

Welcome to

Sound Connections

Unity's New Thought Music Resource

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Our online New Thought music community is now over 1600 strong!

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Melbourne, FL,

MESSAGE FROM SUE



Dear Sound Connections Family:

December is upon us, complete with all of the hustle and bustle of shopping, family dinners, Christmas programs, and extra holiday services. I know that for most of December, I will rush from one thing to the next, never really stopping to even think about what I'm doing or why. I really can't even believe that it IS December...how did that happen?

Our Christmas program at Unity Church of Clearwater this year is called "I Need a Silent Night", and it's centered around the thought that Christmas is so noisy and busy anymore that it's hard to recognize the magic of the season. While I searched through music to find songs that "fit" with the theme of the program, I had ample time to reflect upon what I wanted my own Christmas season to be like this year. I believe the holiday season is about memories so this year I vow to co-create sweet memories for everyone I encounter.

As an adult, I know that I am a guardian of family memories and a creator of magical memories for the younger members of the family. When I say memories, I don't mean gifts. I'm talking about the things you remember long after you've forgotten what was in that gaily wrapped present under the tree.

When I think back on some of my most beloved holidays, I realize that there was always music in them. From childhood my grandpa was banging out tunes on the piano or the mandolin. Dad always wanted me to play a duet with him, and I tried, but he only used the black keys and he usually left out huge parts of the song. He never figured out why that would be a problem! No family holiday was ever silent. By the time I was a teenager, we had a full band, all merrily singing and fumbling through songs. It was magical! It was memorable! If your family is like mine, some of the music makers aren't around the family table anymore; their music can only be heard in our hearts and in our memories.

Keeping this in mind, I am going to adopt last month's gratitude suggestions by team member Melinda Allen and look for blessings amidst all of the extra work and chaos of December. I know that when my music ministry performs the program that we've been working on since August, it will create memories. My intention is for it to touch the hearts of the listener, and also to empower the performer and create a memory of a "well done" performance. For those in the choir or the audience who grew up in silent houses, or were told, "Just move your lips." when the other kids sang, I hope these songs will resonate with you and bring a song and a smile to your lips. I affirm with each of you that the music you lead and create this season will be a blessing to everyone who hears it.

When we sing "O Holy Night" during the candle lighting on Christmas Eve, I know that the song will kindle memories of Christmases past, with everyone singing 'round the table. For some people, the candle light service might be the only Christmas they have. I affirm that all of your candle light services will re-awaken the voice of song in each listener's heart, and that they will be renewed with the awe and reverence of the season.

As musicians, we already know about the incredible power of music. But in the hustle and bustle of December, it's easy to "forget" how much we love music. My vow this holiday season is to stay present, to embrace the *ministry* of music, and to do everything within my power to kindle the unique gifts of the individuals within my music ministry.

I believe in the healing, magical power of music.

Happy holidays friends.

Sue Riley
Music Ministry Team Chair

“It’s a present tied up with a ribbon underneath the Christmas tree. Evergreen, and everlasting, a gift to give and receive...it’s the music inspired by angels, a voice that will ease suffering, a song I sing for mankind, it is our prayer for peace...I believe...I believe” From “I Believe” written by Sloan Wainwright and Cadence Carroll

THIS MONTH’S FREE SHEET MUSIC ATTACHMENT

Peace In Our Lifetime Chant

Lyrics: Gary Simmons & Richard Mekdeci Music: Richard Mekdeci

This is a chant but it is also a round so that if you have two song leaders you can split the congregation or it can be an easy and beautiful two-part choral piece. To simplify, sing it unison or, if you use it as a choral piece, have the men repeat only section A and women repeat only section B. This song appears in the Association Songbook, “Special Services and Chants Volume 2”. It is also in Richard’s songbook, “Peace In Our Lifetime”

Contact Richard at music@unity.org

BONUS LYRICS - The 12 Days Of Christmas Unity Style!

Lyrics by Jennifer Ferren

Have fun with this metaphysical romp sung to the familiar “12 Days” tune.

You will find these songs attached at the end of this PDF file. This service is offered with permission from the author. Please contact the author if you would like to purchase additional copies of this music.

If you would like a piece of your sheet music offered in future issues of Sound Connections, just send a PDF file of your song to music@unity.org for review.

SOUND CONNECTIONS 2010

SC6 - 2010

The Sixth Annual Sound Connections New Thought Music Conference will be July 20 - 24, 2010 at Unity Village.

Submit your budget, start planning today.

- *Early Bird Registration forms will be available in January.*
- *Presenters and keynotes will be announced in February 2010 Issue of Sound Connections.*

September's Sound Connections Pictures

Joe Ginorio of Virginia took lots of pictures and posted them on a site for all to see. Just cut and paste the following link into your browser:

http://picasaweb.google.com/lh/sredir?uname=ginorio1&target=ALBUM&id=5385480374947511569&authkey=Gv1sRgCL7UqLSbhb7nlwE&invite=CI_Z16IH&feat=email

THIS MONTH'S FEATURED TOPIC



To Be (Hip) or Not To Be (Hip)? That is the Question.

By Jennifer Ferren

Oh the joys of being the music ministry director of a New Thought church. As the Holiday season approaches and the results of my church's recent fall survey (egad, yes, a survey) come in, I am getting comments that: "The music is too fast.", "The music is too slow.", "We don't know ANY of these congregational songs you are doing.", "Why are you repeating so many songs?", "Why aren't you doing more Wings of Song Hymns?", "Why are you doing so much traditional music.", "What's up with these Christmas selections?", "How come I'm the only tenor in the choir?", "The prior music program was MUCH better." And on and on.

Being the person in charge of music, no matter what your title, can be VERY challenging at times to say the least. Just remember the old saying, "You can please some of the people some of the time, but you can't please all of the people all of the time." In the process of creating Karen Drucker's Grace Note Award presentation this year, there was a segment where she was stuck in a small church that didn't understand her energy and talents and folks just weren't "getting" her. It's hard to believe that even "Her Redness" has had these same experiences. As music directors (or in any position for that matter), we have all experienced, at one time or another, things just not flowing, no matter how many affirmations we say, lunches with ministers we have or board meetings we attend. Some people want to rock out,

while others only want “Amazing Grace” and “Bringing in the Sheaves”. Sometimes, no matter what we do, nothing seems to really work.

It occurs to me as I write this that it may help to take a 30 minute meditation each week to focus solely on my music program. What a concept. Obviously, when things start to feel scattered or disconnected, Spirit is the first place we should turn. And yet, we get so caught up with our busy day to day routines that we forget this important practice. (I would venture to say, 90% of us are holding down multiple jobs to help make ends meet.)

But I digress.... The fact of the matter is, we ALL have vital, important positions in our Spiritual communities right now. We are all pioneers in the New Thought music field, whether we are creating our own music or tirelessly seeking out material that is already available. I personally have found it easier to find good solo pieces than the easier, sing-along style congregational songs. So I spent all of the beginning of this year writing what I thought was AWESOME, upbeat, hip congregational music. But alas, the more “traditional” folks in my flock have firmly expressed that these songs aren’t cutting the mustard and that they are just too complex. Oye vay, what’s a music director to do, already!

So, in an effort to be part of the solution rather than part of the problem, I am finding that if I do a 50/50 split of “hip” and “traditional” music during each service, everyone appears to be happy and I don’t get beaten down and disheartened by negative feedback. When possible, I put some new life & energy into the traditional songs feeding two birds with one piece of bread. And, as Melinda Wood-Allen has said, there are some stellar traditional pieces out there just waiting for their turn in any given NT church.

I say unto you, my fellow NT music leaders, “To thine own self be true.”, yet don’t feel you have sold out if you mix it up with the occasional “How Great Thou Art”, “Surely The Presence”, or “The Lord’s Prayer”. Speaking of which, Tommy McClain of Dothan, GA, has an incredible version of the Lord’s Prayer which is just the thing I’m talking about; a traditional song with a little hipper, more happening arrangement. Trust me, I’m all about making the oldies but goodies cooler and more fresh. The trick is finding a happy medium where you don’t feel compromised as a contemporary creative director AND your more traditional-minded congregants feel fed as well. Even the folks who want more contemporary music are fed when they see you making the effort to freshen up the oldies and give them a little pizzazz.

To say the least, it is a lesson in humility to be a New Thought music director. We must have tough skin and know that we are doing our very best every day. Remember to connect with Spirit. Take that 30 minute weekly meditation solely to focus on your music ministry. (As soon as I finish this article, I’m off to the front porch to do exactly that!) Most importantly though, know that your Music Ministry Team *loves and supports you* as we all learn and grow together in this challenging, yet exciting new field of New Thought music. Keep your collective chins up and forge ahead, folks! We all rock, in our own unique and special way.
Can I get an Amen?

FROM THE ROAD

Bring these awesome artists to your church or center!



Cameron Powers and Kristina Sophia *Musical Missions of Peace*

Cameron and Kristina are world musicians who perform love songs from all around the globe. They bring you music from Egypt, Greece, Peru, Iraq, Mexico, Iran, Syria and other countries.

A musician with a background in linguistics, Cameron sings in eight languages and is the author of three books. He has devoted his life to the concept that "We Are All One!"

Cameron and Kristina have done more than 200 musical and cultural presentations across the USA and in many other countries. They have performed before an audience of 60,000 at the Cairo Stadium in Egypt as part of a fundraiser for a new Children's Cancer Hospital there. Cameron and Kristina have been interviewed on numerous radio and TV outlets. The latest "Lonely Planet Guide to the Middle East" devotes nearly an entire page to descriptions of their musical peace work.

The 501c3 non-profit organization which was gifted to them has supported American Musical Ambassadors to Iraq, Iran, and Iraqi Kurdistan and also provides continuing support for preserving indigenous Iraqi musical culture among Iraqi refugees currently exiled in Syria. Cameron and Kristina crossed the desert from Jordan in the spring of 2003 to sing Iraqi love songs for peace on the streets of Baghdad while the city was in flames.

IN YOUR AREA!

Veterans of Unity Church performances in Colorado, Texas, Arkansas, Alabama, Oregon, Illinois, and Pennsylvania, Cameron and Kristina are on the road again to bring you fresh tastes of love songs from ancient sacred music traditions. Cameron and Kristina are also both involved with developing **Sound Healing** work.

They will be mobile in their veggie-oil diesel van and travel trailer and available during the months of January, February, and March 2010, starting in New Mexico, Arizona, California (January and early February) then moving through the South back toward the Southeast during later February and early March passing through Arizona, New Mexico, Texas, Louisiana, Alabama, Mississippi, Georgia, Florida and the Carolinas. Please contact us if we are in your area during those months and arrange for a visit."

TESTIMONIALS

"World musicians who perform on exotic ancient instruments from the Middle East, Cameron and Kristina are living and breathing examples of what a world devoted to peace and love actually looks, feels and sounds like!"

"... one of the most wonderful experiences that many of us have ever had--to see what living as love can create..."

"People are RAVING about your program..."

*"...the most enthusiastically ever received program at our church...
...delighted, informed, and spiritually uplifted."*

Email: cameron@musicalmissions.com
Cell phone: 303-898-6125

Web sites:
Non-profit work:
www.musicalmissionsofpeace.org
History of work in the Arab world:
www.musicalmissions.com
Sound Healing work:
www.journeysintosound.com
Live musical events: www.innationals.com
YouTube Site:
www.youtube.com/user/MusicalMissions



If you are a touring artists and would like to be featured in *From The Road*, submit your article to music@unity.org

CD REVIEWS



CHRISTMAS, AN IRRATIONAL SEASON"

By Carolyn Arends www.carolynarends.com
Reviewed by Sue Riley

Each year, my music ministry at Unity Church of Clearwater, FL presents a 2 hour Christmas presentation that I create. It is a daunting task each year to find new ideas for Christmas songs that reflect thoughts of rebirth, love, and universalism.

Therefore, I am happy to report that this CD is where I'm getting much of my Christmas music this year.

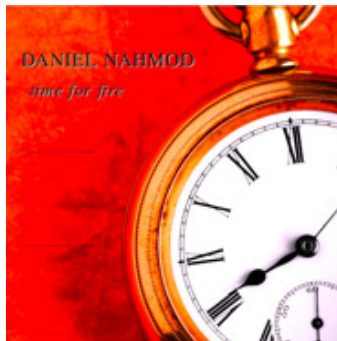
Carolyn Arends is a contemporary Christian songwriter, so a couple of the songs would not work with our theology. You might recognize her name from hearing the great song "Seize the Day" which has been made popular by the group Devotion. The best thing about this Christmas CD is that the only 2 traditional carols on the CD are "Go Tell it on the Mountain" and "Angels We Have Heard on High". All of the rest of the songs are unique, fun original songs by Carolyn.

"Come and See" is an upbeat song which entreats the listener to come and see for themselves the wonder of the birth. It describes the birth as "the Face of God" and "the hope of us all". This song uses beautiful imagery to depict the timeless story of the Nativity.

"Do Not Be Afraid" is a haunting version of the Annunciation and the star that the shepherds followed. The song implores "do not be afraid, do not be afraid, love has found its way to you, so do not be afraid." The final verse ties in the Nativity story with our lives today.

"Is Bethlehem Too Far Away" asks us if we can still find our own personal Bethlehem through the noise and distractions of daily life. A line of the song says "If we seek Him, we will find Him in the least expected place."

From the opening cut, "Irrational Season", which is woven around "What Child is This" to the final Irish style blessing entitled "A Christmas Blessing" this is a wonderful holiday recording to add to your collection.



Time for Fire by Daniel Nahmod

reviewed by Sue Riley

A few years ago, mega-talented singer songwriter Daniel Nahmod went on a three month sabbatical to Moab for a creative time of reflection. Imagine, three months with nothing to do but hike, bask in the beauty of nature, and create. Sounds heavenly, doesn't it?

Daniel came out of those canyons with a LOT of new songs, and eventually created the "Water" CD which is an incredible collection of songs about release and surrender.

As we all know, life and nature consist of contrasts, and true to form, Daniel has created a CD of songs about action entitled "*Time for Fire*". I love it!

From the opening track "*Here Goes Nothing*" until the final notes die away in the bonus track "*Just Begin*" this CD is about taking that first step, being courageous, and stepping up to create the life you want.

One of my favorite cuts on the CD is "*Empty Hands*". I remember the first time that I heard Daniel sing this song at a concert; the audience sat in stunned silence for several beats when he finished. It is a powerful song about the simplicity of realizing that all of the marvelous things in life come about when you open your hands, surrender to the flow of life and become ready to receive.

"*Waiting on Nothing*" is a tongue-in-cheek summary of the advice we often hear when we want to embark on a new path: "Wait until you're older, wait until you're ready, wait until you finish school, wait to quit your dull and deadly day job to pursue your life long dream..." Daniels answer is to follow your heart, be brave, take the first step on the road you want to travel, do SOMETHING...all offered in an upbeat, humorous way.

"*That One*" is a running list of two kinds of lives: one is a safe, predictable life where dreams are put on hold and each day is scheduled up to the last minute. Life number two is a magic filled life where "*your work feels less like work than fun, and your dreams so big it's never done*" Daniel asks which life you would prefer to live IF you were brave enough to make a choice.

How can you go wrong with a CD where the hook of one of the songs is "*Life's too short and life's too long to sell my days 'til my days are gone?*"

Some of these songs have a lot of lyrics which go by really quickly, which could be challenging for some music ministries. However, as a long time music minister who also tries to keep up with personal creativity, I know how it feels to be exhausted, burnt out and wondering where you will get the energy to "minister" to anyone. The songs of "*Fire*" will minister to you. I found that it reminds me of why I do what I do, and inspires me to take that next scary step. I have to say it is one of my absolute favorite CDs of the year.

The MAILBOX - YOUR LETTERS & QUESTIONS

WHAT'S A NEW THOUGHT SONG

At Sound Connections this past September I facilitated a class entitled "What's A New Thought Song" where we focused strictly on the lyrics of songs and finding songs whose lyrics aligned with our New Thought theology. We had many spirited discussions. Some participants shared their original songs as examples and we tweaked the lyrics that we thought did not accurately reflect the NT message.

We defined a New Thought song simply as "a positive affirmation put to music". (This eliminated the songs that start off, "My life used to suck, I was down and broken hearted, THEN I found "You" and I'm all better now . . . "). We also looked at whether we address our God/Creator/Universe as something outside of us or more as a co-creative force expressing as us. And we even discussed the validity of phrases such as "Thank YOU God", and other lyrics that speak TO God.

We are taught that when we use affirmative prayer we don't "ask" God to do something for us. Instead we affirm what we want to be true in this moment. We don't ask God for healing. Instead we affirm the perfect health we know is present in us right now. We don't thank God for the good in our lives. We give thanks knowing that good is always present. This is the kind of languaging that is unique to New Thought and our music should reflect that languaging similarly.

Now, it seemed to some as if we were splitting hairs but if we are to create a body of music that is uniquely ours and conveys our beliefs, then hairs MUST be split!

Not long ago my friend Linda Chubbuck asked me to help her review some of the music that is being used at the Unity Village Chapel Sunday morning services. She divides the songs into three categories: 3 is fully aligned; 2 is acceptable; 1 is out of alignment with Unity teachings. I thought it would be fun and useful to share some of these lyrics and the feedback I gave her on them.

I also thought it would be fun to receive lyrics from YOU. Lyrics that you've either written or lyrics from songs you are using that you may not be completely sure of. I'll reprint the lyrics each month and give feedback using Linda's rating system.

Here are two examples of songs Linda sent me.

Salt And Light: by Jami Smith

*You make me want to be like you.
Your holiness I will pursue
I want the heart of Jesus.
Show me the meaning of your grace.
I want to give the world a taste
Of the love of Jesus.*

CHORUS

*Make me salt, make me light Let your holy fire ignite
Reveal your glory in my life
Cause I am not ashamed to lift up your holy name
Make me salt. Make me light.*

*Sittin' as a city on a hill a lamp on a stand
Mold me in your image – the work of your hand.*

CHORUS

This one uses traditional praise and worship verbiage (Lift up your holy name), and it implies that Jesus and God are one and the same, a basic tenet of traditional Christianity that is not shared in New Thought. (Mold me in your image (Jesus) - the work of your hand (God)) and it speaks to God outside of us as a person we are asking to help us. "Your holiness I will pursue" implies we are sinners and must earn holiness. "Mold me in your image" also implies that we were not made in God's image in the first place.

It gives me a feeling that I am a sinner asking God to help me become worthy. Jesus said we ARE the salt of the earth. We ARE a lamp on a stand. We don't need to be made that or ask to be made that. This one gets a "3" (do not use) from me.

Promise Land by Bukeka Shoals

Chorus

*Keep movin to the promise land of freedom of freedom
keep movin to the promise land where we can all be free
keep movin to the promise land of freedom of freedom
keep movin to the promise land where we can all be free*

*Way back in the land of Pharaoh there was poverty and slavery
one man said I'll take my people to a land where they can free
but there were only two that made it through and the rest were left behind
you can't make to the promise land until you change your mind*

CHORUS

*Way back in the land of cotton there was poverty and slavery
one woman helped slaves escape up north to where the land was free
but there were just a few that made it through and the rest were left behind
they knew If they ran away there was a chance they'd surely die so they told her to*

ChORUS

*Right now we're livin' in a land of plenty
God knows there's enough to go around
nobody said it would be easy
to make the world a better place than what we found*

*Way down in the depths of my soul spirit keeps calling me
it's sayin stop your cryin and your wailin'
and break the chains of mental slavery
and if you heed this call you can't think small you've got to live or live a lie
and if you want to make it to the promise land
you better take me along for the ride . . .*

CHORUS

Though this one appears very traditional in its verbiage, in the context of New Thought it works. The "promised land" metaphysically means our inheritance or our freedom from sense addictions and negative thinking. It is an affirmation that we are ever evolving toward "freedom" and it states that we all have the capability to free ourselves. There is no sin or unworthiness implied. It uses two historical references as metaphors, and then brings the metaphor to a personal level in the third verse, affirming the NT belief in the power of the mind to release us from the chains of mental slavery.

This one gets a "1".

Send your lyrics or lyrics you would like to discuss to music@unity.org

Conferences and Events



Make your reservations now for the Fifth Annual Posi Awards in beautiful Orlando, Florida. Hear all of your favorite Posi and New Thought artists together, enjoy fun and educational workshops and the late night Pajama Jam Music showcases by the pool.

January 18-20, 2010

DoubleTree Resort

10100 International Drive

Orlando, Fl 32821

Call 1-800-327-0636 to make reservations. Ask for the Empower room block, at a beautifully discounted price of \$95 per room, including free in-room internet, and discounted breakfast vouchers.

go to www.empowerma.com for a registration form, workshop descriptions, opportunities, activities.

SC6 - 2010

*The Sixth Annual Sound Connections New Thought Music Conference
will be July 20 - 24, 2010 at Unity Village.*

Help keep this section updated with music-related events and conferences by sending your information to music@unity.org

RESOURCES AND SERVICES

We have moved this listing to our webpage at www.unity.org/music. Help us keep this resource updated with your favorite helpful links by sending your suggestions and comments to music@unity.org

MUSIC DIRECTOR JOB OPENINGS

Unity Church of Melbourne is seeking part time music director. Currently we are able to pay \$1,000 a month. If you are interested, please call Rev. Beth Head.

Unity Church of Melbourne
1745 Trimble Road
Melbourne, FL 32934
321-254-0313 Tue - Thurs 10a - 3p EST
321-253-9116 fax

Please do not reply to this email. Send your comments and suggestions to music@unity.org

Please feel free to forward this email to a friend. To unsubscribe hit reply and type "unsubscribe" and your name in the letter field.

To sign up for any of the Association's e-letters, go to www.unity.org/contact-us.html

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Peace In Our Lifetime Chant

Lyrics: Rev. Gary Simmons and Richard Mekdeci

Music: Richard Mekdeci

With movement ♩ = 120

2 part round with group two starting when group one gets to letter "B".

A Am G¹³

1. One life, one love, one voice, one choice, one

6 F Dm⁷ Em⁷ Am⁹ Am G¹³ F
peace in our life-time, one life at a time. One Truth one world, One prayer, one dream, one peace in our life-time,

11 Dm⁷ Em⁷ Am⁹ **B** Am G¹³ F Dm⁷ Em⁷
one life at a time. 1. One life, one love, one voice, one choice, one life at a

16 Am⁹ Am G¹³ F Dm⁷ Em⁷ Am⁹
time. One Truth, one world, One prayer, one dream, one life at a time. One

The Twelve Days of Christmas

(Unity Style)

On the **first** day of Christmas Spirit gave to me, Christ light shining through me

On the **second** day of Christmas Spirit gave to me
Power to forgive & Christ light shining through me

On the **third** day of Christmas Spirit gave to me
Joy of the earth, power to forgive, & Christ light shining through me

On the **fourth** day of Christmas Spirit gave to me
A still small voice, joy of the earth, power to forgive, & Christ light shining through me

On the **fifth** day of Christmas Spirit gave to me
Order In All Things
A still small voice, joy of the earth, power to forgive, & Christ light shining through me

On the **sixth** day of Christmas Spirit gave to me, Harmony through love,
Order In All Things
A still small voice, joy of the earth, power to forgive, & Christ light shining through me

On the **seventh** day of Christmas Spirit gave to me
A spirit of hope, harmony through love,
Order In All Things
A still small voice, joy of the earth, power to forgive, & Christ light shining through me

On the **eighth** day of Christmas Spirit gave to me
energy transforming, spirit of hope, harmony through love,
Order In All Things
A still small voice, joy of the earth, power to forgive, & Christ light shining through me

On the **ninth** day of Christmas Spirit gave to me
Faith in my prayers, energy transforming, spirit of hope, harmony through love,
Order In All Things
A still small voice, joy of the earth, power to forgive, & Christ light shining through me

On the **tenth** day of Christmas Spirit gave to me
Thoughts held in mind, faith in my prayers, energy transforming, spirit of hope, harmony through love
Order In All Things
A still small voice, the joy of the earth, the power to forgive, & Christ light shining through me

On the **eleventh** day of Christmas Spirit gave to me an understanding heart
Thoughts held in mind, faith in my prayers, energy transforming, Spirit of joy, Harmony through love
Order In All Things
A still small voice, the joy of the earth, the power to forgive, & Christ light shining through me

On the **twelfth** day of Christmas Spirit gave to me
Thy will be done, thoughts held in mind, faith in my prayers,
energy transforming, spirit of joy, harmony through love
Order In All Things
A still small voice, joy of the earth, power to forgive, & Christ light shining through me