



Harmony Hub Radio

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 delving into birds and their migration. 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 arts and need to read 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."

Wild Geese by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting. You only have to let the soft
animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine. Meanwhile the world
goes on.
Meanwhile the sun and the clear pebbles of the rain are moving across the
landscapes,
over the prairies and the deep trees, the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air, are heading home again.
Whoever you are, no matter how lonely, the world offers itself to your
imagination,
calls to you like the wild geese, harsh and exciting- over and over announcing
your place
In the family of things.

Daylight Savings Time by - Phyllis McGinley

In spring when maple buds are red,
We turn the clock an hour ahead;
Which means, each April that arrives,
We lose an hour out of our lives.

Who cares?
When autumn birds in flocks
Fly southward, back we turn the clocks,
And so regain a lovely thing
That missing hour we lost in spring.

Free as a Bird by Elizabeth Kaufman-Buchel

Unattached With no roots With no barrier

Free as a bird I want to be

Despite the fears of freedom

Despite the vulnerability of the unattached Despite the unfamiliarity of the unknown

Free as a bird I want to be

Woven into the warmth of the evening wind Swaying on the willow tree's branches Carried by the breath of the stars

Free as a bird I want to be

From here to there

Never missed and never expected Never recognized and never attached

Free as a bird I want to be

Art Activity

This week our theme is the weather. 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.



What could better symbolise freedom and flight than a caged bird flying free? You could make a simple drawing from your imagination or find an image to copy and paint, or something in between.

This painting of a murmuration of starlings by Eoin Mac Lochlainn captures the magic and beauty of birds flying in harmony over an evening sky. Could you capture something like this? Have you seen any birds flying overhead? You could draw or paint the view from your window and add some magic by painting in a murmuration of birds overhead.



This dreamy and imaginative image shows the birds flying in the sky, some joy and hope against the darkened sky and bare trees. Perhaps you would like to try something more expressive. This is a simple enough style to try with a grey/blue background and then go over that once it's dry with black detailing with ink.

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If you are feeling playful, you could try painting yourself as a bird! If you had wings what would they look like, where would you fly to? The amazing thing about painting is that we can create our own reality and bring our wildest imaginings onto the paper.