

**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  
Introduction of Visitors  
Announcements  
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

- There is no reality until that reality is perceived (Copenhagen Interpretation).
- There are many possible worlds. Reality is the perceived combination of these worlds (Many Possible Worlds Hypothesis)
- 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* Stanislaw 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](http://www.culturalcreatives.org)

*The Isaiah Effect.* Gregg Braden

*Music, the Brain, and Ecstasy.* Robert Jourdain

*My Song is My Weapon.* Robbie Lieberman