



“Tenderly Rain”

***CD by the Threshold Choir, Bay Area, California, 2006**

Dedication

We join the family of Jane H. Saline, honoring the Loving Memory of their mother, wife and singer, 1925 - 2002. Her generosity, grace and love of harmony live on. Her family's support of this CD has made it possible.

Singing at bedsides is a calling that invites us to be sacred instruments and empowers our voices to be kind, courageous and creative, to feel spirit moving in us and sometimes to be galvanized into songs.

We are grateful to Friends of the Choir, Allaudin, Nina, Jack, Marilyn, Becky, Patricia, Dan and Terry for their generosity with their songs and their poetry. And we are especially proud of our Choir members's songs. Some are the result of a long night's vigil at a bedside, some in memory of a loving friend or an inmate waiting on Death Row; one arrived in the shower on Thanksgiving morning. All are precious to us. We love singing our sisters' songs.

We honor all the Hospice Workers and Nurses and Caregivers who give so deeply of their their precious time and their apparently never-ending supply of kindness to comfort the ailing and tend lovingly to the dying. You are our heroes.

We also acknowledge the many women across the country who, from miles away, have felt this calling, have felt the shiver down their backs when they hear about our work. Many of these women have started Threshold Choirs in their communities and we are grateful to have such collegial sharing and artful cross-pollination with them. If, after listening to our CD, you too feel called to sing at bedsides, please contact us. We will help you to be (or to find) the hub of your local wheel of singers. Currently there are 30 choirs in 8 states.

I want to thank each choir member for your unique gift to this on-going project. Each one of you has enriched my road immeasurably.

In Gratitude, Kate

Lyrics

1. If You Knew, Lyrics: A Course in Miracles. Music: Kate Munger © September 2004

If you knew who walks beside you; on the way that you have chosen; fear would be impossible.

2. My Grateful Heart, Laura Fannon © November 2004. Translation: Vicky Jimenez-Russo and Olivia Leon

My grateful heart, so filled with years of living. Memories flow by me like petals on a stream.
My grateful heart forgives so many sorrows, brings peace that lasts forever, illuminates the dream.

Mi corazon tan llena de recuerdos. Si deslizan suaves, petalos en el mar.
Mi corazon perdona los dolores, ofrece pas eterna, iluminacio

3. Hold Me, M.P. Scott © 2003

Oh, hold me in your love, oh, hold me in your light. Oh, hold me in your love, O Holy One. Oh hold me, love, oh, hold me light. Oh hold me love, O Holy One.
Oh, hold me in love, oh, hold me in light. Oh, hold me in love, Holy One.

4. Come with Me, Rebecca Cone © 2005

Come with me, take my hand, let us wander through this night together.
You'll be wrapped in the clouds, and the stars will rock you in your cradle.

5. You Are Loved, M.P. Scott © 2004

You are loved, deeply loved. You are a well-cherished garden. You are loved, deeply loved.
You are a treasured child. All your life, all your days, from the very first moment of being.
You've been loved, greatly loved. You are loved.
Drink it in, drink it in. Love is the life-giving water. Take it in, take it in. Know it in every cell. Soak it into your toes, so the rose that you are fully blossoms. You've been loved, greatly loved. You are loved.
Drink it in, drink it in. This is what nourishes spirit. Take it in, take it in. This is what opens the heart. Soak it in to our toes so the roses we are fully blossom. We've been loved, greatly loved. We are love.

6. From My Heart to Yours, Maria Culberson © March 2004

From my heart to yours, a song without end. May it offer you comfort and healing, my friend.
Though I cannot go with you, your journey goes on. I can laugh with you, cry with you, sing till you've won your freedom from suff'ring, release from all fear.
May you find all the love that you needed was here.

7. Holy Love, Patricia McKernon © 1983

Open my heart, let holy love flow through me.
Center my soul upon the path of peace;
Make of my life a melody of love, singing Alleluia, Oh Great One, Alleluia.

8. Canonic Grace, lyrics: Hazrat Inayat Khan; music: Allaudin Matthieu © 1988

O Thou, the sustainer of our bodies, hearts, and souls.
Bless all that we receive in thankfulness,
In thankfulness. Amen, Amen, Amen, Amen, Amen, Amen.

9. Bit by Bit: Song for Edith, Nancy Schimmel © 2004

Bit by tiny bit, the coral makes the reef. Bit by tiny bit with but our lives to give.
We build our soil and cities, our stories, our beliefs.
And leave behind a structure on which our children build a place where they may live.

10. Rain Fall Down, Bayla Greenspoon © 1995

Rain fall down on me, heal my body. Rain fall down on me, heal my soul.
Rain fall down on all of creation. Rain fall down on me, make me whole.
Rain fall down and feed all the creatures. Rain fall down feed Mother Earth.
Rain fall down on all the children. Telling them of life and rebirth.

11. + 12. Passing Time, © foonjoonjoy, T. Garthwaite © 2003

Sopranos: From this day on, I will know peace and bear the fruits of everlasting love.
And as my cares and sorrows cease, I'll fly the heavens like the passing dove.
From this day on I will know rest, as sweet affection holds my memory.
For I have seen that I am blessed by all the loving kindness given me.
My soul knows the way to take me home today.
I know I'm only passing through.
From this day on, I will be free from all the worldly worries I once knew.
And as I go remember me. With all my heart I give my love to you.

Altos: My time has come. I'm on my way. Love is all around me on this day.
I'm moving on. I am released. Cover me with everlasting peace. I'm crossing over the open sea.
See how fast our precious hours flee. I'm flying home to my true nest. Freedom lies in heaven's wilderness.
I know the way to take me home today.
I know I'm only passing through.
I hear my song, it calls to me. I am with you.
And as I go remember me. With all my heart I give my love to you.

13. Celebrate, Sherrin Loyd © 2003

Celebrate your heart and your spirit. Celebrate your life while you live it even when it's hard to do.
Celebrate the best of you. Celebrate your dreams and your visions.
Celebrate the love you've been given even when it's hard to do.
Celebrate the best of you.

Be True, Terry Garthwaite © 2003

Your heart will never break if your life is what you make it. Take it in your hands. Let your spirit dance.
Your dreams are coming true when you're loving what you're doing.
To yourself be true. Your heart is calling you.

14. Love Song to a Child, Madolin Wells © 2005

When you were born we danced together. Your mother's arms embraced the heavens.
She held you high to touch forever. In that starry dreamtime ride we weave together.
It's always loves that calls the soul here. To meet again the ones we longed for.
To see your face, the one I dreamed of. And to you I will return, another passing.
So hold me close to rock together, the lullabies we sang and treasured.
To sleep again and feel the presence of a radiant spirit flying nigh on over.

15. Tenderly Rain, Helen Greenspan © July 2000

Tenderly rain petals of kindness over the aching land of my soul.
Bathe me in streams of deep understanding.
Merciful waters carry me home.

16. Fly Away, Elizabeth Weiss © April 2005

It hurts to know I'm losing you. Don't want to make you stay.
So I will hold you while you fly away.

17. In Breath, Out Breath, Nina Wise

(Thich Nhat Hanh) In breath, out breath, deep breath, slow breath; calm breath, ease breath, smile breath, release (breath;) present moment, wonderful moment.

18. We Walk Not Into the Night, Lyrics: Dan Olivieri. Music: Tammy Heinsohn © March 2005

We walk not into the night.
We walk but toward the stars.

19. Resting in Harmony: The Chair Song, Rebecca Cone © March 2005

Breathing, floating resting in harmony.
Breathing, floating, resting in love.

20. Eternal Light, Jill Bigwood

May eternal light surround you.
Everlasting arms be around you.
Know that love has bound you to our hearts.
Know that love has bound you to our hearts.

21. Healing Light, Kate Munger © April 2005

Healing light surround you. Healing warmth within.
Softness, fragrance, comfort. Healing now begin.

22. How Well, Lyrics: Jack Kornfield; Music: Kate Munger © April 2005

In the end what matters most is how well do I live?
How well do I love?
How well do I learn to let go?

23. May You Be Peaceful, Laura Fannon © April 2005

Translations: Cantonese: Shirley Chen; Spanish: Stella Perez;

Mandarin: Quyen Le; Vietnamese: Vinh Nguyen

May you be peaceful. May you be happy. May you be free. May you be free.

Cantonese: Sheuurng lei ohn sahm. Sheuurng lei hoee sahm.
Sheuurng lei baht tong fu. Sheuurng lei baht tong fu.

Spanish: Que esté(s) en pas'. Que esté(s) feliz. Que esté(s) libre.
Que esté(s) libre.

Mandarin: Xiang ni bu to'ng xin. Xiang ni bu to'ng xin. Xiang ni bu to'ng ku.
Xiang ni bu to'ng ku.

Vietnamese: Chu'c ba.n du'o'c yen vui. Chu'c ba.n du'o'c hahn phu'c.
Chu'c ba.n du'o'c vu'.o't. Qua mo.i su. kho-kha'n.

24. Keep Watch, Becky Reardon © March 2005

We cannot follow you where you are going.
What you are feeling, we cannot know.
But we will keep watch, watch through the night.
Watch till your journey brings you home.

25. If No Other Misses You, Lyrics: Stephan Wayne Anderson

Music: Helen Greenspan © January 2000

If no other misses you, I will. I will sense the emptiness where once you breathed.

26. Remember Me, Katherine Osburn © July 2004

Remember me. Remember me.
I am the stars in the sky. The eagles that fly. I'm always nearby.
Remember me. Remember me.
I am the waves on the sea, the ancient oak tree, reach out and touch me.
I'm in every breath you breathe as the wind blows.
I'm in the sunlight dancing on your hair.
Remember me, Remember me.
I am the dark of the night, the moon's silver light, I'm holding you tight.
Remember me. Remember me.

27. Golden Thread, Charlotte Jones © April 2005 Lyrics inspired by Valerie Walker

My feet to the road, the road to my feet.

I feel all the love from the people I meet who lead me on the path of the Golden Thread.

When we are born, our bright ray descends.

We take up the path and the journey begins our searching for the path of the Golden Thread.

Take me home, guide my heart.

From my loved ones I'm never apart. For we're all on the path of the Golden Thread

***To purchase a copy of the CD, send a check made to Kate Munger for \$18 to:**

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