

## Session 46:

### *Music in Our Lives*

#### **OPENING WORDS:**

We come together this evening to remind one another  
To rest for a moment on the forming edge of our lives,  
To resist the headlong tumble into the next moment,  
Until we claim for ourselves  
Awareness and gratitude,  
Taking the time to look into one another's faces  
And see there communion: the reflection of our own eyes.  
This circle of laughter and silence, memory and hope,  
Is hallowed by our presence together.

*Kathleen McTigue*

#### **CHECK IN/SHARING**

- Current state of physical or spiritual health
- Joys or concerns about loved one
- Concerns/excitement about what is happening in your life

#### **DISCUSSION and SHARING OF MUSIC: “*Music in Our Lives*”**

For hearing people, sound in the form of music accompanies us throughout our lives, celebrating our brightest moments, deepening our romances, and offering comfort for our pain. For many of us, music is the bridge between the inner world and the external, between the invisible world of dreams and passions, and the concrete world we can see and touch. How music touches us is at once personal and universal.

- What role does music play in your life?
- How does music help give expression to your emotions?

- How has your pleasure or taste in music changed over the years?
- Describe how the music you have brought to share is meaningful to you.

## **CHECK OUT**

What did you like about this meeting? What do you wish had been different?

## **CLOSING WORDS**

The music of the spheres.

*A harmonious universe—like a harp.*

Its rhythms are the equal, repeated seasons. The beating of the heart.

*Day/night. The going and returning of migratory birds.*

The cycles of stars and corn.

*The mimosa that unfolds by day and folds up again by night.*

Rhythms of moon and tide. One single rhythm in planets, atoms, sea,

*And apples that ripen and fall, and in the mind of Newton.*

Melody, accord, arpeggios, The harp of the universe. Unity behind apparent multiplicity.

*That is the music.*

*Ernesto Cardenal*