

## *Songs by MNS Alumni, 1971-1988*

# PJ Hoffman

Come Alive, we are the revolution.  
Come Alive, we are the revolution.  
And everything is coming, yes everything is going alright.

We're gonna plant some seeds, We are the seeds  
We're gonna plant some seeds, We are the seeds

Come Alive, we are the revolution.  
Come Alive, we are the revolution.  
And everything is coming, yes everything is going alright.

We need some sunshine, We are the sunshine  
We need some sunshine, We are the sunshine

Come Alive, we are the revolution.  
Come Alive, we are the revolution.  
And everything is coming, yes everything is going alright.

We need some spirit, We are the spirit  
We need some spirit, We are the spirit

Come Alive, we are the revolution.  
Come Alive, we are the revolution.  
And everything is coming, yes everything is going alright.

We need some changes, We are the changes  
We need some changes, We are the changes

Come Alive, we are the revolution.  
Come Alive, we are the revolution.  
And everything is coming, yes everything is going alright.

Here's to the People

by  
P.J. Hoffman

We are but some of the many folks  
Whose lives often feel like they're full of holes;  
Risking pains; losing gains  
Until there seems no place to go,  
But those who seek must someday find  
And that is why we are here.

CHORUS:

And what is in a circle, and what is left without?  
Let's keep one mind to the center, and one mind all  
about.

Now we have come 'round the common wine;  
Let's drink a toast to our gathered lives;  
Lift your glass, look around,  
And take in the friends you have found  
And thank the Lord, and thank yourself  
And feel the old fears yield.

CHORUS

Here's to the people who have no home;  
Here's to the people who suffer alone;  
We're secure, but hear a call  
To try to tear down the walls  
This our life, and this our mind  
To be at one with all.

CHORUS

Until We All Know Freedom  
by P.J. Hoffman

1. To all our neighbors, to all the  
earth  
Wo oh to all the earth  
~~We're here to say, We're here to sta~~  
Wo oh we're here to stay  
Until we all know freedom
2. We see the world, We need to change  
Wo oh we need to change  
The change is deep the struggle long  
Wo oh the struggle long  
Until we all know freedom
3. The revolution lies ahead,  
Wo oh it lies ahead.  
And we can think and love and act  
Wo oh and love and act  
Until we all know freedom
4. As we get strong and the road gets rough  
Wo oh the road gets rough  
We'll learn and grow and carry on  
Wo oh and carry on  
Until we all know freedom
5. Love is strength and truth our sword  
Wo oh and truth our sword  
And unity from struggle flows  
Wo oh from struggle flows  
Until we all know freedom
6. And when regained our power shared  
Wo oh our power shared  
The common good will be our joy  
Wo oh will be our jey  
Because we'll all know freedom

## Gay Spirit - by Charlie Murphy

When we were born, they tried to cover our eyes  
Then they tried to tell us all what we to see  
We are discoverin' that did not work  
For we were born to be free

**Chorus 1:** It's a gay spirit singing in our hearts  
Leading us through these troubled times  
It's a gay spirit movin' 'round this land  
Calling us to a time of open love

When we were born, they tried to put us all in a cage  
Then they tried to tell our body how to feel  
We had chosen to feel all the truth  
That our bodies do reveal

### Chorus 1

We are no strangers to all the pain  
That comes with fighting for our love  
We are the outlaws in a love-sick land  
Who's crime has only been to care

**Chorus 2:** There's a gay spirit singing in our hearts  
Leading us through these troubled times  
It's a gay spirit movin' 'round this land  
Calling us to a time of open love

You run and tell that old patriarch  
We're no longer blind to his ways  
You run and tell him (?)  
That we've stolen all the keys  
To the prison that he has made  
Tell him

### Chorus 2:

Sometimes it gets too hard to feel all the joy  
In the face of all pain that we see  
But there's a healing place within our hearts, alive in you and me

## **Healing Song** - by Charlie Murphy

We will sing a song to keep us warm,  
And celebrate the path we're on.  
There's healing in the singing of our songs.

Let's all join hands and calm the fears,  
And hold on tight, and cry the tears,  
In struggle, and freedom, we are one.

People are your eyes open wide?  
Are your ears close to the ground?  
You can hear the rumbling neath our feet  
Do you sense things turning around?  
We have decisions we have to face  
In choosing the future we will let love erase all hate

People do you listen to your dreams?  
Do you hear what they're telling you?  
Did you know that together we have the power?  
To see our finest dreams come true  
We have decisions we have to face  
In choosing our future we will let love erase all hate

## **Light Returning** - by Charlie Murphy

Light is returning,  
even though it is the darkest hour.  
No one can hold, back the dawn.

Let's keep it burning,  
Let's keep the light of hope alive.  
Make safe our journey, through the storm

Our planets' turning,  
Circle on her path around the sun  
Earth Mother is calling, her children home.

## **Charlie Murphy - Burning Times**

In the cool of the evening, they used to gather, 'neath stars in the meadow, circled near an old oak tree.  
At the times appointed by the seasons of the Earth & phases of the moon.  
In the center stood a woman equal with others & respected for her worth.  
One of the many we call the Witches, the healers and the teachers of the wisdom of the Earth  
And the people grew through the knowledge she gave them, herbs to heal their bodies, spells to make their spirits whole.  
Can't you hear them chanting healing incantations, calling forth the Wise Ones, celebrating in dance and song  
Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna  
Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna  
Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna

There were those who came to power through domination, and they bonded in the worship of a dead man on a cross.  
They sought control of the common people by demanding allegiance to the church of Rome.  
And the Pope declared an Inquisition, it was a war against the women whose power they feared.  
In this Holocaust against the nature people, nine million European women died.  
And the tale is told of those who, by the hundreds, holding together, chose their death in the sea.  
While chanting the praises of the Mother Goddess, while refusal of betrayal, women were dying to be free.  
Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna  
Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna  
(Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna)

Now the Earth is a witch, and the men still burn her!  
Stripping her down with mining and the poisons of their war.  
While to us the Earth is a healer, a teacher, a mother.  
The weaver of the web of life that keeps us all alive.  
She gives us the vision to see through the chaos.  
She gives us the courage, it is our will to survive.

POWERFUL WOMAN

by Ruth Dreamdigger

I'm a powerful woman  
and I'm mighty smart.  
I've got great big muscles  
and a great big heart.  
The world's my oyster  
But I want you to know  
I won't crack that oyster  
'Cause I want it to grow.

I could dam the rivers,  
But they run so sweet  
I'm gonna leave that earth  
Right beneath my feet.  
I could move the mountains,  
But I'm hear to say  
I won't move any mountains  
Cause I like 'em this way.

I could make lots of money  
With a twist of my hand,  
But money wouldn't get me into  
Freedom Land.  
I'm a powerful women  
With my feet on the ground  
And I'm in the right direction  
'Cause I've turned me around

And I'm in the right direction  
'Cause I've turned me around.

And I'm in the right direction  
'Cause I've turned me around.



WOMAN POWER

by Judith Palmer

CHORUS:

Woman power, woman power, woman energy.  
No surprising, we are rising  
Far as the eye can see.

Everybody knows you can't keep a good  
woman down  
They are knowing, we are growing,  
stronger all around.

Building houses, making music,  
revolution too.  
Woman power keeps us moving,  
Strong in all we do.

Up in the hills and down in the cities,  
all the world around.  
Not just sittin' and lookin' pretty.  
we won't be held down.

In the office, in the restaurants,  
in the factories, too  
We are risin', organizing'  
all that women do.

We've got painters, We've-got poets,  
we've got printers, too.  
We are singing, we are bringing  
women's words to you.

# MULTIPLE RELATIONSHIPS BY MIKEY ZWELL

<sup>C</sup>I LOVE PEGGY AND <sup>Am</sup>GEORGE AND YOU, <sup>F</sup>YOU LOVE ME AND <sup>G</sup>BOB  
 AND SUE, <sup>C</sup>PEGGY LOVES GEORGE AND <sup>Am</sup>SAL AND <sup>F</sup>RALPH,  
 HELEN WANTS <sup>G</sup>BOB ALL FOR HERSELF, YOU KNOW WE GOT <sup>Am</sup>THE  
<sup>F</sup>MULTIPLE RELATIONSHIP <sup>G</sup>BLUES <sup>Am F G</sup> CHORUS: <sup>C</sup>Am F G C Am F G C  
 I WAS PAGING UP THE FLOOR (MUCH UPTIGHT) DECIDING WHO TO BE  
 WITH (TO SPEND THE NIGHT) ITS SO HARD TO HAVE TO  
 CHOOSE BETWEEN THE FOUR OF <sup>C</sup>YOU (WHO WILL IT BE, MAYBE  
<sup>F</sup>HIM OR HER OR ME) <sup>G</sup> CHORUS: <sup>C</sup>Am F G C Am F G C  
 WE LOVE EACH OTHER, ITS PLAIN TO SEE (WHY DID SHE CHOOSE HIM  
 INSTEAD OF ME) <sup>F</sup>I LOVE YOU ALL, ABOUT THE SAME <sup>G</sup> (I WISH  
 YOU'D STOP CALLING ME BY HIS NAME)  
 I MET <sup>Am</sup>SOME NEW TO LOVE (OH, HURRAY) I KNOW YOU WILL ~~LIKE~~ <sup>Am</sup>LIKE  
 HIM SO (GO AWAY) <sup>F</sup> LETS SPEND SOME TIME TOGETHER <sup>Am</sup>SOON <sup>F</sup>PERHAPS  
 NEARLY JUNE (HE AND I WERE VERY <sup>F</sup>HAPPY TOGETHER)  
CHORUS THEN REPEAT 1ST VERSE THEN CHORUS

# overscheduling Blues by Mikey Zwell

<sup>E</sup>I WOKE UP THIS MORNING ABOUT A QUARTER PAST EIGHT <sup>E7</sup>  
 AND DON'T YOU KNOW I WAS ALREADY LATE <sup>E</sup>  
 I HAD A MEETING AT 8 AND ONE AT ELEVEN <sup>A</sup> LUNCH  
 COUNSELING DINNER AND A MEETING AT 7 WELL YOU KNOW <sup>E</sup>  
<sup>G#</sup> YOU KNOW I GOT THE THE <sup>B7</sup>OVERSCHEDULING <sup>E</sup>BLUES  
 TODAY IS A DAY THAT I WAS LEAVING FREE <sup>B7</sup> BUT I'M  
 SCHEDULED TOLL FOUR I COULDN'T HELP IT YOU SEE <sup>E</sup>  
 I'M FREE FROM 4 TIL 6 SO MY DAYS STILL A WINNER <sup>E7</sup>  
 O DAMN I FORGOT ITS MY <sup>F#</sup>TURN TO COOK DINNER  
 WELL YOU KNOW YOU KNOW I'VE GOT THE <sup>A</sup>OVERSCHEDULING <sup>B7</sup>BLUES <sup>E</sup>  
<sup>A</sup>I GOT MY LITTLE DATE BOOK RIGHT HERE IN MY HAND TO  
<sup>E</sup>HELP ME KEEP TRACK OF TIME  
 BUT IF I DON'T GET SOME BREATHING SPACE SOON <sup>A</sup>  
 I'LL START GOING RIGHT OUT OF MY MIND, I'VE <sup>F#</sup>  
<sup>E</sup>DECIDED TO PRACTICE JUST HOW TO SAY NO <sup>B7</sup> BUT  
 WHENEVER I'M INVITED I FEEL I JUST GOT TO GO <sup>E</sup>, I  
 KNOW ITS JUST A PATTERN THAT CONTINUES TO PLAY, I <sup>E7</sup>  
<sup>A</sup>THINK I'LL COUNSEL ON IT NOW <sup>F#</sup> 3 TIMES A DAY  
 WELL YOU KNOW, YOU KNOW I GOT THE <sup>E</sup>OVERSCHEDULING <sup>B7</sup>BLUES <sup>E</sup>