



**LAKESHORE UNITARIAN UNIVERSALIST FELLOWSHIP**

*proud to be a "fair share" member of the UUA*

**July 26, 2020**

**A ZOOM Community Sing**

***Sending healing and joy to ourselves-and out into the world with songs, chants, and words of hope during these difficult days of uncertainty and change.***

Presented by: Our LUUF newly formed group the "Park Street Sing & String-A-Long".  
Allan, Bev, Shelly, Steve, Linda, Kathie, Carolyn, Jim, & Mike.

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**GATHERING HYMN:** Enter, Rejoice, and Come In (Bev and Alan)

**WELCOME AND ANNOUNCEMENTS**

**CHALICE LIGHTING:**

**Leader** – We light this flame as a symbol of the new life enlightening our way, as a symbol of the warmth in every human heart.

**Response** - Love is the doctrine of this congregation. The quest for truth is our sacrament and service is our prayer. To dwell together in peace, To seek knowledge in freedom, To share our strength in fellowship, Thus do we covenant

**OPENING WORDS:**

Active hope is to become an active participant in bringing about the type of world we want to live in. It is the intention to act for and bring about change even in areas where we feel hopeless.

Because we can never be sure how the future will turn out it makes sense to focus on what we'd like to have happen and then do our part to make it more likely.

We are all being called to share our gift of active hope during these difficult times.

From the book "Active Hope"

"How to Face the Mess we're in without Going Crazy"

By Joanna Macy & Chris Johnstone

**JOYS AND CONCERNS** (A time for *brief*, personal sharing from the heart)

## MEDITATION SONG (Bev and Alan)

Moment of Silence

### The Benefits of Singing: “From Daily Om”

The act of singing is one of the best ways to raise the vibration of your body.

Singing engages both the body and mind.

Once the vibrations begin it moves throughout your body and the space around you.

Even if you are not a singer by nature, you are still able to enjoy the benefits of singing. I

f you have a voice, it is your birthright to celebrate life with song.

It doesn't matter if you feel you have a nice voice.

Chanting, humming, singing solo or with others, your voice is yours to enjoy.

Singing is a healing activity that brings your body's vibrations into alignment with the universe.

**PRESENTATION:** A Zoom Community Sing lead by Allan, Bev, Shelly, Linda, Kathie, Mike, Carolyn, Jim.

*(see next page for song lyrics)*

	<u>Led By:</u>
1-My Life Goes On In Endless Song-	Linda & Kathie
2-Gonna Sing Today-	Alan
3-Some Body's Hurting My Brother-	Bev
4-Try A Little Kindness-	Allan
5-Down to the River to Pray-	Shelly
6-Stop and Give Thanks-	Mike
7-Uno Paloma Blanca-	Alan
8-The Vote Song-	Carolyn and Jim
9-There Is More Love Somewhere-	Bev

### CLOSING WORDS:

Active Hope is not wishful thinking Active Hope is not waiting to be rescued.

Active Hope is waking up to the beauty of life on whose behalf we can act.

We belong to this world. The web of life is calling us forth at this time to discover; The strengths in ourselves and others

Our steadiness of purpose and our capacity to lead. None of these can be discovered in an armchair or without risk.

From the book “Active Hope” by Joanna Macy & Chris Johnstone

**SHALOM:** Bev & Alan

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### UPCOMING SERVICES:

**August 2:** “Shelley's Life Lessons” with speaker, Shelley Kimble Welch.

Shelley will discuss some of the significant times of her life, how they affected her and what she learned from them.

## Song Lyrics

### 1-**My Life Flows On in Endless Song**-Linda & Kathie-Traditional Quaker Hymn

My Life flows on in endless song above earth's lamination.  
I hear the real though far off hymn that hails a new creation.  
Through all the tumult and the strife I hear the music ringing.  
It sounds and echo in my soul. How can I keep from singing!

What though the tempest 'round me roars, I know the truth it liv-eth.  
What though the darkness 'round me close, songs in the night it giv-eth.  
No storm can shake my in-most calm while to that rock I'm clinging.  
Since love prevails in heav'n and earth, how can I keep from singing!

### 2-**Gonna Sing Today**-Allan-Taken from a traditional Gospel song

Gonna sing today for all that I'm worth  
Gonna sing today for all that I'm worth  
Gonna sing today for all that I'm worth  
Gonna sing today----'tll I see your face  
Verse: 2-Laugh 3-Cry 4-Sing

### 3-**Somebody's Hurting My Brother**- Bev From the "Poor Peoples Campaign"

Verse 1

Somebody's hurting my (brother) and it's gone on way too long  
Yes it's gone on way too long, gone on way too long.  
Somebody's hurting my (brother) and it's gone on way too long  
And we won't be quiet anymore!

Verse: 2-Sister 3-Poisoning the water 4-Building a wall

### 4-**Try A Little Kindness** – Allan...Written by Curt Sapaugh & Bobby Austin

**Chorus-(All sing)**

You've got to try a little kindness, show a little kindness  
Shine your light for everyone to see  
And if you try a little kindness then you overlook the blindness  
of narrow minded people on the narrow minded sea

### 5-**Down to the River to Pray**-Shelly Adaptation from an African American Spiritual

**Chorus-(All Sing)**

1-Oh Sisters let's go down, let's go down, come on down.  
Oh Sisters let's go down, down to the river to pray.

2-Oh Brothers let's go down, let's go down, come on down.  
Come on Brothers let's go down, down to the river to pray.

3-Oh Fathers let's go down, let's go down, come on down.  
Oh Fathers let's go down, down to the river to pray.

4-Oh Mothers let's go down, let's go down, don't you wanna go down.

Come on Mothers let's go down, down to the river to pray.

**6-Stop & Give Thanks-Mike** by Darrel Courtly

Both the priv-ledge of giving and the blessing of getting we remember today and we stop and give thanks. For sometimes we're the giver and sometimes the receiver and for both of these honors we stop and give thanks.

When we give gifts to others we also receive, more than we ever will know.

And when others give to us those threads that we weave, as together we grow like the fabric we sew.

For sometimes we're the giver and sometimes the receiver and for both of these honors we stop and give thanks.

**7-Uno Paloma Blanca-Allan** by George Baker

**Chorus-(All sing)**

Una paloma blanca I'm just a bird in the sky

Una Paloma blanca Over the mountains I fly

No one can take my freedom away

**8-The Vote Song-Carolyn & Jim** (Melody: If You're Happy and You Know It) Words by Raging Grannies from Madison

If you can't be bothered voting –Think again! If you can't be bothered voting –Think again!

If you can't be bothered voting Keep in mind and it's worth knowing

That the ones who got us in this mess might win!

Oh democracy's a nuisance you might say! But we would not prefer another way

Yes, we would always choose it We use it or we lose it.

So vote and you will always have your say

If you can't be bothered voting don't complain You must remember voting's not a game

Politicians are not saints Sometimes honest folks they ain't

If your legislator's lousy, who's to blame?

If you can't be bothered voting Think again! If you can't be bothered voting –Think again!

If you can't be bothered voting Keep in mind and it's worth knowing

That the ones who got us in this mess might win!

**9-Love Will Guide Us/There is More Love-Bev** African American Spiritual

1-Love will guide us-peace has tried us. Hope inside us-will lead the way.

On the road from-greed to giving. Love will guide us-through the dark night.

2-There is more love-somewhere, there is more love somewhere.

I'm gonna keep on 'till I find it, there is more love somewhere

3-You are not like-no other being. What you can give-no other can give.

To the future of-our precious children. To the future of-the world where we live.

4-There is more hope-somewhere, there is more hope somewhere.

I'm gonna keep on 'till I find it, there is more hope somewhere