

Welcome to Harmony Hub Radio a place to

listen, share, reminisce and get inspired.

www.awakeningarts.co.uk

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at kaye@awakeningarts.co.uk

This week on Harmony Hub Radio, we'll be reading homes and hearing songs and stories of paying attention to the little things and appreciating that which we usually take for granted. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

Here's a quote by Argentinean poet, Jorge Louis Borges on the art and power of reading poetry out loud:

"Truly fine poetry must be read aloud. A good poem does not allow itself to be read in a low voice or silently. If we can read it silently, it is not a valid poem: a poem demands pronunciation. Poetry always remembers that it was an oral art before it was a written art. It remembers that it was first song."

William Stafford - The Way It Is

There's a thread you follow. It goes among
things that change. But it doesn't change.
People wonder about what you are pursuing.
You have to explain about the thread.
But it is hard for others to see.
While you hold it you can't get lost.
Tragedies happen; people get hurt
or die; and you suffer and get old.
Nothing you do can stop time's unfolding.
You don't ever let go of the thread.

Angie Waters

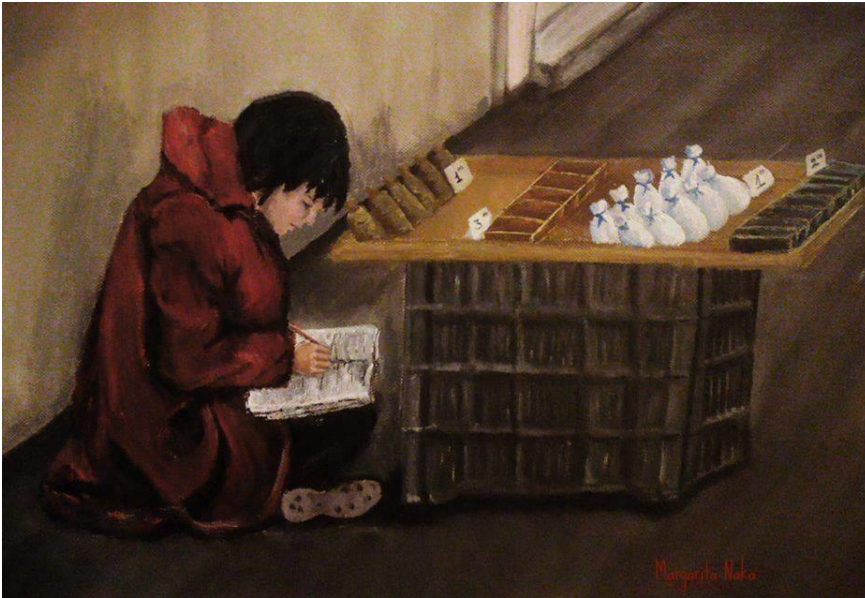
Dance with sorrow
when it is your partner
when you cannot
keep time with hope
Step into the arms
of what your heart
is facing
and embrace it
until it lets go.

Won't you celebrate with me BY LUCILLE CLIFTON

won't you celebrate with me
what i have shaped into
a kind of life? i had no model.
born in babylon
both nonwhite and woman
what did i see to be except myself?
i made it up
here on this bridge between
starshine and clay,
my one hand holding tight
my other hand; come celebrate
with me that everyday
something has tried to kill me
and has failed.

Art Activity

This week our theme is rising strong and finding our way back up after difficult times. Here are some ideas for how you could create an image on this theme. As ever, please feel free to interpret the theme in anyway that feels right for you, these are just some ideas or starting points.



I chose this painting by Marguerite Naka because it shows our resourcefulness. Is there a time in your life when you really had to struggle to find a way to make things work that you could paint or draw, or even write about?

This painting by John Garnsworthy is called 'never give up' quite a humorous name for a painting with this subject matter. Could you play with the idea of not giving up in a painting like this?





This is a painting by Laurie Maves of Flanders Fields covered in poppies, symbolic of beauty and possibility even in the most dire of circumstances. Could you think of a metaphor for resilience and strength and paint or draw that. Or perhaps like this artist could you think of a place or flower or animal that symbolises resilience?



Is there a time you left behind the naysayers? Or do you have a friend or family member who symbolises the strength of courage and resilience?

