

Week 6

11/18/17

Theme: Overcoming Adversity

Group themes from initial discussion on 11/18/17:
Trials and tribulations, life, love, wonderful, strength,
holding, faith, wise, hope, fortitude

Group themes from meaning-making discussion on
11/25/17:

This song is about having hope.

Song: **"Simple"**

Walking through the right door
Knowing your path to be sure
The strength to persist
The courage to endure

Balancing life as it comes
With its trials and tribulations
Light and dark go hand in hand
It's up to you to figure out the right plan

Holding on to life is simple
Like trees growing in the woods
In any kind of weather
Even in the snow

**Shattuck Partners would like to thank everyone who
helped out with the Saturday Songwriting Program,
and to acknowledge the support of Lead Sponsor**

Anodyne



A Note from the Participants

Thank you for coming. To begin, we want you to know what this experience has meant to us. We have come here to learn something new, to socialize, and to gain different perspectives. Music and poetry are a form of soul searching, and we've learned that we are able to get true feelings out with songs and poems in a positive way. We appreciate music, it brings joy to our hearts and we enjoy writing it. Even for those of us who never thought of ourselves as songwriters before, being able to relax and hear other people share is beneficial to us. Learning how to put our feelings on paper and turn them into a song is really amazing. We hope you enjoy what you hear.

Week 5

11/11/17

Theme: Stream of Consciousness

Group themes from the stream of consciousness writing activity on 11/11/17 were directly woven into the lyrics of the song below.

Group themes from meaning-making discussion on 11/25/17:

The struggles of life are the itches we can't scratch. Maybe they aren't meant to be scratched? This song speaks to recovery as well, whether from addictions or other challenges, and matches the chaos inside with the ability to accept and appreciate the simple, beautiful things in life.

Song: "An Itch You Can't Scratch"

My phone keeps ringing
I can't shake this feeling
It doesn't seem real
Let me tell you how I feel

I've seen a lot of things
Like a red sunset
Life is precious
I haven't seen it all yet

A chaotic life
Brings lots of strife
Like an itch you can't scratch
Like an itch you can't scratch

Week 4

11/4/17

Theme: Archetype

Group themes from discussion on 11/4/17:

Musician, resistance, commitment, hopeful, take me as I am, believe in me, spirit, uplifting

Group themes from meaning-making discussion on 11/25/17:

The group noted the strange balance of sadness, tragedy, humor and celebration in this one song, and we found the gypsy character to speak to strength in trying times. Change comes from inside. We have to accept change and at the same time we have to accept who we are. Live free, look inward for freedom, even in the face of stigmatization of being seen as outsiders. Those who forge their own path are often stigmatized.

Group Song: **“The Ballad of The Gypsy”**

Play me a tune, give me hope,
make the best of it
Even though I am what I am,
take me as I am

Change is within, help me understand,
guide me through my life
Give me peace of mind
This heart can't stand the war
Love me all the time

Week 1

10/14/17

Theme: Connection

Group themes from discussion on 10/14/17:

Loneliness, knowing you have a friend, be strong, strikes home, anger, frustration, uncertainty, emotional

Group themes from meaning-making discussion on 11/25/17:

This is a song of support, of allowing forgiveness for self and others. This is a song to remind us to not isolate and to be in community when we are struggling. This is a song about making a best friend. It could also relate to volunteering in the community as a way to connect. It reminds us that love takes hard work.

Group Song: **“I’ll Be There For You”**

I’ll be there for you
when you’re feeling blue
You are not alone,
I’ve been there, I’ve done that too

Be strong,
because I’ve been there too
Loneliness will not exist for you
Knowing you have a friend
‘til the very end

Week 2

10/21/17

Theme: Metaphor

Group themes from discussion on 10/21/17:

Spiritual, sensing each other, living, taking control, transcendence, connect, hope, dreams, calm, chance, outlet to life, love, peace=music, grace, remedy for our soul, relaxing

Group themes from meaning-making discussion on 11/25/17:

Feel good, uplifting music bringing people together on a common journey. Music can change our outlook on life, and it can also be a way to “stay on the good path.”

Group Song: **“The Love Road”**

Music is an outlet to life
Helps reduce all forms of strife
So mellow, so perpetual
Yes, oh yes, it is my vice
If you are nice, I’ll sing it twice

Chorus:

We’re getting on the love road
Hopes and dreams flying in the air
Playing music that loves and holds
Playing music for people who care
Hey neighbor, how you doin’?
What’s up? What’s brewin’?
Listen to the words we’re a-chewin’
Come with me, we’ve got some songs a stewin’!

Chorus

Week 3

10/28/17

Theme: Inspiration

Group themes from discussion on 10/28/17:

Hell on Earth, divorce/separation, making a decision, had enough, motivation, companionship, soulmate, more adrenaline, happiness

Group themes from meaning-making discussion on 11/25/17:

Tomorrow is never promised, move at your own pace, take it a day at a time. Center yourself to reach your potential. You can handle whatever life throws at you if you do that.

Group Song: **“The Hare and the Turtle”**

Making decisions, I’ve had enough
Life is rough, but I am tough
Life goes on and on, life goes on and on
The Earth is hard under my soles
Just want a fast track to my goals
Sometimes life just makes you hold
And the world never stops

Chorus:

Life is like the hare and I’m like the turtle
Trying to get through life’s hurdles
Trust in your higher power
And you’ll seldom become sour
Rise up like the sun and the clouds
Shine bright and proud