

Spirit of Life

123

$\text{♩} = 56$ *Unison*

Spir - it of Life, come un-to me. Sing in my

heart all the stir - rings of com - pas - sion. Blow in the

wind, rise in the sea; move in the hand, giv-ing

life the shape of jus-tice. Roots hold me close; wings set me

free; Spir - it of Life, come to me, come to me.

Words & music: Carolyn McDade, 1935- , © 1981 Carolyn McDade,
 ☞ harmony by Grace Lewis-McLaren, 1939- , © 1992 Unitarian Universalist
 Association

SPIRIT OF LIFE
 8.12.8.12.8.10.

Meditation on Breathing

1009

♩ = 96

(Melody) C Am F C

When I breathe in, _____ I'll breathe in peace. _ When I breathe

(Descant)

When I breathe in, _ I'll _ breathe in peace. _

(Drone)

Breathe in, Breathe out,

C Am F Fine C

out, _____ I'll breathe out love. _ When I breathe

Fine

When I breathe out, _ I'll _ breathe out love. _

Fine

Breathe in, Breathe out

Fine

The musical score is written in 4/4 time with a tempo of 96 beats per minute. It consists of two systems of four staves each. The first system includes a vocal melody (treble clef), a descant (treble clef), a drone (bass clef), and a piano accompaniment (grand staff). The second system follows the same layout. The melody and descant parts include lyrics and musical notation with notes and rests. The drone part consists of sustained chords. The piano accompaniment provides harmonic support with chords and moving lines in both hands. Chord symbols (C, Am, F) are placed above the melody and descant staves. The score concludes with 'Fine' markings and repeat signs.

95 There Is More Love Somewhere

$\text{♩} = 63$

F B $\flat$ F

1. There is more love some - where. There is
 2. There is more hope some - where. There is
 3. There is more peace some - where. There is
 4. There is more joy some - where. There is

B $\flat$ F C F B $\flat$

more love some - where. I'm gon-na keep on 'til I
 more hope some - where. I'm gon-na keep on 'til I
 more peace some - where. I'm gon-na keep on 'til I
 more joy some - where. I'm gon-na keep on 'til I

F Dm F B $\flat$ C7 F

find it. There is more love some - where.
 find it. There is more hope some - where.
 find it. There is more peace some - where.
 find it. There is more joy some - where.

Words & music: African American hymn

BIKO
6.6.9.6.

Spring Everywhere

(by Shundo Aoyama, from Zen Seeds; adapted, abridged)

Happiness that depends on what you acquire or become is only conditional happiness, not true happiness. True happiness means no matter what happens, it's all right. If you become ill, just be ill. When it's time to die, just die. Unless you accept your present circumstances, happiness cannot be attained. To face any situation and accept it with open arms molds the attitude enabling you to see that a wonderful way of living is possible.

This is indeed something of consequence.

As soon as this attitude is achieved, you have reached paradise, anytime, anywhere, and in any circumstances.

- It is the plum blossoms that bring the spring.
- Once this idea is accepted, spring must be everywhere.