

Welcome to Harmony Hub Radio a place to

listen, share, reminisce and get inspired.

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### **Episode 12 - Friendship**

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 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."*

### **Friendship, Elizabeth Jennings.**

Such love I cannot analyse;  
It does not rest in lips or eyes,  
Neither in kisses nor caress.  
Partly, I know, it's gentleness

And understanding in one word  
Or in brief letters. It's preserved  
By trust and by respect and awe.  
These are the words I'm feeling for.

Two people, yes, two lasting friends.  
The giving comes, the taking ends  
There is no measure for such things.  
For this all Nature slows and sings.

### **Love and Friendship BY EMILY BRONTË**

Love is like the wild rose-briar,  
Friendship like the holly-tree—  
The holly is dark when the rose-briar blooms  
But which will bloom most constantly?

The wild rose-briar is sweet in spring,  
Its summer blossoms scent the air;  
Yet wait till winter comes again  
And who will call the wild-briar fair?

Then scorn the silly rose-wreath now  
And deck thee with the holly's sheen,  
That when December blights thy brow  
He still may leave thy garland green.

### **Hug O' War By Shel Silverstein**

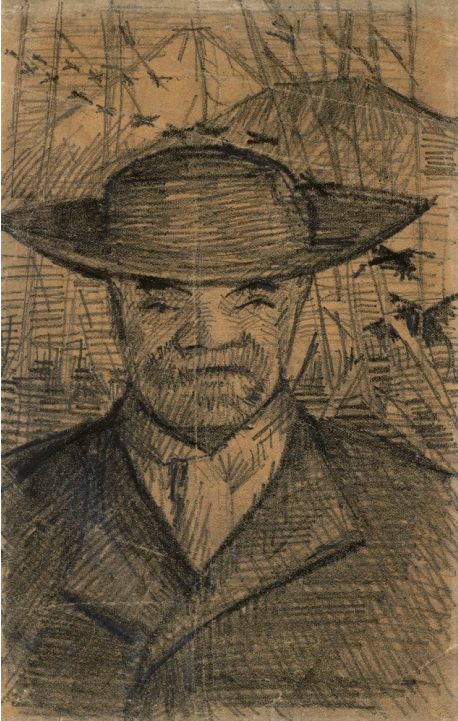
I will not play at tug o' war.  
I'd rather play at hug o' war,  
Where everyone hugs  
Instead of tugs,  
Where everyone giggles  
And rolls on the rug,  
Where everyone kisses,  
And everyone grins,  
And everyone cuddles,  
And everyone wins

## Alone By Maya Angelou

Lying, thinking  
Last night  
How to find my soul a home  
Where water is not thirsty  
And bread loaf is not stone  
I came up with one thing  
And I don't believe I'm wrong  
That nobody,  
But nobody  
Can make it out here alone.  
Alone, all alone  
Nobody, but nobody  
Can make it out here alone.  
There are some millionaires  
With money they can't use  
Their wives run round like banshees  
Their children sing the blues  
They've got expensive doctors  
To cure their hearts of stone.  
But nobody  
No, nobody  
Can make it out here alone.  
Alone, all alone  
Nobody, but nobody  
Can make it out here alone.  
Now if you listen closely  
I'll tell you what I know  
Storm clouds are gathering  
The wind is gonna blow  
The race of man is suffering  
And I can hear the moan,  
'Cause nobody,  
But nobody  
Can make it out here alone.  
Alone, all alone  
Nobody, but nobody  
Can make it out here alone.

## Art Activity

This week our theme is friendship. 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.



Who do you think of when you think of the word friendship? Whoever comes to mind is a probably a good starting point. Perhaps you could make a portrait of that friend.

Here is a drawing by Vincent Van Gogh of one of his friend's, Père Tanguy. You could make a simple drawing of a friend in pencil, like this one. You could draw from a photo, from memory or – if you are lucky, your friend might even pose for you.

Perhaps you have a special friend, now or in the past, in the form of a pet. Sometimes pets are our dearest companions and bring so much joy.

You could draw or paint you and your pet from memory or from a photo.

The idea is never to make a 'perfect' painting but to have fun and enjoy.





Maybe you have memories of a special group of friends from childhood and a favourite place to play. This painting is really simple and is could be really easy to copy it's style. You could paint a sky colour, it doesn't have to be green, and then make the ground black and paint in some trees and

child sihouettes. Here's an opportunity to re-create a beautiful memory.