

# Sing me on a journey



A song supplement to  
*Journeys in the Spirit*



# Contents

---

1. *Sing me on a journey* introduction
2. Teaching the songs
4. Using the songlist
5. Using the online playlist
6. **The song list:**
  - Introductory songs
  - Hospitality, welcome and refugees
7. Love and friendship
8. Reflections, feelings and moods
9. Hope and prayer
10. Caring for our world
11. Remembering peace and freedom
12. Magic
  - Celebrating ourselves
  - Christmas and celebrations



*Journeys in the Spirit* is a free resource for adults who work with children and young people in a Quaker setting.

The monthly children's work edition provides materials for adults working with children aged 5 to 12.

An edition for adults working with young people is published annually, offering ideas and activities for use with 12- to 18-year-olds.

# Sing me on a journey

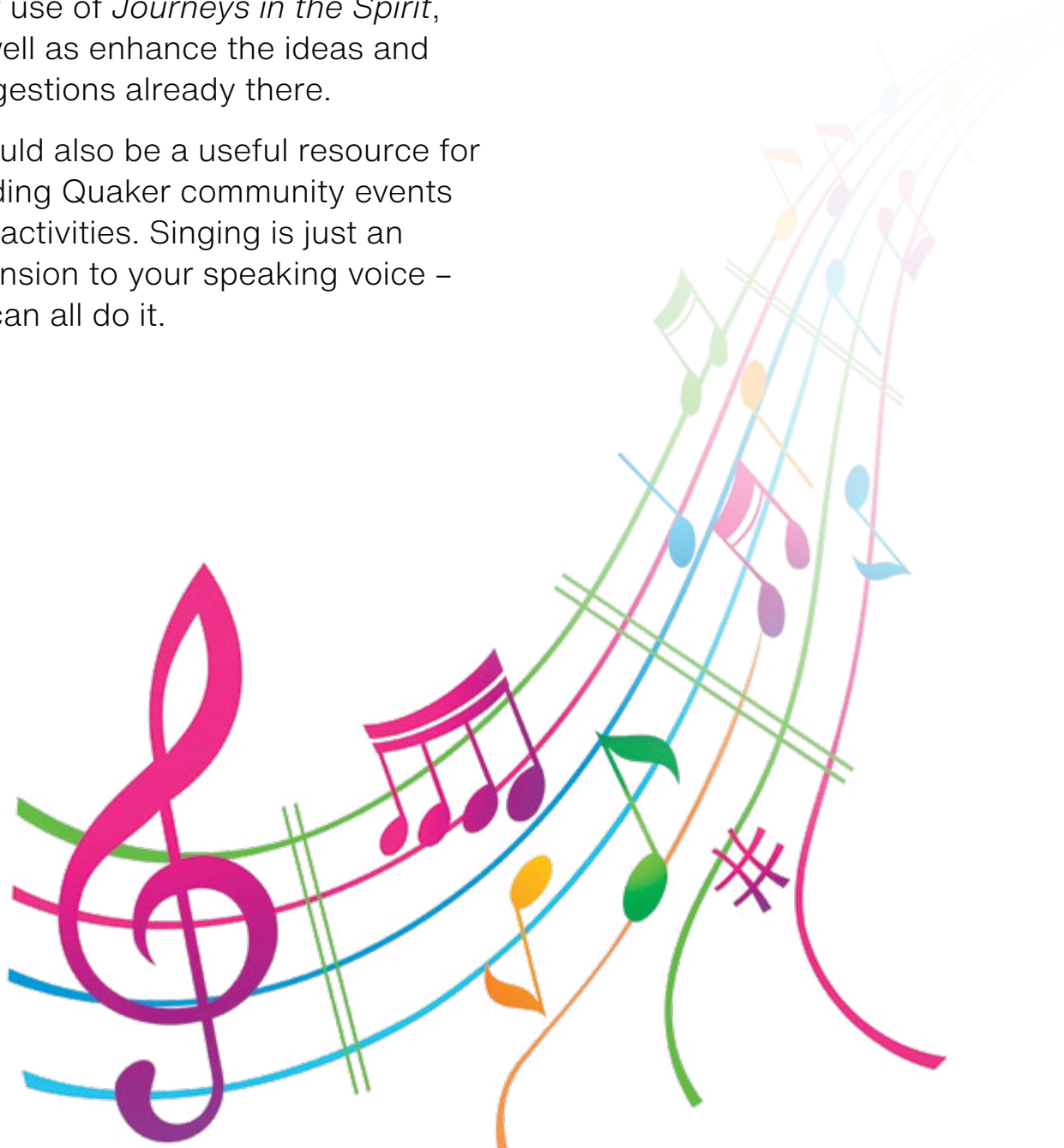
---

**Singing is a wonderful way of bringing your Quaker community together.**

*Sing me on a journey* is a resource for adult Quakers working with children in Quaker Meetings, and at all age events, residential gatherings and camps.

This song supplement has been created to add further enjoyment to your use of *Journeys in the Spirit*, as well as enhance the ideas and suggestions already there.

It could also be a useful resource for building Quaker community events and activities. Singing is just an extension to your speaking voice – we can all do it.



## Teaching the songs

---

- **Preparation is important.**

If you are leading a session you will need to listen to and familiarise yourself with the songs. Will the children and young people need words written on a flip-chart or printed out in advance?



- **Look out for the hints and suggestions underneath some songs in the list.**

They offer ideas beyond simple group singing, such as how to sing certain songs in multiple parts (as a round), or even as a game. There are also tips for introducing, learning or teaching some songs.

- **It's better if the children are gathered and sitting quietly and still before you begin.**

Make sure the group is sitting comfortably – ask people to sit up. Ultimately, if they are going to 'share' their song with others in meeting, they should stand to sing.



- **Be sure you can make eye contact with the group.**

Hand signs and gestures can also help with learning the words, and a smile never goes amiss!

- **Don't be anxious about singing in front of the children.**

If you do play something like a guitar, that's wonderful, but you don't need an instrument.

- **The best way to begin teaching the song is for people to listen to it once or twice.**

You can sing it or play it from a recording or the online playlist. Start singing and encourage people to join in as they pick it up. They will learn the words through repetition.





- **Talking about the song encourages them to listen carefully.**

Make sure that the group understands what they are singing about. You could ask them what they think the subject of the song is, and if the words convey a message? If they do, what is it? Don't be afraid to play or sing the song a few times.

- **Think about the mood of the song and how best to sing it.**

Consider things like diction (pronouncing words clearly) and dynamics (being loud and quiet).

- **If the words are tricky, speak them in rhythm before adding the tune.**

If a song has verses and a chorus - learn the chorus and gradually add the verses. Don't hesitate to repeat phrases and pick out sections which may require a bit more practice.



- **Encourage adults and parents to join in.**

Singing all together works particularly well for special occasions, such as at Christmas, World Peace Day or an event which focusses on building a Quaker community. The adults joining in is a good opportunity to introduce some multiple-part singing.

- **Keep it fun!**

Make sure everyone is enjoying the experience.



# Using the songlist

---

## Age groups

The songs have been grouped thematically, with a musical note symbol to indicate the age appropriateness for **younger children**, **older children** or **all age groups**. The guide to the symbols used for the suggested age groups is below.

There are suggestions under some songs for how to introduce and teach them to older age groups. Look out for them in the shaded boxes.

## Finding the songs

Many of the songs are in the *Quaker song book*. Unfortunately, this is no longer in print but many meetings will have a copy. These are marked with the **orange song symbol** (see opposite page).

The songs marked by the **blue song symbol** are notated and available as an additional resource to this publication. This is an important part of the resource, and is available by emailing [cypadmin@quaker.org.uk](mailto:cypadmin@quaker.org.uk).

Where possible we have listed the artists or authors of copyrighted songs. You can search for these online using your preferred music source. To aid this search, most songs have been added to a specially created YouTube playlist. Songs on the playlist are indicated by the **pink song symbol**.

Additional sheet music can be purchased for many of the songs on: [www.musicnotes.com](http://www.musicnotes.com).

### Guide to symbols: Suggested age groups

**Younger children**



**Older children**



**All ages**



## Using the online playlist



A playlist that contains most of the songs in this resource can be found on the Quakers in Britain YouTube channel:

[www.youtube.com/user/QuakersInBritain/playlists](http://www.youtube.com/user/QuakersInBritain/playlists)

YouTube can be used as part of your own preparation, to remind you of the tune and lyrics, or as an initial introduction to the song. Where possible, we have included the title and artist information to help you find an appropriate version of the song.



Some YouTube videos can be used specifically for listening and discussion. However, it is not always the most suitable way of teaching the songs. Teaching is best done directly between you and the children.

We recommend using YouTube clips as audio rather than visual aids. If people listen rather than watch, it helps focus attention on the lyrics and melody. Some links, however, have lyrics which you may find useful.

**Guide to symbols:** Where to find the songs

**Quaker  
songbook**



**Additional  
resource**









**YouTube  
playlist**













## Introductory songs

Heads, shoulders, knees and toes	Children's action rhyme		
I can wiggle my fingers	Children's action rhyme		
I've got a body a very busy body	Harriet Powell		
Look at the fish swimming there	Leonora Davies		

Sit in a circle and sing the verse through. Sing the song again but on 'Hey, little fish, now what's your name?', the activity leader picks one of the children to reply. That child answers with their name and enters the middle of the circle to dance like a fish. Repeat until everyone is dancing like a fish.









Skip one window, Ti-de-o	Children's action rhyme		
Somebody's knocking at my door (why don't you answer?)	Children's action rhyme		

Sit in a circle. Everyone sings 'knocking at your door' and mimes the action in time with the rhythm. The leader will choose someone to respond by singing their name, followed by 'why don't you answer?' The game continues with each person choosing someone else to answer on the next turn.

Sounds we hear	Harriet Powell		
The telephone song (I think I hear my name)	Traditional		



































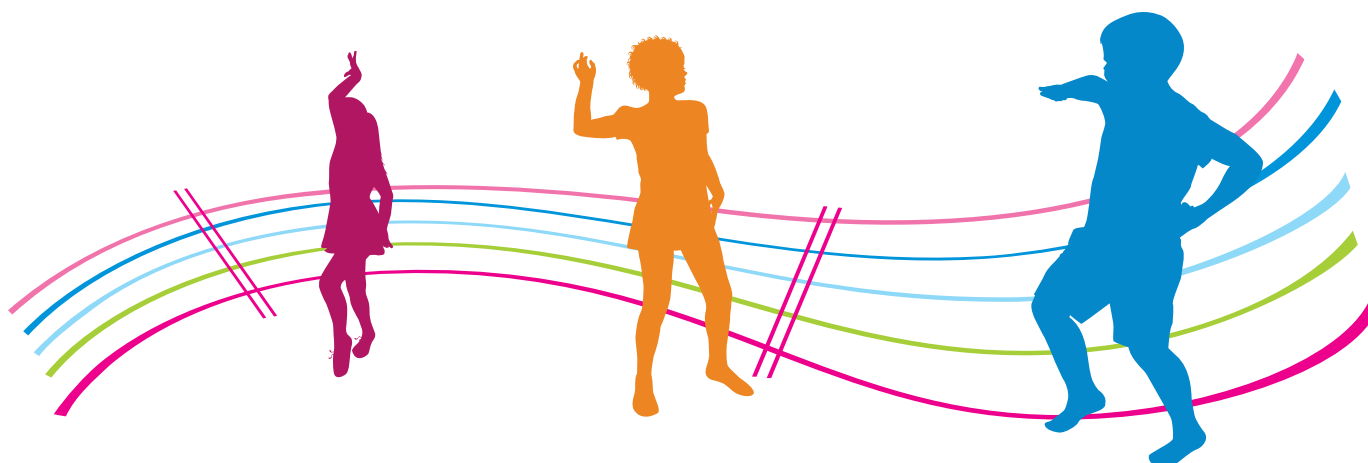
## Hospitality and welcome – refugees

Dipidu (Good day, good day to you)	Traditional			
Kumbaya	Spiritual			
When I needed a neighbour	Sydney Carter			



## Love and friendship

Building bridges (between our divisions)	Greenham Common Women		
Count on me	Bruno Mars		
Circle of love	Leonora Davies and Elena Browne		
Don't you push me down	Woody Guthrie		
He's got the whole world in his hands	Traditional		
Lean on me	Bill Withers		
Love can build a bridge	The Judds		
Love somebody, yes I do	Traditional		
Morningtown ride	Malvina Reynolds		
Shalom	Traditional Hebrew		
Sing	Gary Barlow and Andrew Lloyd Webber		
Thank you for my friends	David Evans		
Ubi caritas	Taize		
<p><i>This is a beautiful peaceful Taize chant. It can be as simple as a unison chant or built up to include instruments and different parts.</i></p>			
When I needed a neighbour	Sydney Carter		
You are my brother	Sheila Wilson		
You've got a friend	Carole King		
You are not alone	Emili Sande		



## Reflections, feelings and moods

59th bridge street song, feelin' groovy	Simon and Garfunkel	⏸ 🎵
All alone in my quiet head	Malvina Reynolds	🎵 🎵
This is very tender song. The melody is a little tricky, but it is worth sticking with to get it working.		
Angry song	Leonora Davies	🎵 🎵
Gaudeamus	Traditional	🎵 🎵
Give me joy in my heart, sing Hosanna	Traditional	⏸ 🎵
I can see clearly now	Jimmy Cliff	⏸ 🎵
If you're happy and you know it	Traditional	⏸ 🎵
Magnificat	Taize	⏸ 🎵
Nowhere man	The Beatles	⏸ 🎵
Sing with joy	Paul Inwood	⏸ 🎵
You're smiling	Leonora Davies	🎵 🎵
I'm still singing	Gitika Partington and Andrew McCrorie-Shand	⏸ 🎵



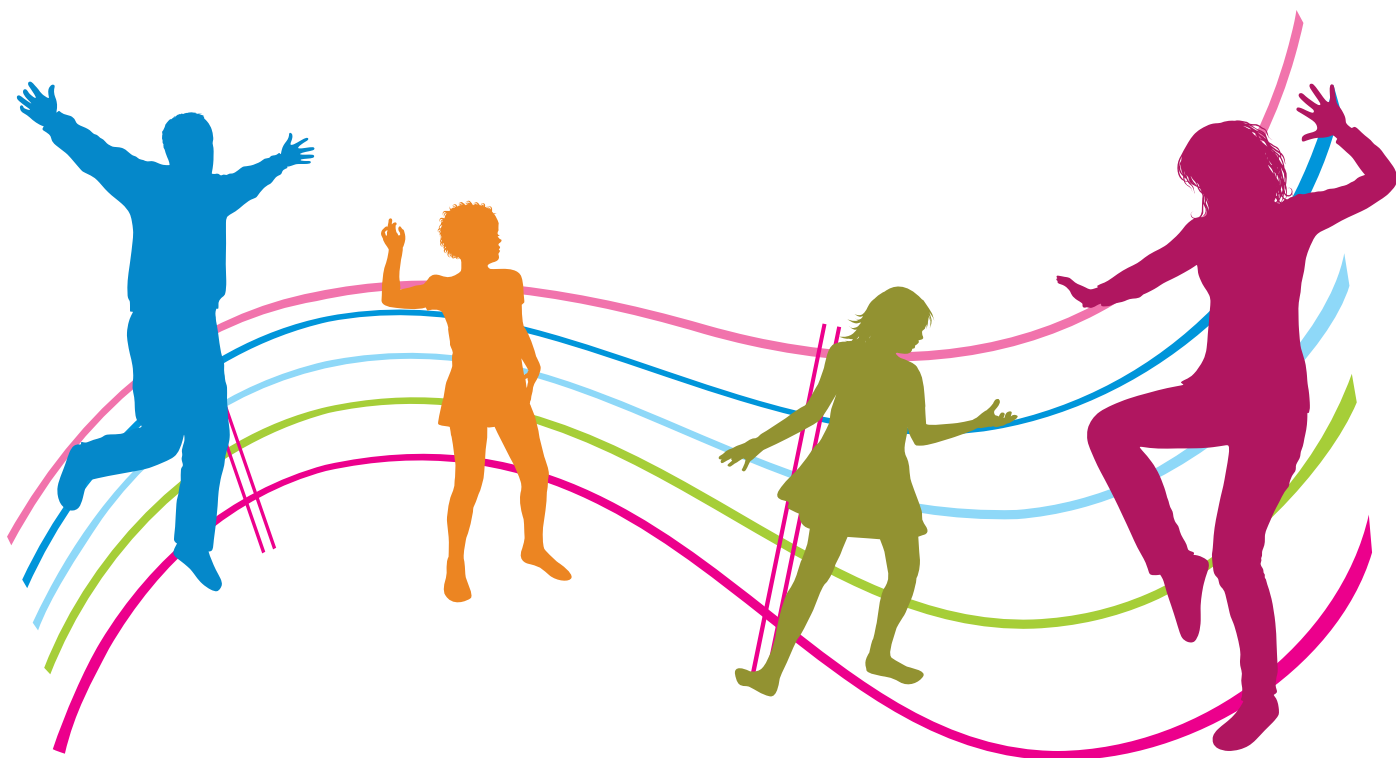
## Hope and prayer

Hope for a better tomorrow	Ruth Dale		
May there always be sunshine	Charlotte Diamond		
Great Day	Traditional/Spiritual		
<p>This song has four parts. Learn line one first and quite quickly you will be able to add line four, which is quite simple. It may be that you just stick to these two lines.</p>			
One man's hands	Pete Seeger		
This little light of mine	Spiritual		
I've got peace like a river	Traditional American		
Siyahamba	Traditional South African		
Take a pocket full of prayers	Leonora Davies		
Che ni mwah nah	Spiritual		
<p>Simple three-part South African song.</p>			
Forget your troubles and just be happy	Spiritual		
<p>A simple two-part song with a unison section in the middle.</p>			
It's me, O Lord	Spiritual		
Laudate dominum	Traditional		
To everything turn, turn, turn	Pete Seeger		
<p>You might like to write your own words to this.</p>			
















































## Caring for our world, nature and outdoors








I can sing a rainbow	Arthur Hamilton	🎵
The whole world in his hands	Traditional	🎵
Big world, small world	Ella Jenkins	🎵
Gardens	Traditional Hebridean	🎵
Weather song	Harriet Powell	🎵
Who has seen the wind	Christina Rossetti and Jon Betmead	🎵
Let it be	Malvina Reynolds	🎵
What have they done to the rain	Malvina Reynolds	🎵
Across the hills	Leon Rosselson	🎵
This is in two contrasting sections. Think how you can make the contrast with your voices.		
The sun is burning in the sky	Ian Campbell	🎵
Saltwater	Julian Lennon	🎵



## Remembering peace and freedom

Last night I had the strangest dream	Simon & Garfunkel	  
Where have all the flowers gone?	Peter, Paul & Mary	  
Blowin' in the wind	Bob Dylan	  
Make me a channel of your peace	Traditional	  
Peace is flowing like a river	Trad. American	  
Yonder come day	Spiritual	  
<i>Begin by feeling the beat and speaking, 'Walk that road'. Then add the next spoken section, 'Trees are green'. Slowly build up the simple melody 'Yonder come day' and gradually add the other two parts.</i>		
Dona nobis pacem	Traditional	  
<i>This is a round but best learnt in unison to begin with. Once the group is confident, divide into three sections. Section one starts. After the opening line, section two joins in from the beginning whilst section one continues. Then section three can also enter, from the start, once section two has sung the first line.</i>		
Siyahamba		  
<i>Make sure that part one is quite secure before you add other parts.</i>		
Donna donna	Shalom Secunda and Aaron Zeitlin	 
Amani utupe	Patsy Ford Simms	 
Keep you in peace	Traditional Irish blessing	  
<i>It can be developed in three parts but is just as effective in unison.</i>		
Ain't gonna let nobody turn me around	Traditional	  
Singing for our lives	Holly Near	 
Something inside so strong	Labi Siffre	 
In Flanders Fields	John McCrae and Sharon Durant	 
Imagine	John Lennon	 
Azikatale	Soweto street song	  
<i>A strong and powerful song in three parts.</i>		










## Magic

Magic penny	Malvina Reynolds	  
Puff the magic dragon	Peter, Paul & Mary	 
The magic tree	Leonora Davies	 

## Celebrating ourselves

Bring it all back	S Club 7	 
Believe	Lin Marsh	 
I got me	Nathan Trent	 
I wish I knew (how it would feel to be free)	Nina Simone	 
Love my life	Robbie Williams	 
Power in me	Rebecca Lawrence	 
True colours	Steinberg and Kelly	 

## Christmas and celebrations

Star shine	Elena Browne	 
Circle of love	Leonora Davies and Elena Browne	 
Gaudeamus	Traditional	 
Donna nobis	Traditional	  



## How to subscribe to *Journeys in the Spirit*

---

To receive the latest issue of *Journeys in the spirit* you need to subscribe. Subscribers are also sent a Quaker Children and Young People's Work news update with each issue.

The Children's work edition comes out every month, the Youth work edition is published annually. Both are free by subscription. You can choose to receive a paper copy or be emailed a link to an online version.

### Children's work edition

Subscribe at [www.quaker.org.uk/journeyschildren](http://www.quaker.org.uk/journeyschildren)

### Youth work edition

Subscribe at [www.quaker.org.uk/journeysyouth](http://www.quaker.org.uk/journeysyouth)

### Back issues

Download from <https://together.woodbrooke.org.uk/jits>

*Journeys in the Spirit* back issues are available to download from the *Being friends together* website. If you would like to be emailed a pdf for a particular issue or to be posted a paper copy, email [cypadmin@quaker.org.uk](mailto:cypadmin@quaker.org.uk) or call 020 7663 1013.



February 2020

Developed by Leonora Davies and Elena Browne  
Produced by Children and Young People's work staff team,  
Quaker Life

Friends House  
173 Euston Road  
London NW1 2BJ

[www.quaker.org.uk/cyp](http://www.quaker.org.uk/cyp)

