

The Saturday Songwriting Program participants are grateful for family, brotherhood, sistership, life, babies, pizza, love, joy, home, dancing, Earth, friendly spaces, exercise, food, community, and discussion.

What are you grateful for?

Shattuck Partners is grateful to those who worked so hard to make the Saturday Songwriting Program a success, with special thanks to:

Mark Lipman, Singer/Songwriter

Shari Hallas, Program Assistant

Shattuck Hospital staff including

Caryl Beth Thomas

Courtney White

Mary Beth Cahill

Kelly Davis

John Stout

Cross Woodfield

Phoenix McKinlay, Recording and Sound

Shattuck Partners would also like to acknowledge the support of Lead Sponsors



**Shattuck
Partners**

RECOVERY. HEALING. HOPE.



Welcome!

Welcome to this special song performance and presentation - the culmination of an eight-week-long songwriting workshop series in which participants from the Lemuel Shattuck Hospital have been creatively engaged. Each week, we warmed up with a rhythmic drum circle, discussed a topic of songwriting, analyzed examples, and tried our hand at creating group songs and individual songs. All of the lyrics of the group songs and individual songs that you will hear came directly from the participants. We are honored to share this music with you through today's performance and in this song booklet.

Also, we want you to know what this experience has meant to us in our own words. We will leave space at this time for folks to share what this process has been like for them. We hope you enjoy connecting with us through the music and words of this program.

Buffalo, [wink wink]

The Shattuck Songwriters

Song for Shattuck

(Words by Mark Lipman)

*We've come a long way to get here today
You know we've come so far
We've all been thinking it for so long
To be a shining star
I've had my share of lonely crying
I've had my fill of pain
I've shed my skin about a hundred times
I wake up every day
I look to you to sing with me
This circle is my home
I knock on the door of inner peace
And no more will I roam
We've come a long way to get here today
You know we've come so far
We've all been thinking it for so long
Let's be that shining star
We look to the circle to sing along
And love us for who we are*

“Experience feeds the purpose.”

“You always have to have hope--even if it comes late.”

WORKSHOP THEME: METAPHOR

Song: Buffalo

*When the lightning comes the lion roars
Talent show beautiful with dancing singing music
In the desert of zebras, the dinosaurs*

Buffalo

*Take me home so here I go
Winter find my house blocked in by the cold
I don't mind one night in the snow
Take my hand and we'll walk down the same road*

Buffalo

In this workshop, participants also discussed reacquaintance, thinking about the future, how to reach our potential, and that rain doesn't last forever.

“Always believe in yourself.”

WORKSHOP THEME: INSPIRATION

Song: One Last Chance

*We all know looks can take you places
But take that away and you'll see true faces
I don't understand what's missing in my life
I understand what's in my life*

Love is happiness, I feel good

Love is everlasting joy

True love

Just give me that one last chance

In this workshop, participants also discussed hard times, fun, happiness, love, dating, relationships (good and bad), and missing someone.

“Hold on to people spiritually.”

WORKSHOP THEME: PAIN OF MOVING ON

Song: Love at Dawn

*I want to be strong to go through this struggle
Today I look at the bright light of the dawn
I have passion of love for the world
When I feel the need to strike out like a leopard's claws...*

*I refrain nicely
I am going on ahead
Come take me away*

*Love is no longer just a passing moment
Love is no longer passing me by
Holding on to the one thing I have
Steal the eclipse from the sky...*

In this workshop, participants also discussed how love can pass you by, seizing the moment and doing something great, and the mind being haunted by a loving shadow.

“Find the fears of joy and freedom.”

WORKSHOP THEME: OVERCOMING ADVERSITY

Song: Here We Are Together

*The year has passed me by
I want peace in my heart
My emotions feel brand new
Happiness is when we're all together*

*Summer happens
Then fall, winter, and spring
All four seasons*

I want my heart to sing

Here we are together (3 times)

*Pray at the table, say grace
Be thankful, have a good day
Summer is gone, winter is coming
What is there to be thankful for?*

Here we are together (3 times)

In this workshop, participants also discussed love, peace, happiness, adrenaline, the heart, and something being catchy or relatable.

“We are here for a reason.”