



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

Morgan Johnston, Program Assistant

Shattuck Hospital staff including

Kelly Davis

Sharon Gaffney

John Stout

Courtney White

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



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A Note from the Participants

This year was a little different for us: no meeting in Turville, no drum circles, no pizza (NO PIZZA???). Some of us weren't sure how this was going to feel and had our doubts. However, we managed to create some really beautiful and great songs through the magic of Zoom. This experience has meant a lot to us, helping our mood, making us feel happier, bringing us together. We feel like we accomplished things that no one else has. We hope that you get a glimpse of the creativity, shared love and respect that we had while doing this, and we hope you can feel the beat of the music and that it makes you feel good! We will miss this songwriting time now that this year is done.

We'd like to give special thanks to Emily from Shattuck Partners for her behind-the-scenes coordination of the program. We'd also like to thank all of the Shattuck Hospital Staff rock stars — Sharon, Courtney, John, and Kelly — for their help in program planning, getting the groups together and making sure the technology was working correctly. Lastly, we'd like to thank Morgan and Mark for their work in putting together a songwriting program and delivering it each week. Thank you! You will be missed!

We hope you enjoy this performance, and we'll give the last word to Jim, one of the participants, who puts it so aptly:

“There's always room for a beautiful song.”

THEME: INSPIRATION

Song: "Untitled"

By Group 1

*I met her at just the right time in my life,
I knew right then that she'd be my wife
I showed her what it's all about to really live
She showed me all about what it is to forgive
Don't be so depressed, don't be pressured, just love*

Song: "Untitled" by Group 2

*Music helps me with the stress in my brain
It's an outlet, singing songs that keep me sane*

It's a choice that I make

This is my life and I want to be lifted up

So lift me up... with music

Lift me up with music

Lift me up with music

With music

Lift me up

"Instead of feeling down, put the music on."

**"I feel like we accomplished something
that no one else has."**

-Marty, songwriting participant

**"I feel good, it makes me happy, my mood changes.
Music relaxes my brain and gives me confidence.
I'm getting better."**

-Norman, songwriting participant

THEME: WISDOM

Song: "Shattuck Blessing Song" by Group 3

May your mother forever hold you

May your holidays forever be happy

May you grow up at your own pace

May you commemorate the things that are important to you

May your beliefs in goodness be strong

May we come out of this blessed and more united

May we come out of this blessed and more united

May you receive and get what you want

May you not be left hanging when you're hungry for more... and be fed

May you be surprised

May you not be left behind

There's always tomorrow

May we come out of this blessed and more united

May we come out of this blessed and more united

Blessed and more united

May we come out of this

May we come out of this

May we come out of this blessed and more united

"You can feel respect, love, and kindness through music."

THEME: INSPIRATION

Song: "I Love Myself"

by Group 2

How do you love someone?

With your heart

Respecting each other

Finding understanding

Being patient

Loving yourself no matter what

This is my brain, my head, and my heart

And God gave me these for a reason... to love someone

Ooh, to love someone

When you've got pain in your heart

Put it into a song

The piece of God will get you through

Loving yourself no matter what

This is my brain, my head, and my heart

And God gave me these for a reason... to love someone

Ooh, to love someone

**"Respecting and loving yourself throughout
good and bad things."**

THEME: INSPIRATION

Song: "She's the One"

by Group 3

Love is kind

The purpose of life is to have a feeling of goodness

and graciousness of love

Before you fall in love you have to have a heart of kindness

and the same type of interests

The purpose of life is to help others and to help yourself

Love feels like you're in a lost dream, sometimes it might change

and sometimes it doesn't

Love helps us bring our lives together

Love has helped me help others more by praying for them

Love is kind, love is kind, love is kind

Love is kind, love is kind, love is kind

Don't be afraid of love

When love comes knocking at your door

Someone sees something in you

That not everybody has seen before

Don't be afraid when love comes knocking at your door

If it's the right person don't shut her away

Let her in

Because life's too short

Love is kind, love is kind, love is kind

Love is kind, love is kind, love is kind

"Believe in love."

THEME: WISDOM

Song: "Untitled" by Group 2

One day today

Hold onto my love

You have to do it everyday

You're gonna have to say it again tomorrow

I look good, I love myself

Sometimes I'm good, sometimes I'm bad, sometimes I go off

Gotta go back and apologize

Gotta go back and apologize

Gotta go back and apologize

Respect the people different than me

Everybody's different

You can't just talk to everyone the same way

We move together, coming together around the music

Big words aren't necessary if you come from your heart

Forget the past, it's another day today

Speaking from the heart is where the wisdom lives

Makes me stronger

We're all learning something together

We're all the same and everyone's different

It's about love

"No one is to feel greater than each other regardless of their skin colors and their education, all of us has the same color blood and intestines."

THEME: WISDOM

Song: "Untitled" by Group 1

The road we go down

Love and trust

To know what I'm doing with every step

THEME: METAPHOR

Song: "Untitled"

by Group 1

Too many faces in all the wrong places

Too many memories of where we might be going

Calm down and take your time

Time just goes, cameras rolling

It's always life that's strolling

"Being smart, helping others, helping others to go the way they should, and just knowing."

"When I wasn't looking that's when I found what I was looking for."

THEME: METAPHOR

Song: "Love and Us" by Group 2

*Snow's coming soon, just be happy
It'll be cold too, but that's good though*

*Take all the money away
It would change the world*

*There'd be more love
It'd be like a dream that never happened*

*Respect people, everyone's different
We have to understand that everyone's different
Music relaxes me in my mind and in my heart*

*So take all the money away
There'd be more love*

*Everybody's different, but we're all living with God
Love and respect each other
When we help people, we're making room for love*

*Take all the money away
It would change the world
There'd be more love
It'd be like a dream that never happened*

*Take all the money away
Take all the money away
Take all the money away*

*There'd be more love
There'd be more love
Yes, there'd be more love*

THEME: METAPHOR

Song: "Welcome Home" by Group 3

*The journey is a place to come to
The journey is a place to sleep
The journey is a place to come to
The journey is a place to sleep*

*So bring all your weary
And bring all your vagabonds
Bring all your babies
And bring all your loved ones
In the journey there is room for everyone, ooh*

*You've come a long way
It takes strength to open your heart
The journey of a loved one
My loved one
The sun shines from the archer
Marching to their own drum*

*So bring all your weary
And bring all your vagabonds
Bring all your babies
And bring all your loved ones
In the journey there is room for everyone, ooh*

*No one is to feel greater than each other regardless of skin colors and education
Helping others to go the way they should and just knowing, knowing that
When you're older, you realize how important things were
Yes when you're older, you realize how important things were*

Chorus