

Welcome to Harmony Hub Radio a place to listen, share, reminisce
and get inspired.

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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."

Three Good Things by Jan Dean

At day's end I remember
three good things.

Apples maybe- their skinshine smell
and soft froth of juice.

Water maybe- the pond in the park
dark, and full of secret fish.

A mountain maybe- that I saw in a film,
or climbed last holiday,
and suddenly today it thundered up
into a playground game.

Or else an owl- I heard an owl today,
And I made bread.

My head is full of all these things,

It's hard to choose just three

I let remembering fill me up

with good things

so that good things will overflow

into my sleeping self,

and in the morning

good things will be waiting

when I wake.

Maybe you could take inspiration from this poem and at the end of the day, think of three simple but good things that have brought you a little joy, give you a smile, or that keep you well. What are the things that you take for granted? How does it feel when you pay attention to the good in your life.

How to love life by Marala Scott

When you are willing to accept that you already

Have everything you need,

When the feeling of appreciation is more

Profound and lasting

When the little things matter

You know

How to love life

the little things

you've got to learn to appreciate
the little things
in life;

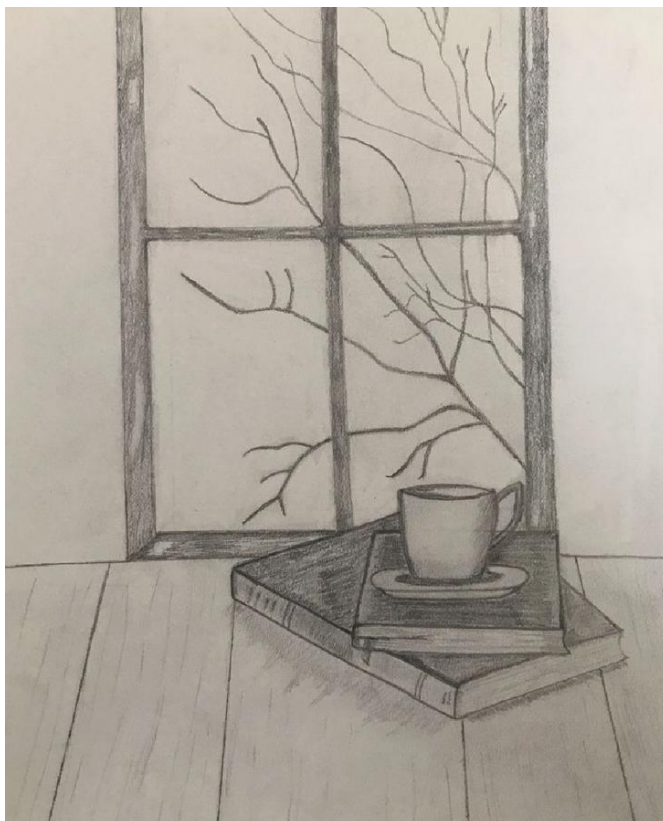
like a good cup of coffee,
or a
fresh-smelling flower,
or the smile of
a stranger
as you pass
on the streets.

the world is a
monumental beast,
frightening and
discouraging, but
in small doses, it is
the most beautiful thing
you'll ever discover.

Art Activity

This week our theme is paying attention to the little things or that which we take for granted. 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 inspired by the song I played on the show for this episode, Grandma's hands by Bill Withers, it's a lovely song and it reminds us to pay attention to the details and presence of those around us. You could paint or draw the hands of a loved one, or all or a favourite part of them. You could also do a self portrait of your own hands (or any body part that has a story to tell - a part that might go unsung or be taken for granted). I love the way this lady's jewellery says something about the wearer's character. Could you get out some old jewellery that doesn't see light of day so often?



How is the view from your window? What simple every day things come and go that you could draw or paint? Or which things are there that you see everyday and don't really pay attention to. Celebrate what you see around you with a simple pencil drawing, or start with pencil and add some colour as you feel. Perhaps see how it looks if you just add colour to the part of the picture you want to celebrate.



Is there someone that you live with or who has passed away who you take (or took) for granted? We are all guilty of that! Is there a way you could capture them doing something very ordinary, something so ordinary that you don't even notice it and then paint a picture of them doing it? You could paint from real life, imagination or from memory. If painting feels too difficult, you could draw it out first. It's more important to give it a go than to get it perfect. This is a challenging task, and we all get better at doing difficult things the more often we do them. If you don't want to draw or paint, you could always take some photos of them - the more ordinary the better!



Here is a lovely painting by Celia Pike of her cat on the sofa. It's a simple every day image but we can all imagine how happy the cat is in her warm cosy spot in the sun. Could you find a way of creating a simple scene like this with or without a pet and then painting or drawing it?