

Circle of Song : Lesson 1 : Overview

INTRO

- Welcome: Come and Be Welcome (Handout)
- Chalice Lighting
- Warm Up: A Ram Sam Sam (Video)

EXERCISES

1. Simple Movement: A Circle is Cast (pg 18)
2. Spirit Invocation (pg 21)
3. Call to Spirit – Invocation Song (pg 21)
4. Impromptu Alternative Verses: Air I Am (pg 54)
5. Game: Air Moves Us (pg 55)
6. Interwoven Chants:
 - Cauldron of Changes (Handout)
 - We Are an Old People (pg 91)
 - Goddess Chant (pg 134)
 - God Chant (pg 165)
7. BREAK
8. Dance: Blood of the Ancients (pg 92)
9. The Witch Song (pg 103)
10. Call and Response/Made Up Verses: Snake Woman (pg 104)
11. Interwoven with Random Cantor: We Are the Changers (pg 107) / Kore Chant(pg 108)
12. Showstopper: Spider Woman – She Changes Everything She Touches

OUTRO

- Final Thoughts/Check Out
- Closing Song: Dance Without End (Handout)
- Ext. Chalice

Circle of Song : Lesson 1 : Preparation

Supplies	<p>Gather supplies. For this lesson you need:</p> <ul style="list-style-type: none"> • Battery candle and chalice or felt Chalice (For child safety. This is a family friendly class.) <p>On center of tables:</p> <ul style="list-style-type: none"> • Poker chips • Index cards (two colors) • pens or pencils to write with <p>Classroom Audio:</p> <ul style="list-style-type: none"> • Ability to play songs off the internet from the class playlist. (Ex: Smartphone/Tablet and a portable tailgate speaker) • Ability to record people singing the Showstopper (Smartphone or Tablet will do) 																
Handouts	<p>Make enough Xerox for each of your students. Handouts for this lesson are:</p> <table border="1" data-bbox="621 972 1386 1539"> <thead> <tr> <th>Pg</th> <th>Title</th> </tr> </thead> <tbody> <tr> <td>H</td> <td>Binder Cover + Binder Spine</td> </tr> <tr> <td>1</td> <td>Lesson 1 Overview</td> </tr> <tr> <td>8</td> <td>Come and Be Welcome</td> </tr> <tr> <td>9</td> <td>Interwoven Chants Exercise: <ul style="list-style-type: none"> • We Are an Old People • Cauldron of Changes • Goddess Chant • God Chant </td> </tr> <tr> <td>10</td> <td>Spider Woman</td> </tr> <tr> <td>11</td> <td>Showstopper Arrangement: Spider Woman</td> </tr> <tr> <td>12</td> <td>Dance Without End</td> </tr> </tbody> </table> <p>They are online at</p> <p>https://spiralwound.wordpress.com/class/lesson-1/</p>	Pg	Title	H	Binder Cover + Binder Spine	1	Lesson 1 Overview	8	Come and Be Welcome	9	Interwoven Chants Exercise: <ul style="list-style-type: none"> • We Are an Old People • Cauldron of Changes • Goddess Chant • God Chant 	10	Spider Woman	11	Showstopper Arrangement: Spider Woman	12	Dance Without End
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Childcare Supplies	See childcare supplement.																

Circle of Song : Lesson 1

<p>“Come and Be Welcome”</p> <p>Introduce the class “theme song”</p> <p>Get people settled in, introduce all the facilitators.</p>	<p>Invite students to LISTEN to the song and if feeling confident, sing just the chorus.</p> <p>Read:</p> <p style="text-align: center;"><i>“Come and be welcome Wherever you hail from Share all the secrets And joys of your art</i></p> <p style="text-align: center;"><i>For every new voice That joins in the chorus Will uplift the spirit And cheer the heart”</i></p> <p>Anyone of any age and ability is welcome here. This is once a month “easy choir” where we gather to make joyful noise and enjoy fellowship in a family friendly environment. This is not once a week performance choir. We have two other choirs if you are interested in weekly practice – Folk Ensemble on Tuesdays and Chalice Choir on Wednesdays. If we perform it might be more like once or twice a year. Not twice a month on Sundays.</p> <p>This is a drop-in class for adults. Adults with kids are expected to RSVP over email so we can plan materials for children. Babysitting is done in a co-op model – two adults sign up to work a 30 min shift to assist the Kid's Club Captain. The rest of the time you get to sing. It's ok to take a turn in Kid's Club if you are childless. Sometimes grandkids are far away and its fun to play with little ones. It also gives parents a welcome break.</p> <p>Our Kid's Club Captain is _____. S/he is your boss. The first two adults up work their shift and s/he will tell you which adults to tap on the shoulder when it is time for a shift change. A donation of \$5 per class is welcome for Kid's Club supplies and materials.</p> <p>Useful Tools</p> <ul style="list-style-type: none"> • Circle of Song text • folder, notebook or binder – sometimes there are handouts • pen or pencil • smartphone, tablet, headphones, Y splitters. • Small percussion, rattles, scarves for dancing... use your imagination.
<p>Chalice</p>	<p>CHALICE</p>

<p>Check In</p> <p>Warm Up: “A Ram Sam Sam”</p>	<p>(Use a battery one or felt one because small kids are with us.)</p> <p>It is our practice to begin worship, meetings, and other events with the lighting of the chalice. Please join us...</p> <p><i>“In the light of truth, and in the warmth of love, we gather to seek, to sustain and to share.”</i></p> <p>CHECK IN</p> <p>We are going to test you ability to follow directions.</p> <ul style="list-style-type: none"> • On the white card, write some kind of animal • On the colored card, write some kind of verb • Turn in all your cards at the front. • THINK: What is your singing experience like? • THINK: What do you hope to get out of today's class? <p>Ask students to go around the room answering the THINK questions.</p> <p>“A RAM SAM SAM”</p> <ol style="list-style-type: none"> 1) Teach it as a group while seated at tables with the movements. 2) Count off 1-2-1-2-1-2. Stand up. The 1’s are inside facing out. The 2’s are outside circle facing in. 3) We are doing this as a “call and response” song. The inside calls to outside. The outside responds to the inside. At the end of the cycle, the outside steps to the right. When it swaps, it gets a bit faster. Keep going til it falls apart. 4) Remind class – It’s ok to have a good time and make mistakes here. Stay standing.
<p>A Circle Is Cast pg 18</p>	<p>1) In a circle already. Play snippet to get tune in ear up to (0:22)</p> <p>Inside and outside hold hands. Outside partner, turn to the right</p>

	<p>to bring your inside partner into one big circle. Stay facing your partner. Let go of hands but remember if you were the inside or outside person.</p> <p>We are going to pass hand to hand while singing “A Circle is Cast” in a drone. This is Part A. Continue around until back to our original spot with your original partner.</p> <p>2) Teach the other part. (0:25 - 0:45). Walk around doing Part B until back to original spot.</p> <p>3) Walk Circle with outside partner doing A and inside partner doing B until back to original spot.</p> <p>Challenge: Later check your book – try to learn one of the other melodies. Anyone think they can do it now for a 3 circle tier?</p> <p>Please be seated.</p>
Spirit Invocation (pg 21)	Do this seated so they get a break.
Call to Spirit – Invocation Song (pg 21)	Do this seated so they get a break.
Air I Am (pg 54)	<ol style="list-style-type: none"> 1. Listen to the song and then sing it as a group. Go across tables going louder to softer (volume). Then do it again going higher and lower (in pitch) 2. Play Table Hot Potato. – Ask for a volunteer. Sing made up alternative verses. If you can toss a ball or beach ball around use it. Otherwise teacher can choose one person, and they call out the next person they “pass the potato” to. (This makes them learn each other's names.) <p style="text-align: center;"><i>“Something you are. Something you are. Come on NAME tell us something you are.”</i></p>
Air Moves Us (pg 55)	1) Teach the song as a group. Ask for 4 volunteers to step in front. Have someone read the movements out loud and assign them to the volunteers.

	<p>Have the group sing to the volunteers twice while they act out their part. Thanks to the volunteers.</p> <p>2) Table Break out. (red, blue, green, white) with poker chips. Pass out 2 chips per person at your table. This chip is your “shield block.” If you use it, you have shielded yourself and blocked the singer. The singer has to sing it back the other way. Play til chips are gone.</p> <p>3) Big Group Poker. This time with (2) starter people at opposites sides of the circle. Should create a “cross echo” effect.</p>
<p>Cauldron of Changes (Handout)</p> <p>We Are an Old People (pg 91)</p> <p>Goddess Chant (pg 134)</p> <p>God Chant (pg 165)</p>	<p>This is on a separate hand out because there's so many interwoven ones. “Jigsaw” this. Have them count off 1-2-3-4. The 1's and 2's in counseling room or outside. The 3's and 4's in assembly.</p> <p>Listen to the songs on your devices. Have them become “experts” at their song. Then they come teach it to everyone else.</p> <p>Last is trying to do the big group weave to see what that sounds like.</p>
5-10 MIN STUDENT BREAK	Teacher: Shuffle animal and verb cards. Place stacks on tables for when students come back.
Blood of the Ancients (pg 92)	<p>Work on figuring out the dance as a group.</p> <p>– OR –</p> <p>Have them split up in 1-2-3-4 groups. Have each group go to a separate area to figure out the dance. Then see who figured it out best in a “dance off.”</p>
The Witch Song	Teach and sing this straight so they get a break at their tables.
Snake Woman (call and response)	1) Teach and sing this straight so they get a break. The teacher is the cantor or ask for a volunteer.
Sounds moving across a room in ORDER	2) Circle up. Have them bring one animal card and one verb card. This is their made up verse. Sing again, inviting people to step forward to sing their alternative verse and step back. Throw the cards away in the center basket. Continue until all cards are used up.
Kore Chant (pg 108)	1.Listen to the song. Practice singing it with one cantor.

<p>Sound moving across a room at RANDOM</p>	<p>2.Practice singing it with the cantor role being passed ACROSS the room in order.</p> <p>3.Practice singing it with a random cantor.</p> <p>THINK: What is pleasing about each sound effect in general or in ritual?</p>
<p>Showstopper Arrangement for Spider Woman (Handout)</p>	<p>Listen to the song.</p> <p>Review the handout. Answer any questions.</p> <p>Divide students into 3 groups. Stand around recording device.</p> <p>Belt it out in 1 take while recording to see what it sounds like later. Celebrate!</p>
<p>CHECK OUT</p> <p>“Dance Without End” (Handout)</p> <p>EXT. CHALICE</p>	<p>Did you achieve what you hoped to today?</p> <p>Did you have a favorite song or activity?</p> <p>Circle up with kids, sing closing song.</p> <p style="text-align: center;">“From fire to water to earth and to wind The circle of life, the dance without end So merry meet and merry part And merry meet again”</p> <p>Ext Chalice.</p> <p style="text-align: center;">“We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.” -Elizabeth Selle Jones</p>

Come And Be Welcome

Artist: Heather Dale

Album: The Green Knight

Come and be welcome
Oh wandering minstrel
Spreading your music
From city to town

Be you harper or piper
Your duty is noble
You carry the tunes
That will never die down

CHORUS:

*Come from the forest
And sit around the fire
Come from the fields
And enter our hall*

*Come drink from
The guest cup
Come join
In our circle
Come and be welcome
Ye bards one and all*

Come and be welcome
Oh noble court poet
The treasure of knowledge
Is kept in your words

So unlock the riches
Of rhyme and of rhythm
And let all the wealth
Of your wisdom be heard

CHORUS

Come and be welcome
Oh fair-voiced singer
Weaving the magic

Of music along

You can thunder the heavens
To raise up an army
Or simply bring laughter
And peace with a song

CHORUS

Come and be welcome
Oh rare tale-teller
With stories of wonder
You wisely recall

Now tell of the heroes
Who dwell in our history
For tales that are true
Are the best of them all

CHORUS

Come and be welcome
Wherever you hail from
Share all the secrets
And joys of your art

For every new voice
That joins in the chorus
Will uplift the spirit
And cheer the heart

CHORUS x 2

Come and be welcome
Ye bards one and all

Come and be welcome
Ye bards one and all

Interwoven Chants Exercise

We Are an Old People

We are the old people
We are the new people
We are the same people
Younger than before

Younger than before
Younger than before
We are the same people
Younger than before

We are the old people
We are the new people
We are the same people
Stronger than before

Stronger than before
Stronger than before
We are the same people
Stronger than before

We are the old people
We are the new people
We are the same people
Wiser than before

Wiser than before
Wiser than before
We are the same people
Wiser than before

Cauldron of Changes

Cauldron of changes
Feather on a bone
Arch of eternity
Ring around a stone

We are the old people
We are the new people
We are the same people
Wiser than before

Goddess Chant

Isis, Astarte, Diana, Hecate, Demeter,
Kali, Inanna

God Chant

Mithra, Osiris, Cernunnos, Apollo,
Hanuman, Wotan, Chango

Links

<https://spiralwound.wordpress.com/lists/>

<https://spiralwound.wordpress.com/2015/05/06/we-are-an-old-people/>

<https://spiralwound.wordpress.com/2015/05/06/cauldron-of-changes/>

<https://spiralwound.wordpress.com/2015/05/05/goddess-chant/>

<https://spiralwound.wordpress.com/2015/05/05/god-chant/>

Spider Woman – She Changes Everything She Touches

version from 1989 World Peace Celebration. Alan Scott Bachman (of Desert Wind) orchestrated and produced it.

<https://spiralwound.wordpress.com/2015/05/06/spider-woman-she-changes-everything-she-touches/>

There is a woman who weaves the night sky
See what she spins, how her fingers fly
She is within us beginning to end
Our grandmother, our sister, our friend

She is the needle and we are the thread
She is the weaver and we are the web
We are the flow and we are the ebb
We are weavers and we are the web

She changes everything she touches
And everything she touches changes
She changes everything she touches
And everything she touches changes

(repeat)

Showstopper Arrangement : Spider Woman

1) All Together Intro (sing 2x):

There is a woman who weaves the night sky
 See what she spins, how her fingers fly
 She is within us beginning to end
 Our grandmother, our sister, our friend

She is the needle and we are the thread
 She is the weaver and we are the web
 We are the flow and we are the ebb
 We are weavers and we are the web

She changes everything she touches
 And everything she touches changes
 She changes everything she touches
 And everything she touches changes

2) Separate and Stagger. In three groups with a staggered start.

Group 1	Group 2	Group 3
There is a woman who weaves the night sky See what she spins, how her fingers fly She is within us beginning to end Our grandmother, our sister, our friend		
She is the needle and we are the thread She is the weaver and we are the web We are the flow and we are the ebb We are weavers and we are the web	There is a woman who weaves the night sky See what she spins, how her fingers fly She is within us beginning to end Our grandmother, our sister, our friend...	
She changes everything she touches And everything she touches changes She changes everything she touches And everything she touches changes	She is the needle and we are the thread She is the weaver and we are the web We are the flow and we are the ebb We are weavers and we are the web	There is a woman who weaves the night sky See what she spins, how her fingers fly She is within us beginning to end Our grandmother, our sister, our friend...
She changes everything she touches And everything she touches changes She changes everything she touches And everything she touches changes	She changes everything she touches And everything she touches changes She changes everything she touches And everything she touches changes	She is the needle and we are the thread She is the weaver and we are the web We are the flow and we are the ebb We are weavers and we are the web
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3) Back Together (sing 2x)

There is a woman who weaves the night sky
 See what she spins, how her fingers fly
 She is within us beginning to end
 Our grandmother, our sister, our friend

She is the needle and we are the thread
 She is the weaver and we are the web
 We are the flow and we are the ebb
 We are weavers and we are the web

She changes everything she touches
 And everything she touches changes
 She changes everything she touches
 And everything she touches changes

4) Finale – Rock out!

She changes everything she touches
 And everything she touches changes
 She changes everything she touches
 And everything she touches changes

She changes everything she touches
 And everything she touches changes
 She changes everything she touches
And everything she touches CHANGES!

Dance Without End

(Pashta MaryMoon)

From fire to water to earth and to wind
The circle of life, the dance without end

So merry meet and merry part
And merry meet again

Teacher Notes:

- What worked well?
- What could be better?
- Any other observations about your class?