are trash 🙌🙌

So we build a bigger table, not a wall 🙌🙌

So we build a bigger table, not a wall 🙌🙌

Cause a party’s just more fun, there’s enough for everyone

When we build a bigger table, not a wall 🙌🙌

They tried, they tried, they tried to bury us (x2)

They didn’t know that we were seeds! ■ they tried to bury us.m4a

JP Villanueva, tune, Lyrics attributed to Dinos Christianopolous, contemporary Greek queer poet

We’re going down to the roots, we’re going down to the truth

You’re gonna see me, and I’m gonna see you - Lu Aya of the Peace Poets -caught under the willow tree at the Say Their Names Cemetery here in Minneapolis

■ going down to the roots - Lu Aya peace poets.m4a < scratch recording

YOU WERE BORN TO BE SEEN by Moon Clemetson

■ always be enough.m4a<<scratch recording after Sunday- we’re taking it a little fast lol!

You were born to be seen, You were born to be loved

You were born to grow wings

You will always be enough.

You will always always always be enough (x3)

You will always be enough.

-Risk more for love: the interlocking systems of oppression/depend on us feeling alone and ashamed/ but spiritual practices cultivate courage/ so that we will risk more for each other/ so that we will risk more for love. Round - text from Casper ter Kuile, "the Power of Ritual." tune Liz Digitale Anderson. <https://soundcloud.com/lizdigitaleanderson/risk-more-for-love>

Sept 7: Another F@#*\$)% Growth Opportunity

-I send my hope, I send my prayer, I send my strength to those resisting everywhere by Jordan Mudd

<https://jordanmuddsings.bandcamp.com/track/i-send-my-hope>

(Mashed up with)

This is for the families who are locked inside! Together we will abolish ice

by Lu Aya of the Peace Poets

<https://youtube.com/shorts/MeP7v7sOrpg?si=dvMiF9yErFJJg6->

—READY (I feel it in my bones and blood and belly) by Ahlay Blakeley

<https://ahlayblakely.bandcamp.com/track/ready-2> (support the artist!)

Or live at Singing Alive Here  Alexandra "Ahlay" Blakely teaching at Singing Alive 2022

What is & What Will be, poem by Nate Marshall, read by Aurora

 **what it is & will be, Nate Marshall**

We Belong to Each Other by Annie Schläefer

<https://soundcloud.com/annie-rambeau/we-belong-to-each-other>

Every one of these people are ours,

Just like we are theirs.

We belong to them

and they belong to us.

Lyrics used from James Baldwin's writing:

"Every bombed village is my hometown"

-James Baldwin

And every dead child is my child

Every grieving mother is my mother.

Every crying father is my father.

*Every home turned to rubble
is the home I grew up in.
Every brother carrying the remains
of his brother across borders
is my brother.
Every sister waiting for a sister
who will never come home
is my sister.*

*Every one of these people are ours,
Just like we are theirs.
We belong to them
and they belong to us.*

You get to do it all - new little ditty by liz

You get to do it all 🧑🏽🧑🏽🧑🏽 imperfectly
We practice and we struggle and we keep on getting free
Another fucking growth! Opportunity
We practice and we struggle and we keep on getting free
📌 You Get to Do It All #AFGO

August 17th: Keep Hope Alive

I am Receiving all this day has for me, I am by **Lyndsey Scott**

[zip in love, this risk, this body] 📺 I am Receivinggg

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

La esperanza esta aqui, La esperanza esta aqui

Te vemos, Te queremos, Luchamos por ti

Keep hope alive, keep hope alive

We see you, we love you, we here with you

By Lu Aya of the Peace Poets

<https://www.patreon.com/posts/keep-hope-alive-124728724>

A Spell for Intergenerational Trauma by Ahlay Blakely

(Breaking the cycle now)

<https://ahlayblakely.bandcamp.com/track/a-spell-for-intergenerational-trauma>

Made for Love (Put down your weapons) by Jessi Rado of Earth Practice

<https://earthpracticemusic.bandcamp.com/track/made-for-love>

August 3: Honoring Joanna Macy & Andrea Gibson: Two Teachers for our Time

May you know in your bones that this earth is your home

May you feel that you belong

Olivia Fern  In Your Bones

Open Sentences (I love being alive because of....) by Ahlay Blakely

Sentence stem from the Work that Reconnects, by Joanna Macy

<https://ahlayblakely.bandcamp.com/track/open-sentences>

[Joanna Macy](#) is the root teacher of [the Work that Reconnects](#), a way of connecting to each other and working honestly with our grief about the state of the world, moving us all towards what she calls "The Great Turning" - that we can choose to take care of each other and the planet in the opportunity of this polycrisis. [This page has several links at the bottom](#) to get to know her work, including a beautiful kitchen table podcast series recently recorded to capture her teachings before she passed called [We Are the Great Turning](#) (spotify [playlist here](#))- I highly recommend it.

Ceasefire Now Nigun: Sol Weiss + ilana Lerman (Let Gaza Live, Not in our name, put the weapons down...)

<https://soundcloud.com/sol-yael/ceasefire-now>

-I don't know If we're meant to carry so much grief in one body- ahlay blakely

<https://www.instagram.com/p/ChlaoUEDOeo/?hl=en>

Support the artist here <https://ahlayblakely.bandcamp.com/track/one-body-2>

The Nutritionist, by Andrea Gibson (read by Aurora)

Watch Andrea's performance here  Andrea Gibson - The Nutritionist

Read the text transcribed here <https://ohandreagibson.tumblr.com/nutritionist>

"You are not weak just because your heart feels so heavy."

[Andrea Gibson](#) was a poet whose work was incisive, insightful, and never failed to excavate their inner life in a way that excavated all of ours listening too. They knew their cancer diagnosis was terminal and faced into death with such clarity, open eyes and an open heart. [This tribute from their wife Megan Falley](#) says people are calling them, "The Rumi of our time" and that feels absolutely right. [You can see and sit with some of their brilliance here.](#)

What if this wound is a portal to my soul and i'm being called to keep it open by Ahlay Blakely <https://ahlayblakely.bandcamp.com/track/keep-it-open>

-We shall be known- MaMuse

▶ **"We Shall Be Known" and "River Run Free" by Mamuse, Live**

And covered by the Thrive choir because Harmonies :)

▶ **We Shall Be Known - (Thrive Choir covering MaMuse)**

Support the artists on bandcamp here:

<https://mamuse.bandcamp.com/track/we-shall-be-known-featuring-thrive-choir>

July 20: Resilience, Persistence, and Courage

Led by Leah Robshaw Robinson

—Every Day when I wake up by Melanie DeMore

▶ Every Day When I Wake Up

—We Were Made for These Times - Angela Gabriel

▶ We Were Made For These Times

—Resilience - by Abbie Betinis

▶ 24. Resilience (by Abbie Betinis) - with Abbie's introduction

"Resilience is a mindset born in the hardest days, when you're scared or sad or tired, when progress toward your goal is slow, and the barriers seem impenetrable... and yet you keep going, because somewhere deep down you know that what you're fighting for will be so much better. As a three-time cancer survivor, I continue to learn about resilience." -Abbie

—Oh to Be Alive - by Gretchen Sleicher

[Oh to Be Alive! | Songs for the Great Turning](#)

—Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love - by Liz Digitale Anderson.

<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

Zipper in grief, pain, conflict, hope, joy, community...

—We Rise for All Creation - Peace Poets and Thrive Choir

📺 Rise for All Creation by Peace Poets and Thrive Choir

—Ain't Gonna Let Nobody Turn Me Around

[Ain't Gonna Let Nobody Turn Me Around](#)

Fear, ICE, Injustice, White Supremacy, Patriarchy, Hate

July 6: Are We Willing to Do the Work?

Awaken all the hearts of these wounded warmongering men and open all the doors to collective liberation! By YAM <https://www.instagram.com/p/C6puXUKL0ye/>

The whole feed is 🔥 🔥 🔥

This is for the families who are locked inside! Together we will abolish ice

by Lu Aya of the Peace Poets

<https://youtube.com/shorts/MeP7v7sOrpg?si=dvMiF9yErFJJgj6->

Deep down inside of me by Adele Getty

I've got a fire going on

Part of me wants to sing about the light

And part of me wants to cry cry cry

<https://soundcloud.com/songforest/deep-down-inside-of-me>

—Am I Willing to do the work? - Ahlay Blakely

<https://www.instagram.com/p/CvBAwYpNmWe/>

(We will not underestimate) Our Power (Taught by Katie)

📺 **Our Power** by Rena Branson

[UNITY poem](#)

Rosemerry Wahtola Trommer

Despair is a tool of empire by Abigail Bengson

<https://www.instagram.com/p/DCQCZljvkcD/>

Despair is a tool of empire

If they exhaust us, they can bring us down

[lyric suggestion to avoid us vs. them: "If we're exhausted, we can be brought down..."]

If you feel hopeless, that's on purpose, but oh

Honey, look around, at

All of the love that's been poured into us, That's got us this far

The love from every ancestor and the light from every star.

Basically this is like the second verse:

My Body is perfect! It's the situation that's fucked up

My nervous system is divinely made, and The system is a garbage truck: Abigail Bengson

<https://www.instagram.com/reel/DE0FklxvKF4/?igsh=MXRoM2QzdjlkHgxexA==>

You Do Not Carry This All Alone by Ahlay Blakely

<https://ahlayblakely.bandcamp.com/track/carry-this-all-2>

June 15: HELLA PRIDE QUEER EDITION 🎉

I believe that I belong to the earth by Mo Washburn

<https://mogather.bandcamp.com/track/belong>

May this Body be a bridge for the healing of this land: Te Martin

Song seed from their convo with Palestinian friend Said Abdallah on the way to Standing Rock who said, "I want my body to be a bridge for the liberation of my homelands."

<https://temartin.bandcamp.com/album/water-bones>

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson (she/they)

📎 Love From the Inside Out (Can I Sing in a Way that I Care About) by Moon Clemetson.m4a

-Loosen, loosen-Aly Halpert

📺 Loosen Loosen support the artist here <https://alyhalpert.bandcamp.com/album/loosen>

Ceasefire Now Nigun: Sol Weiss + ilana Lerman (Not in our name, put the weapons down...)

<https://soundcloud.com/sol-yael/ceasefire-now>

whole, as in

i am enough

A poem by Orion Johnstone <https://www.orionjohnstone.com/wholeasin>

-Healing is Possible- Orion Johnstone, they/he, transgender faggot Wizard, a Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

June 1: I believe in a world that works for all....

May you know in your bones that this earth is your home

May you feel that you belong

Olivia Fern

<https://youtu.be/86d3x5cbyH4?si=Bk8VIK5XXqCyeSEu>

Despair is a tool of empire by Abigail Bengson

<https://www.instagram.com/p/DCQCZljvkcD/>

Despair is a tool of empire

If they exhaust us, they can bring us down

[lyric suggestion to avoid us vs. them: "If we're exhausted, we can be brought down..."]

If you feel hopeless, that's on purpose, but oh

Honey, look around, at

All of the love that's been poured into us

That's got us this far

The love from every ancestor and the light from every star.

SLow Down!

I believe in a world that works for all

I believe it is possible, I can hear the call

I support the world when I support myself

It is always right for me to ask for help

🎧 A world that works for all (audio) by Slow Down

Water be my teacher, water carry me by MILCK

<https://www.instagram.com/reel/DKDeMjRJIDl/?igsh=dmZmcnZ0aXA1NXAw>

—READY (I feel it in my bones and blood and belly) by Ahlay Blakeley

<https://ahlayblakely.bandcamp.com/track/ready-2> (support the artist!)

Or live at Singing Alive Here  Alexandra "Ahlay" Blakely teaching at Singing Alive 2022

-Get into your body - **Lea Morris**

[Lea and the Looper - Get Into Your Body](#)

May 18: Powderhorn Park Edition!

I am Receiving all this day has for me, I am by **Lyndsey Scott**

[zip in love, this risk, this body] 🇺🇸 I am Receivinggg

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

We're the ones we've been waiting for x2

It is upon us. To dream beyond us

We're the ones we've been waiting for

This is a time of change// Hold liminality

Let it rearrange us

May it turn us toward the sacred

Keshira HaLev Fife

<https://www.instagram.com/reel/DJE6V1wtp4W/?igsh=NW40NnR0bDBjY2pw>

Lilac Song by Sarina Partridge <https://sarinapartridge.bandcamp.com/track/lilac-song>

—We're all hurt and we're trying to get free

If you don't transform your trauma, you will just transmit it....(based on a line from Richard Rohr)

[hurt people hurt people, healed people heal]

Free people free people....

- Liz Digitale Anderson 🎧 we're all hurt-free-SCRATCH -liz digitale anderson- 7:6:25, 2.58 P...

Personal, cultural, structural change (are you/a police/ abolitionist?) / growth, healing, and liberation, liberate your imagination (you gotta organize organize organize....) - liz digitale anderson <https://singingforliberation.bandcamp.com/track/are-you>

May 4: MayDay! May the Fourth be with you

We sing to liberate us all/ Tending to belonging is our calling

By Grisha Stewart <https://www.instagram.com/reel/DHhCzAMyarH/?igsh=azNhZzB6c3VnOG84>

Mixed with

May you know in your bones that this earth is your home

May you feel that you belong

By Olivia fern

<https://youtu.be/86d3x5cbyH4?si=Bk8VIK5XXqCyeSEu>

Grief is Coming: Aurora's Song - Liz Digitale Anderson (based on a conversation with Aurora Adams, thanks to the mentorship of J. Miakoda Taylor)

<https://soundcloud.com/lizdigitaleanderson/grief-is-coming-auroras-song>

F*ck Yeah - by Lyndsey Scott

If it's not a fuck yeah, it's a no no no no, if it's not a fuck yeah, it's a no! (Lyndsey's original banger)

Composting white supremacy, tearing it out by the roots, breaking it down into new soil

Composting the patriarchy, tearing it out by the roots, breaking it down into new soil (New bass layer by Liz)

<https://soundcloud.com/lilagaia/fck-yeah> (Lyndsey's original)

Singing for Liberation [class recording with the composting layers Oct 24 :D](#)

-Risk more for love: the interlocking systems of oppression/depend on us feeling alone and ashamed/ but spiritual practices cultivate courage/ so that we will risk more for each other/ so that we will risk more for love. Round - text from Casper ter Kuile, "the Power of Ritual." tune Liz Digitale Anderson. <https://soundcloud.com/lizdigitaleanderson/risk-more-for-love>

April 20: Tending to Belonging is our Calling

We sing to liberate us all/ Tending to belonging is our calling

By Grisha Stewart <https://www.instagram.com/reel/DHhCzAMyarH/?igsh=azNhZzB6c3VnOG84>

Mixed with

May you know in your bones that this earth is your home

May you feel that you belong

Olivia fern

<https://youtu.be/86d3x5cbyH4?si=Bk8VIK5XXqCyeSEu>

La esperanza esta aqui, La esperanza esta aqui

Te vemos, Te queremos, Luchamos por ti

Keep hope alive, keep hope alive

We see you, we love you, we here with you

By Lu Aya of the Peace Poets

<https://www.patreon.com/posts/keep-hope-alive-124728724>

The water is muddy and the water is wide - but we'll get through it to the other side

Heidi Wilson (*Ask liz for a scratch recording*)

-Put your roots down- **Molly Hartwell**

 **Put Your Roots Down | Thrive Choir**

April 6: Another revolution around the sun 🎉

I am not Afraid, I will live for liberation cause I know why I was made - Poor People's Campaign

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

May this Body be a bridge for the healing of this land: Te Martin

Song seed from their convo with Palestinian friend Said Abdallah on the way to Standing Rock who said, "I want my body to be a bridge for the liberation of my homelands."

<https://temartin.bandcamp.com/album/water-bones>

What are we gonna do with all this grief - main lyric from Prentis Hemphill's book, "What It Takes to Heal," tune by Liz with melodic frame influenced by Ana Hernandez's "Set it right again", Black Blues + Spirituals, and Whiskey Shivers' "Who's gonna dig these graves"

<https://drive.google.com/file/d/1Yoyf9tb4UlfHDEeO6U0-vR5aieTcwOqz/view?usp=sharing>

We're going down to the roots, we're going down to the truth

You're gonna see me, and I'm gonna see you - Lu Aya of the Peace Poets -caught under the willow tree at the Say Their Names Cemetery here in Minneapolis

📁 *going down to the roots - Lu Aya peace poets.m4a* < scratch recording

WE RISE - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

📁 We Rise - Batya Levine

-I send my hope, I send my prayer, I send my strength to those resisting everywhere by Jordan Mudd

<https://jordanmuddsings.bandcamp.com/track/i-send-my-hope>

March 16: When Times are Hard

I am Receiving all this day has for me, I am **by Lyndsey Scott**

[zip in love, this risk, this body] 📁 **I am Receivingggg**

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

How Many Times will my heart be broken (opened) in this one lifetime - Liza Walker

📁 How many times will my heart be broken in this one lifetime. Liza walker .m4a

-Over/Under (We do this till we free us) - Lyndsey Scott and A-Rhodd

<https://lyndseyscott.bandcamp.com/track/over-under>

When Times are Hard (We Lead in Love) - Liz Digitale Anderson words, tune Julius Chajes

<https://soundcloud.com/lizdigitaleanderson/when-times-are-hard>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

📎 trouble is gonna find you by liz digitale anderson.m4a

March 2: They Tried to Bury Us

(Rinnah taught us BABY BELUGA, the Raffi Classic!)

📺 Raffi - Baby Beluga (Official Animated Video)

Shit's crazy (But the love is so good, the love is so good, the love is so good!)

Shit's crazy, and that's just it- the love is how we get through the crazy shit!

By Riyo Amini (*ping liz if you need a scratch recording!*)

Oh Vision Keeper, Bring me a vision of the world i long to see - Bex Lipps

<https://www.youtube.com/watch?v=xzmpt4dJaFQ>

“Stop / outsourcing your self-worth / to people who don't deserve it / They don't even know you!” Words Logan Ury on Glennon Doyle's podcast, tune Liz Digitale Anderson

📎 stop outsourcing your self worth with bass- words Logan Ury, tune liz.m4a

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson (she/they)

📎 Love From the Inside Out (Can I Sing in a Way that I Care About) by Moon Clemetson.m4a

Even when I make mistakes, may I learn to love and accept myself fully by Yam of Earth Practice <https://thelivingroomchoir.com/even-when-i-make-mistakes/>

February 16: ❄️❄️❄️❄️

Set It Right Again (words: inspired by Sojourner Truth/music: Ana Hernandez) -

<https://youtu.be/aes1qzO9RwY>

<http://anahernandez.org/set-it-right-again/>

-My Body is Not an Apology - by Abigail Bengson, words inspired by Sonya Renee Taylor's book

https://www.instagram.com/p/Cq6j7x-NrQZ/?img_index=1

Hold ON?

Courage is not the absence of fear = Ahlay Blakely

<https://www.youtube.com/watch?v=srtz4FAGYqM>

-Over/Under (We do this till we free us) - Lyndsey Scott and A-Rhodd

<https://lyndseyscott.bandcamp.com/track/over-under>

February 2: Don't Hesitate

I believe that I belong to the earth by Mo Washburn

<https://mogather.bandcamp.com/track/belong>

Don't go putting the world on your shoulders- Will Lawrence and Erin Bridges of the Sunrise Movement

smvmt.org/onyourshoulders

[Don't Hesitate by Mary Oliver](#)

The Centering Song, by Liz Digitale Anderson,

based on the Centering practice as taught by Generative Somatics (founded by Staci Haines and Spenta Kandawalla, taught locally by Sarah Abbott and Becka Tilsen)

Centered in my Body, Centered in my Soul

Centered in my *Length*

Rooted towards the whole

The whole of myself, the whole of the earth, the whole of my enemy

The whole of myself, the whole of the earth, the whole of community

**zip in Dignity, Width, Connection, Community, Boundaries, Depth, Ancestors, Present, Looking towards the future, Commitment, Values, Love*

-Risk more for love: the interlocking systems of oppression/depend on us feeling alone and ashamed/ but spiritual practices cultivate courage/ so that we will risk more for each other/ so that we will risk more for love. Round - text from Casper ter Kuile, "the Power of Ritual." tune Liz Digitale Anderson. <https://soundcloud.com/lizdigitaleanderson/risk-more-for-love>

-We shall be known- MaMuse

 **"We Shall Be Known" and "River Run Free" by Mamuse, Live**

And covered by the Thrive choir because Harmonies :)

📺 **We Shall Be Known - (Thrive Choir covering MaMuse)**

Support the artists on bandcamp here:

<https://mamuse.bandcamp.com/track/we-shall-be-known-featuring-thrive-choir>

January 5: happy 2025 🐼🐼

The Neuroplasticity Song! (I am ready to change, every day i am changing) = Ahlay Blakely

<https://www.healingattheroots.com/songlibrary>

(second song on the right hand side)

Support the artist here: <https://ahlayblakely.bandcamp.com/track/the-neuroplasticity-song>

-I send my hope, I send my prayer, I send my strength to those resisting everywhere by Jordan Mudd

<https://jordanmuddsings.bandcamp.com/track/i-send-my-hope>

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson (she/they)

📁 Love From the Inside Out (Can I Sing in a Way that I Care About) by Moon Clemetson.m4a

Grief is Coming: Aurora's Song (with Shruti) - Liz Digitale Anderson (based on a conversation with Aurora Adams, thanks to the mentorship of J. Miakoda Taylor)

<https://soundcloud.com/lizdigitaleanderson/grief-is-coming-auroras-song>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

📁 trouble is gonna find you by liz digitale anderson.m4a

December?? Lol

The Centering Song, by Liz Digitale Anderson,
based on the Centering practice as taught by Generative Somatics (founded by Staci Haines and Spenta Kandawalla, taught locally by Sarah Abbott and Becka Tilsen)

Centered in my Body, Centered in my Soul

Centered in my *Length*

Rooted towards the whole

The whole of myself, the whole of the earth, the whole of my enemy

The whole of myself, the whole of the earth, the whole of community

*zip in Dignity, Width, Connection, Community, Boundaries, Depth, Ancestors, Present, Looking towards the future, Commitment, Values, Love

November 3: what the national heck (you're always practicing something)

"You're always practicing something. So you're either practicing upholding the world as it is, or you're practicing shifting into the world as you want it to be." -adrienne maree brown

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis
<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

What are we gonna do with all this grief - main lyric from Prentis Hemphill's book, "What It Takes to Heal," tune by Liz with melodic frame influenced by Ana Hernandez's "Set it right again", Black Blues + Spirituals, and Whiskey Shivers' "Who's gonna dig these graves"
<https://drive.google.com/file/d/1Yoyf9tb4UlfHDEeO6U0-vR5aieTcwOqz/view?usp=sharing>

—READY (I feel it in my bones and blood and belly) by Ahlay Blakeley

<https://ahlayblakely.bandcamp.com/track/ready-2> (support the artist!)

Or live at Singing Alive Here  Alexandra "Ahlay" Blakely teaching at Singing Alive 2022

POEM: The Low Road, Marge Piercy

<https://www.historyisaweapon.com/defcon1/piercylowroad.html>

Oh Vision Keeper, Bring me a vision of the world i long to see - Bex Lipps

<https://www.youtube.com/watch?v=xzmpt4dJaFQ>

May your roots grow deep, may your fruit grow sweet, may you know the seeds you sow, and grow, grow the way you want to grow (And I will tend to you, and you will tend to me, and you and i will grow: interdependently!) by Josh Blaine, ping Liz for a scratch recording

-Healing is Possible- Orion Johnstone, they/he, transgender faggot Wizard, a Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

October 20th: all this day has for me

I am Receiving all this day has for me, I am by **Lyndsey Scott**

[zip in love, this risk, this body] <https://www.youtube.com/watch?v=fo5vCJgTRYw>

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

PALESTINE WILL BE FREE traditional Round arranged by Pax Ressler

<https://www.instagram.com/p/C9se0mEJ9xx/>

I lean into the unknown (there's a bigger picture that I may never see) by Ahlay Blakely

<https://ahlayblakely.bandcamp.com/track/the-unknown>

Centered in Length call and echo (Length/Dignity, Width/Connected/Boundaries, Depth/History/Ancestors/Present/Future, Purpose) (new somatic singing experiment by Liz, based in the lineage of Generative Somatics, ping me for a scratch)

Don't go putting the world on your shoulders, you don't have to do it alone- Will Lawrence and Erin Bridges of the Sunrise Movement

smvmt.org/onyourshoulders

October 6th: What Are We Gonna Do with All This Grief

What are we gonna do with all this grief - main lyric from Prentis Hemphill's book, "What It Takes to Heal," tune by Liz with melodic frame influenced by Ana Hernandez's "Set it right again", Black Blues + Spirituals, and Whiskey Shivers' "Who's gonna dig these graves"

<https://drive.google.com/file/d/1Yoyf9tb4UlfHDEeO6U0-vR5aieTcwOqz/view?usp=sharing>

We Breathe Together (Stop the occupation) by adrienne marie brown

<https://www.instagram.com/reel/CzqFmuJOpGC/?igshid=NDg1bGdiZ3dheWw4>

Winds of the West: Ayla Nereo

📺 Winds of the West - Ayla Nereo - live at Lama

—**Let it Blow Through** (Maggie Wheeler)

<https://vimeo.com/398104028>

For teaching parts

<https://www.abreathofsong.com/episodes--show-notes/4-let-it-blow-through>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

📁 trouble is gonna find you by liz digitale anderson.m4a

They Tried, they tried, they tried to bury us (2x)
but they didn't know, they didn't know, they didn't know
They didn't know that we were seeds!

JP Villanueva, tune

Lyrics attributed to Dinos Christianopolous, contemporary Greek queer poet

📁 they tried to bury us.m4a scratch recording

September: I didn't write it down very well

I am Receiving all this day has for me, I am by Lyndsey Scott

[zip in this love, this risk, this body] <https://www.youtube.com/watch?v=fo5vCJgTRYw>

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

-May your roots grow deep by Josh Blaine (ping liz if you need a scratch recording)

-The cure for the pain (is inside the pain)- Yam of Earth Practice (based on Rumi)

<https://www.patreon.com/posts/cure-for-pain-88391915>

<https://www.instagram.com/p/Cx8HHREL2-w/>

-We're a new unsettling force (Peace Poets)

<https://www.youtube.com/watch?v=38YejYpa7H4>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

📁 trouble is gonna find you by liz digitale anderson.m4a

August 18: You belong, you belong, you belong

I believe that I belong to the earth by Mo Washburn

<https://mogather.bandcamp.com/track/belong>

We are the people and together we're the power; We lift our voices to the sun like a flower

Sure As the sun will rise; We are the people and freedom is our prize (via Living Room Choir Durham NC)

<https://www.instagram.com/reel/C-gL8U6vo1i/?igsh=MTQ4ZDBuZWltdzEzcg==>

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson

■ Love From the Inside Out (Can I Sing in a Way that I Care About) by Moon Clemetson.m4a

Even when I make mistakes, may I learn to love and accept myself fully by Yam of Earth Practice <https://thelivingroomchoir.com/even-when-i-make-mistakes/>

You're a human being so you're gonna fuck it up (basically every single day) Abigail Bengson

<https://www.instagram.com/reel/Ckn9RY1MNRM/?igsh=d3FmZnYycTBqeWg2>

Keep moving forwards, get it goin onwards (No more fuckin around now!) RIYO AMINI

<https://www.dropbox.com/scl/fi/lSkgh0ymotwr6rogejuip/Onward-LOOP.mp3?rlkey=0yp4rmvykq3ajd20akwa0tq0o&st=uqyyjail&dl=0>

August 4: Guest led by Conie B!

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis

<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

You Are in the right place by Martha Jones Burford

<https://www.youtube.com/watch?v=fof7TG-LIO8>

The Center will hold (When we feel the edges) by Conie Borchardt, words via Brene Brown Atlas of the Heart

<https://mixcord.co/acapella/p/cn2xGZCRnDFAk9ZXT6dL2w/>

LOVE, a song from Stephanie Siddiqui

Set It Right Again (words: inspired by Sojourner Truth/music: Ana Hernandez) -

<https://youtu.be/aes1qzO9RwY>

<http://anahernandez.org/set-it-right-again/>

I am not Afraid, I will live for liberation cause I know why I was made - Poor People's Campaign

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

July 21: Amidst the Storm

I am Receiving all this day has for me, I am by **Lyndsey Scott**

[zip in this love, this risk, this body] <https://www.youtube.com/watch?v=fo5vCJgTRYw>

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

-My Body is Not an Apology - by Abigail Bengson, words inspired by Sonya Renee Taylor's book

https://www.instagram.com/p/Cq6j7x-NrQZ/?img_index=1

You're a human being so you're gonna fuck it up (basically every single day) Abigail Bengson

<https://www.instagram.com/reel/Ckn9RY1MNRM/?igsh=d3FmZnYycTBqeWg2>

Even when I make mistakes, may I learn to love and accept myself fully by Yam of Earth Practice <https://thelivingroomchoir.com/even-when-i-make-mistakes/>

Net of Remembrance, (Everyone feels and carries different parts of the story) by Ahlay Blakely <https://ahlayblakely.bandcamp.com/track/net-of-remembrance>

-Liberation: Deep community. Grounded in love: Til everybody's free

■ *liberation call and echo-old tune, lyrics by liz.m4a* < recording

(old tune: *Earth my body, water my blood, air i breathe in, fire my spirit*— attributed to Nicole Sangsuree Barrett. [New liberation lyrics by liz here](#)) updated recording here with lyrics I'm teaching as of Fall 2024

https://drive.google.com/file/d/1_Pzyxp9bxyBXYD0qAT_UUb5KFxQ2gB2/view?usp=drivesdk

July 7: Radical Welcome, Radical Hospitality

-I send my hope, I send my prayer, I send my strength to those resisting everywhere by Jordan Mudd

<https://jordanmuddsings.bandcamp.com/track/i-send-my-hope>

Oh Vision Keeper, Bring me a vision of the world i long to see - Bex Lipps

<https://www.youtube.com/watch?v=xzmpt4dJaFQ>

We have so much unlearning to do (We commit to learning towards what's true)

(zip in unknowing, repairing, so much more healing, restoring, so much more loving...)

<https://soundcloud.com/lizdigitaleanderson/unlearning>

We Breathe Together (Stop the occupation) by adrienne marie brown

<https://www.instagram.com/reel/CzqFmuJOpGC/?igshid=NDg1bGdiZ3dheWw4>

Even when I make mistakes, may I learn to love and accept myself fully by Yam of Earth

Practice <https://thelivingroomchoir.com/even-when-i-make-mistakes/>

w

June 16: HELLA QUEER PRIDE EDITION (Whole, as in...)

When the world is sick, can't no one be well - yet i dreamt we were beautiful and strong

By Sam Rise, they/them, Black nonbinary song catcher activist revolutionary from Philly

<https://samantharise.bandcamp.com/track/wade>

Oh Vision Keeper, Bring me a vision of the world i long to see - Bex Lipps (they/she)

<https://www.youtube.com/watch?v=xzmpt4dJaFQ>

We Breathe Together (Stop the occupation) by adrienne marie brown (she/they)

<https://www.instagram.com/reel/CzqFmuJOpGC/?igshid=NDg1bGdiZ3dheWw4>

“Stop / outsourcing your self-worth / to people who don’t deserve it / They don’t even know you!” Words Logan Ury on Glennon Doyle’s podcast, tune Liz Digitale Anderson

■ stop outsourcing your self worth with bass- words Logan Ury, tune liz.m4a

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson (she/they)

■ Love From the Inside Out (Can I Sing in a Way that I Care About) by Moon Clemetson.m4a

whole, as in

i am enough

A poem by Orion Johnstone <https://www.orionjohnstone.com/wholeasin>

-Healing is Possible- Orion Johnstone, they/he, transgender faggot Wizard, a Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

June 2: The Nutritionist Said... (You belong, you belong)

-Liberation: Deep community. Grounded in love: Til everybody's free

📌 liberation call and echo-old tune, lyrics by liz.m4a < recording

(old tune: Earth my body, water my blood, air i breathe in, fire my spirit– attributed to Nicole Sangsuree Barrett. [New liberation lyrics by liz here](#)) updated recording here with lyrics I'm teaching as of Fall 2024

https://drive.google.com/file/d/1_Pzyxp9bxyBXYD0qAT_UUb5KFxQ2gB2/view?usp=drivesdk

I am Receiving all this day has for me, I am **by Lyndsey Scott**

[zip in love, this risk, this body] <https://www.youtube.com/watch?v=fo5vCJgTRYw>

Support the artist on bandcamp here: <https://lyndseyscott.bandcamp.com/track/i-am-receiving>

Awaken all the hearts of these wounded warmongering men and open all the doors to collective liberation! By YAM <https://www.instagram.com/p/C6puXUKL0ye/>

The whole feed is 🔥 🔥 🔥

What if this wound is a portal to my soul and i'm being called to keep it open by Ahlay Blakely <https://ahlayblakely.bandcamp.com/track/keep-it-open>

Aurora read "The Nutritionist" by Andrea Gibson

[Andrea Gibson performing "The Nutritionist"](#)

<https://genius.com/Andrea-gibson-the-nutritionist-annotated>

I believe that I belong to the earth by Mo Washburn

<https://mogather.bandcamp.com/track/belong>

—We Are Rising Up Like A Phoenix from the Fire, unknown (from Rainbow Gathering; we sang these lyrics: "We are rising up like the phoenix from the fire/everybody spread your wings and fly higher/We are rising....We are opening up/like a lotus in the sun/everybody come together as one/We are opening")

📺 Rainbow Spirit Oregon - We are Opening up in Sweet Surrender to the luminous Loveligh...

[My Soul's Home \(This Medicine Stitches Me Back\)](#) by Riyo Amini!

May 19: Eco-Beatitudes

You Do Not Carry This All Alone by Ahlay Blakely

<https://ahlayblakely.bandcamp.com/track/carry-this-all-2>

Building a new world of Justice and Peace, Justice and peace, justice and peace! (Tiny round: old tune, new lyrics by liz: zipper in other verbs! Growing, Dancing, Living, Singing...)
https://drive.google.com/file/d/1_7Aw6HR_bEyP-39w-AmNXfaibH5KEiJ/view?usp=drivesdk

–Am I Willing to do the work? - Ahlay Blakely
<https://www.instagram.com/p/CvBAwYpNmWe/>

Some folx read the Eco-Beatitudes [Blessings] for us
<https://enfleshed.com/liturgy/eco-beatitudes/>

-Put your roots down- **Molly Hartwell**
 **Put Your Roots Down | Thrive Choir**

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...
<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5slRacElufJr0Dcff/view?usp=sharing>

I'm gonna let life move me By Scott Kalechstein Grace (led by Karen M.)
<https://songsforthegreatturning.net/more-songs/gonna-let-life-move-me/>

May 5, 2024: Can I SLAY in way that I care about?!

—READY (I feel it in my bones and blood and belly) by Ahlay Blakeley
<https://ahlayblakely.bandcamp.com/track/ready-2> (support the artist!)

Or live at Singing Alive Here  Alexandra "Ahlay" Blakely teaching at Singing Alive 2022

Ceasefire Now Nigun: Sol Weiss + ilana Lerman (Not in our name, put the weapons down...)
<https://soundcloud.com/sol-yael/ceasefire-now>

Lilac Song by Sarina Partridge <https://sarinapartridge.bandcamp.com/track/lilac-song>

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson

 Love From the Inside Out (Can I Sing in a Way that I Care About) by Moon Clemetson.m4a

[How It's Done- Ricardo Levins Morales reading](#)

Welcome Home Song by Sarina Partridge (*Taught by Jem; Sarina is SO prolific I can't figure out which of her songs this is but will update here if I can track down the recording!*)

—**No One is getting left behind this time** (Josh Blaine)
<https://www.patreon.com/posts/we-get-there-or-63841347>

April 21, 2024: Spring has sprung!

-I send my hope, I send my prayer, I send my strength to those resisting everywhere by Jordan Mudd
<https://jordanmuddsings.bandcamp.com/track/i-send-my-hope>

-oh can you hear it? Ahlay Blakely
<https://ahlayblakely.bandcamp.com/track/can-you-hear-it>

-ridin' my bike, ridin' my bike - Laurence Cole
<https://www.laurencecole.com/album/ridin-my-bike/>

-The cure for the pain (is inside the pain)- Yam of Earth Practice (based on Rumi)
<https://www.patreon.com/posts/cure-for-pain-88391915>
<https://www.instagram.com/p/Cx8HHREL2-w/>

Another World is Possible (UPROOT PATRIARCHY) - Liz Digitale Anderseon
[edit lyrics: i now teach "Uproot Patriarchy, Compost Patriarchy, Uproot Patriarchy, Compost Patriarchy...". As the first layer]
<https://soundcloud.com/lizdigitaleanderson/another-world-is-possible-smash-the-patriarchy>

WE RISE - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

 We Rise - Batya Levine

April 7, 2024: We gather in Queer

Courage is not the absence of fear = Ahlay Blakely
<https://www.youtube.com/watch?v=srtz4FAGYqM>

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis
<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

It's okay if you're not okay (you're loved darling anyways) - Kira Seto

<https://soundcloud.com/kikirara/its-okay>
<https://www.instagram.com/p/Cjw-ssfDfzx/>

Summons- Ahlay Blakely

[Last night I dreamed that 10000 grandmothers](#) “It will have to be us” (round based on [this poem by Aurora Levins Morales](#))

-Put your roots down- **Molly Hartwell**

 **Put Your Roots Down | Thrive Choir**

March 17th: Trouble IS gonna find you

-I am not Afraid, I will **live for liberation cause I know why I was made - Poor People's Campaign (**zip in work, play, dance, rest...)

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

I belong in the beauty of this body, I belong right here in this song: Karly Loveling

<https://karlyloveling.bandcamp.com/track/i-belong>

You're a human being so you're gonna fuck it up (basically every single day) Abigail Begnson

<https://www.instagram.com/reel/Ckn9RY1MNRM/?igsh=d3FmZnYycTBqeWg2>

We do better when we all do better (the lie is us or them- the lie is separation) (new song from Liz: Recording to come!)

March 3, 2024: Honoring Nex Benedict and Aaron Bushnell

[Quotes about Nex and Aaron, and some of their writings that we read out in memory](#)

-Liberation: Deep community. Grounded in love: Til everybody's free

 *liberation call and echo-old tune, lyrics by liz.m4a*

(old tune: *Earth my body, water my blood, air i breathe in, fire my spirit*– attributed to Nicole Sangsuree Barrett. [New liberation lyrics by liz here](#)) updated recording here with lyrics I'm teaching as of Fall 2024

https://drive.google.com/file/d/1_Pzyxp9bxyBXYD0qAT_UUb5KFxQ2gB2/view?usp=drivesdk

—I am Free in my Body (Nothing can take that away from me), by Riyo Amini

<https://shireenamini.bandcamp.com/track/i-am-free-in-my-body>

<https://soundcloud.com/thebirdsings/i-am-free-in-my-body-shireen#t=0:00>

How Many Times will my heart be broken in this one lifetime - Liza Walker

<https://drive.google.com/file/d/18i88pr8QciW2e3Yg0zE8mit0uVU8uBc/view?usp=sharing>

Courage to be who we are (we are singing in the memory of those who have fallen)- Ruth Huber, in memory of Gwen Amber Rose Araujo

<https://www.youtube.com/watch?v=ql1PXiCSJLg>

Do you Feel, Do you Heal -by Lu Aya of the peace poets and Deirdre Shabazz Smith

<https://wildfireproject.org/resources/>

(scratch recording by Liz)

Ceasefire Now Nigun: Sol Weiss + ilana Lerman (Not in our name, put the weapons down...)

<https://soundcloud.com/sol-yael/ceasefire-now>

Summons- Ahlay Blakely

[Last night I dreamed that 10000 grandmothers](#) “It will have to be us” (round based on [this poem](#) by Aurora Levins Morales)

-Healing is Possible- Orion Johnstone, transgender faggot Wizard, a Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

February 18 2024: Am I willing to do the work?

-I am not Afraid, I will **live for liberation cause I know why I was made - Poor People's Campaign (**zip in work, play, dance, rest...)

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

-Cross the sea (we won't rest til we're all free, you are not my enemy) -Molly Bajgot & Sol Weiss

<https://soundcloud.com/sol-yael/cross-the-sea>

“Stop / outsourcing your self-worth / to people who don’t deserve it / They don’t even know you!” Words Logan Ury on Glennon Doyle’s podcast, tune Liz Digitale Anderson
https://drive.google.com/file/d/1MLhSmWSWFAcVOttuXKuyDVihULmTVCxW/view?usp=drive_link

–Am I Willing to do the work? - Ahlay Blakely
<https://www.instagram.com/p/CvBAwYpNmWe/>

-Bridging Hearts *both our needs have gotta get met here* - lisa littlebird
<https://www.youtube.com/watch?v=Q-iAqNCZyBg>

-Sing your heart song, sing it all day long, sing it til you shine, sing it all the time. Let your shame go, Doesn’t serve you no, Open up your heart, let your healing start (Taught by Angela)

-We shall be known- MaMuse

📺 **"We Shall Be Known" and "River Run Free" by Mamuse, Live**

And covered by the Thrive choir because Harmonies :)

📺 **We Shall Be Known - (Thrive Choir covering MaMuse)**

Support the artists on bandcamp here:

<https://mamuse.bandcamp.com/track/we-shall-be-known-featuring-thrive-choir>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...
<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

February 4: I am letting go of disappointing you

-I send my hope, I send my prayer, I send my strength to those resisting everywhere by Jordan Mudd
<https://jordanmuddsings.bandcamp.com/track/i-send-my-hope>

Always (Never a failure, always a lesson) - Nathan Holst [words adrienne marie brown]
<https://www.youtube.com/watch?v=1oRScN74NbY>

Ceasefire Now Nigun: Sol Weiss + ilana Lerman (Not in our name, put the weapons down...)
<https://soundcloud.com/sol-yael/ceasefire-now>

Don’t numb to this, don’t numb it out/let it all flow in and out/you’re strong enough to feel it all, it’ll/keep your heart alive.. . The Bengsons
<https://www.instagram.com/reel/CopdndQNqVs/?igshid=YmMyMTA2M2Y=>

I decline (I am letting go of disappointing you in order to be true to myself) Ahlay Blakely
<https://ahlayblakely.bandcamp.com/track/i-decline>

When Times are Hard (We Lead in Love) - Liz Digitale Anderson words, tune Julius Chajes
<https://soundcloud.com/lizdigitaleanderson/when-times-are-hard>

Don't go putting the world on your shoulders- Will Lawrence and Erin Bridges of the Sunrise Movement
smvmt.org/onyourshoulders

January 21: Way hey, scrape and shovel!

(i think we started with this one??)

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis
<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

Oh Vision Keeper, Bring me a vision of the world i long to see - Bex Lipps
<https://www.youtube.com/watch?v=xzmpt4dJaFQ>

-Sorry Not Sorry (This is Me, All of Me I take up space) Galen Smith *is from Mpls and a white trans genderqueer person. This song came thru Galen after reading Sonya Renee Taylor's "the body is not an apology".* <https://www.youtube.com/watch?v=VPSPH1K468Y>

I release control > Alexis Sunshine Rose
<https://soundcloud.com/thebirdsings/i-release-control-alexa>

-Risk more for love: the interlocking systems of oppression/depend on us feeling alone and ashamed/ but spiritual practices cultivate courage/ so that we will risk more for each other/ so that we will risk more for love. Round - text from Casper ter Kuile, "the Power of Ritual." tune Liz Digitale Anderson. <https://soundcloud.com/lizdigitaleanderson/risk-more-for-love>

What would we do without our shovels, early in the morning? (words by Conie B, Karen M and Liz for Art Shanties 2023 to the tune of What should we do with a drunken sailor)
Way hey, scrape and shovel, early in the morning!

January 7 2024: Happy New Gregorian Calendar (we brought firestarters)

Do you wanna be ready for Change to Come - the Poor People's Campaign

<https://soundcloud.com/kairos-center/wanna-be-ready-for-change-to-come>

-I did not come here alone- peace poets

📺 Peace Poets: "I Have Not Come Here Alone" | Live at #IFTJ 18

(Mashed up with)

We Breathe Together (Stop the occupation) by adrienne marie brown

<https://www.instagram.com/reel/CzqFmuJOpGC/?igshid=NDg1bGdiZ3dheWw4>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

-I don't know If we're meant to carry so much grief in one body- ahlay blakely

<https://www.instagram.com/p/ChlaoUEDOeo/?hl=en>

Support the artist here <https://ahlayblakely.bandcamp.com/track/one-body-2>

Stop policing People's Bodies - Liz Digitale Anderson based on Resmaa Menakem's work in *"My Grandmother's Hands"*

Stop policing people's bodies; ****white supremacy**** is lying to you

Stop policing people's bodies, or ****white supremacy**** wins (****zipper in patriarchy, diet culture, ableism, capitalism...**)

Beautiful, beautiful, your whole body beautiful

Beautiful, beautiful, in my bones

we are beauty-full, I am beauty-full, They are beauty-full, re-wiring my brain (pick some pronouns!)

<https://soundcloud.com/lizdigitaleanderson/beautiful-stop-policing-peoples-bodies>

December 17 2023 (we didn't start the fire)

Wild and Free- Sarina Partridge

<https://sarinapartridge.bandcamp.com/track/wild-and-free>

Always (Never a failure, always a lesson) - Nathan Holst [words adrienne marie brown]

<https://www.youtube.com/watch?v=1oRScN74NbY>

We Breathe Together (Stop the occupation) by adrienne marie brown

<https://www.instagram.com/reel/CzqFmuJOpGC/?igshid=NDg1bGdiZ3dheWw4>

Summons- Ahlay Blakely

[Last night I dreamed that 10000 grandmothers](#) "It will have to be us" (round based on [this poem by Aurora Levins Morales](#))

-No One is getting left behind this time (Josh Blaine)

<https://www.patreon.com/posts/we-get-there-or-63841347>

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

December 3: LIGHT IT UP UP UP

Grief is Coming: Aurora's Song (with Shruti) - Liz Digitale Anderson (based on a conversation with Aurora Adams, thanks to the mentorship of J. Miakoda Taylor)

<https://soundcloud.com/lizdigitaleanderson/grief-is-coming-auroras-song>

*Grief** is coming for us all*

I said grief is coming for us all

And how we gather round and care

When it's your turn to collapse (*my turn, *our turn)*

Well that is the revolution from this capitalist trap

*(**zipper in Pain, Conflict, Shame, end with LOVE)*

Seen and known and loved in the midst

Seen and known and loved in your* hot mess (*my hot mess, our hot mess)

Puttin' in the work, puttin' in the reps

Comfort in discomfort is such a flex...

We've seen the future, we've seen the other side, there will be no prisons there will be no pipelines - Peace Poets.

There will be no genocide and no apartheid

https://drive.google.com/file/d/1NKlqJCzB7xHd_npt3nsafWGyLwl-Mw6U/view?usp=sharing

The cure for the pain (is inside the pain)- Yam of Earth Practice (based on Rumi)

<https://www.patreon.com/posts/cure-for-pain-88391915>

<https://www.instagram.com/p/Cx8HHREL2-w/>

Sunday November 19: Sunshine, Heartsong.

Thank you Mother Earth for this beauty i have seen today. - Mark and Sheri (?) Anderson

<https://drive.google.com/file/d/18kPosJ-yqjbsWiWxCUwTb1-CsHgF0SRz/view?usp=sharing>

May this Body be a bridge: Te Martin

Song seed from their convo with Palestinian friend Said Abdallah on the way to Standing Rock who said, "I want my body to be a bridge for the liberation of my homelands."

<https://temartin.bandcamp.com/album/water-bones>

-Risk more for love: the interlocking systems of oppression/depend on us feeling alone and ashamed/ but spiritual practices cultivate courage/ so that we will risk more for each other/ so that we will risk more for love. Round - text from Casper ter Kuile, "the Power of Ritual." tune Liz Digitale Anderson. <https://soundcloud.com/lizdigitaleanderson/risk-more-for-love>

Ceasefire Now Nigun: Sol Weiss + ilana Lerman (Not in our name, put the weapons down...)

<https://soundcloud.com/sol-yael/ceasefire-now>

Am I Willing to do the work? - Ahlay Blakely

<https://www.instagram.com/p/CvBAwYpNmWe/>

-Healing is Possible- Orion Johnstone, transgender faggot Wizard, a Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

Open Sentences (I love being alive because of....) by Ahlay Blakely

<https://ahlayblakely.bandcamp.com/track/open-sentences>

Sunday November 5: “The Singing is the only way I know how to pray.”--Sheila

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis

<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

I am not Afraid, I will live for liberation cause I know why I was made - Poor People's Campaign

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

Cross the sea (we won't rest til we're all free, you are not my enemy) -Molly Bajgot & Sol Weiss

<https://soundcloud.com/sol-yael/cross-the-sea>

—**Let it Blow Through** (Maggie Wheeler)

<https://vimeo.com/398104028>

For teaching parts

<https://www.abreathofsong.com/episodes--show-notes/4-let-it-blow-through>

How Many Times will my heart be broken in this one lifetime - Liza Walker

<https://drive.google.com/file/d/18i88pr8QciW2e3Yg0zE8mit0uVU8uBc/view?usp=sharing> -

scratch recording by Liz and Doe

F*ck Yeah - by Lyndsey Scott

If it's not a fuck yeah, it's a no no no no, if it's not a fuck yeah, it's a no! (Lyndsey's original banger)

Composting white supremacy, tearing it out by the roots, breaking it down into new soil

Composting the patriarchy, tearing it out by the roots, breaking it down into new soil (New bass layer by Liz)

<https://soundcloud.com/lilagaia/fck-yeah> (Lyndsey's original)

Singing for Liberation [class recording with the composting layers Oct 24 :D](#)

Sunday October 15: so much in the world.

The Crow Calls, the sun falls, they know the rhythm, the rhythm of it all (we are the only ones who have forgotten how to listen) - by Maggie Wheeler

<https://maggiewheeler.bandcamp.com/track/the-crow-calls>

Ripple: What if what we are doing right now, ripples out beyond what the eye can see - Ahlay

Blakely <https://ahlayblakely.bandcamp.com/track/ripple>

Hope comes (from the place where the hurt comes) - Abigail and Shaun Bengson

 The Bengsons - Hope Comes

-Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...

<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

Sunday October 1: Potluck Snacks :)

Courage is not the absence of fear = Ahlay Blakely

<https://www.youtube.com/watch?v=srtz4FAGYqM>

We're here because we're queer because we're here because we're queer :) (a la George Lakey coming out in the 70s to a national Quaker meeting) *to the tune of Auld Lang Syne*

May this Body be a bridge: Te Martin

Song seed from their convo with Palestinian friend Said in the way to Standing Rock who said, "I want my body to be a bridge for the liberation of my homelands."

<https://temartin.bandcamp.com/album/water-bones>

Oh River, re-wild my soul, help me let go of control, show my heart how to flow with ease again, i am ready, take me in - Heather Houston

<https://heatherhoustonmusic.com/song/re-wild-my-soul-heather-houston/>

I will go down to the well, let the water ring me like a bell - Sarina Partridge (shared by Katrin)

<https://sarinapartridge.bandcamp.com/track/down-to-the-well>

Let it lie fallow, let the weeds grow tall - Sarina Partridge

<https://sarinapartridge.bandcamp.com/track/fallow>

You Don't have to know the Way - Lyndsey Scott

<https://lyndseyscott.bandcamp.com/track/the-way-knows>

Every step towards joy is a tiny revolution - words by Andre Henry, music by Liz Digitale Anderson

<https://drive.google.com/file/d/1sLwdgGQD0s-UDRYodQ7E3DO0rSLu9Q-R/view?usp=sharing>

Sunday Sept 17: A Change is gonna come

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis

<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

Abundance (whatever I am given) - Liz Digitale Anderson

<https://soundcloud.com/lizdigitaleanderson/abundance-whatever-i-am-given>

Winds of the West: Ayla Nereo

📺 Winds of the West - Ayla Nereo - live at Lama

Do you wanna be ready for Change to Come - the Poor People's Campaign

<https://soundcloud.com/kairos-center/wanna-be-ready-for-change-to-come>

Sound the Alarm! We're together, greater now than ever: The People's Echo

<https://soundcloud.com/the-peoples-echo/sound-the-alarm>

-Get into your body - **Lea Morris**

[Lea and the Looper - Get Into Your Body](#)

Sunday Sept 3rd 2023: 🌲 at Powderhorn Park 🌲

We do better when we all do better (the lie is us or them- the lie is separation) (new song from Liz: Recording to come!)

How Many Times will my heart be broken in this one lifetime - Liza Walker

<https://drive.google.com/file/d/18i88pr8QciW2e3Yg0zE8mit0uVU8uBc/view?usp=sharing>

The Shame Song (If I'm gonna fall...I TOO DESERVE BELONGING) - Ahlay Blakely

<https://www.instagram.com/p/CdLm0YuDhec/>

-Over/Under (We do this till we free us) - Lyndsey Scott and A-Rhodd

<https://lyndseyscott.bandcamp.com/track/over-under>

August 20: We're here because we're queer

Earth, you hold us as we gather - Lyndsey Scott

<https://lyndseyscott.bandcamp.com/track/earth-you-hold-us>

I belong to the woods and the water - Sarina Partridge

<https://sarinapartridge.bandcamp.com/track/i-belong>

It's okay if you're not okay (you're loved darling anyways) - Kira Seto

<https://soundcloud.com/kikirara/its-okay>

<https://www.instagram.com/p/Cjw-ssfDfzx/>

Do you wanna be ready for Change to Come - the Poor People's Campaign

<https://soundcloud.com/kairos-center/wanna-be-ready-for-change-to-come>

Stop policing People's Bodies (white supremacy is lying to you)

Stop policing people's bodies, or white supremacy wins (F THAT)

Beautiful, beautiful, your whole body beautiful

Beautiful, beautiful, in my bones

You are beautiful, I am beautiful, we are beautiful, re-wiring my brain

<https://soundcloud.com/lizdigitaleanderson/beautiful-stop-policing-peoples-bodies>

August 6: We're here because we're here

We're here because we're here because we're here because we're here (to the tune of Auld Lang Syne, thanks to the soldiers in the trenches of WW I)

-How Shall we come together (we shall come together singing) - by Maggie Wheeler

<https://songsforthegreatturning.net/more-songs/we-shall-come-together-singing/>

Don't numb to this, don't numb it out/let it all flow in and out/you're strong enough to feel it all, it'll/keep your heart alive.. . The Bengsons

<https://www.instagram.com/reel/CopdndQNqVs/?igshid=YmMyMTA2M2Y=>

Be with me, yah, be with me (I can't breathe) by Koach Baruch Frazier

<https://soundcloud.com/user-478813445/be-with-me-by-koach-baruch-frazier>

(SAY THEIR NAMES: RICKY COBB. O'SHEA SIBLEY.)

Am I Willing to do the work? - Ahlay Blakely

<https://www.instagram.com/p/CvBAwYpNmWe/>

July 2: I wanna lay my body down on the earth

Into the river (I wanna lay my bones down in the water, I wanna lay my body down on the earth) by Starling Arrow

<https://starlingarrow.bandcamp.com/track/into-the-river>

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis

<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

WE RISE - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

 We Rise - Batya Levine

“Stop / outsourcing your self-worth / to people who don’t deserve it / They don’t even know you!” Words Logan Ury on Glennon Doyle’s podcast, tune Liz Digitale Anderson

https://drive.google.com/file/d/1MLhSmWSWFAcVOttuXKuyDVihULmTVCxW/view?usp=drive_link

Above Water (I will not be pulled down to the murky deep: The Swimming Song) -by Ilana Lowe, taught by Andrea Brown <https://ilanalowe.bandcamp.com/track/above-water>

We are hurting, but in this pain we’re learning /how to love our people from now on

We are growing, finally we are flowing /wild like the river from now on - **Peace Poets, email liz for a recording**

June 18: Building a new world of Justice and Peace!

I am blessed (even when I’m here feeling like a mess): Desiree Dawson

<https://desiree-dawson.bandcamp.com/track/i-am-blessed-loop>

May this Body be a bridge: Te Martin

Song seed from their convo with Palestinian friend Said in the way to Standing Rock who said, “I want my body to be a bridge for the liberation of my homelands.”

<https://temartin.bandcamp.com/album/water-bones>

As I relax (I know my needs are met): Lyndsey Scott

<https://lyndseyscott.bandcamp.com/track/as-i-relax>

Doe’s new song: It’s all right, It’s okay.... by the river Cicadas! Open fifths!

Body of a goddess: By Michael Stillwater, adapted by Lauren Arrow and Ali Maya – Taught by Andrea Brown (around the 36 minute mark at the linked video here, scroll down

<https://heatherhoustonmusic.com/sisters-in-harmony-global-with-ali-maya-lauren-arrow/>)

Tiny round: old tune, new lyrics by liz: Building a new world of Justice and Peace, Justice and peace, justice and peace!

https://drive.google.com/file/d/1_7Aw6HR_bEyP-39w-AmNXfaibH5KEiJ/view?usp=drivesdk

June 4th: Thank you mother earth

Thank you Mother Earth for this beauty i have seen today. - Mark and Sheri (?) Anderson

<https://drive.google.com/file/d/18kPosJ-yqjbsWiWxCUwTb1-CsHgF0SRz/view?usp=sharing>

We build a bigger table not a wall (clap clap)- We build a bigger table not a wall (clap clap) - we can choose to share our stuff, cause we have more than enough, so we We build a bigger table not a wall (clap clap)

To the tune of "If you're happy and you know it clap your hands"

-We're a new unsettling force (Peace Poets)

<https://www.youtube.com/watch?v=38YejYpa7H4>

From this Rev. Dr. Martin Luther King, Jr Quote

Do you Feel, Do you Heal -by Lu Aya of the peace poets and Deirdre Shabazz Smith

<https://wildfireproject.org/resources/>

<https://drive.google.com/file/d/1-eLsmNuHzU3XP3F8r4bE32ztyXZ49wy/view?usp=sharing>
recording by Liz

-Over/Under (We do this till we free us) - Lyndsey Scott and A-Rhodd

<https://lyndseyscott.bandcamp.com/track/over-under>

-Bridging Hearts *both our needs have gotta get met here* - lisa littlebird

<https://www.youtube.com/watch?v=Q-iAqNCZyBg>

We keep us safe (defund the police) - liz digitale anderson

<https://soundcloud.com/lizdigitaleanderson/we-keep-us-safe>

May 21st: My Liberation is Your Liberation

—**We Are Rising Up Like A Phoenix from the Fire, unknown** (from Rainbow Gathering; we sang these lyrics: “We are rising up like the phoenix from the fire/everybody spread your wings and fly higher/We are rising....We are opening up/like a lotus in the sun/everybody come together as one/We are opening”)

📺 Rainbow Spirit Oregon - We are Opening up in Sweet Surrender to the luminous Loveligh...

-**Crack the sky, see the light, Come out the darkness, we'll be all right by Maggie Wheeler**
<https://www.facebook.com/watch/?v=2134323923536872>

-**I am protected, I am strong, I radiate light on and on and on** by Alicia Steele of the Give Get Sistet (recording to come, or email liz :)

-**Trouble is gonna find you, trouble is gonna come, trouble is gonna happen, answer back in love** by Liz Digitale Anderson. Zipper in grief, pain, conflict, hope, joy, community...
<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5sIRacElufJr0Dcff/view?usp=sharing>

-(You are) **Well Held** (Just so that you know, there is nothing wrong in this moment) by Lyndsey Scott - <https://lyndseyscott.bandcamp.com/track/well-held>

-We live love, led by Isaac, age 8

OUR LIBERATION : MY LIBERATION IS YOUR LIBERATION by the Peace Poets 🔥🔥🔥
<https://www.youtube.com/watch?v=yOzShEgxWlq>
https://open.spotify.com/track/0bgKQvmBrjO3af6wAqHhKS?si=CYmuV_FfQ1SThff8XtWSsQ

May 7th @ Powderhorn Park: May Day!

Forget your perfect offering / Just ring the bells that you can ring
There's a crack in everything / That's how (that's how) the light (the light) gets in (Call and response! Words Leonard Cohen, unknown tune (learned tune from Leah Robshaw Robinson)
<https://thebirdsings.com/forget-your-perfect-offering/>

-**What will you do when your heart flies open** - Ian Carrick
<https://www.openhubsinging.com/heart-flies-open>

-Risk more for love: the interlocking systems of oppression/depend on us feeling alone and ashamed/ but spiritual practices cultivate courage/ so that we will risk more for each other/ so that we will risk more for love. Round - text from Casper ter Kuile, "the Power of Ritual." tune Liz Digitale Anderson. <https://soundcloud.com/lizdigitaleanderson/risk-more-for-love>

-Over/Under (We do this till we free us) - Lyndsey Scott and A-Rhodd
<https://lyndseyscott.bandcamp.com/track/over-under>

-My Body is Not an Apology - by Abigail Bengson, words inspired by Sonya Renee Taylor's book
https://www.instagram.com/p/Cq6j7x-NrQZ/?img_index=1

-Healing is Possible- Orion Johnstone, transgender faggot Wizard, a Queer-as-fuck/care-centered community minister
<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

The Neuroplasticity Song! (I am ready to change, every day i am changing) = Ahlay Blakely
<https://www.healingattheroots.com/songlibrary>
(second song on the right hand side)
Support the artist here: <https://ahlayblakely.bandcamp.com/track/the-neuroplasticity-song>

April 16: Sheltered from the wind; loosen.

-How Shall we come together (we shall come together singing) - by Maggie Wheeler
<https://songsforthegreatturning.net/more-songs/we-shall-come-together-singing/>

-Earth my body / Water my blood / Air I breathe in / and Fire my spirit
 **Earth My Body**

-EVERYONE IS CARRYING WATER (Samara Jade) (breathe in, step by step)
<https://www.youtube.com/watch?v=SJIn4oSXk4Y>

-Loosen, loosen-**Aly Halpert**
 **Loosen Loosen** support the artist here <https://alyhalpert.bandcamp.com/album/loosen>

-Trees Grow Slow by Laurence Cole
<https://www.laurencecole.com/album/trees-grow-slow/>

-My Body is Not an Apology - by Abigail Bengson, words inspired by Sonya Renee Taylor's book
https://www.instagram.com/p/Cq6j7x-NrQZ/?img_index=1

April 2: Spring and Snow! *Led by Leah Robshaw Robinson*

—Every Day when I wake up by Melanie DeMore

 [Every Day When I Wake Up](#)

Oh to be Alive! - Gretchen Sleicher

[Oh to Be Alive! | Songs for the Great Turning](#)

-Healing is Possible- Orion Johnstone, transgender faggot Wizard, a
Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

(You are) **Well Held** (Just so that you know, there is nothing wrong in this moment) by Lyndsey Scott - the entire album is  <https://lyndseyscott.bandcamp.com/track/well-held>

Skunks - Heidi Wilson

[Skunks are Coming Out by Heidi Wilson](#)

Drip drip, drip drippy drippy drip /Drip drip drip drippy drippy drip

Skunks are coming out /Oooh they're coming out

Skunks are coming out to find some food

I can hear the creek flowing /I can smell the sap boiling

I can feel the sun shining - drip drip drip

Robin Redbreast - can't find a version of the song online that quite matches the one I learned from Barbara McAfee. The lyrics are:

Robin redbreast, crows flying high

Nuthatch hopping down the tree

Chickadee-dee-dee-dee-dee

Caw! Caw! Caw! Caw!

Chickadee-dee-dee, Chickadee-dee-dee, Chickadee-dee-dee-dee-dee

Lead with Love/One Foot - Melanie DeMore

 [One Foot/Lead With Love](#)

March 19th: All you fascists bound to loooooooooose

We're here because we're here because we're here because we're here (to the tune of Auld Lang Syne, thanks to the soldiers in the trenches of WW I)

Sunshine, sunshine Gold... turning everything.... (Sarah Burgess' original is Sunset instead of Sunshine) *recording to come!*

Always (Never a failure, always a lesson) - Nathan Holst [words adrienne marie brown]

<https://www.youtube.com/watch?v=1oRScN74NbY>

(You are) **Well Held** (Just so that you know, there is nothing wrong in this moment) by Lyndsey Scott - the entire album is 🔥 <https://lyndseyscott.bandcamp.com/track/well-held>

We are Weaving our lives (by Alexa Sunshine Rose; led by Leah RR)

<https://thebirdsings.com/weaving-our-lives-2/>

I'm not a lone wolf, and I never was by Steph Drouin and Aimee Ringle

<https://soundcloud.com/thebirdsings/not-a-lone-wolf-steph-drouin?in=thebirdsings/sets/the-world-we-are-dreaming-fall-2020-playlist>

All you fascists bound to lose! By Woody Guthrie

📺 Resistance Revival Chorus with Rhiannon Giddens "All You Fascists Bound To Lose"

Cuando Luchamos - GANAMOS! When we fight we Win: for CTUL- by Liz Digitale

Anderson, <https://vimeo.com/934697981>

March 5th: We won't let hate win this time

We gather in hope, in the presence of all who hold us, we gather in hope, in the presence of love (*zipper in gather in grief, in rest, in stress, in rage, in joy....*) - Joanna Laws Landis

<https://soundcloud.app.goo.gl/76pkEHrzKefBLzaP9>

Trouble is gonna find you! Trouble is gonna comeeeeeee, trouble is gonna happen - answer back in love! - *zipper in grief, pain, illness, death, hope, joy, peace....* - Liz digitale anderson.

<https://drive.google.com/file/d/1zcOcV7dJkgZ3t2e5slRacElufJr0Dcff/view?usp=sharing>

Ashes and Smoke (We have been burned, burned by the fire) - Linda Allen

<https://songsforthegreatturning.net/honoring-our-pain-for-the-world/ashes-and-smoke/>

We won't let greed win this time -(or shame, or guilt, or the fascists) Sarina Partridge

<https://sarinapartridge.bandcamp.com/track/we-wont-let-greed-win>

The Neuroplasticity Song! (I am ready to change, every day i am changing) = Ahlay Blakely
<https://www.healingattheroots.com/songlibrary>
(second song on the right hand side)

Angel Wash (I behold you beautiful one) – Aimee Ringle and Aimee Kelly
<https://soundcloud.com/fairycongress/angel-wash-song>

-Healing is Possible- Orion Johnstone, transgender faggot Wizard, a
Queer-as-fuck/care-centered community minister
<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

February 19th- keep your heart alive

We've seen the future, we've seen the other side, there will be no prisons there will be no pipelines - Peace Poets. Learned from Jayanthi Kyle who led this with them at Line 3.
https://drive.google.com/file/d/1NKlqJCzB7xHd_npt3nsafWGyLwl-Mw6U/view?usp=sharing

Storm of Change- Mackenzie (meyers) Madrone (ay dye dye dye dye)
<https://thebirdsings.com/storm-of-change/>

Don't numb to this, don't numb it out/let it all flow in and out/you're strong enough to feel it all,
it'll/keep your heart alive.. . The Bengsons
<https://www.instagram.com/reel/CopdndQNqVs/?igshid=YmMyMTA2M2Y=>

I know this life ain't easy...some days I wish I was water or stone. Fear Binds but Loving will
free me, pray I'm gonna stay stay soft – Samantha Rise
<https://www.instagram.com/p/Cnh2TnEPaZc/>

Oh River, re-wild my soul, help me let go of control, show my heart how to flow with ease again,
i am ready, take me in - Heather Houston
<https://heatherhoustonmusic.com/song/re-wild-my-soul-heather-houston/>

Whoa, let it go, **Move on**, Move on, Move on - Karly Loveling
<https://karlyloveling.bandcamp.com/track/move-on-2>

Hand in Hand (The day's gonna come when I won't march no more) - Jayanthi Kyle
<https://jayanthikyle.bandcamp.com/track/hand-in-hand>

There may be comfort in the coming dark - have a rest now honey. Lay a little of your load down – Heidi Wilson

https://drive.google.com/file/d/18iF_NumhFp7tq6g4XdZVxxIj6C7OfccR/view?usp=sharing

Let it lie fallow, let the weeds grow tall - Sarina Partridge

<https://sarinapartridge.bandcamp.com/track/fallow>

February 5, 2023: sunshine and birdsong

I am not Afraid, I will live for liberation cause I know why I was made - Poor People's Campaign

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

Way hey, scrape and shovel, early in the morning! (snow shanties!) - (tune: traditional, lyrics: Liz, Conie Borchardt, Karen Martinsen)

I don't know If we're meant to carry so much grief in one body- ahlay blakely

<https://www.instagram.com/p/ChlaoUEDOeo/?hl=en>

WE RISE - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

 We Rise - Batya Levine

Love a little louder (the revolution will not be televised) no such thing as other people's children (stubborn hope) - liz digitale anderson (*scratch recording here*)

<https://drive.google.com/file/d/140ieFZgWmyxHn7rYlaPTEFK85nXZ-gGX/view?usp=sharing>

Personal, cultural, structural change (are you/a police/ abolitionist?) / growth, healing, and liberation, liberate your imagination (you gotta organize organize organize....) - liz digitale anderson <https://singingforliberation.bandcamp.com/track/are-you>

-We shall be known- MaMuse

 "We Shall Be Known" and "River Run Free" by Mamuse, Live

And covered by the Thrive choir because Harmonies :)

 We Shall Be Known - (Thrive Choir covering MaMuse)

Support the artists on bandcamp here:

<https://mamuse.bandcamp.com/track/we-shall-be-known-featuring-thrive-choir>

January 15th 2023: Happy New Year! Clearing and Creating

Thank you Mother Earth for this beauty i have seen today. - Mark and Sheri (?) Anderson

<https://drive.google.com/file/d/18kPosJ-yqjbsWiWxCUwTb1-CsHgF0SRz/view?usp=sharing>

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson

https://drive.google.com/file/d/1me7LoCfXZW3KbdKZi_p0vmCv1Zx7v2_c/view?usp=sharing

Be with me, yah, be with me (I can't breathe) by Koach Baruch Frazier

<https://soundcloud.com/user-478813445/be-with-me-by-koach-baruch-frazier>

(I'm on my way, crossing over into) Freedom Land - Melanie Demore

<https://www.youtube.com/watch?v=S7XiUxsOoHM>

Let it lie fallow- by Sarina Partridge

<https://drive.google.com/file/d/1NLwyJLaz7yBaocNhuC4kbViXDGCIEZx1/view?usp=sharing>

(recording by liz at the playground)

Stone by Stone, Tear by tear - Taya Ma

<https://tayama.bandcamp.com/track/stone-by-stone-for-tisha-bay>

This fire is the power of love and forgiveness- Laurence Cole

<https://www.laurencecole.com/album/this-fire/>

December 4th 2022: Winter Sunshine

How Many Times will my heart be broken in this one lifetime - Liza Walker

<https://drive.google.com/file/d/18i88pr8QciW2e3Yg0zE8mit0uVU8uBc/view?usp=sharing>

Any Act that is not love is a cry for love - Andrea Sorum

<https://www.instagram.com/p/BXJR6gMFtgz/>

The Neuroplasticity Song! (I am ready to change, every day i am changing) = Ahlay Blakely

<https://www.healingattheroots.com/songlibrary>

(second song on the right hand side)

Love from the inside out (Can i sing in a way that i care about?) –Moon Clemetson

https://drive.google.com/file/d/1me7LoCfXZW3KbdKZi_p0vmCv1Zx7v2_c/view?usp=sharing

There may be comfort in the coming dark - have a rest now honey. Lay a little of your load down – Heather Wilson

https://drive.google.com/file/d/18iF_NumhFp7tq6g4XdZVxxIj6C7OfccR/view?usp=sharing

November 20th - Gratitude for Being Alive, Living Life Fully

With Leah Robshaw Robinson + friends!

I'm Alive - a chant Leah learned long ago and don't remember the origins. [Leah made a short recording](#)

—**READY (I feel it in my bones and blood and belly)** by Ahlay Blakeley

<https://ahlayblakely.bandcamp.com/track/ready-2> (support the artist!)

Or live at Singing Alive Here <https://www.youtube.com/watch?v=7OxC3zVOVUY>

—**We Are Rising Up Like A Phoenix from the Fire, unknown** (from Rainbow Gathering; we sang these lyrics: “We are rising up like the phoenix from the fire/everybody spread your wings and fly higher/We are rising....We are opening up/like a lotus in the sun/everybody come together as one/We are opening”)

📺 Rainbow Spirit Oregon - We are Opening up in Sweet Surrender to the luminous Loveligh...

—**Dalai Lama Inspired Song** (I don't know the actual title) – Pam taught this one

Every day, think when you wake up: How fortunate I am to have woken up.

I am alive, I have this precious human life, and I'm not gonna waste it, no.

📺 Daily Meditation Sit 11.08.22 with Rabbi Sam Feinsmith

—**Vine and Fig Tree** - Lorenzo taught this one

And everyone 'neath their vine and fig tree

Shall live in peace and unafraid.

And into ploughshares beat their swords

nations shall learn war no more

—Stephanie shared an original song

—**Let Life Move Me** - Karen taught this one

<https://songsforthegreatturning.net/more-songs/gonna-let-life-move-me/>

I'm gonna let life move me

I'm gonna let life stir me deep

I'm gonna let wake me from this ancient sleep.

I'm gonna laugh all my laughter

I'm gonna cry all my tears

I'm gonna love the rain just as deeply as the sun when it's clear.

—**Oh to Be Alive** - by Gretchen Sleicher

[Oh to Be Alive! | Songs for the Great Turning](#)

Oh, to be alive amid the Great Turning!

Oh, to be alive in this time of change.

Embrace the changes!

Open new ways for life to sustain.

November 6th: I'm Clearing/I'm Creating...

—**READY (I feel it in my bones and blood and belly)** by Ahlay Blakeley (scroll down about halfway on the right hand side)

<https://ahlayblakely.bandcamp.com/track/ready-2>

—**Every Day when I wake up** by **Melanie DeMore** (led by Leah Robshaw Robinson)

 **Every Day When I Wake Up**

—**May This Body be a Bridge** for the healing of this land- **Te Martin**

Song seed from convo with Palestinian friend Said in the way to Standing Rock who said, "I want my body to be a bridge for the liberation of my homelands."

 **TE MARTIN | "May This Body Be A Bridge" [OFFICIAL MUSIC VIDEO]**

—**Let it Blow Through** (Maggie Wheeler)

<https://vimeo.com/398104028>

For teaching parts

<https://www.abreathofsong.com/episodes--show-notes/4-let-it-blow-through>

—**All is Well** by Stephanie Siddiqui

<https://www.youtube.com/watch?v=rPxjpkVnnpU>

—**Rising Strong** (oh take my hand, now, yes you belong), by Heather Houston

<https://www.youtube.com/watch?v=t2ahPCrP9lc>

—**No One is getting left behind this time** (Josh Blaine)

<https://www.patreon.com/posts/we-get-there-or-63841347>

October 16th: The interlocking systems of oppression

We've seen the future, we've seen the other side, there will be no prisons there will be no pipelines - Peace Poets.

https://drive.google.com/file/d/1NKlqJCzB7xHd_npt3nsafWGyLwl-Mw6U/view?usp=sharing

Earth, you hold us as we gather - Lyndsey Scott

<https://lyndseyscott.bandcamp.com/track/earth-you-hold-us>

Let it lie fallow - Sarina Partridge

<https://drive.google.com/file/d/1NLwyJLaz7yBaocNhuC4kbViXDGCIEZx1/view?usp=sharing>

I will believe the truth about myself, no matter how beautiful it is -Words & Melody by Macrina Wiederkehr & Velma Frye

<https://soundcloud.com/newsynagogueproject/i-will-believe-the-truth-about-myself>

Side by side (we are rooted from this earth...)- by Stephanie Siddiqui

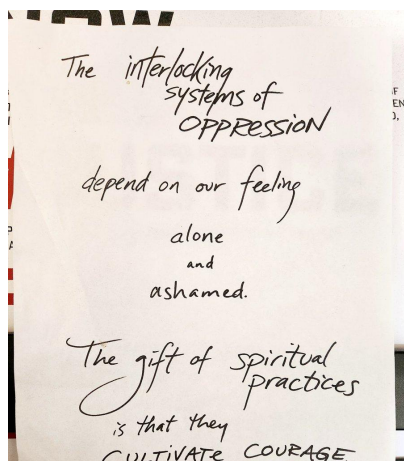
<https://www.youtube.com/watch?v=qe2eh5lJa9M>

Every step towards joy is a tiny revolution - words by Andre Henry, music by Liz Digitale Anderson

<https://drive.google.com/file/d/1sLwdgGQD0s-UDRYodQ7E3DO0rSLu9Q-R/view?usp=sharing>

There's a way to **find hope**, take action (scream if you have to) - The People's Echo

<https://soundcloud.com/the-peoples-echo/find-hope>



"The interlocking systems of oppression depend on our feeling

alone and

ashamed.

*The gift of spiritual practices
Is that they cultivate courage,
So that we will risk more for one another.”*

-The Power of Ritual, by Casper ter Kuile

October 2: #PotluckSnacks Edition!

We Rise Before the Seas, we rise as tall as trees - by the peace poets + thrive choir
<https://www.youtube.com/watch?v=VWzcPDrKlfi>

—**We Are Rising Up Like A Phoenix from the Fire, unknown** (from Rainbow Gathering; we sang these lyrics: “We are rising up like the phoenix from the fire/everybody spread your wings and fly higher/We are rising....We are opening up/like a lotus in the sun/everybody come together as one/We are opening”)

📺 Rainbow Spirit Oregon - We are Opening up in Sweet Surrender to the luminous Loveligh...

If it's not a “Full” Yes, it's a No No No No - by **Lyndsey Scott**
(Uncensored version! It's a banger :) <https://soundcloud.com/lilagaia/fck-yeah>

Net of Remembrance, (Everyone feels and carries different parts of the story) by Ahlay Blakely
<https://ahlayblakely.bandcamp.com/track/net-of-remembrance>

Everybody's got a right to live - The Poor People's Campaign
<https://www.youtube.com/watch?v=7G4D8bdkqE0>

Slow Down, Listen - by **Stephanie Siddiqui**
<https://www.youtube.com/watch?v=B-klBckyhJU>

Oh mother - **Katrin Welch**
<https://drive.google.com/file/d/11z1ADcYmNiFY7Pj4ymD7muNDwWe0gRfg/view?usp=sharing>

Oh Grief, oh Joy- **Debbie Nargi-Brown**
<https://soundcloud.com/debbie-nargi-brown/oh-grief-oh-joy>

"If you don't know who you are, society will tell you, and then you are lost."
– Emilio Guerrero

September 18: The gifts of singing together: the practice of...

(I'm on my way, crossing over into) Freedom Land - Melanie Demore

<https://www.youtube.com/watch?v=S7XiUxsOoHM>

I am not Afraid, I will live for liberation cause I know why I was made - Poor People's Campaign

<https://www.youtube.com/watch?v=dfBCzLUev4g&feature=youtu.be>

Hope comes (from the place where the hurt comes) - Abigail and Shaun Bengson

 The Bengsons - Hope Comes

The Shame Song (If I'm gonna fall...I TOO DESERVE BELONGING) - Ahlay Blakely

<https://www.instagram.com/p/CdLm0YuDhec/>

if i'm gonna fall /and if i'm gonna change
may it serve the whole / may it turn the page

and if i'm gonna fail /and if i'm gonna learn
may it serve the whole /may it serve the future ones

i too deserve belonging / i too deserve to heal
i too deserve aliveness / i deserve to court the shadows here

 Alexandra "Ahlay" Blakely teaching at Singing Alive 2022

(if you wanna see the movements liz added i am working on a video, ping me!)

At Peace - by Stephanie Siddiqui

<https://www.youtube.com/watch?v=mznNH8u-mO8>

WE RISE - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

<https://www.youtube.com/watch?v=6tkmkwufRVw>

Revival (I'm gonna lead with peace today)- Lydia Violet

https://www.youtube.com/watch?v=zi0R7cPmr3g&feature=emb_imp_woyt

September 4: Thank you to the song for....

—**READY (I feel it in my bones and blood and belly)** by Ahlay Blakeley (scroll down about halfway on the right hand side)

<https://www.healingattheroots.com/songlibrary>

—**We're all hurt and we're trying to get free** [hurt people hurt people, healed people heal] - Liz Digitale Anderson ( *we're all hurt-free-SCRATCH -liz digitale anderson- 7:6:25, 2.58 P...*

—**Be the light (There is always a light)** - Lea Morris

<https://www.youtube.com/watch?v=TQCrE2As1Xw> starts at 0:42

And this virtual choir version that makes me cry

 be the Light (choir)

At Peace - by Stephanie Siddiqui

<https://www.youtube.com/watch?v=mznNH8u-mO8>

—**We're all Here to Get More Free (Choose Love)** - Liz Digitale Anderson

<https://soundcloud.com/lizdigitaleanderson/were-all-here-to-get-more-free>

August 21, Sunday Heretic Sing

—**We Are Rising Up Like A Phoenix from the Fire, unknown** (from Rainbow Gathering; we sang these lyrics and later the ones in the video also: “We are rising up like the phoenix from the fire/everybody spread your wings and fly higher/We are rising....We are opening up/like a lotus in the sun/everybody come together as one/We are opening”)

 Rainbow Spirit Oregon - We are Opening up in Sweet Surrender to the luminous Loveligh...

The people gonna rise like water- Peace Poets

 Voice of my Great Granddaughter: Peace Poets (feat Thrive Choir)

You Don't have to know the Way - Lyndsey Scott

<https://lyndseyscott.bandcamp.com/track/the-way-knows>

Another World is Possible (SMASH THE PATRIARCHY) - Liz Digitale Anderseon
[edit lyrics: i now teach "Uproot Patriarchy, Compost Patriarchy, Uproot Patriarchy, Compost Patriarchy...". As the first layer]

<https://soundcloud.com/lizdigitaleanderson/another-world-is-possible-smash-the-patriarchy>

-Healing is Possible- Orion Johnstone, transgender faggot Wizard, a
Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

Do you Feel, Do you Heal - by Lu Aya of the peace poets and Deirdre Shabazz Smith

<https://wildfireproject.org/resources/>

<https://drive.google.com/file/d/1-eLLsmNuHzU3XP3F8r4bE32ztyXZ49wy/view?usp=sharing>

May I be Empty, and open to Receive the Light - Batya Levine

<https://batyalevine.bandcamp.com/track/may-i-be-empty>

August 7 *HELD AND FREE*****

-Put your roots down- **Molly Hartwell**

 **Put Your Roots Down | Thrive Choir**

-I did not come here alone- **peace poets**

 **Peace Poets: "I Have Not Come Here Alone" | Live at #IFTJ 18**

You Don't have to know the Way - Lyndsey Scott

<https://lyndseyscott.bandcamp.com/track/the-way-knows>

—I am Free in my Body (Nothing can take that away from me), by Riyo Amini

<https://soundcloud.com/thebirdsings/i-am-free-in-my-body-shireen#t=0:00>

Metta Loving Kindness ("lokaḥ samastāḥ sukhino bhavantu") - Kate Rutherford

<https://soundcloud.com/kate-rutherford-138159016/metta-loving-kindness-1?in=kate-rutherford-138159016/sets/demo>

Oh Grief, Oh Joy - Debbi Nargi-Brown

<https://soundcloud.com/debbie-nargi-brown/oh-grief-oh-joy>

—Stand Up and Make Good Trouble; Words by Congressman John Lewis, Music by Elizabeth Melvin

▶ **Make Good Trouble**

July 17

*****HELD AND FREE*****

-Get into your body - Lea Morris

[Lea and the Looper - Get Into Your Body](#)

▶ **"Good News"** written and performed by Coco Love Alcorn

I will let my heart be broken (Yes I know it will be put back together again) by Debbi Nargi-Brown

<https://thebirdsings.com/heartbebroken/>

Too small for your soul by Derek Tendersong (email to ask for recording)

I release control > Alexis Sunshine Rose

<https://soundcloud.com/thebirdsings/i-release-control-alexa>

WE RISE - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

<https://www.youtube.com/watch?v=6tkmkwufRVw>

Mama, oh Mama, Whether you are dying or being reborn..., by Doe (Email to ask for recording)

ORGANIZE ORGANIZE ORGANIZE adapted by Charon Hribar, with [some new verses here](#) by Liz :)

<https://www.youtube.com/watch?v=kMu2j-uBBvc>

From the Poor People's Campaign Songbook- an absolute treasure trove of movement songs with links to learn 'em all!

https://www.poorpeoplescampaign.org/wp-content/uploads/2019/12/SON001_Songbook_2019_V2-LR.pdf

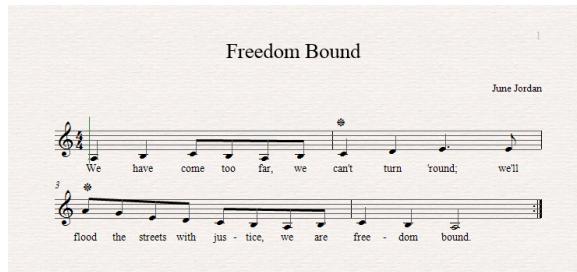
JULY 3 setlist

-Put your roots down- **Molly Hartwell**

▶ **Put Your Roots Down | Thrive Choir**

WE HAVE COME TOO FAR, WE CAN'T TURN ROUND by June Jordan

▶ **Occupy Virginia Beach Christmas Eve Vigil 2011**



PUSH [wayfaring stranger remix] by Liz Digitale Anderson

<https://soundcloud.com/lizdigitaleanderson/push-wayfaring-stranger-remix>

-No One is getting left behind this time (Josh Blaine)

<https://www.patreon.com/posts/we-get-there-or-63841347>

WE WILL NOT BE CONTROLLED by Abigail Bengson

<https://www.instagram.com/p/CfMSsKeJQUB/>

▶ **"I'm Gonna Walk It With You" by Brian Claflin and Ellie Grace**

Oh i'm free, free, free -Melanie DeMore

I done screamed and I done talked, I done run and I done walked

But it don't matter now, 'Cause I'm free

<https://thebirdsings.com/free-free-free/>

June 5 Heretic Sing Setlist

May This Body be a Bridge- Te Martin

Song seed from convo with Palestinian friend Said in the way to Standing Rock who said, "I want my body to be a bridge for the liberation of my homelands."

https://www.youtube.com/watch?v=J3Mn_2BSNAg

Which Side are you on (we're on the freedom side) <https://youtu.be/KW8QB5c-sik?t=350>

Original union song written in 1931 by activist Florence Reece, who was the wife of Sam Reece, a union organizer for the United Mine Workers ...call back and zipper verses honoring activist ancestors and leaders added by the Black Lives Matter movement circa 2014.

[Mashed up with Get up, stand up]

<https://www.youtube.com/watch?v=RhJ0q7X3DLM>

Always (Never a failure, always a lesson) - Nathan Holst [words adrienne marie brown]

<https://www.youtube.com/watch?v=1oRScN74NbY>

Abundance (whatever I am given) - Liz Digitale Anderson

<https://soundcloud.com/lizdigitaleanderson/abundance-whatever-i-am-given>

Spider/webs: Chandler Yorkhall [ask via email!]

Do you Feel, Do you Heal - by Lu Aya of the peace poets and Deirdre Shabazz Smith

<https://wildfireproject.org/resources/>

<https://drive.google.com/file/d/1-eLLsmNuHzU3XP3F8r4bE32ztyXZ49wy/view?usp=sharing>

We Rise - Batya Levine (listen on your good speakers or headphones so the heartbeat bass drum kicks in!)

<https://www.youtube.com/watch?v=6tkmkwufRVw>

Revival (I'm gonna lead with peace today)- Lydia Violet

https://www.youtube.com/watch?v=zi0R7cPmr3g&feature=emb_imp_woyt

May 1 Heretic Sing Setlist

-This is the moment, Peace Poets
https://youtu.be/D_IS7GGbAtl?t=107

-Calling All Warriors (Step Completely)- Dina Erie & Thrive Choir (ft. Peace Poets)
<https://www.youtube.com/watch?v=6KrQ5xfnDkI>

-We're a new unsettling force (Peace Poets)
<https://www.youtube.com/watch?v=38YejYpa7H4>

From this Rev. Dr. Martin Luther King, Jr Quote

*The dispossessed of this nation — **the poor, both white and Negro** — live in a cruelly unjust society. They must organize a revolution against that injustice, not against the lives of the persons who are their fellow citizens, but against the structures through which society is refusing to take means which have been called for, and which are at hand, to lift the load of poverty.*

*The only real revolutionary, people say, is a man who has nothing to lose. There are millions of poor people in this country who have very little, or even nothing, to lose. If they can be helped to take action together, they will do so with a freedom and a power that will be **a new and unsettling force** in our complacent national life.*

—Rev. Dr. King wrote these words for a series of lectures he gave in December of 1967.

-Sorry Not Sorry (This is Me, All of Me I take up space) Galen Smith is from Mpls and a white trans genderqueer person. This song came thru Galen after reading Sonya Renee Taylor's "the body is not an apology". <https://www.youtube.com/watch?v=VPSPH1K468Y>

-I Throw my hands up in the air sometimes
<https://www.youtube.com/watch?v=xZzdzhZ0hk>

-Let it Blow Through (Maggie Wheeler)
<https://vimeo.com/398104028>
<https://www.abreathofsong.com/episodes--show-notes/4-let-it-blow-through>
For teaching parts

-No One is getting left behind this time (Josh Blaine)
<https://www.patreon.com/posts/we-get-there-or-63841347>

April 3, 2022- Sunday morning heretic sing setlist

-Put your roots down- Molly Hartwell
 Put Your Roots Down | Thrive Choir

-Get into your body - Lea Morris

[Lea and the Looper - Get Into Your Body](#)

-I did not come here alone- **peace poets**

▶ **Peace Poets: "I Have Not Come Here Alone" | Live at #IFTJ 18**

-**Healing is Possible- Orion Johnstone**, transgender faggot Wizard, a
Queer-as-fuck/care-centered community minister

<https://soundcloud.com/user-478813445/healing-is-possible-by-orion-johnstone>

-Earth my body / Water my blood / Air I breathe in / and Fire my spirit

▶ **Earth My Body**

-Ain't gonna let nobody turn me round- **freedom/civil rights**

▶ **The Freedom Singers "Ain't Gonna Let No Body Turn Me 'Round" | In Performance at the ...**

-Loosen, loosen-**Aly Halpert**

▶ **Loosen Loosen** support the artist here: <https://alyhalpert.bandcamp.com/album/loosen>

-**We shall be known- MaMuse**

▶ **"We Shall Be Known" and "River Run Free" by Mamuse, Live**

And by the Thrive choir because they add gorgeous Harmonies :)

▶ **We Shall Be Known - (Thrive Choir covering MaMuse)**

On bandcamp with the Thrive choir- support the artists here!

<https://mamuse.bandcamp.com/track/we-shall-be-known-featuring-thrive-choir>

Learn the harmonies here

<https://thebirdsings.com/we-shall-be-known/>