



QUEER VOICES EXPLORING MENTAL HEALTH THROUGH SONG, STORY, AND ART.



SOUND MIND

Saturday June 18, 2022 • 7:30pm
Sunday June 19, 2022 • 3:00pm
Ordway Concert Hall St. Paul, MN
www.OneVoiceMN.org



CONCERT LYRICS – June 18 & 19, 2022

MAKE YOUR OWN KIND OF MUSIC

Music & lyrics by Barry Mann & Cynthia Weil
Arr. by Eddy Clement

Make your own kind of music.
Sing your own special song.
Make your own kind of music,
Even if nobody else sings along.

Nobody can tell ya,
There's only one song worth singing.
They may try and sell ya,
Cause it hangs them up to see someone like you.

[Chorus]

But you've gotta make your own kind of music,
Sing your own special song.
Make your own kind of music
Even if nobody else sings along.

You're gonna be knowin'
The loneliest kind of lonely.
It may be rough goin',
Just to do your thing's the hardest thing to do.

[Chorus]

But you've gotta make your own kind of music,
Sing your own special song.

Make your own kind of music
Even if nobody else sings along.

So if you cannot take my hand,
And if you must be goin', I will understand.

[Chorus]

But you've gotta make your own kind of music,
Sing your own special song.
Make your own kind of music
Even if nobody else sings along.

You gotta make your own kind of music,
Sing your own special song.
Make your own kind of music
Even if nobody else sings along,
Even if nobody else sings along.

Sing a-long!

EARTH SONG

Music & Lyrics by Frank Ticheli

Sing, Be, Live, See...

This dark stormy hour, the wind it stirs.
The scorched earth cries out in vain:
O war and power, you blind and blur.
The torn heart cries out in pain.

But music and singing have been my refuge,
And music and singing shall be my light.

A light of song, shining strong: Allelulia! Allelulia!
Through darkness and pain and strife,
I'll Sing, I'll Be,
I'll Live, See...
Peace, Peace.

MANTRA

Music by Timothy C. Takach

Poem by Sierra DeMoulder

Vitamin D. Sunlight. Go outside.
Get a good night of sleep. Not too good.
Not shades drawn forever good.
Not like you used to.

Open the windows. Buy more houseplants.
Breathe. Meditate.
One day, you will no longer be afraid
of being alone with your thoughts.
Exercise. Actually exercise
instead of just Googling it.

Eat well. Cook for yourself.
Organize your closet, the garage.
Drink plenty of water and repeat after me:
I am not a problem to be solved.
I am not a problem to be solved.

Repeat after me:
I am worthy. I am worthy.
I am neither mistake nor the punishment.
I am neither mistake nor the punishment.

Forget to take vitamins.
Let the houseplant die.
Eat spoonfuls of peanut butter.
Shave your head. Forget this poem.
It doesn't matter.

There is no wrong way
to remember the grace
of your own body;
no choice that can unmake itself.
There is only now, here,
Look: you are already forgiven.

DICKE LUFT!

Original lyrics & melody by Aleksander Kullisiewicz
English lyrics by Denny Clark
Arr. by Donald McCullough

"Howl! Howl!" bays the glutton, Slobber runs down his jowls.
Trouble! Trouble's brewing: Commandant's on the prowl.
Where's Pris'ner Little Kitty, Such an itty, bitty Kitty?
He never howls at all, never howls at all..
He only naps and meows: Mee-oww, mee-oww.

Di-di-di-di-di-di-di, Di-di-di, Dicke Luft!
Uwaga! Achtzehn! Attention!
V'nimanye! Pozor! Psst!
Funny business is forbidden: there will be no "Meow-meow."

Di-di-di-di-di-di-di, Di-di-di, Dicke Luft!
Di-di-di-di-di-di-di, Di-di-di, Dicke Luft!

“Howl! Howl!” bays the glutton, Slobber runs down his jowls.
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Uwaga! Achtzehn! Attention!
V’nimanye! Pozor! Psst!
Funny business is forbidden: there will be no “Meow-meow.”

Di-di-di-di-di-di-di, Di-di-di, Dicke Luft!

WE HOLD YOUR NAMES SACRED

Music by Mari Esabel Valverde

Poem by Dane Figueroa Edidi

Sisters whose lives were taken
Mem’ries of you we sing

Note, chord, melody, harmony psalm
Prayers we offer with tears
Love with words we give
High we lift your spirit up
So you may know forever joy

NAMES

Jaquarrius Holland

Chyna Gibson

Ty Underwood

Penny Proud

Crystal Edmonds

Islan Nettles

Angel Rose

Lexi

Layla Pelaez Sánchez

Muhlaysia Booker

Brianna “BB” Hill

Layleen Polanco

May your smile be made eternal
May justice be brought – with this refrain

Sisters we hold sacred your names.

DONA NOBIS PACEM

By Frode Fjellheim

Dona nobis pacem.
No ja no va ja no ja no
Hon go jo non go no jo

Dona nobis pacem.
Do na shon ga van ga
Hng ga ya
Dona nobis pacem.

THE RIVER

Music & lyrics by Coco Love Alcorn

Arr. by Coco Love Alcorn, Connor Walsh & Jane Ramseyer Miller

The river is a healer, the river is a sage.
The river knows no end and the river feels no age.
The river is a leader every single day.
It's living in the moment and it always finds a way.

Water heal my body. Water heal my soul.
When I go down down to the water,
By the water I feel whole.

The river calls me over. It's calling out my name.
In the day and in the night
I hear that river all the same.
It's calling me over, calling out my pain.
Oh a river gathers tears just like a river gathers rain.

Water heal my body. Water heal my soul.
When I go down down to the water,
By the water I feel whole.

When I go down down to the water,
By the water I feel whole.

LIFT ME UP

Music by Elizabeth Alexander

Lyrics by Valarie Stein

Lift me up
I'm drowning in the pain and shame of my past,
Darkness is my reality
I can't count how many times I prayed
that there will be a day when I open my eyes
and the imprisonment in my own mind would disappear and
hope would shine down on my face

and I would feel no more fear.

So lift me up

I want to smile again I want to feel again

I'm lost I don't know what to do.

All I know what was working for me isn't working anymore

I'm lost I don't know what to do. So lift me up.

Anything Worth Holding On To

Music & lyrics by Scott Alan

Lately it seems

I've lost inspiration

It feels like it's miles away

I sleep through the day

And cry through the night time

I'm caught in an empty space

It takes effort to fight

I don't have the strength

I'm holding onto what's still left of me

When the life you had planned

Slowly slips through your hands

When it feels like you just slept through all

The best years of your life

When you can't find your way

When each day ends the same

When you've lost the fight inside of you

Is there anything worth holding on to?

It's hard to be strong

When weakness is stronger

I'm a prisoner in my own skin

I'm not good on my own

I need to be cared for

Someone to help these days begin

There are dreams I've let die

That I've just pushed aside

I need to find out how to turn this dark back into light

When the warmth disappears

When it's been one of those years

When you're running from the truth because

You're scared what you might find

When the heart's beyond repair

When you wake and no one's there

When your home consists of only you
Is there anything worth holding on to?

Maybe tomorrow, my heart will reawaken
And I can find what I've been searching for
But today, I'm tired and I'm running out of strength
All I know is I can't live like this anymore (this anymore)

When you're so far from home
When you've lost all signs of hope
When you're searching for salvation
But it feels so far away
When the words have disappeared
When the melody's unclear
When there's nothing left inside of you
Is there anything worth holding on to?

'Cause I will still be holding on
To everything worth holding on to

VOICES

Music & lyrics by Kevin S. Foster

Spinning, swirling, tumbling, twirling
Voices all around are
Screaming, shouting, crying, lying
speaking solemn words of
final dawn, final breath, final truth,
promised doom.

Why must I face this curse?
Why have I hoped in vain
while these demons destroy my flesh?
I never hurt anyone, I only loved.
Why should I be stripped of precious time?
I deserve some measure of Grace...
Voices! Voices!

Leave me, you loud, toxic voices!
Though all hope is gone I still want to live on!
Go away false prophetic, all-knowing voices!
For Love lasts longer than lies and I shall remain.
I shall remain an eternal voice.

I leave you, my friends, the echo of my voice,
the mem'ry of my smile,
the constant laughter from my heart.
Yes, I remain.
I shall remain beyond all ends.

In whispers, in quiet, in laughter and dancing,
In the gentle breeze that sparks your smile,
I shall remain.

LOOSEN LOOSEN

Music & lyrics by Aly Halpert

Part 1

Loosen, loosen, baby
You don't have to carry
The weight of the world in your muscles and bones.
Let go, let go, let go.

Part 2

Holy breath,
And holy name
Will you ease,
Will you ease this pain?

I DON' FEEL NO WAYS TIRED

Traditional Spiritual

Arr. by Stacey Gibbs

Oh, I am seekin' fo' a city, hallelujah.
I am seekin' fo' a city hallelujah,
Fo' a city into de Kingdom hallelujah.
Fo' a city into de Kingdom, hallelujah.

Oh Lord, I don' feel no ways tired, childun
Oh, glory hallelujah,
Fo' I hope to shout glory when dis worl' is on fi-yer,
Oh, glory hallelujah.

Dere's a bettuh day a comin', hallelujah.
Dere's a bet-tuh day a comin', hallelujah.
When I leave dis worl' of sorrow, hallelujah,
Fo' to jine dat holy num-buh, hallelujah

Oh, Lord, I don' feel, no ways tired, childun, Oh, glory hallelujah.
Fo' I hope to shout glory when dis worl' is on fiy'r.
Oh, glory hallelujah!

LET IT MATTER

By Elizabeth Alexander

You've got your own story
You and everybody else have got a bone story,
Sunrise certain and touchstone true.
A homegrown story that you've known ever since you

Could say the words for “us” and “them,” and “you.”

But every story’s got a flip side
Underneath the surface there’s a riptide
Powerful and yet denied.
To know the struggle of a stranger:
That can be a mighty rearranger.
Let it be a downright game changer.

Let it in, let it in, Oh let that story in,
Let it in, let it matter,
Let it open up the prison of your mind.
There’s so much pain and glory in ev’rybody’s story:
Let it matter, let it in. Let that story in.

Let it lead to honest conversation.
Let it shape the things you say and do.
Let it in, let it in,
Let it be the bridge that heals a nation.

No matter what you’ve been through,
Your own point of view is
Just a little part of what is true,
Don’t be afraid to let that story in,

Let it in, let it matter,
Let it open up the prison of your mind.
There’s so much pain and glory in ev’rybody’s story:
Oh let it in, let it in, let it in,
Let it matter, let it in.

It’s about the fears that lead to fences,
It’s about the dreams that fall apart,
It’s about what builds up our defenses,
You’ve got to open your heart,
The most tender part,
You’ll find yourself alone until you start,
Until you start to let that story in,

This is the work of justice, this is the work of trust
This is the work that is asked of us today.
No one would ever call this “easy listening.”
Listen anyway.

Let it in, let it matter,
Let it open up the prison of your mind.
There’s so much pain and glory in ev’rybody’s story:
Let it matter, let that story matter, let it in.
No one would ever call this “easy listening.”

STILL STANDING

Music by George Mauer

Poem by Sierra DeMulder

When dysphoria rumbles too loud
Or thunder rolls too close,
When the hounds of your body aren't peaceful
Know that I am a gentle voice.

When bigots pick up their picket signs
And ignorance licks at our feet,
Take my hand. Keep your eyes on the horizon.
There is much more to see,
Know that I am a gentle voice.

These bodies weren't made to be silent.
This love wasn't built to hide.
Pride doesn't grow in a garden.
It's birthed from the storm.
It lifts itself out of the mud
Of shame and compromise
To say "Look at how I'm still standing.
Look at all the love I have left to give.
Look at how I'm still standing
Look at all the love, I have left to give!"

RISE UP

Music & lyrics by Cassandra Batie & Jennifer Decilveo

Arr. by Mac Huff

You're broken down and tired
Of living life on a merry go round;
And you can't find the fighter,
But I see it in you, so we gon' walk it out.
Move mountains.
We gon' walk it out.
And move mountains.

And I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid. I'll rise up
and I'll do it a thousand times again.

And I'll rise up high like the waves,
I'll rise up in spite of the ache,
I'll rise up and I'll do it a thousand times again
For you.

When the silence isn't quiet

And it feels like it's getting hard to breathe;
And I know you feel like dying,
But I promise we'll take the world to its feet.
Move mountains.
Bring it to its feet.
And move mountains.

And I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid. I'll rise up
and I'll do it a thousand times again.
For you.

All we need, all we need is hope.
And for that we have each other,
And we will rise.

And I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid. I'll rise up
and I'll do it a thousand times again.

And we'll rise up high like the waves,
We'll rise up in spite of the ache,
We'll rise up and we'll do it a thousand times again
For you.

Bridge Over Troubled Water

By Paul Simon

I'll be your bridge o'er troubled water,
When you're down,
I will carry you
Like a bridge o'er troubled water,
I will lay me down.

When you're weary, feelin' small,
when tears are in your eyes I will dry them all;
I'm on your side. Oh, when times get rough
And friends just can't be found,
Like a bridge o'er troubled water
I will lay me down.
Like a bridge o'er troubled water
I will lay me down

When you're down and out,
When you're on the street, my Lord,
When evening falls so hard,
I will comfort you.
I'll take your part. Oh, when darkness comes

and pain is all around,
Like a bridge over troubled water I will lay me down.

I'll be your bridge o'er troubled water,
when you're down I will carry you
like a bridge o'er trouble water,
I will lay me down.

Sail on silver girl, sail on by,
Your time has come to shine.
All you dreams are on their way.
See how they shine. Oh, if you
Ever need a friend, look around,
I'm sailing like a bridge over troubled water
I will ease your mind.

I'll be your bridge o'er troubled water,
when you're down I will carry you
like a bridge o'er trouble water,
I will lay me down.



One Voice Mixed Chorus is Minnesota's only - and one of the nation's largest - lesbian, gay, bisexual, transgender, and straight allies (LGBTQA) chorus. Founded in 1988, One Voice has been **"building community and creating social change by raising our voices in song"** for 32 years. With 125 singing members ranging in age from 15 to 81, and 50 non-singing "Fifth Section" volunteers, One Voice inspires passionate, vibrant, and creative performances for thousands of audience members each year at concerts, during community engagement tours, through their pioneering OUT in Our Schools program now in its 20th year, and innovative collaborations. Under the direction of Artistic Director Jane Ramseyer Miller, the award-winning chorus is known for its musical excellence, diverse programming, and a deep commitment to community.

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