Transcript 01/09/2022 "Lessons of Pandemics: The Ones we Learn, and the Ones we Never Do"

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00:06
[Music]
00:13
oh my fair north star
00:19
i have held to you dearly
00:23
i had asked for you to steer me
00:27
to one
00:28
cloud scattered night
00:32
i got lost in my travels
00:36
i met leo
00:38
the lion
00:40
met a king and made a giant
00:43
[Music]
00:49
there's the wind
00:51
and the rain
00:53
and the mercy of the fallen
01:00
[Music]
01:11
and that's where i may rest my head
01:14
tonight
01:17
i saw all
01:19
the bright people
01:21
in imposing flowers they landed
01:25
and they got what they he demanded
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01:28 and they scratched 01:30 at the ground 01:32 then they flew 01:34 and the field grew sweetly for the 01:38 flightless who had long yelled despite 01:42 this they could hear 01:44 every sound 01:48 there's the wind and the rain 01:52 and the mercy of the fallen say that they have no claim to know what's right 02:15 [Music] 02:17 and if your sister or your brother 02:21 who were stumbling on their last a mile 02:24 in a 02:25 self-inflicted exile if you'd wish for 02:28 them a humble friend 02:31 and i hope 02:33 someday 02:34 the 02:35 [Music] 02:43 may dream without 02:46 [Music]

02:50 there's the wind 02:52 and the rain 02:53 and the mercy of the fallen 02:57 who say hey it's not my place to know 03:00 what's right 03:05 [Music] 03:13 we have some of them inside 03:16 [Music] 03:29 welcome to the unitarian universalist 03:31 church of utica 03:33 i'm carol gable member of the board 03:36 whether you're visiting for the first 03:37 time or have been a member for many 03:39 years you are welcome here whatever faith you have known if any you 03:43 are welcome here 03:44 whoever you are and whomever you love 03:46 you are welcome here 03:48 we are invited to bring our whole selves 03:50 to this worship service our doubts as 03:52 well as our convictions 03:54 the pain and joy we have known our

03:56 longing for connection and understanding 03:58 every part of you is welcome here 04:01 our congregation acknowledges that the 04:03 land on which uu utica is situated is 04:05 the ancestral lands of the united 04:07 nations one of the original nations of 04:09 the hada nashani or iroquois people 04:12 if you're visiting us today for the 04:14 first time either well only online we are glad you have joined us we would 04:18 love to learn more about you and connect you with our newsletter if you like 04:22 there will be a link in the chat to a forum that you could complete if you'd 04:26 like to obtain the newsletter or be 04:27 contacted a dedicated group of members 04:29 have been working on developing a church 04:31 covenant guide how we strive 04:34 to be in relationship with each other 04:36 to create a beloved community they will 04:39 be hosting future coffee hour breakout 04:41 groups to discuss the covenant and

04:42 answer questions but for today 04:45 they have presented a video we will show you in a minute on the proposed covenant 04:51 before we play it i just want to express 04:52 my deep heartfelt gratitude 04:56 to jerry reid tammy tenowitz jeff 04:58 pendrack john camilleri and lori 05:00 staubitz for all of their excellent work 05:02 these past several months 05:04 thank you this covenant will be for us a 05:07 guide 05:09 as well as a promise 05:11 speaking to our highest aspirations on how we wish to interact and engage with 05:16 one another as a faith community 05:20 the process began prior to the kovit 19 05:22 pandemic and re-energized earlier this 05:26 year as reverend lori staubitz and the 05:29 covenant team began soliciting input 05:31 from the congregation 05:33 and will conclude with an adoption vote 05:36 in mid-february

05:38 the team composed of reverend strawberts 05:41 tammy tenerowicz jack pendrack john 05:44 camilleri and jerry reed after input 05:47 from the congregation 05:49 have developed the following for your 05:51 review 05:53 the proposed unitarian universalist 05:56 church of utica 05:57 covenant 06:00 we build our church on a foundation of 06:03 love 06:04 and covenant with one another to create 06:07 a welcoming and trusting safe community 06:10 for all 06:11 to be open 06:12 honest and compassionate to all and look 06:15 for the good intentions of others 06:18 avoid gossip and speak directly to one 06:20 another to resolve any differences 06:23 to speak kindly respectfully and 06:26 compassionately while listening 06:28 carefully to all viewpoints

06:31 explore and accept personal 06:33 responsibility in conflict 06:35 being able to forgive 06:37 and accept forgiveness 06:39 participating with our community where 06:41 there is common ground serving with 06:43 compassion and commitment 06:46 approaching visitors with respect open 06:49 hearts and minds embracing everyone 06:53 we commit to this covenant as a means of 06:56 supporting and living the eight 06:57 principles 06:59 [Music] 07:18 good morning 07:20 our call to worship this morning comes 07:21 from the doctor of reverend cynthia 07:23 landrum 07:25 spirit of life and love we gather today 07:28 in different ways 07:29 from computer screens and telephones and 07:31 car radios 07:33 we gather reaching out across the wires

07:35 waving from a safe distance 07:37 to come together in religious community 07:40 from living room to front porch to car 07:42 seat we gather as we are able 07:44 ready to be of service to each other to 07:46 the world 07:48 ready to build the community of hope and 07:50 of love 07:51 as we face this bright morning we are 07:53 apart but we are also together 07:56 offering our love our commitment our 07:58 hope and our prayers 07:59 in service to one another in this world it is a new way but an old way that we 08:05 come today in worship 08:07 now join us for him 1003 where do we 08:10 come from 08:12 [Music] 08:29 where are we 08:35 [Music] 08:39 [Applause] 08:41 [Music]

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08:51
where do
08:53
[Music]
09:01
where are we
09:04
[Music]
09:14
is
09:19
[Music]
09:28
like a mystery
09:32
[Music]
09:38
mystery
09:40
life is a riddle and a mystery
09:43
where do we come from where are we going
09:50
[Music]
10:05
our chalice lighting
is written by amy williams clark and it
10:11
is titled in this time of uncertainty
we gather in this time of uncertainty
10:20
full of unknowns as angst closes in upon
10:24
us
10:25
we light this chalice with a flame that
10:27
draws us together
10:30
with this flame we cut through the
10:32
darkness of isolation
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10:34 and are warmed by the fires of our 10:37 interconnection 10:39 for this moment this radical moment 10:42 we find a certainty within the 10:44 knowledgeable bonds of love and 10:47 community 10:49 good morning our reading this morning 10:51 comes from the novel the plague by 10:53 albert camus 10:55 the evil in the world comes almost 10:57 always from ignorance and goodwill can cause as much damage as ill will if it 11:01 is not enlightened 11:03 people are more often good than bad 11:05 though in fact that is not the question 11:08 but they are more or less ignorant and 11:10 this is what one calls vice or virtue the most appalling vice being the ignorance that thinks it knows 11:15 everything 11:16 and which consequently authorizes itself 11:18 to kill

11:19 the murderer soul is blind and there is 11:21 no true goodness or fine love without 11:24 the greatest possible degree 11:26 of clear-sightedness 11:29 good morning uh the first line of my talk also comes from kamu so we needed a 11:34 little bit of a break there 11:36 um camus also in the plague wrote 11:39 there have been as many plagues as wars 11:41 in history 11:42 yet always plagues and wars take people 11:44 equally by surprise 11:48 camus is right plagues today we call them pandemics have been part of human 11:52 history since we walked upright 11:55 viruses and bacteria are tens of thousands of years old we are just the 11:59 latest prey 12:01 our history and even our genetics have 12:03 been shaped by our cultural and 12:04 biological responses to pathogens 12:08 and yet for nearly all of human history

12:09 we have been baffled when disease 12:11 strikes and by what causes it 12:13 before we had microbe microscopes and 12:16 genetic sequencing sequencing 12:18 we attributed plagues like the weather 12:20 to a god or gods 12:22 who were either punishing us or teaching 12:24 us or perhaps both 12:27 and then for centuries the reigning theory was that disease was caused by 12:30 miasma a stench in the air first 12:33 proposed by hippocrates 12:35 that at least is closer to the truth 12:37 than divine retribution 12:38 filth breeds both foul odors and disease 12:42 malaria one of mankind's greatest scourges to this day is latin for bad 12:47 air 12:49 in his book on the coven 19 pandemic 12:51 apollo's arrow 12:53 scientist nicholas krestakis noted that 12:55 each generation learns anew that

12:57 pandemics are as old as society but 13:00 still unexpected 13:02 while the way we have come to live in 13:04 the time of the code 19 pandemic might 13:06 feel alien and unnatural krystaka's 13:09 rights 13:10 it is actually neither of these things 13:12 plagues are a feature of the human 13:14 species 13:15 what happened in 2020 was not new to our 13:17 species 13:18 it was just new to us 13:21 as a science writer for poststandard and syracuse.com i've been covering the 13:26 covert 19 pandemic since it began 13:29 i've interviewed infectious disease 13:30 doctors and virologists and 13:32 epidemiologists 13:34 i've talked to people who suffered from 13:36 covert a man who six months after 13:38 recovering still had fatigue and 13:40 shortness of breath

13:41 the mother of an 18 year old who loved 13:43 video games and died of the virus 13:46 to dozens and dozens of people who've 13:47 told me their stories about their 13:50 illness 13:52 when normal people were riding out the pandemic shutdown a couple years ago by 13:56 binging on netflix or reading escapist 13:58 novels i doubled down on pandemics since then i've probably read 25 books 14:03 or so on infectious disease epidemics 14:06 and pandemics 14:07 bubonic plague cholera malaria influenza 14:11 aids 14:12 ebola yellow fever smallpox sars and of 14:15 course covert 19. 14:18 i have quite a reading list if you're 14:19 interested 14:21 i spliced in a few pandemic 14:23 novels too including the plague 14:25 if you haven't read it since college 14:26 which i hadn't i highly recommend it

14:29 both is a work of great literature and 14:31 an insight into how humans deal with 14:33 terror and uncertainty of death whenever 14:36 it comes 14:38 i engrossed myself in the history of pandemics because i wanted to understand 14:41 the current one 14:43 i wanted to know how diseases work how 14:45 they spread how they mutate how our 14:47 immune systems respond 14:49 and i wanted to know how humans work 14:51 when faced with those diseases 14:53 how our brains and societies respond and i found some common themes 14:58 there is always great and unequal 15:01 suffering 15:02 there's always a scapegoat 15:05 there's always resistance to public 15:06 health measures 15:08 there's always denial 15:10 and there's always an end eventually 15:12 and there's always hope

15:15 i'd like to talk today about the lessons 15:17 i've learned and i think that pandemics can teach us if we're willing to listen 15:21 which we often are not 15:23 i'll start by saying that we are much 15:25 much better prepared to handle pandemics than we were even a hundred years ago 15:29 let alone the time of the black death in 15:31 the 1300s 15:32 our knowledge of disease and treatments 15:34 and public health measures has given us 15:35 so many 15:36 so many more tools to fight pandemics with if we use them 15:41 i'd like to recap some of the lessons pandemics have taught us and a few that 15:44 we continue to resist these are incomplete and perfect lists 15:48 and i take responsibility for all 15:50 omissions 15:52 first the lessons we've learned about 15:54 diseases and pandemics

15:57 lesson one 15:58 what causes them 16:00 in her excellent 2016 book pandemic 16:04 sonia shaw traces our long and 16:06 convoluted history with pandemics 16:08 in the past she wrote the forces that 16:10 drove pandemics were obscure to their 16:12 victims 16:13 today as we stand on the cusp of the next pandemic the multi-stage journey 16:18 from harmless microbe to pandemic causing pathogen is no longer invisible 16:23 each stage can be laid bare for all to 16:25 see 16:27 it warms my unitarian universalist heart 16:30 to read of scientists 16:32 pursuing their free and responsible 16:33 search for truth and meaning trying to 16:36 uncover the biological not theological 16:38 foundations of disease and often facing 16:41 great opposition in their quest and 16:43 their findings

16:45 from leaving hoax invention of the 16:46 microscope in the 1700s that allowed us 16:49 to look our pathogens directly in the 16:50 eye 16:51 to the filtering and staining methods that allowed us to detect virus and 16:55 bacteria from the lungs of flu victims 16:57 in 1918 16:59 to the sequencing techniques that 17:01 allowed us to know the genetic 17:02 fingerprints of the novel coronavirus 17:04 within weeks 17:05 we know what germs are and we know what 17:06 they do 17:08 we also know how they spread 17:10 the plague by a bacterium carried in 17:12 fleas 17:13 by vectors like mosquitoes which 17:15 transmit malaria and yellow fever 17:17 and most difficult to control as we've 17:19 seen by air 17:21 like the novel coronavirus we're dealing

17:22 with now 17:25 lesson two we've learned about pandemics how to fight them 17:30 in the 1840s an australian doctor i'm 17:33 sorry austrian doctor 17:35 ignac some of ice 17:37 noticed that five times more women died 17:39 from deathbed fever at a hospital where 17:41 doctors all delivered babies also 17:43 performed autopsies 17:45 he theorized that doctors were 17:46 transferring something on their hands 17:48 from corpses to the delivery room and ordered his staff to clean their 17:51 hands with soap and chlorine 17:54 deaths plummeted 17:56 we didn't know then exactly what was causing it but we knew 17:59 how to stop it and today we know that washing our hands 18:02 is one of the best ways to prevent the 18:03 spread of disease

18:06 in the cholera epidemic of 1854 in 18:08 london a local doctor named jon snow no 18:11 not that jon snow 18:13 walked from house to house asking people 18:15 where they got from which pump they got 18:17 their water 18:19 he drew a crude map that pointed clearly 18:21 to one thing 18:22 people sickened with cholera got their 18:24 water from the broad street pump 18:26 snow finally convinced the city to shut 18:29 off the pump ending the epidemic 18:32 as far back as 400 bc we knew that those who suffered from smallpox were immune 18:36 from getting it again 18:38 in the late 1700s english dr edward 18:41 jenner heard that milkmaids often got 18:43 cowpox a relatively mild infection but 18:46 then never got smallpox 18:48 he took a piece of elite of a lesion 18:50 from a maid who had cowpox and 18:52 inoculated an eight-year-old boy

18:54 this was before institutional review 18:56 boards um 18:58 talked about the ethics of experiments 19:00 the boy survived didn't get smallpox 19:03 it was one of the crucial steps of 19:04 developing a smallpox vaccine and a 19:06 jumping off point for the other vaccines 19:08 that saved countless lives today 19:11 the latin word by the for cow by the way 19:13 is vaca 19:16 lesson three 19:17 it takes a village to control a pandemic 19:20 it takes a whole world actually jenner's work ultimately led to one of 19:24 the greatest achievements of humankind 19:26 the eradication of smallpox in 1979. 19:31 it's hard for us today to fathom the 19:32 toll of smallpox it killed up to 500 19:35 million people in the 20s 20th century 19:38 alone 19:39 except for a handful of laboratory 19:41 samples smallpox is gone from the earth

19:44 how did we do it 19:46 by a global network of scientists 19:47 developing vaccines by national 19:49 governments putting up funds 19:51 by countless tireless nurses injecting 19:54 vaccines into arms 19:56 in his book extra life stephen johnson 19:59 credits vaccines as one of the three 20:01 main reasons behind the doubling of 20:03 human life expectancy since the late 20:05 1800s 20:07 the others by the way are sanitation 20:09 systems and artificial fertilizer vaccines are not developed tested 20:14 produced and distributed by individuals 20:17 but by large systems of thousands of 20:19 people working for the common good 20:21 and so today we have national and global 20:23 health systems that fight malaria and 20:25 tuberculosis and novel coronaviruses 20:29 is it enough 20:30 no

20:31 as we see today two years into a 20:33 pandemic 20:34 a million people still die of 20:35 tuberculosis every year and malaria 20:37 remains a way of life in much of africa 20:41 but we have come a long way 20:44 and now for the lessons that we have 20:46 been taught again and again 20:48 and yet have yet to learn 20:54 lesson one 20:55 pandemics are no one's fault with every pandemic we find a scapegoat 21:02 very often it was divine retribution but 21:05 often more often 21:06 the danger was closer to home 21:09 the great plague was blamed on jews 21:11 poisoning wells 21:13 and many jews were forced into houses 21:15 and then set a flame 21:17 in the 1834 outbreak of cholera 21:20 in madrid 14 priests were murdered again 21:24 on suspicion of suspicion of poisoning

21:26 wells 21:28 immigrants to the us from eastern europe 21:30 were held responsible for cholera 21:31 outbreaks in the 1800s 21:34 in 1892 new york city mayor hugh grant wrote to president benjamin harrison 21:39 quote 21:40 prevent further immigration to this 21:41 country until all fear of the introduction of cholera shall have 21:45 disappeared 21:47 aids was blamed on gay men on haitians 21:51 on africans in general when the first sars broke out in hong 21:56 kong in 2003 and reached north america 22:00 people of asian descent were shunned on 22:01 the subway in tokyo in in toronto and when covert 19 reached our shores in early 20 2020 via europe as it turned 22:10 out later 22:11 our president landed on the chinese and like the first stars asian americans

22:16 faced harassment in the streets 22:20 lesson two we've yet to learn 22:23 inequality kills 22:25 we are on zoom today because we live in 22:27 an unequal world where the richest among us can sign up online for a third 22:31 covered shot while most of the world 22:33 awaits the first 22:35 the omicron variant now tearing through may have originated in africa where 22:40 vaccination rates are low 22:42 or it might have incubated in a single 22:44 immunocompromised person whose immune system couldn't get rid of it that means the virus spends more time in 22:50 lungs and airways giving it more 22:52 opportunity to mutate the rich have always found ways to evade pandemics in the ways poor in ways the 22:59 poor could not 23:01 during the waves of bubonic plague in 23:03 europe the rich would pack up and move

23:04 to the country manners to await the 23:06 dying down of the epidemic 23:09 sometimes the fleas that transmitted 23:10 that plague stowed along and they simply 23:13 spread the disease farther 23:15 but mostly it helps to be rich 23:17 an estimated 25 percent of aristocrats 23:20 and the wealthy in england died during 23:22 the great plague 23:23 while forty to seventy percent of the 23:25 peasantry did 23:27 and so it is today 23:29 a study of u.s counties showed that for every one percent difference in 23:33 inequality 23:34 there was a three percent increase in 23:36 coded deaths 23:39 and the third and final lesson we still 23:41 haven't quite learned 23:43 we are all in this together 23:46 we've been putting that phrase on lawn signs since march 2020 and we've been

23:50 saying we support essential workers 23:53 but a quick perusal of social media 23:55 shows that we are as a nation still 23:57 deeply fractured over the pandemic among 23:59 other things 24:01 our schools remain battlegrounds with 24:03 teachers parents and administrators 24:05 fighting over how to safely keep 24:07 children in classrooms 24:10 during a smallpox outbreak almost 200 24:12 years ago 24:13 the massachusetts sanitary commission 24:15 urged people to be vaccinated with these 24:17 words 24:18 no family no person liveth to himself 24:21 alone 24:23 every person has a direct or indirect 24:25 interest in every other person 24:28 back then people refused to be 24:30 vaccinated against smallpox 24:32 during the great flu pandemic of 1918 24:35 which killed a greater share of the

24:36 world's population than covet 19 has so 24:39 far 24:40 the anti-masking league of san francisco protested a city ordinance to wear masks 24:46 as unitarian universalists we support 24:48 the right of conscience 24:50 it's incumbent upon us to express our 24:52 views and to listen to those of others 24:54 the masked and the unmasked the 24:56 vaccinated and the unvaccinated the sick 24:58 and the healthy 25:00 and it's also incumbent upon all of us 25:02 to do whatever we can as individuals to 25:04 control the pandemic 25:06 yes we need large public health systems and we need to adequately fund them 25:11 unless an unlearned lesson i haven't 25:14 delved into today 25:16 but each of us also needs to have a 25:18 collective ethos 25:19 we do have a direct or indirect interest 25:22 in every other person

25:24 we could make them sick they can make us 25:26 sick either of us could make someone we 25:29 don't know sick 25:32 and for all the vitriol we've seen over 25:33 the past two years 25:35 we have also seen 25:37 tremendous courage and compassion 25:40 healthcare workers especially who have 25:42 been on high alert for two exhausting 25:44 years 25:45 continue to care for the sick so do overworked and underpaid nursing 25:50 home staff 25:52 and there have been other countless 25:53 smaller hidden acts of compassion 25:56 delivering groceries or homemade meals 25:58 to neighbors in quarantine 26:00 lining up at urgent care centers to make 26:02 sure we were negative before visiting 26:04 grandma on thanksgiving 26:06 rolling up our sleeves to protect not 26:07 just ourselves but others

26:11 compassion in the face of infectious disease has fortunately always been with us 26:15 john kelly's the great mortality an 26:17 intimate history of the black death draws on diaries and accounts of those 26:22 who aided and gave care in the face of 26:24 death 26:25 he noted that the mortality rate of priests in england during the great 26:28 plague was 40 but most continued serving administering 26:33 last rites 26:34 and when one priest died another stepped 26:36 in 26:38 last year i interviewed a syracuse nurse who would volunteer to care for patients at a hospital in new york city in the 26:44 early days of the pandemic 26:46 she contracted covert 19 spent 12 days 26:49 in the icu and nearly died a year later 26:53 she struggled to climb the stairs of her

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26:54
new house
26:56
but she went back to work as a traveling
nurse pulling 12-hour shifts caring for
27:01
covered patients
27:04
which brings us full circle to camus an
27:07
existentialist with a rosy view of
27:09
humanity's possibilities
27:11
again from the plague
27:14
what we learn in time of pestilence
that there are more things to admire in
27:18
men than to despise
27:21
thank you
27:25
and now join us in singing hymn number
1060 as we sing of hope
27:36
as we see
27:40
joy today
27:43
some new painters
27:47
[Music]
27:49
how can we lift our voices in this way
27:55
while some have pain and
27:58
misery to spare
28:02
[Music]
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28:21
in every breath compassion
28:25
must be
28:26
long
28:28
let
28:31
[Music]
28:41
it's over every
28:46
[Music]
28:52
you
28:55
sing of joy while hammering
28:59
each nail
29:01
sing of hope while fooling every weed so
29:07
shall we sing together
29:12
[Music]
29:23
we have a short meditation and prayer
today from the reverend dr rebecca anne
29:28
parker
29:30
even when our hearts are broken by our
29:32
own failure or the failure of others
29:34
cutting into our lives
29:36
even when we have done all we can and
29:38
life is still broken
29:40
there is universal love that has never
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29:42 broken faith with us 29:44 and never will 29:51 now's the time for our offering 29:54 if it's one pandemic lesson i think we 29:56 all have all learned is how important 29:57 our church community is to us 30:00 whether online or in person 30:02 now is the time to support that 30:04 community through our offering which 30:05 will be gratefully received 30:07 you can donate through a link in the 30:09 chat 30:11 [Music] 32:33 now we will extinguish our chalice 32:36 please join in with the words on your 32:39 screen 32:40 we extinguish this flame but not the 32:43 light of truth 32:45 the warmth of community or the fire of 32:47 commitment 32:49 these we carry in our hearts 32:51 until we meet again

32:53 we close with our benediction titled 32:56 benediction for people in pandemic 32:59 by anya samoa michael 33:02 when faced with a challenge such as this 33:04 we can turn toward one another or we can 33:06 turn against 33:08 we can ignore the cries of our neighbors 33:11 or we can let them cry into the arms of 33:13 our witness 33:14 we can respond with indifference to 33:16 systemic injustice 33:18 or we can commit to its undoing 33:21 good souls tales will be told of how we 33:24 responded 33:25 when this particular hell was visited 33:27 upon our earth 33:29 let us know and let it be said by 33:31 generations to come 33:33 that when the pain of our separation was 33:35 revealed 33:36 we moved closer to the promised land 33:38 of our beloved community

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33:40
amen
33:45
[Music]
33:58
sunday morning
34:00
i heard the preacher say
34:05
thou shalt not kill you
34:09
i don't wanna
34:12
hear nothing else about killing
34:18
and that it's god's will
34:22
our children are watching
34:25
us they put their trust in
34:29
[Music]
34:32
us so let's learn from our history
34:37
and do it differently
i hope for more love more joy
34:49
[Music]
34:59
i hope we can all live more
35:02
fearlessly and we can lose
35:11
i hope i hope
35:22
that's all she can say
35:27
is he's a good man
35:30
[Music]
35:40
our children are watching us they put
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35:44
their trust in us they're gonna be like
35:48
us
35:50
don't care for us to disagree
35:54
we can work it out
36:03
[Music]
36:08
i hope you'll have more than you'll
36:15
[Music]
36:23
and you can
36:27
[Music]
36:36
there must be a way
36:43
[Music]
36:47
no i don't have
36:50
all the answers
36:55
i hope
36:57
for more love more joy laughter i hope
37:02
you'll have more than your level needs i
37:07
hope you'll have more
37:09
happy ever after i hope we can all live
37:14
more fearlessly
37:16
and you can't lose
37:19
[Music]
37:31
misery
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37:36	
[Music]	
37:55	
you	
	English (auto-generated)