

## Notes from the Music Department:

Today's musical selections come to us from three modern American composers. You will recognize Carolyn McDade's name as the composer of several of our favorite hymns - "Spirit of Life," "Come, Sing a Song With Me," "We'll Build a Land," and today's "Rising Green." Just this week I found another from her collection that will be perfect for next fall's Water Communion. Thank you, Carolyn!

"Blessed Spirit of My Life," along with five other songs found in our Singing the Living Tradition and Sing the Journey hymnals, was written by Shelley Jackson Denham. Like "Spirit of Life," today's opening song was written as a prayer that calls for preparation, focus and stillness. In Shelley's words: ".....it gives voice to our faith and our spirituality, thereby being the peace we wish to see. We encourage one another to define our faith, embrace the challenges we face and find the 'still small voice within' so that we might be instruments of peace and compassion."

Our Music Meditation, "Flying Free" was written by the prolific composer Don Besig. Mr. Besig has written over 400 original compositions and arrangements with over twenty million copies sold. That would be 20,000,000 - a plethora of zeroes! When this seemingly endless pandemic finally leaves us, you will hear it again - in four parts presented by our Adult UU Choir!

### Flying Free

There is a place I call my own where I can stand by the sea,  
And look beyond the things I've known, and dream that I might be free.  
Like the bird above the trees, gliding gently on the breeze,  
I wish that all my life I'd be without a care and flying free!

But life is not a distant sky without a cloud, without rain,  
And I can never hope that I can travel on without pain.  
Time goes swiftly on its way. All too soon we've lost today.  
I cannot wait for skies of blue or dream so long that life is through.

So life's a song that I must sing, a gift of love I must share.  
And when I see the joy it brings, my spirits soar through the air.  
Like that bird up in the sky, life has taught me how to fly.  
For now I know what I can be and now my heart is flying free!