

## March 8th Songleading and songwriting for Protests

Mare Berger @maremoonsong

Moon Mayo @moonhearttt

[Here's a TON more songs](#)

Singing connects us to each other, heals and empowers us, sets the tempo for a march, helps us stay grounded in our hearts and bodies, and brings joy and ease into our movements.

**Singing can serve to deescalate and keep us safe. More on that later and we'll learn how to turn chants into melodies.**

[Hold on](#)—

by Heidi Wilson sung by the resistance choir in Minneapolis—

<https://www.instagram.com/p/DTqCbBNEcZd/> [Parts and Recordings here](#)

Hold on

Hold on

My Dear ones here comes the dawn

[I am Not Afraid by the Peace Poets](#)—

We are not afraid (or start with I)

We are not afraid

We will stand for liberation

Cuz we know why we were made

[Put Down your Gun](#) by Mare Berger (can sing the 3rd line lower)

Look into my eyes

Can you see that we are one?

Can you feel the light above?

Put down your gun

[Version with more verses](#)

[Everybody Deserves to Be Free](#)—by Deva Mahal sung by Resistance Revival Chorus

Chorus —

I will stand for you (Will) you stand for me (then they learn)

Everybody deserves to be free (then they learn)

(I would lend a) hand to you Would you lend a hand to me

Everybody deserves to be free

[It's Okay to Change Your Mind](#) by Annie Schlaefer—

[Non instagram link](#)

It's okay to change your mind Show us your courage

Leave this behind

It's okay to change your mind

And you can join us Join us here anytime

**We Keep Us Safe - Peace Poets —**

Who keeps us safe? We keep us safe.

Our love for our people, will conquer hate

**We Won't be Silent by Samantha Rise**

Eh oh ... We won't be silent while our friends are (rest) Gunned down (rest) (repeat)

I am a sleeping giant

There is a riot in my bones

We will not be silent.

Til' all our friends are home

**This is For Our Neighbors by the Peace Poets—**

This is for our neighbors (people) who are locked inside

Together, we will abolish ice

This is for the people of Palestine

Together, we will stop genocide

**Walk with Me by Maggie Wheeler**

I walk in the spirit, I walk in the light

I walk with the power to abolish ice

And I call on my ancestors to my left and my right

To walk with me, to walk with me

**We Remember @kairoscenternyc , adapted from a song by the @peacepoets —**

We remember all the people

ICE violence killed

We can feel their spirits

They're with us still

We remember all the children

Torn from their homes

We hear them lifting their voices

They're not alone

We remember all the people

Killed in Palestine

We can feel their spirits

They're with us still

We remember all the children killed in Iran

We can feel their spirits They're with us still

[Lead with Love](#) Words & music (c) Melanie DeMore

You gotta put one foot in front of the other  
And lead with love  
Put one foot in front of the other  
And lead with love

(repeat all 4 lines)

Verses (call and response):

Don't give up hope  
You're not alone  
Don't you give up  
Keep movin on

Lift up your eyes  
Don't you despair  
Look up ahead  
The path is there

I know you're scared  
And I'm scared too  
But here I am  
Right next to you

[We Walk the Same Ground](#) Annie Schlaefer —

We walk the same ground (echo)  
But we've been torn apart  
Put down your weapons  
Come sing your part

[We Were Made For These Times](#)

Don't Lose Heart, We were made for these times  
Don't Lose Heart, We were made for these times  
Show your soul, it shines like Gold in these dark times

Don't lose hope...  
Strugglin for freedom...  
We're fighting for justice...  
Don't give up...

["Love Every Time"](#) written by [@crysmatthews!](#)  
[https://www.instagram.com/p/DK5F\\_D\\_yuKq/](https://www.instagram.com/p/DK5F_D_yuKq/)

**Echo song:**

If it's hate that you rely on \_\_\_\_\_  
It's gonna be the hill that you die on  
As for me and mine  
We choose love everytime

**Healing Is Possible by Orion Johnstone**

Healing is possible, May it be so  
Healing is happening, May it be so

And we believe, What we need most  
Are the hearts of each other, Right here  
*Insert: Transformation, Liberation, Wholeness, Forgiveness...*

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**CHANTS to turn into songs**

Mare talks about how music can help deescalate –circle around people–sing a calming song. –I am sending you light, to heal you to hold you.  
We who believe in freedom cannot rest...

If there is an altercation with police, or counterprotesters, you can form a circle to keep out the screaming people and sing a calming song.

When people are chanting you can start to sing the chant and people will follow your lead and start to sing.

To turn a chant into a melody or to turn your own lyrics into a melody, follow the inherent musical pattern that your voice is already making when speaking and exaggerate the rising and falling of pitch until a melody emerges.

Follow the pattern that your voice is already doing  
-say 3x, & let yourself allow for it to turn into a melody

Say it once say it twice, we will not put up with ice

Families, children, do not fear  
We are neighbors, welcome here.

The people united will never be divided  
¡EL PUEBLO UNIDO JAMÁS SERÁ VENCIDO!

Who do you protect, Who do you serve (sung at Police, ICE, or IDF)

No Kings, No Ice, No support for Genocide.  
No Kings, No Ice, No support (funding) for apartheid.  
No Kings, No Ice, Stop funding Israeli apartheid

No IDF no ICE, freedom for Palestine  
No Kings, No Ice, Freedom for Palestine

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Say it once, say it twice, we will not put up with ICE.

We want Justice you say how –end the siege on Gaza now.

Say it loud say it clear  
Immigrants are welcome here.

Power to the people  
No one is illegal

Money for jobs and education  
Not for mass deportation  
Or Not for mass incarceration  
Or Not for Genocide in Gaza

Up, up with liberation  
Down, down with occupation  
Or down down with ICE agents

From Palestine to Mexico  
All the walls have got to go!!!

[\*\*anti coup chant \(Peace poets\)\*\*](#)

We Gonna Heal The Hate in this Nation  
We Gonna Heal the Hate  
We Choose Democracy In This Nation  
We Choose Democracy

Ceasefire now  
We're against genocide  
Not in our name  
No safety in apartheid  
*(based on Peace Poets)*

No more weapons, no more war  
Permanent ceasefire's what we're for

Never again is now  
Never again for anyone

Stop the genocide!  
Free, Free Palestine!

Not in our name!  
Not on our dime!

We want Justice you say how  
end the occupation now.

Freedom freedom, we want freedom freedom  
IDF, gonna beat 'em beat em  
ICE, gonna beat 'em, beat em

### **More songs**

Song-Chants for Deescalation:

#### **One line songs:**

To deescalate-- "I am sending you light, to heal you, to hold you, I am sending you light, to hold you in love"

#### [If not You](#)

*If not you then who, If not now, then when* (BD F# E D)

--*"We who believe in Freedom cannot rest, cannot rest. We who believe in freedom cannot rest until it comes"*-- from "Ella's Song" by Sweet Honey in The Rock

["Every person is a whole world, and a world that's whole needs every one of us." No one is disposable.-- Rena Branson](#)

#### [Everything is Possible](#) by **Lea Morris**

**Everything is possible**

**This I know**

**Everything is possible**

**I'm bountiful and free**

**Bountiful and free**

**Where I'm supposed to be**

#### [Which Side Are You On? AACDE---](#)

*by Florence Reece coming out of 1930s mine workers struggle*

Which side are you on?

Which side are you on my people?

*We are the ones, we are the ones, we've been waiting for* by [Sweet Honey in the Rock](#)

[We Got to Organize](#) (song is at 1:41) (Fruit of Labor Singing Ensemble, NC)

We got to organize, organize, organize

[Carry This](#) by Alexandra Blakely

**You do not carry this all alone**

**No, you do not carry this all alone**

**This is way too big for you to carry this on your own.**

**No, you do not carry this all alone**

[We are Here by Sarina Patridge](#)

We are here we are here

With our voices with our city

Our love for eachother

Will carry us through

Yes our love for eachother will carry us through

[No Estan Solos](#) written by survivors of detainment detention centers with the Peace Poets –

no estan solos

no estan solas

juntos hacemos

la liberación

(translation:

you are not alone

you are not alone

together we will liberate ourselves

["Everyone of These People are Ours."](#) -Music by Annie Schlaefer words by Nikita Gill.

every one

oh every one

oh every one

of these people are ours

just like we

are theirs

we belong to them

and they belong to us

[https://drive.google.com/file/d/185x07S2g\\_z2W4OKsaPWYwPuEohYv269l/view?usp=drive\\_link](https://drive.google.com/file/d/185x07S2g_z2W4OKsaPWYwPuEohYv269l/view?usp=drive_link)

All of the children are always ours –find recording with Martin

[We Will Not Surrender \(The Peace Poets\)](#)

We will not Surrender, No

We will not Surrender, No

We are the Defenders of [Dignity]

[Family, Community, Humanity, The Right to Dream!]

**May there Be Freedom by Te Martin**

May there be freedom  
May there be peace  
May there be healing of what is broken  
Or ... May there be holding for the hurting

**Our Power by Rena Branson**

We will not underestimate  
Our power any longer—  
We know that together, we are strong.  
Like drops of water shape the rocks  
As they rush down the falls,  
We know that together,  
We are strong.

**Rich Man's House Words&music by the Kensington Women's Rights Union & Anne Feeney.**

Sung by the Resistance Revival Chorus  
[: Well I, went down to the rich man's house and I  
Took back what he stole from me  
(Took it back)  
Took back my dignity  
Took back my humanity :] (repeat)

Now he's (or their) under my feet, under my feet, under my feet  
Ain't gonna let the system walk all over me!

NRA ...jail house...border...white house.. I.C.E  
Israel Apartheid

**Let aid into Gaza**

Let aid into Gaza  
Let aid into gaza  
Let aid into gaza  
Let aid into gaza right now

*(...let food, medicine, peace, justice, water)*  
Let funding for the needy (connect with funding cuts here)

**We are stronger together. when we choose love over fear**