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Episode 20 - New Year

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.

The Old Year by John Clare

The Old Year's gone away
To nothingness and night:
We cannot find him all the day
Nor hear him in the night:
He left no footstep, mark or place
In either shade or sun:
The last year he'd a neighbour's face,
In this he's known by none.

All nothing everywhere:
Mists we on mornings see
Have more of substance when they're here
And more of form than he.
He was a friend by every fire,
In every cot and hall--
A guest to every heart's desire,
And now he's nought at all.

Old papers thrown away,
Old garments cast aside,
The talk of yesterday,
Are things identified;
But time once torn away
No voices can recall:
The eve of New Year's Day
Left the Old Year lost to all.

A Song for New Year's Eve by William Cullen Bryant

Stay yet, my friends, a moment stay—
Stay till the good old year,
So long companion of our way,
Shakes hands, and leaves us here.
Oh stay, oh stay,
One little hour, and then away.

The year, whose hopes were high and strong,
Has now no hopes to wake;
Yet one hour more of jest and song
For his familiar sake.

Oh stay, oh stay,
One mirthful hour, and then away.

Even while we sing, he smiles his last,
And leaves our sphere behind.
The good old year is with the past;
Oh be the new as kind!
Oh stay, oh stay,
One parting strain, and then away.

On Quitting BY EDGAR ALBERT GUEST

How much grit do you think you've got?
Can you quit a thing that you like a lot?
You may talk of pluck; it's an easy word,
And where'er you go it is often heard;
But can you tell to a jot or guess
Just how much courage you now possess?

You may stand to trouble and keep your grin,
But have you tackled self-discipline?
Have you ever issued commands to you
To quit the things that you like to do,
And then, when tempted and sorely swayed,
Those rigid orders have you obeyed?

Don't boast of your grit till you've tried it out,
Nor prate to men of your courage stout,
For it's easy enough to retain a grin
In the face of a fight there's a chance to win,
But the sort of grit that is good to own
Is the stuff you need when you're all alone.

How much grit do you think you've got?
Can you turn from joys that you like a lot?
Have you ever tested yourself to know
How far with yourself your will can go?
If you want to know if you have grit,
Just pick out a joy that you like, and quit.

It's bully sport and it's open fight;
It will keep you busy both day and night;
For the toughest kind of a game you'll find
Is to make your body obey your mind.
And you never will know what is meant by grit
Unless there's something you've tried to quit.

Art Activity

This week our theme is the New Year and fresh starts. 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.



Nothing symbolises a new beginning like a sunrise. What symbolises a fresh start for you? And could you paint it?

I love the way that the first flowers of the new year symbolise hope and a new start. The way the crocuses flower in the snow, heralding the spring.

What flower symbolises new beginnings for you? The snow drop, the daffodil... Could you try painting or drawing some.

