

Bulletin for Music

Business

Chalice Lighting

For every time we make a mistake and we decide to start again:
We light this candle.

For every time we are lonely and we let someone be our friend:
We light this candle.

For every time we are disappointed and we choose to hope:
We light this candle.

M. Maureen Killoran

Sharing of Joys and Concerns

Silence - holding ourselves and each other in silent support

Shared Readings

Music takes us out of the actual and whispers to us dim secrets that startle our wonder as to who we are, and for what, whence, and whereto. *Ralph Waldo Emerson*

Music is one of the best ways to enjoy the present. It's not much fun to look forward to hearing music or to remember what a song sounded like last week, but music right now absorbs you and places you in the moment. *Terri Guillemets*

Music hath charms to soothe the savage breast
To soften rocks, or bend a knotted oak. *William Congreve*

He who hears music, feels his solitude peopled at once. *Robert Browning*

Music is love in search of a word. *Colette*

Music is a discipline and a mistress of order and good manners; she makes the people milder and gentler, more moral and more reasonable. *Martin Luther*

After silence, that which comes nearest to expressing the inexpressible is music. *Aldous Huxley.*

When people hear good music, it makes them homesick for something they never had, and never will. *Edgar Watson Howe*

If you learn music, you'll learn most all there is to know. *Edgar Cayce*

When words fail, music speaks. *Hans Christian Andersen*

Music's the medicine of the mind. *John A. Logan*

Deep Sharing/Deep Listening

Round 1

Play music that you have brought or tell about it. Briefly describe why you chose it.

Round 2

Share more deeply feelings, stories, and attitudes on music in response to the preparation materials.

Round 3

As time allows, share additional thoughts or reflect on what others have shared.

Closing Words

Music is the shorthand of emotion.

Leo Tolstoy

Song

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to let the leader know if I will be absent or need to quit.
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to do the reading and thinking about the topic ahead of time.
- to not gossip about what is shared in the group, and tell only my own story to others.
- to honor the safety of the group by listening to what others share with an open heart.
- to refrain from cross-talk, judging, or giving advice.
- to share as deeply as I can when it is my turn.

Facilitator Notes for Music

Before the Session

In this session, members are invited to play a music excerpt and describe why it is important for them. Some members may be comfortable bringing equipment such as laptops or ipods with speakers, while others may find it difficult to arrange. Consider contacting your members in advance to see whether some members can assist others with equipment. If playing the music is not an option, describing it will also work.

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M. Maureen Killoran

Sharing of Joys and Concerns (each person about 2 minutes)

Silence - holding ourselves and each other in silent support (3 minutes)

Shared Readings

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Deep Sharing/Deep Listening

In the rounds of deep sharing and deep listening, pay close attention to the time allotted each person to ensure that all get to share at least once. In most sessions, Round 1 is brief—about 2 minutes each person. In this session, however, Round 1 will probably last longer since each person plays an excerpt and then discusses it. Encourage each person to play only an excerpt. Adjust time for Round 2 as needed.

Round 1 (may take longer than usual)

Play music that you have brought or tell about it. Briefly describe why you chose it.

Round 2 (usually 5 minutes each, but adjust according to the total time used in Round 1)

Share more deeply feelings, stories, and attitudes on music in response to the preparation materials.

Round 3

As time allows, share additional thoughts or reflect on what others have shared.

Closing Words

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Leo Tolstoy

Song

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Preparation for Music

If music affects us in a spiritual way—at a level that transcends the realm of personalized emotions—then the music we ingest daily may influence the healthfulness of soul and spirit alike. For the music that is our steady diet resonates within our spirit longer than its effect upon our body, mind, and emotions. It is in this sense that, on the spiritual level, the effects of music are cumulative and can, over time, either strengthen or weaken us. Likewise the music we hear within our minds can be every bit as powerful as the music we experience through our physical ears. For even though the actual music may have ceased, its influence on us may continue to resonate within and therefore permeate our mind, direct our emotional life, regulate our bodily energies and ultimately influence our spiritual aspirations and overall healthfulness.

from The Healing Forces of Music by Randall McClellan

The Spirit speaks directly to our hearts through music. That's why music has always had such power to move people into positive action. *Kenny Loggins*

Music is another way of thinking, or maybe thinking is another kind of music.

Ursula K. Le Guin

I think I should have no other mortal wants if I could always have plenty of music. It seems to infuse strength into my limbs and ideas into my brain. Life seems to go on without effort when I am filled with music. *George Eliot*

Music exalts each joy, allays each grief, expels diseases, softens every pain, subdues the rage of poisons and the plague. *John Armstrong*

Music rearranges your molecular structure. *Carlos Santana*

When I hear music, I fear no danger. I am invulnerable. I see no foe. I am related to the earliest times, and to the latest. *Henry David Thoreau*

Songs are more powerful than books. *Elvis Costello*

Music is the mediator between the spiritual and the sensual life.

Ludwig van Beethoven

Music expresses that which cannot be said and on which it is impossible to be silent.

Victor Hugo

Music produces a kind of pleasure which human nature cannot do without. *Confucius*

Questions to Ponder

For this session, each person should be prepared to bring your favorite song or piece of music and play a brief excerpt at the covenant group meeting. Bring any equipment you need, or coordinate with the facilitator or another member beforehand to make equipment available. If you aren't able to actually play the music, then you can describe it.

1. What was your first favorite song? What drew you to that piece of music? What place did music have in your family of origin?
2. What is your history with music—for example, have you ever taken music lessons, played an instrument, sung with a group, or performed solos?
3. Have there been times in your life when music seemed more important? What were the circumstances, and how did music seem to fit into your life at the time?
4. What draws you into a song? In what way does music add to or change the meaning or quality in your life?
5. Tell about a specific time when music moved you emotionally or spiritually.