



**Shattuck Partners would like to thank everyone who helped make the Saturday Songwriting Program a success, with special thanks to:**

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Caryl Beth Thomas and Courtney White

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**Shattuck Partners would also like to acknowledge the support of Lead Sponsor**



# Welcome!

We are honored to have you as witnesses to the work we have been doing together over the past two months. To begin, we want you to know what this experience has meant to us in our own words. We've included our group songs and notes from our discussions in this booklet, and added some of our quotes below.

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"It's helped me feel better about being at the hospital. It's helped me recover by doing this type of stuff." -Bumper

"It's about coming together in community." -Anon

"It's like food for your soul. It helps you understand where you're at, where you're going and where you came from."  
-Anon

"It just feels good." -Anon

"'Get Loud' I just love that song. It just makes me feel good."  
-Cynthia

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We hope you enjoy connecting with us through the music and words of this program.

Get Loud,  
The Shattuck Songwriters

## Week 8 Discussion Notes

11/10/18

These are some discussion points that came from different weeks and were discussed in culmination of the 8<sup>th</sup> and final week of the Shattuck Saturday Songwriting Program. Some of them are general thoughts, some are images and poetry in their own right, some are beliefs and opinions. We'd like to share them with you to give you an idea of the type of discussions we had during this series.

- ◇ Life is never-ending, full of disappointment, happy, a struggle
- ◇ Life sometimes challenges what we know
- ◇ Some days we have good days, some days we have bad days
- ◇ Life can be a loss
- ◇ Evaluating what we are proud of, or not proud of
- ◇ Life is like shower rains falling
- ◇ Responses to life determine how we respond to others
- ◇ Finding strength to work through challenging relationships
- ◇ Every day is a new day
- ◇ Pain, sorrow, hurt, but in the end it will be okay
- ◇ Freeing spirit, changing direction from the one you started with
- ◇ Alone, driving
- ◇ No one around
- ◇ Lonesome journey
- ◇ Be thankful for the person that you're with, so you can trust them
- ◇ Be in the present moment
- ◇ Why not say "I could" rather than "I can't?"
- ◇ Places, here or there, time, dawn to dusk
- ◇ Opening up minds to new ideas and possibilities
- ◇ Change is difficult
- ◇ Waking to the sun on a clear morning
- ◇ Feeling connected to life
- ◇ Sand and shells under feet
- ◇ Inner child, care and comforting

## Week 5 Group Song

10/13/18

A note from the participants:

In this song, we convey a spirit of supporting each other through all of our experiences, singular and communal. 'Get Loud' is about saying, "You know what, get loud and go do it! Don't let them bring you down." We acknowledge that humans can tend to shy away at times, and this is a song about getting past that. This song inspires us and gives life to the part of ourselves that needs encouragement to do so.

Other themes explored: Transition; physical change vs. spiritual change; change of attitude; change can cause fear; sometimes we don't know what to do; lighter side vs. heavier side of goodbye; emotions: fear, confusion, self-blame, nostalgia, wishing well, self-kindness, strength, sadness; What can you hold on to?

**Song:** Get Loud

*I'm glad I put things into perspective  
It makes it so I can go on  
The power is within me  
And that I needed to feel*

*I'm glad I realized  
What kind of help I needed  
It was a hard choice*

*Positive thinking always gets you further  
There's a lot to honor  
So many people with power  
It makes me sour*

*It makes me want to yell louder  
That's the way it goes  
That's the way the cookie crumbles  
Take it one day at a time*

## Week 1 Group Song

9/15/18

A note from participants:

This song is based on tranquility for the mind with intentions for living together in peace, and acknowledgment that we're doing this [creating] all together. This song offers a minimalist perspective of simply wanting to live a certain way, and is a goal rather than something that has to be happening in every moment. It is a reminder that we all have a peace/piece of mind in life, even when we're not feeling well at times.

Other themes explored: Being in wilderness; coming from your heart and soul; cycles of life; thoughts in right order; it's a one-way path to heaven; tranquility.

**Song:** Our Hearts And Souls

*We want to live a life  
In peace and tranquility  
I want to be content with all the things I need  
Everyone sings together in peace and harmony  
There's nothing more to say  
Than just to live this way*

*A blaze of light brings the dawn  
Coming from our heart and soul  
We sing this song*

## Week 2 Group Song

9/22/18

A note from participants:

In this song, we look to express a sense that we are not born with fear, yet there are things that are ingrained in us. We learn love, and as humans, we are awakening to the fact that the one thing that is “unknown” is love. It will only go away if we let it go away. We fear the unknown for the simple reason that it is unknown. When are we ever going to get “it” right [as humans, collectively]?”

Other themes explored: Spheres of energy; the unknown is like music; personal history is a library in my heart; flowers around; Tinkerbell; dogs; cartoons represent simplicity; enjoyment of the forest; riding horses; animals; way of life; water.

**Song:** The Unknown

*I hope it will always stay  
Only man can take it away*

*We all fear the unknown*

*Where has the time gone  
I think of you often  
I'm right here with you*

## Week 4 Group Song

10/6/18

A note from the participants:

In this song, though it is dark, the discussion was one of bringing lightness in to difficult topics. We remember that rain cleanses the air, and no matter how painful things get, they can always get better. Though rain can be scary [thunder and lightening, for example], it is essential to life.

Other themes explored: it helps to have nice friends, but okay if not; following the overall emotional/cognitive process; influence of personal experience; pain can bring us closer to each other through empathy; the truth can be painful but important; pain can tell us what we need; pain can fill you up; pain from societal pressure; elegance.

**Song:** Untitled

*Rain is not pain  
Black umbrellas in the cemetery  
Everyone plays their part*

*Pain comes and goes  
A whole new cast  
Everything has its start*

*Darkness in rain  
Coming home from darkness in the rain*