



Oakdale Songwriting Summer 2020 Listening Session

Personal Reflections from Behind the Walls XI

August 7, 2020

WELCOME WARDEN MIKE HEINRICY

<http://oakdalechoir.lib.uiowa.edu/>



“Mother” by Shane Kendrick 08/05/2020

As the anniversary of my birth approaches, I cannot help but think of my mother and all the things she has given and given up for me. When we are babies, we depend solely on our mothers to provide us with everything we need for our simple existence. Safety, nourishment, and love are all given freely and abundantly even at the expense of those same things to our mothers.

As we grow into children, our mothers continue to provide for us. They are still the center of our worlds and we worship them as goddesses. They begin to teach us and even that is a sacrifice, because, as we learn, we discover imperfections as well. Still, a mother's goal is for their children to be able to live well, even in the absence of mother.

As we mature into ourselves and begin to learn our place on the great wheel of life, we realize that, at some point, the roles will change, and our mothers will need our care more than we need theirs. They are people just like us. They will become frail, unable to care for themselves, and they will need our help to continue on their path of life.

Eventually, our mothers will pass from this realm. It is inevitable. However, most of us would sacrifice almost anything to delay that passing for as long as possible. It is the nature of humans to want to hold on to what is good for as long as possible, but our mothers also teach us when it is time to let go.

All of you, no doubt, have heard the term **Mother Earth**. Consider now, if we treated the land as we treat our human mothers, would the world not be a better place in which to live? If we treated Mother Earth as we treat our own mothers, we would not attempt to buy and sell parts of her. If we took as much care of the Earth as we do our aging human mothers, there would not be a pollution problem or the extinction of fellow dwellers of the earth. For if we are Mother's children, then so are they.

Many are the sins we have brought down on our mother, our earth. Let us pray that she is still willing to forgive us, her wayward children of all races, and teach us to live in better harmony with her, and each other.

Land
Acknowledgement
by
Biakak Nitak (Shane
Kendrick)

Beauty before Me
by Kristopher Erik
Lindquist

SING FROM YOUR SPACE! ALL RIGHT WAYS OF SINGING!!

Beauty before me

Beauty behind me

Beauty above and below and all around.

Honor the Grieving Process

- Grieving all sorts of things.
- All people who have died, those we know, and those we've never met.
- Iowa Incarcerated Individuals from Covid-19:
 - Ray Allen Vanlengen, 71
 - Timothy McGhee Jr, 48
 - Ronald Holdsworth, 62

From Perry Miller (former Oakdale Inside Singer):

"Our heart is like a container. It contains so much acceptance and understanding for others' (read compassion) 'As we suffer, something happens to that capacity. God enlarges our heart. He enlarges our sensitivity to the needs of others.' (Faith responds to suffering excerpt). . . What a concept! We suffer, God uses it to grow our hearts, and we find joy in our compassion for others...Instead of allowing sorrow to cripple our lives, why not let it point us to growth and increased depth in our relationships with others?"



Covid-19 by Mary Trachsel

■ Sung by Sam Raiche



Lawson Chadwick

CONGRATULATIONS LAWSON CHADWICK!

**Liberal Arts Beyond Bars FIRST graduate completing a
Bachelors of Applied Studies!!!**

*AND COMPLETED THE ENTREPRENURIAL MANAGEMENT CERTIFICATE from the Tippie
College of Business!*

Dr. Heather Erwin, Director of LABB, Thank you President Bruce Harreld





Listening by
Shane
Kendrick & J
Knight



A Mountain to Be

By A Rhodd

A hill, rueful emanation,
brown verdure once green.

Once triumphant.
Regretful, penitent mound
I knew you once.

I voyaged your heights,
aloft yonder, to and through.
Descended gorge, plummeting
valley.

Brook and meadow, stream and trail.
Who you were.

Lavish bluff, abundant with life,
does not the thunder exclaim your name—
lightning illuminate your foliage?
Does the wind breathe a sigh of solace,
caressing your face?

Could the sun shine away your
sorrow? Rain like life pouring forth to quench,
alleviate...invigorate. Reborn!

Rise, soaring heavens,
new heights unbound.

Kiss the night sky,
seize radiance, dewy translucence .
Abscond fate, mounting ever upward, produce, emerge
lush flora.

A mountain to be.

“Peace with My Beasts”

By Shane Kendrick & Mary Cohen

Sung by Bridget Toomey



The background features several concentric circles of varying radii, some solid and some dashed, in a light gray color. A prominent red callout box is centered on the page, containing white text. The callout box has a rectangular top and a pointed bottom, resembling a speech bubble or a drop cap.

Excerpt from "Free Fall" by Bradly Woods

From IMCC Writers' Workshop

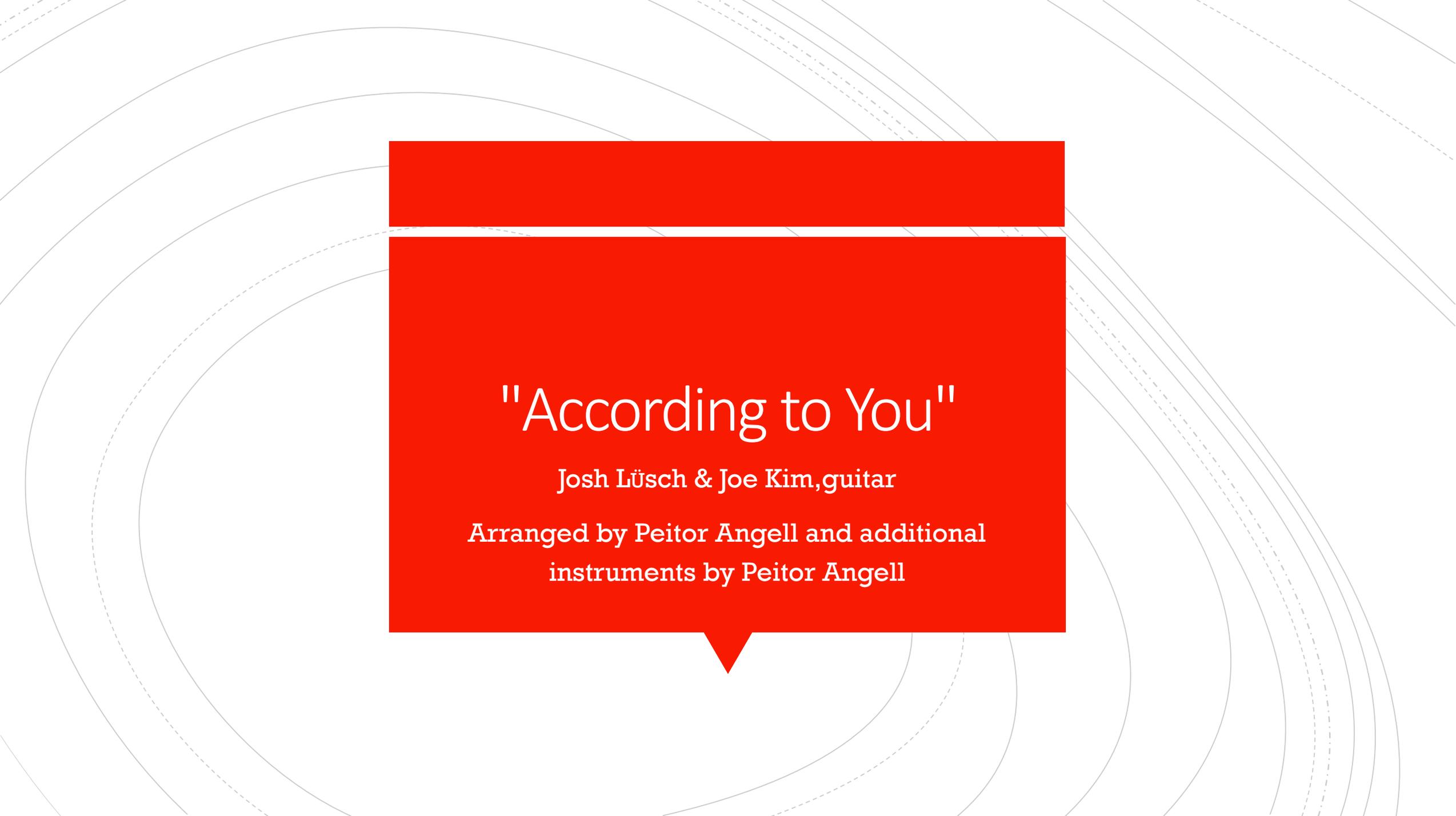
The background features several concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble is centered on the page, containing the main text.

"Say Their Names"

A Rhodd & J Knight

Representative
Mary Mascher



The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red callout box is centered on the page, containing white text. The box has a rectangular top and a pointed bottom.

"According to You"

Josh Lüscher & Joe Kim, guitar

Arranged by Peitor Angell and additional
instruments by Peitor Angell

*May You Walk in
Beauty*

Traditional

SING, CLAP, and MOVE IN YOUR SPACE

May you walk in beauty in a sacred way

May you walk in beauty each and every day (repeat)

May the beauty of the fire lift your spirit higher

May the beauty of the earth fill your heart with mirth

May the beauty of the rain, wash away your pain

May the beauty of the sky teach your mind to fly

May you walk in beauty in a sacred way

May you walk in beauty each and every day (repeat)