



# Harmony Hub Radio

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

[www.awakeningarts.co.uk](http://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](mailto:kaye@awakeningarts.co.uk)

This week on Harmony Hub Radio, we'll be exploring 'Change and Uncertainty'. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

## **The Peace of Wild Things by Wendell Berry**

Listen

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

## **I Worried by Mary Oliver**

I worried a lot. Will the garden grow, will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not how shall  
I correct it?  
Was I right, was I wrong, will I be forgiven,  
can I do better?  
Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.  
Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?  
Finally I saw that worrying had come to nothing.  
And gave it up. And took my old body  
and went out into the morning,  
and sang.

## **Everything is Going to be All Right by Derek Mahon**

How should I not be glad to contemplate  
the clouds clearing beyond the dormer window  
and a high tide reflected on the ceiling?  
There will be dying, there will be dying,  
but there is no need to go into that.  
The poems flow from the hand unbidden  
and the hidden source is the watchful heart.  
The sun rises in spite of everything  
and the far cities are beautiful and bright.  
I lie here in a riot of sunlight  
watching the day break and the clouds flying.  
Everything is going to be all right.  
Derek Mahon

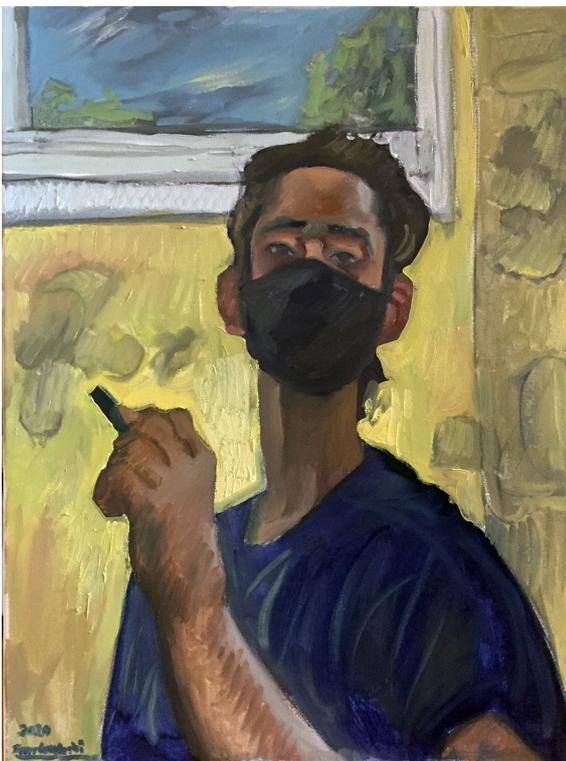
## **Art Activity**

This week as our theme is change and uncertainty we'll have to think outside of the box a little. Could you paint something that would express how your life has changed since lockdown, how your children have changed or how the world has changed since you were a child. Here are some ideas, but please feel free to find your own ideas, if you don't like the ones I've chosen. You could also look through some of your old photos to copy, draw from memory or imagination.



Here is a painting by Sally Minns, called New World, which captures the isolation and separation caused by the virus. Is there a way you could paint the changes you see around you?

This painting is a playful look at how our values have changed so quickly and who our new heroes are. How have your views changed due to the pandemic? Is there a way you could paint that?



Who ever thought we'd all be wearing masks? How our lives have changed. I think this self portrait with a mask is a really clear simple and yet poetic description of how our lives has changed so radically.