



# UNITARIAN UNIVERSALIST CHURCH OF ARLINGTON VIRGINIA

A Place to Connect, Grow and Serve

## How Can I Keep from Singing?

By Mimi Bornstein, Director of Music Ministry

*My life flows on in endless song  
above earth's lamentation.  
I hear a real though far off hymn  
that hails a new creation.  
Through all the tumult and the strife  
I hear the music ringing.  
It sounds an echo in my soul.  
How can I keep from singing?*

This is one of my favorite hymns. Besides having a beautiful melody, the lyrics use singing and music as analogies for finding the divine loving energy that is always available to us. These words remind us that there is always loving energy urging us to *keep on keepin' on* even in the midst of our pain, struggle and confusion.

*My life flows on in endless song above earth's lamentation....* Even when we may get tripped up in the day-to-day tasks, there is still a flow and an order that we may not see but can trust is there.

*I hear a real though far off hymn that hails a new creation....* Even though it may feel elusive, there is always something there that guides us into becoming our best selves.

*Through all the tumult and the strife I hear the music ringing....* Even when things feel challenging or painful we can know that loving energy is available to flow through us and around us.

*It sounds an echo in my soul. How can I keep from singing?....* Even in the midst of all the pain and confusion, there is a re-membering with source that resonates with each of us. Given all of this — despite challenges, hurt, pain and confusion, how can we not allow ourselves to live our fullest loving essence?

We will be singing this as our closing hymn for this Sunday's service. As we do, I invite you to invoke that which holds you and sustains you even in the midst of pain, struggle and confusion. Sing *to* that place and *from* that place. Allow the song to be a healing salve--and one that inspires you to continue to bring your best and most loving self into the work that you do and the life you lead!

Yours in love and music,

*Mimi*