

PRAIRIE UNITARIAN UNIVERSALIST SOCIETY

Sunday, January 12, 2003

Prelude - "The Times They Are A-Changing"

by Rosalind Woodward, Mary Mullen, Paula Pachciarz and Dan Proud

Welcome - Ken Skog, Prairie President

Chalice Lighting with song "This Little Light of Mine" #118

Moment of Silence

Joys and Concerns

Children's Story A song -
"Fly Away Orioles"

Shalom Chaverim

"PEACE BUILDING - THE POWER OF MUSIC" Rosalind Woodward. Congregation will be asked to join in a number of songs that will be printed on a song sheet.

Discussion

Offering

Introduction of Visitors

Announcements

Song: Dona Nobis Pacem #388

Greet Your Neighbor

The Peace-building Power of Music
Rosalind Woodward 251-1074

The Order of Service for Sunday, Jan 12, 2003 is as follows:

PRAIRIE UNITARIAN UNIVERSALIST SOCIETY
Sunday, January 12, 2003

Prelude

Times They Are A-changin'

Bob Dylan (Revised)
Rosalind Woodward, Mary Mullen, Paula Pachciarz
and Dan Proud

Welcome

Ken Skog, Prairie President
Chalice Lighting (Mary)

THIS LITTLE LIGHT OF MINE

Trad.

This little light of mine, I'm going to let it shine (X3)
Let it shine, let it shine, let it shine.

I've got a light of love, I'm going to let it shine (x3)

I've got a light of freedom, I'm going to let it shine (X3)

Everywhere I go I'm going to let it shine (X3)
Let it shine, let it shine, let it shine

Moment of Silence

Joys and Concerns

Children's Time

Children's Story A song - (Mary)

Fly Away Orioles

Mary Grigolia

Fly away Orioles fly away (x4)

Fly away loneliness fly away (x4)

Fly away bitterness fly away (x4)

Fly away hopelessness fly away (x4)

Anything else?

Children's Farewell

Shalom Chaverim

"PEACE BUILDING - THE POWER OF MUSIC"

Rosalind Woodward
Congregation will be asked to join in a number of songs which will be printed on a song sheet.

Why Music for Peace?

Roz Introduction/Story

Sing/Chant our own names

Musical Affects

ALL SING

Down by the Riverside (RUS 163)

Trad

I ain't gonna study war no more.

Gonna lay down my sword and shield,
Down by the riverside, down by the riverside, down
by the riverside

Gonna lay down my sword and shield,
Down by the riverside, down by the riverside.

I ain't gonna study war no more. (X6)

Gonna walk down that road of of peace,
Chorus

Gonna sing to this troubled world

Chorus

Blowin' in the Wind (RUS 115)

Bob Dylan

How many roads must a man walk down
Before you can call him a man?
Yes and how many seas must a white dove sail
Before she sleeps in the sand?
Yes and how many times must the cannonballs fly
Before they're forever banned?

The answer my friend is blowin' in the wind

The answer is blowin' in the wind.

How many times must we look up
Before we can see the sky?
Yes and how many ears must each of us have
Before we can hear people cry?
Yes and how many deaths will it take 'til we know
That too many people have died?

Chorus

How many years can a mountain exist
Before it is washed to the sea?
Yes and how many years can some people exist
Before they're allowed to be free?
Yes and how many times can we turn our heads
Pretending we just do not see?

Chorus

Activist songs / purpose & results

ALL SING

Where Have All the Flowers Gone? (RUS 165)

Pete Seeger

Where have all the flowers gone? - long time passing
Where have all the flowers gone? - long time ago.
Where have all the flowers gone? - girls have picked
them every one
When will they ever learn? When will they ever learn?

Where have all the young girls gone? - they've taken
husbands every one

Where have all the young men gone? - gone for
soldiers every one

Where have all the soldiers gone? - gone to graveyards
every one

Where have all the graveyards gone? - gone to
flowers every one

Dona Dona (RUS 214)

In a wagon bound for market
Lies a calf with mournful eye
High above him there's a swallow
Flying freely thru the sky

How the winds are laughing, laughing with all
their might
Laugh and laugh the whole day through and half
the summer's night.

Dona dona dona, dona dona dona doe
Dona dona dona, dona dona dona doe.

"Stop complaining", says the farmer,
"Who told you a calf to be?"

Why don't you have wings to fly with
Like that swallow proud and free?"

Chorus

Calves are easily bound and slaughtered
Never knowing the reason why
But whoever treasures freedom
Like the swallow will learn to fly.

Chorus

WE SHALL OVERCOME (revised)

Food & Tobacco Workers Union/ Civil Rights song

We shall overcome, we shall overcome
We shall overcome some day
Oh deep in my heart, I do believe
We shall overcome some day

We are not afraid (x3)
Oh deep in my heart, I do believe
We are not afraid today

We shall all be free (x3)
Oh deep in my heart, I do believe
We shall all be free some day

We shall live in peace (x3)
Oh deep in my heart, I do believe
We can live in peace today

Reading

Dona Nobis Pacem as a round (RUS 194)

Dona Nobis Pacem, Dona Nobis Pacem

Dona Nobis Pacem (*Trans.* Give us peace)

Epilogue

Discussion

Offering

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Greet Your Neighbor

The Peace-building Power of Music

The benefits of music:

"When you sing, it's not just from your throat; it doesn't just come out of your mouth. It comes out your whole body, and so your body vibrates the person who's there. So your hope is that in the vibrating, you give that person permission to be vulnerable, as you're being, and that creates healing on the planet, that creates the openness that we need in order to be one...in order to let the illusions of religion or color or class or status or sexual orientation or any of it all go away. When we're all open and vulnerable beings, we're just people. We're just together. We know there really is no separation, that we're connected, because these vibrations are coming out of each of us into each other and it all melds into one.

From *Alice DiMiele: Singing out about the Beauty of the Earth* by Susan Dobra. In *Magical Blend*, July 2002

Supporting hypotheses

Quantum Theory

- a) There is no reality until that reality is perceived (Copenhagen Interpretation).
- b) There are many possible worlds. Reality is the perceived combination of these worlds (Many Possible Worlds Hypothesis)
- c) The Holographic/Holophonic Universe

The Pleasure Principle and related research on:

Brain function

The complexity of creating music integrates brain activity.
Stress reduction, psycho-neuro-immunology & bio-physiology

Kinesiology

The complexities of breathing and vocalization to produce song

Meditation & Prayer

Singing brings together the "Four Immeasurable Minds" of Buddhism
Love, compassion, joy and equanimity

Physics

Vibrations and sound waves on matter (ultrasound etc)

Examples of events that use music to affect change;

For centuries:

- Every army in every country has had its own regimental band.
- Ceremonies for major events always included music and/or rhythmic dance.
- Haydn wrote a symphony to demonstrate the lack of money being paid to the orchestra.
- Direct political statements in opera, pantomime, & theatrical performance

More recently:

- The Civil Rights movement
- South African movement against the Apartheid
- The Workers Unions
- Anti-Vietnam rallies
- Football games

There is a group of people called by sociologist Paul Ray "Cultural Creatives" He estimates there are 50,000,000 of them all engaged in creative endeavors to better the world. They believe they are alone.

Consider this:

It has been calculated that:

One tenth of one percent of humanity working together in a unified effort can shift world consciousness.

The world population is approx 6 billion

1% of this is 60 million

1/10 of that = 6 million (Approx 3/4 population of LA)

In studies of the affects of prayer and meditation:

Effects become noticeable when the number of people participating is greater than the square root of 1% of the population. Ie In a city of 1 million this is 100 people.

Extrapolated globally this is just under 8,000 people

Thinking out of the box

Courage is the price that Life exacts for the granting of peace. Amelia Earhart

Music as metaphor:

Music is active, it galvanizes attention and presence,

Energizes or soothes listeners and participants,

Is a universal language that reflects the groups and cultures who create it in a way that transcends difference,

Every instrument has its place, its own unique voice and can create a plethora of combinations,

Each voice is welcome and invited to flow with others to reach resolution of conflict and harmony,

Amateurs are welcomed, supported and mentored,

Music is made by leaders with harmonic vision that over-rides ego and personal gain.

Where do we go from here?

Every few hundred years in Western history there occurs a sharp transformation. Within a few short decades, society - its world view, its basic values, its social and political structures, its arts, its key institutions - rearranges itself. And the people born then cannot imagine a world in which their grandparents lived and into which their own parents were born. We are currently living through such a transformation.

Peter Drucker, Post-Capitalist Society

Brief, Selected Bibliography

Beyond the Brain Stanislav Grof

Change Your Brain Change Your Life Daniel G. Amen

Discovering Spirit in Sound and Chanting Robert Gass

For the Sake of Peace Daisaku Ikeda

The Cultural Creatives. Paul Ray and Sherry Ruth Anderson & www.culturalcreatives.org

The Isaiah Effect. Gregg Braden

Music, the Brain, and Ecstasy. Robert Jourdain

My Song is My Weapon. Robbie Lieberman