

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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YOU Can Help Avert a Financial Crisis

As you may have heard, the choir is currently in a precarious position financially, in part due to the loss of a number of members recently.

Dues are our main source of income, and as the number of members dwindles, the amount of money the choir collects for dues goes down as well, leaving us with no "cushion" to cover normal operating expenses and any additional expenses we may incur.

Thanks to the many generous donations we have received from members, the cost of renting Unity for our Spring concert is covered, however, this does not solve our long-term problem. In fact, by the start of the Fall session in September, the choir will be operating in the red after paying rent (which the church has graciously agreed to spread over 12 months instead of 9), the yearly liability insurance premium, and sheet music originals, copying and song recording for the Fall term, all of which happen over the summer, when we have no income.

The Steering Committee is reluctant to increase dues to make up this shortfall, and have been brainstorming to come up with alternative ways to raise money or reduce expenses.

Some of the things we've come up with include: members more widely publicizing to the public the fact that we're a 501c3 nonprofit and that donations to the choir are tax-deductible; looking for organizations offering

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PPC GEARING UP FOR SPRING CONCERT

After months of hard work and practice, this season's efforts will culminate in joy and song at the Spring concert on Friday, May 19. The theme of this year's concert is "Build a Road of Peace", a song that combines the uplifting sound and spirit of Beethoven's "Ode to Joy" with Peter Seeger's peace-promoting lyrics to create a joyful anthem.



This year the concert will not be held at St. David's due to problems we experienced last year with space, sight-lines and excessive heat. Instead, we will hold our concert at Unity of Portland (4525 SE Stark St.), not too far away and air-conditioned to boot. Also, the concert will be held on Friday, May 19 at 7 pm, rather than our usual Sunday afternoon time. The reason for this is that many other choirs are holding their Spring concerts that weekend as well and we don't want to have to compete with them for our audience. At the intermission we will be hosting our traditional sweet and savory bake sale fundraiser, as well as selling seedlings and the hand puppets we will use in "A Place in the Choir."

Unity is a beautiful venue for our concert and we hope it will work out as well as it did the last time we held our Spring concert there.





Who Said That?

"Art, freedom and creativity will change society faster than politics."
~Victor Pinchuk

"To improve is to change; to be perfect is to change often."
~Winston Churchill

"For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something."
~Steve Jobs

"Face the facts of being what you are, for that is what changes what you are."
~Soren Kierkegaard

"The curious paradox is that when I accept myself just as I am, then I can change."
~Carl Rogers

"To change ones life: Start immediately. Do it flamboyantly."
~William James

"Change occurs in direct proportion to dissatisfaction, but dissatisfaction never changes."
~Douglas Horton

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."
~R. Buckminster Fuller

"Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better."
~Sydney J. Harris

PPC Shines at Earth Day Event

A large contingent of PPC singers convened at the Old Church on Friday, April 21 for the annual Earth Day celebration sponsored by the Center for Earth Leadership, the First Unitarian Community for Earth and the New Thought Center for Spiritual Living. The choir performed *Great Trees* and *For the Children*, and joined with other participants in singing several hymns and chants dedicated to the Earth. The program was lovely and uplifting and the choir's performance was well received by the very appreciative audience.

PEACE POLE INSTALLATION AT SE UPLIFT BRINGS SMILES DESPITE THE RAIN

On Sunday, April 23 many PPC members convened at 2 pm at SE Uplift, where the tenors and basses have our off-site sectionals, to celebrate the installation of our very own Peace Pole. The Peace Choir co-sponsored the event in conjunction with the Rotary Club of SE Portland and SE Uplift; the pole was paid for by the Rotary Club and SE Uplift allowed us to put it up in their NW Native Nature Garden.

Despite the weather, quite a crowd gathered for the celebration and the weather rewarded us by waiting until the ceremony was completed before drenching us with rain. Fortunately, tenor Susan W. had the foresight to erect a tent for just such an eventuality, so the after-dedication snacks stayed fairly dry. The crowd appeared very festive, with PPC singers sporting a variety of colorful Hawaiian shirts rather than our usual concert whites; that really brightened up the day, and the crowd, including the PPC contingent, representatives of Rotary and SE Uplift and several folks from the local neighborhood, seemed to enjoy both the singing and the Dance of Universal Peace, led by soprano Diana C., as well as the opportunity for socializing under the tent over snacks and tea.

All in all, it was a very successful and satisfying afternoon, and the Peace Pole we installed will be an inspiration and a lasting reminder of the spirit of peace and cooperation for all those who pass by or stop to enjoy the garden.

~bb



DANCES OF UNIVERSAL PEACE

Diana Clark, Certified Dance Leader since 1991

Throughout time, sacred movement, songs and stories have brought people together to celebrate life passages, the changes of seasons, and life itself. The Dances of Universal Peace are a part of this ageless tradition of Sacred Dance and Song.

The Dances were brought forth in their current form by Samuel L. Lewis (1896-1971), a Sufi Murshid (teacher) and Rinzai master who was also profoundly influenced by the Hindu, Jewish and Christian mystical traditions. A lifelong seeker of truth and wisdom, he studied with spiritual masters throughout the world. Samuel Lewis drew his inspiration for the Dances from two of his teachers: Hazrat Inayat Khan, who first brought Sufism to the West in 1910, and Ruth St. Denis, a pioneer in the modern dance movement and founder of the Sacred Dance Guild.

In the 1960s, Samuel Lewis began receiving visions of dances set to sacred phrases from various world religions. These were the first manifestations of the multicultural Dances of Universal Peace that represent the culmination of his spiritual teachings. The Dances are sacred phrases, chants, music and movements from many of the earth's traditions to promote peace and harmony within ourselves and with others. There are no performers or audience in the Dances: new arrivals and experienced dancers form the circle together. As body prayers or moving meditations, the Dances reveal the unity of all spiritual experience.

From an original body of about fifty Dances, the Dances of Universal Peace have expanded and now number more than five hundred. Circles have spread throughout the world to touch people living in North and South America, Eastern and Western Europe, Russia, Estonia, India, Pakistan, South Africa, Senegal, the Middle East, Japan, Thailand, Australia and New Zealand.

Here are the current Dance circles in the Portland area:

Portland - Northeast

"Friday DUP Portland"

Weekly on Fridays - 7:30 pm
St Michael's Episcopal Church
1704 NE 43rd Avenue, Portland
Contact: Ahura Grace 503-260-1426

Portland - Southeast

"Tuesday Circle"

Weekly on Tuesdays - 7:30 pm
St. David Of Wales Fellowship Hall
2800 SE Harrison Street, Portland 97214
Contact: Mu'mina 503-419-7856
www.movingmeditations-dup.com

Portland - Southeast

"One Heart Circle" Family Friendly

Monthly on third Sunday - 4pm
Mt. Tabor Presbyterian/TaborSpace
5441 SE Belmont St., Portland.
Contact: Zaynab 503-260-9916 or Qahira
503-442-9142

To get monthly reminders in email, send request to:

One.Heart.Dances.of.Universal.Peace@gmail.com

'Ever Willing' Dance Outreach Events

Dance events are held periodically in the Portland area and elsewhere around the state.

Contact: Qahira

bpeco1@hotmail.com

The Only Constant is Change

The fact that the symbol that came to represent the Campaign for Nuclear Disarmament is 59 years old marks it as something of a worldwide success. However, a museum in Frankfurt wants to give peace a new look. The Schirn Kunsthalle museum recently issued an open call inviting designers, both professional and amateur, to submit new graphic images that communicate the contemporary notion of peace.

"We feel it is high time for a new peace logo," Philipp Demandt, the director of the museum, wrote in the invitation. "A logo for today that reflects our current notion of peace." The hunt for the next peace sign comes in conjunction with the exhibition "[PEACE](#)", on view at the museum this summer.

The current peace symbol was created for the first Aldermaston march, a massive demonstration advocating for nuclear disarmament. Among the hordes of protesters who marched over 50 miles from Trafalgar Square in London to the site of the Atomic Weapons Research Establishment was British graphic artist, Gerald Holtom.



Holtom's original draft of Peace Symbol

When Holtom first publicly unveiled the logo, many feared nuclear weapons might wipe out mankind. Holtom, a graduate of the Royal College of Art, had been working on the symbol for some weeks using well-established visual communication techniques — semaphore (flag-waving) signals — to express his urgent message. Holtom used the semaphore signals for the letters "N" and "D" for nuclear disarmament. He also suggested symbolic readings of the shaft or broken cross as the death of man, and the surrounding circle as the unborn child, together representing the threat to existing humanity as well as the unborn.

But another inspiration behind the peace sign reportedly comes from the 1814 painting *The Third of May 1810* by Francisco de Goya. The image depicts a Spanish man standing before a firing squad of Napoleon's army, arms spread in surrender. The revolutionary painting captured the horrors of war in a single, emotionally riveting image.

In a letter to Hugh Brock, the editor of *Peace News*, Holtom explained his motivation for the sign. "I was in despair. Deep despair," he wrote. "I drew myself: the representative of an individual in despair, with hands palm outstretched outwards and downwards in the manner of Goya's peasant before the firing squad. I formalized the drawing into a line and put a circle round it. It was ridiculous at first and such a puny thing."

Holtom's symbol caught on nearly immediately and was adopted in the 1960s by the hippie movement and by the US public at large as a call for peace, particularly in protests against the Vietnam War. It accompanied a wide range of anti-war statements, even appearing on the Zippo lighters and helmets of American soldiers in Vietnam.

Today, however, the Schirn Kunsthalle believes it is time for the next iteration of peace imagery, one that more aptly communicates what peace means at this particular moment in human history. While Holtom's image was made in response to the looming threat of nuclear violence, there are a barrage of new issues threatening safety and harmony among humans today.

Participants are invited to submit their designs for review through May 8. The winner will receive €1,000 and his or her logo will be used in advertising efforts accompanying the "PEACE" exhibition. Feeling inspired? Submit at <http://www.schirn.de/en/PEACE>. You can also vote for one of the top 10 logos online in May to help determine the Audience Prize.

~tk

Hidden Meanings: Flowers and the Peace Pole Installation

Years ago, in training as an herbalist, one of the more fascinating lines of study was the historical and lyrical meanings of various plants and flowers. From the origin of a flower's name to its distinctive characteristics and rich mythology, flowers are infused with symbolism and meaning.

The Japanese call it Hanakotoba, the Victorians called it Floriography – fancy names for the language of flowers. While original translations may have shifted over time, the notion that through flower symbolism we can express what we want to say (and may not be able to speak out loud) still holds true.

Here are the backstories of the plants and flowers PPC members contributed to the Peace Pole installation at SE Uplift Center:

Lupines: Lupines are symbolic of **imagination**. The name "lupinus" actually means "of wolves" due to the mistaken belief that ancient peoples had that lupines robbed the soil of nutrients. (Lupines actually *add* nitrogen to the soil.) Lupines are the only food for the Karner blue butterfly's caterpillar. The scent from lupine blossoms is like that of honey, a nice addition to this or any garden.



Huckleberry: The symbolism associated with the huckleberry is **faith** and **simple pleasures**. The tiny size of huckleberries led to their frequent use as a way of referring to something small, often in an affectionate way. "I'll be your huckleberry" is a way of saying that one is just the right person for a given job, not that I've ever heard anyone say that out loud.

Bleeding Heart is one of the most literal flowers used symbolically today. The blooms resemble a classic cartoon heart with drops of blood falling out of it. Japanese folklore also has a tale about a spurned prince who killed himself by sword when a lovely maiden rejected his gifts, which are all represented by different petals from the flower. In American and British culture, the Bleeding Heart has a passionate meaning and is often exchanged as a **symbol of true love**. Some religious groups choose to plant the flower as a reminder of **compassion for the suffering of others**. It can represent people who share their emotions freely and wear their heart on their sleeve, too.



Coral Bells: Helps to **open your heart to hope; perseverance and persistence** to accompany a new project; good for savoring sweet remembrances and allowing anniversary reactions to losses of the past to be felt without heartache.



Oxalis: There are many stories and fables, but the most popular is that St. Patrick, the saint who brought Christianity to Ireland, plucked a shamrock from the grass at his feet to illustrate the doctrine of the Holy Trinity to his congregation. Each leaf **symbolizes the father, the son, and the Holy Spirit**. St. Patrick's Day is celebrated on the anniversary of his death. The shamrock is also credited with the arrival of spring and as a symbol for the "season of rebirth."

Violet: Violets are a symbol of **faithfulness, a symbol of purity and charm against evil**. Blue violets say "I'll always be true" and signify constancy; white violets depict modesty, or the desire to "take a chance on happiness"; and yellow violets convey modest worth.



Remember to visit the Peace Pole at the SE Uplift Native Plants garden throughout the year to honor these delicate messengers, spend some time in peaceful meditation and, if you're feeling particularly robust, do a little weeding.

~tk

Opportunities to Sing or Listen

- **May 6, 7:30 – 9pm** ISing Choir: Out of the America, St. Peter Catholic Church 5905 SE 87th Ave.,
<https://www.isingchoir.org/>
- **May 7, 3pm – 4:30pm** ISing Choir: Out of the Americas, Bethel Congregational United Church of Christ, 5150 SW Watson Ave., Beaverton, OR
- **May 7, 3pm – 4:30pm** Willamette Master Chorus: Sacred Music at the Abbey, Mt Angel Seminary, 1 Abbey Dr, St. Benedict, OR
- **May 7, 8pm-9:30pm** In Mulieribus: 10th Anniversary Concert, St James Catholic Church, 218 W 12th St, Vancouver, WA
- **May 12, 12pm – 1:30pm** FEAST Community Choir: Sing Together!
also **May 19, 12pm – 1:30pm and May 26, 12pm – 1:30pm** Subud Portland, 3185 NE Regents Dr.
FEAST (Forget Everything and Sing Together) Community Choir is an inclusive daytime singing community, gathering weekly for the joy of singing. We welcome your voice, whether you are an in-the-shower singer, a seasoned chorister, or someone who quietly dreams of singing. Connect with others, have fun and raise your voice in easy harmony, singing life-affirming lyrics from many world traditions. No choral experience necessary. All that is required is a heartfelt desire listen and sing with others. <http://feastcommunitychoir.com/>
- **May 12, 7–pm Friendly House 2nd Friday Song Circle: Songs of the 60s and 70s.** Friendly House Community Center, NW 26 and Thurman. Sung in a song circle fashion,, each person picks a song from a songbook from this era, accompanied by our talented guitarist(s). For more information: <https://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/>
- **May 12 and 13, 7:30pm – 9pm** Choral Arts Ensemble of Portland: Revelry and Reverence, St Andrew's Presbyterian Church, 3228 SW Sunset Blvd.
- **May 13, 14 & 15, 7:30pm – 9pm** OR Symphony / PSU Chamber Choir / Pacific Youth Chorale: Stravinsky: Persephone. Arlene Schnitzer Concert Hall, 1037 SW Broadway
- **May 13, 14 & 15, 7:30pm – 9pm** OR Symphony / PSU Chamber Choir / Pacific Youth Chorale: Stravinsky: Persephone. Arlene Schnitzer Concert Hall, 1037 SW Broadway
- **May 14, 2pm – 3:30pm** Bach Cantata Choir: Bach: Cantata 4 (Christ lag in Todesbanden), Rose City Park Presbyterian Church, 1907 NE 45th Ave.
- **May 19, 7:30pm – 9pm** Cantico Singers: Spring Concert, First Baptist Church, 909 SW 11th Ave.
- **May 19, 7:30pm – 9pm** Portland Choir & Orchestra: Sing Sing Sing, First United Methodist Church, 1838 SW Jefferson St, Portland
also **May 20, 2pm – 3:30pm**
- **May 20, 7pm – 8:30pm** Portland Symphonic Choir: Spring Choral Festival and Carmina Burana, Grant High School, 2245 NE 36th Ave
- **May 20, 7:30pm – 9pm** Consonare Chorale: The Resplendent Table, Imago Dei Community, 1302 SE Ankeny St.
- **May 20, 7:30pm – 9pm** Oregon Symphony / PSU Choirs: Mahler: 2nd Symphony, Arlene Schnitzer Concert Hall, 1037 SW Broadway.
May 21, 2pm – 3:30pm
May 22, 7:30pm – 9pm
- **May 21, 3pm – 4:30pm** Willamette Master Chorus: Sacred Music at the Abbey Mt Angel Seminary, 1 Abbey Dr, St. Benedict, OR
- **May 21, 4pm – 5:30pm** Aurora Chorus: A Place Where You Belong, First Congregational United Church of Christ, 1126 SW Park Ave.
- **May 21, 5pm – 6:30pm** Trinity Choirs: Bon Voyage Concert, Trinity Episcopal Cathedral, 147 NW 19th Ave.
- **May 29, 7pm – 8:30pm** Tillicum Chamber Singers: The Sounds of Spring, Ascension Episcopal Parish, 1823 SW Spring St.

*PPC Financial Situation**cont'd. from p. 1*

...grants and applying for them; and trying to increase recruitment and retention of members.

We really need to pursue all of these things in order to assure the sustainability of the choir, and it would also be very helpful to get other ideas about avenues the choir can pursue to increase income or reduce expenses as well. Any and all suggestions are very welcome and helpful to us.

If there is anyone in the choir who has experience with grant writing or fundraising, or publicity and community outreach, we would be very appreciative of your help and advice.

We will also be looking at our "business model" (which is now so heavily dependent upon dues), and welcome volunteers to help with that as well.

Anyone who is interested in helping out, please contact a Steering Committee member or send email to Portland Peace Choir:

pdxpeacechoir@gmail.com

~bb

A special **THANKS** to Amy for helping the Ts and Bs at our last sectional!

We were struggling on a couple of phrases and your observations really helped us nail some of the tricky parts.

Making us do it over and over 'til it was cemented in our brains didn't hurt, either.

Suggestion Box

This is an opportunity for you, our readers, to tell us your ideas for ways to improve our choir. Please send your suggestion to us at:

barbaraPPC@comcast.net

We can include your name with your suggestion or keep it anonymous, your choice.

Suggestion:

- I noticed that the Director's family comes to Happy Half Hours. I would love to bring my family to share this social time, too. Don't want to put pressure on folks bringing food, but I'd love it if my family could meet my new friends.
~ a Newbie
- I am fairly new to the choir, so I don't really know the politics here. However, after practicing for eight months on some songs and they still sound terrible, why not cut them out and put in something we enjoy and are good at like "Great Trees". Or, just leave one or two songs out. I just want to feel good about what and how we sing.
- Great idea to arrange the chairs so we can hear each other! Thanks to whomever did that.

Editors' note: *Suggestions are not fabricated nor solicited and are often received in blind emails.*



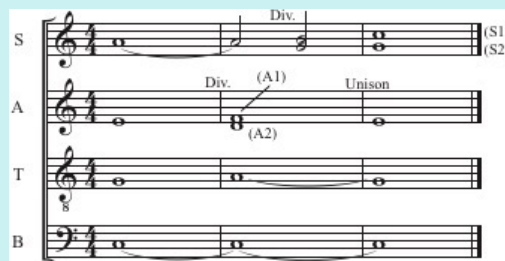


Prof. Jones' Music Terms™

This month we'll try to clarify the meaning and use of the term "divisi", which we often hear during weekly rehearsals.

Divisi: In SATB choral arrangements, usually each section has only one note to sing at a time, that is, everyone in a section sings the same melodic line, and no more than four distinct notes are sung at a time. But sometimes more than four notes at a time are needed, so one or more sections divide (split) into two groups. Usually group 1 sings the higher notes, and group 2 sings the lower notes. For example, if the arranger wants six different notes at one time, and the extra two notes are in the Alto and Soprano ranges, a "divisi" (often abbreviated as "Div.") will be indicated in the score for Sopranos and Altos. Sopranos will temporarily split into Soprano 1 (higher notes) and Soprano 2 (lower notes) to sing two different soprano lines. Similarly, Altos will split into Alto 1 and Alto 2 to sing two different alto lines. When the split is no longer needed, "Unison" can be indicated in the score for the section, to indicate that the entire section will all be singing the same notes again.

In the example below, Sopranos and Altos split in the second measure. Altos return to unison in the third measure, but Sopranos remain split.



On the staff for the Sopranos, the higher notes are sung by Soprano 1s (S1) and the lower ones by Soprano 2s (S2). Likewise, on the staff for the Altos, the higher notes are sung by Alto 1s (A1) and the lower notes by Alto 2s (A2); when the divisi for the Altos is no longer needed, the arranger has indicated "Unison". Note that in this example there is no divisi for the Tenors or Bases.

The use of divisi allows the arranger to give the music a richer sound with more complex harmonies.

Stay tuned next month for a basic primer on reading music; a quick rundown of how different notes are indicated in sheet music.

PPC Happenings

Sectionals with DavEd:

May 10, 6:30pm: Instrumental Sectional

Off-Site Sectionals:

Tenors and Bases: Sun., 5/7, 1-4pm, SE Uplift, 3534 SE Main St. **Save 5/14** (Mothers Day) for a possible additional sectional.

Sopranos: Sun., 5/7, 1-3pm at Anna's: 2135 SE Nehalem St. #25

Altos: Mon., 5/15 at Mary T.'s: 6126 SE Grant St.

Dress Rehearsal for Spring Concert: Weds. 5/17, 7pm at St. David's. Volunteers are needed to come early to help set up risers and stay late to take them down.

PPC Spring Concert: Friday, 5/19, 7 pm at Unity on SE Stark. Call time is 5:30pm. Doors open to the public at 6:30pm. Don't forget to bring sweet or savory treats for the bake sale!

Peace of the City Film Series gig: May 26, 6:00 pm.

We have been asked to sing 2 songs at the beginning of this program (info on which songs to come). Amy will be directing us.

(David is unavailable because he's getting married that weekend. Mazel Tov, David!)

PEACEMEAL is a publication of the Portland Peace Choir

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Again, thanks to Jeff Jones for help with the musical terms.