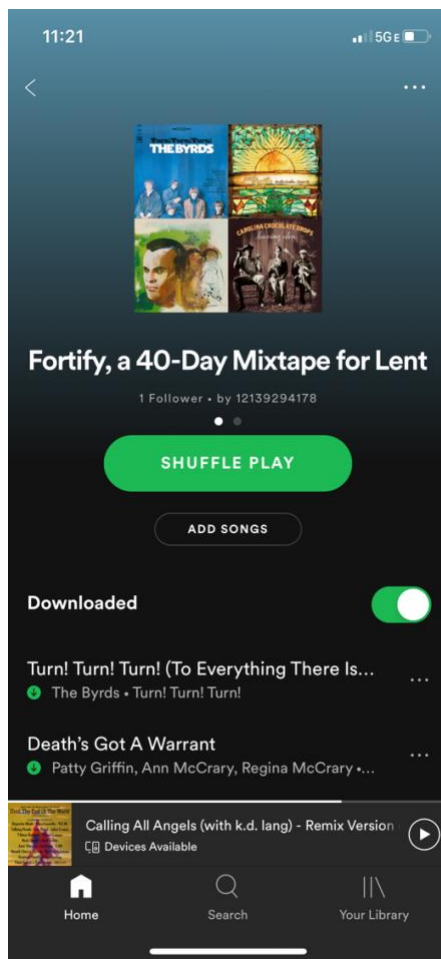


Fortify

A 40-Day Mixtape for Lent



*Sing to the Lord a new song, for God has done marvelous things.
Psalm 98:1*

Introduction

Lent is the purple penitential season. A forty day walk in the wilderness. It begins with a call to repentance and with a reminder of our mortality (Matthew 6: 1-6,16-21). Along the way, we hear the stories of Nicodemus (John 3: 1-7) and the Samaritan woman at the well (John 4:5-12). We bear witness to the healing of a blind man (John 9: 1-47) and the resurrection of Lazarus (John 11: 1-45). These forty days conclude with the drama of Holy Week and the climactic joy of Easter.

Jesus has set his face towards Jerusalem with a cross on his back. This very human and holy Jesus has very human and sinful disciples straggling behind – folks like us. The road to Calvary is filled with trepidation and hope, pain and healing, love and rejection, life and death. And then life again.

So, plug in your earbuds! Here is a 40-day, 40-tune mixtape for Lent – a playlist with an aging hippy vibe. The songs are both sacred and secular and cross multiple genres: folk, blues, rock, gospel, Celtic tunes and spirituals. Featured artists include the likes of the Byrds; Peter, Paul & Mary; Patty Griffin; the Wailin’ Jennys; Rhiannon Giddens; the Blind Boys of Alabama; and Birdtalker.

Each day’s song is listed with its performer and lyrics. You can listen by following my playlist on [Spotify: Fortify, A 40-Day Mixtape for Lent](#). You can also watch and listen by clicking (or copying into your browser) the YouTube links included in this booklet.

The booklet is available online on Emmanuel’s website homepage at emmanuelonhigh.org. Paper copies can be found on the table in the narthex to the church.

Listen a day at a time. Shuffle the tunes. Binge listen if you like.

Sing to the Lord a new song, for God has done marvelous things.

Blessings!

The Rev. Joani Peacock

Day 1: Turn, Turn, Turn, the Byrds

https://www.youtube.com/watch?v=W4ga_M5Zdn4

To everything (turn, turn, turn)

There is a season (turn, turn, turn)

And a time to every purpose, under heaven

A time to be born, a time to die

A time to plant, a time to reap

A time to kill, a time to heal

A time to laugh, a time to weep

Refrain

A time to build up, a time to break down

A time to dance, a time to mourn

A time to cast away stones, a time to gather stones together

Refrain

A time of love, a time of hate

A time of war, a time of peace

A time you may embrace, a time to refrain from embracing

Refrain

A time to gain, a time to lose

A time to rend, a time to sew

A time for love, a time for hate

A time for peace, I swear it's not too late

Refrain

Day 2: Death's Got a Warrant, Patty Griffin

<https://www.youtube.com/watch?v=Q91aHr2y8qI>

You can't hide, you can't hide

You can't hide because you don't know how

God's got your number and He knows where you live

Death's got a warrant for you.

You may run to the rock to hide your face

The rock cracked, I ain't no hiding place

God's got your number and He knows where you live
Death's got a warrant for you

You may run around 'til you lose your soul
Heaven won't be your home

You can't hide, you can't hide
You can't hide because you don't know how

God's got your number and He knows where you live
Death's got a warrant for you

Day 3: All My Trials, Harry Belafonte

<https://www.youtube.com/watch?v=6iLiwycXQoA>

Hush little baby, don't you cry,
You know your mother was born to die
All my trials, Lord, soon be over

Too late my brothers, too late
But never mind
All my trials, Lord soon be over

The river of Jordan is chilly and cold
It chills the body, but it warms the soul,
All my trials, Lord soon be over

I've got a little book with pages three,
And every page spells liberty,
All my trials Lord, soon be over

Too late my brothers, too late
But never mind
All my trials, Lord soon be over

If living were a thing that money could buy,
You know the rich would live
And the poor would die,
All my trials Lord, soon be over
There grows a tree in Paradise,

The Christians call it the tree of life,
All my trials Lord, soon be over

Too late my brothers, too late
But never mind
All my trials, Lord soon be over

Day 4: Leaving Eden, Carolina Chocolate Drops
<https://www.youtube.com/watch?v=wcCmg9Qj9XM>

Hush now, don't you wake up
We'll be leaving at first light
Gonna find you a mockingbird
To lull you through the night
Across the den by morning
Here's a blanket for you to share
They're building down in Georgia
Daddy hears he'll find work there

*And the mockingbird can sing
Like the crying of the dove
And I can't tell my daughters
All the things that I am scared of
But I am not afraid of that bright glory up above
Dying's just another way to lead the ones you love*

No work for the working man
Just one more empty mill
Hard times for working men
Hard times harder still
The crows are in the kitchen
The wolves at the door
Our fathers' land of Eden is paradise no more
Refrain

My sister stayed in Eden
Her husband's got some land
An agent for the county thinks that they might make a stand
A hard life full of working

With nothing much to show
A long life of leaving with nowhere to go
Refrain

Day 5: Motherless Child, The Wailin' Jennys
<https://www.youtube.com/watch?v=Pr-WA5qKLwY>

Sometimes I feel like a motherless child
Sometimes I feel like a motherless child
Sometimes I feel like a motherless child
A long way from home
A long way from home
Repeat

Sometimes I feel like I'm almost gone
Sometimes I feel like I'm almost gone
Sometimes I feel like I'm almost gone
A long way from home
A long way from home

This world out here is lonely and cold
This world out here is lonely and cold
This world out here is lonely and cold
A long way from home
A long way from home
Repeat
Refrain

Day 6: Mountains O' Things, Tracy Chapman
<https://www.youtube.com/watch?v=fCZqatRMcqM>

The life I've always wanted
I guess I'll never have
I'll be working for somebody else
Until I'm in my grave
I'll be dreaming of a live of ease
And mountains Oh mountains o' things

To have a big expensive car
Drag my furs on the ground

And have a maid that I can tell
To bring me anything
Everyone will look at me with envy and with greed
I'll revel in their attention
And mountains Oh mountains o' things

Sweet lazy life
Champagne and caviar
I hope you'll come and find me
Cause you know who we are
Those who deserve the best in life
And know what money's worth
And those whose sole misfortune
Was having mountains o' nothing at birth

Oh, they tell me
There's still time to save my soul
They tell me
Renounce all
Renounce all those material things you gained by
Exploiting other human beings
Consume more than you need
This is the dream
Make you pauper
Or make you queen
I won't die lonely
I'll have it all prearranged
A grave that's deep and wide enough
For me and all my mountains o' things
Mostly I feel lonely
Good good people are
Good people are only
My stepping stones
It's gonna take all my mountains o' things
To surround me
Keep all my enemies away
Keep my sadness and loneliness at bay
I'll be dreaming, dreaming... Dreaming...

Day 7: Crossing to Jerusalem, Roseanne Cash

<https://www.youtube.com/watch?v=DlbdyNRO3gs>

This is our great migration
Our mountain and our stone
Turning ourselves inside-out
To find we're already home
This is our deal with the sinners and saints
The law and up above
We'll be crossing to Jerusalem
With nothing but our love
Birthdays and the babies
Bourbon and the tears
Roaring like the hurricane
Tearing up the years
Who we are is who we were
And all of you were there
We're crossing to Jerusalem
It's nothing we can't build
The towns through tiny windows
The rooms that look the same
We lost the hands we didn't play
But somehow won the game
Look how the curtain rises
It courses through our blood
We'll be crossing to Jerusalem
With nothing but our love

Day 8: Mountain Hymn, Rhiannon Giddens

https://www.youtube.com/watch?v=0ME7x7_blf8

Mmmmh, mmh-mmh, mmh...
Mmh-mmh-mmh, mmh-mmh-mmh...

The day is done, time has come
You battled hard, the war is won
You did your worst, you tried your best
Now it's time to rest
Now it's time to rest

Mmh-mmh-mmmmh, mmh-mmh-mmmmh
Mmh-mmh-mmh-mmh, mmh-mmh-mmh
Mmh, mmh-mmh

See the fire in your eyes
See the fire in your eyes
See the fire in your eyes

Ah-ah-ah-ah, ah-ah-ah-ah
Ah-ah-ah-ah, ah-ah
Ah-ah-ah-ah,

Day 9: Calling All Angels, Jane Siberry & K.D. Lang
<https://www.youtube.com/watch?v=KRUErh47sao>

A man is placed upon the steps, a baby cries
And high above, the church bells start to ring
And as the heaviness, the heaviness, oh it settles in
And somewhere you can hear a mother sing
Then it's one foot, then the other
As you step out on the road
You step out on that road
How much weight? How much?
Then it's how long? And how far?
And how many times?
Oh, before it's too late...

Calling all angels
Calling all angels
Walk me through this one
Don't leave me alone
Calling all angels
Calling all angels

We're tryin', we're hopin'
But we're not sure how this goes
Oh, and every day you gaze upon the sunset
With such love and intensity
Why, it's almost as if
Oh, if you could only crack the code

Then we'd finally understand
What this all means
Oh, but if you could
Do you think you would
Trade in all, all the pain and suffering?
Oh, but then you'd miss the beauty
Of the light upon this earth
And the sweetness of leaving
Refrain

We're tryin', we're hopin'
But, we're not sure how
Refrain

We're tryin', we're hopin'
We're lovin' and we're hurtin'
We're cryin', we're callin'
Because we're not sure how this goes...

Day 10: Blowin' in the Wind, Peter, Paul & Mary
<https://www.youtube.com/watch?v=Ld6fAO4idaI>

How many roads must a man walk down
Before they can call him a man?
How many seas must a white dove sail
Before she sleeps in the sand?
How many times must the cannon balls fly
Before they're forever banned?

The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

How many years can a mountain exist
Before it is washed to the sea?
How many years can some people exist
Before they're allowed to be free?
How many times can a man turn his head
And pretend that he just doesn't see?
Refrain

How many times must a man look up
Before he can see the sky?
How many ears must one man have
Before he can hear people cry?
How many deaths will it take 'til he knows
That too many people have died?
Refrain

Day 11: Wildflowers, Trio featuring Dolly Parton
<https://www.youtube.com/watch?v=iA4fmTlk5rQ>

The hills were alive with wildflowers and I
Was as wild, even wilder than they
For at least I could run
They just died in the sun
And I refused to just wither in place
Just a wild mountain rose
Needing freedom to grow
So I ran fearing not where I'd go

*When a flower grows wild
It can always survive
Wildflowers don't care where they grow*

And the flowers I knew
In the fields where I grew
Were content to be lost in the crowd
They were growing too close
I had no room for growth
I wanted so much to get out
So, I uprooted myself from my home ground and left
Took my dreams and I took to the road
Refrain

I grew up fast and wild
And I never felt right
In a garden so different from me
I just never belonged
I just longed to be gone
So the garden one day set me free

Hitched a ride with the wind
And since he was my friend
I just let him decide where we'd go
Refrain

Just a wild rambling rose seeking mysteries untold
No regret for the path that I chose
Refrain

Day 12: Heavy, Birdtalker

<https://www.youtube.com/watch?v=ioMByL8KtBk>

If you're lost and you're lonely
Go and figure out why
Take a trip to your dark side
Go on and have a good cry
'Cause we're all lonely
Yeah, we're all lonely together
I want to see your sadness
I want to share your sin
I want to bleed your blood and
I want to be let in
Don't you just
Don't we all just
Want to be together

*Leave what's heavy
What's heavy behind
Leave what's heavy
What's heavy behind*

If your face is down
Take a look around
Do your fingers move?
Do your lungs inflate?
Are you tired, are you weary
Of the hidden hate you've been holding?
Hey, did you lose that love or have you never had it?
Are you feeling sad 'cause you did a bad thing?
Refrain

Day 13: Tell Heaven, Roseanne Cash

<https://www.youtube.com/watch?v=V-whhwYqX7Y>

When you're like a broken bird tell heaven
Battered wings against the dark and day
When your worries won't let you sleep tell heaven
When the tears won't ever go away
If you got no one to love tell heaven
There's no one on the telephone today
When every story falls apart tell heaven
Nothing good seems like it will come your way

Tell heaven
Tell heaven

Heavy hearts in empty rooms, tell heaven
You don't have to know what you will say
The empty sky will never take our burdens
Something good will someday come our way

So, tell heaven
Tell heaven

Day 14: Where Have All the Flowers Gone, Peter, Paul & Mary

<https://www.youtube.com/watch?v=ZgXNVA9ngx8>

Where have all the flowers gone?
Long time passing
Where have all the flowers gone?
Long time ago
Where have all the flowers gone?
Girls have picked them everyone

When will they ever learn?
When will they ever learn?

Where have all the young girls gone?
Long time passing
Where have all the young girls gone?

Long time ago
Where have all the young girls gone?
Refrain
Taken husbands everyone
Refrain

Where have all the husbands gone?
Long time passing
Where have all the husbands gone?
Long time ago
Where have all the husbands gone?
Gone for soldiers everyone
Refrain

Where have all the soldiers gone?
Long time passing
Where have all the soldiers gone?
Long time ago
Where have all the soldiers gone?
Gone to graveyards everyone
Refrain

Where have all the graveyards gone?
Long time passing
Where have all the graveyards gone?
Long time ago
Where have all the graveyards gone?
Covered with flowers everyone
Refrain

Day 15: Holy Father, Mountain Man
<https://www.youtube.com/watch?v=IzzmY3wNXXI>

You must be some kind of Holy Father, Son and Father, only Son
I grow ten hundred feet tall, I grow ten hundred feet
I fall ten hundred feet I rise like sun, like sun, I'm lonely
Father, Son and Father, only
One
Repeat

Day 16: Move Up, Patty Griffin

<https://www.youtube.com/watch?v=i8hyx7-9R5M>

Well, I believe in my soul
And I'm going on home
Hallelujah, oh Lord, moving, move up
When this life is over
I'm going to stick my sword in the sand
I'm going to go on home to Jesus
Over in glory land
I'm moving to the sky
In a heaven, on a high
Well, all my life I want to know
Is why my Jesus loved me so
Yes, oh Lord, I'm moving, move up
I'm going to move up to the sky
To my home on a high
I'm going to see my loving mother
I'm going to see my father too
I'm going to sing with the angels
Tell them how I made it through
Well, I'm going to move on up in glory
Move on up in glory
Move on up on glory
After a while
One of these mornings
And it won't be very long
They're going to look for me down here
And I'll believe I'll be going on home
I'm going to walk with the fallen
Settle with the son
Tell him all about this world
That I've come from
I'm going to see my loving mother
I'm going to see my father too
I'm going to walk around in glory
And spread the news
Well, all my life I want to know
Is why my Jesus loved me so

Yes, oh Lord, moving, oh Lord
Move up, oh Lord
I'm going to move, move...
I'm moving on up in glory
Move on up in glory
After a while

Day 17: Ain't No Grave, Crooked Still

<https://www.youtube.com/watch?v=p-3eM-FIGy4>

*There ain't no grave gonna hold my body down
ain't no grave gonna hold my body down
when I hear that trumpet sound, I'm gonna get up out of the ground
aint' no grave gonna hold my body down*

Go down yonder Gabriel put your foot on the land and sea
Oh Gabriel don't you blow your trumpet until you hear from me
I looked way over yonder and what do you think I see?
I see a band of angels and they're coming after me
Then I looked way down the river saw the people dressed in white
I knew it was God's people 'cause I saw them doing right
Refrain

I'm going down to the river Jordan and I'm gonna bury my knees in the sand
Holler "ah, hosanna" till I reach the promised land
Then I looked way over yonder and what do you think I see?
I see a band of angels and they're coming after me
So, meet me King Jesus meet me wont' you meet me in the middle of the air
If these wings should carry me,
I won't need another pair
Refrain

Day 18: Deeper Well, The Wailin' Jennys

<https://www.youtube.com/watch?v=RzRbxQLBVFA>

The sun burned hot, it burned my eyes
Burned so hot I thought I'd died
Thought I'd died and gone to hell

Lookin' for the water from a deeper well
I went to the river but the river was dry
I fell to my knees and I looked to the sky
I looked to the sky and the spring rain fell
I saw the water from a deeper well

*Well, lookin for the water from a deeper well
Well, lookin for the water from a deeper well*

I was ready for love I was ready for the money
Ready for the blood and ready for the honey
Ready for the winnin', ready for the bell
Lookin' for the water from a deeper well
I found some love and I found some money
Found that blood would drip from the honey
Found I had a thirst that I could not quell
Lookin' for the water from a deeper well
Refrain

Well I did it for kicks and I did it for faith
I did it for lust and I did it for hate
I did it for need and I did it for love
Addiction stayed on tight like a glove
So I ran with the moon and I ran with the night
And the three of us were a terrible sight
Nipple to the bottle to the gun to the cell
To the bottom of a hole of a deeper well
Refrain

Day 19: Five Hundred Miles, The Kingston Trio
<https://www.youtube.com/watch?v=jet8QpoBSbQ>

If you miss the train I'm on, you will know that I am gone,
You can hear the whistle blow a hundred miles.
A hundred miles, a hundred miles, a hundred miles, a hundred miles,
You can hear the whistle blow a hundred miles.

Lord, I'm one, Lord, I'm two, Lord, I'm three,
Lord, I'm four, Lord, I'm five hundred miles away from home.

Away from home, away from home, away from home, away from home,
Lord, I'm five hundred miles away from home.

Not a shirt on my back, not a penny to my name. Lord, I can't go back
home this-a way.

This-a way, this-a way, this-a way, this-a way, Lord, I can't go back
home this-a way.

You can hear the whistle blow a hundred miles.

Day 20: Ring Them Bells, Sarah Jarosz

<https://www.youtube.com/watch?v=8avSGnZlnaY>

Ring them bells ye heathen from the city that dreams
Ring them bells from the sanctuaries cross the valleys and streams
For they're deep and they're wide
And the world's on its side
And time is running backwards
And so is the bride
Ring them bells Saint Peter
Where the four winds blow
Ring them bells with an iron hand
So the people will know
For it's rush hour now
On the wheel and the plow
And the sun is going down upon the sacred cow.
Ring them bells Sweet Martha for the poor man's son
Ring them bells so the world will know that God is one
For the shepherd is asleep
Where the willows weep
And the mountains are filled with lost sheep
Ring them bells for the blind and the deaf
Ring them bells for all of us who are left
Ring them bells for the chosen few
Who will judge the many when the game is through
Ring them bells for the time that flies
For the child that cries
When the innocence dies
Ring them bells Saint Catherine from the top of the room
Ring them from the fortress for the lilies that bloom

For the lines are long and the fighting is strong
And they're breaking down the distance between right and wrong

Day 21: Wade in the Water, Patty Griffin

<https://www.youtube.com/watch?v=Vth7L57I560>

Wade in the water
Wade in the water, children
Wade in the water
God's going to trouble the water

See those children all dressed in white?
God's going to trouble the water
Looking like the children of the Israelites
God's going to trouble the water
Refrain

The river Jordan is chilly and cold
God's going to trouble the water
It chills my body but not my soul
God's going to trouble the water
Refrain

He going to wade in the water
Wade in the water, children
Wade in the water
God's going to trouble the water *Refrain*
See those children all dressed in red?
God's going to trouble the water
Looking like the children that Moses led
God's going to trouble the water

Day 22: Mercy Now, Mary Gauthier

<https://www.youtube.com/watch?v=IT7NiEpJmvI>

My father could use a little mercy now
The fruits of his labor fall and rot slowly on the ground
His work is almost over it won't be long, he won't be around
I love my father, he could use some mercy now

My brother could use a little mercy now
He's a stranger to freedom, he's shackled to his fear and his doubt
The pain that he lives in it's almost more than living will allow
I love my brother, he could use some mercy now

My church and my country could use a little mercy now
As they sink into a poisoned pit it's going to take forever to climb out
They carry the weight of the faithful who follow them down
I love my church and country, they could use some mercy now

Every living thing could use a little mercy now
Only the hand of grace can end the race towards another mushroom
cloud
People in power, they'll do anything to keep their crown
I love life and life itself could use some mercy now

Yeah, we all could use a little mercy now
I know we don't deserve it but we need it anyhow
We hang in the balance dangle 'tween hell and hallowed ground
And every single one of us could use some mercy now

Day 23: Chico Gospel, Ma Muse

<https://www.youtube.com/watch?v=H65JeOxZS68>

There was a time I believed
Life was over for me
There was time I believed
My life was over
I feel strong today
Thanks to your help
I'll find my way and
I too will lend you a hand
When you need one

*Sometimes I get so down
I feel like
This the end
Like there's no way in hell
I can get over this mountain
The sun has come out*

*Beyond the shadow of my doubt
I am walking on this earth
Stronger than ever*

There was a time I believed
There'd be no love for me
There was time I believed
I'd get no lovin'
I feel love today
Thanks to your help
I'll find my way and
I too will lend you a hand
When you need one
Refrain

There was a time I believed
There'd be no money for me
There was a time I believed
There'd be no money
I feel rich today
Thanks to your help
I'll find my way and
I too will lend you a hand
When you need one
Refrain

There was a time I believed
There'd be no peace for me
There was a time I believed
There'd be no peace
I feel peace today
Thanks to your help
I'll find my way and
I too will lend you a hand
When you need one
Refrain

Day 24: Every Grain of Sand, Blind Boys of Alabama
<https://www.youtube.com/watch?v=3vRpzO0LGE4>

In the time of my confession
In the hour of my deepest need
When the pool of tears beneath my feet
Flood every newborn seed
There's a dying force within me
Reaching out somewhere
Toiling in the danger
And the morals of despair
I don't have the inclination
To look back on any mistake
Like Cain I now behold a chain
Of events that I must break
In the fury of the moment
I can see the master's hand
And every leaf that trembles
And every grain of sand
All the flowers of indulgence
And the weeds of yester year
Like criminals, they helped choke the breath
Of conscience and good cheer
The sun beat down upon the steps
Of time to light the way
To ease the pain of idleness
And the memory of decay
I gaze into the doorway
Of temptation's angry flame
And every time I pass that way
I'll always hear my name

Then onward in my journey
I come to understand
That every hair is numbered
Like every grain of sand

I have gone from rags to riches
In the sorrow of the night

In the violence of a summer's dream
In the chill of a wintery light
In the bitter dance of loneliness
Fading into space
In the broken mirror of innocence
Of each forgotten race
I hear the ancient footsteps
Like the motion of the sea
Sometimes I turn, there's someone there
Other times it's only me
I'm hanging in the balance
Of the reality of man
Like every sparrow falling
Like every grain of sand

Day 25: Here Comes the Sun, Richie Havens

<https://www.youtube.com/watch?v=VBbXKsKXyNU>

*Here comes the sun, here comes the sun
And I say it's alright*

Little darling, it's been a long, cold, lonely winter
Little darling, it feels like years since it's been here
Refrain

Little darling, the smiles returning to the faces
Little darling, it seems like years since it's been here
Refrain

Sun, sun, sun, here it comes...

Little darling, I feel that ice is slowly melting
Little darling, it seems like years since it's been clear
Refrain

Day 26: Will the Circle be Unbroken, Mavis Staples

https://www.youtube.com/watch?v=BHVbH_e7kmM

I was standing by my window,
On one cold and cloudy day
When I saw an old hearse come rolling
For to carry my mother away

*Will the circle be unbroken
By and by, Lord, by and by
There's a better home a-waiting
In the sky, Lord, in the sky*

Undertaker, Mr. Undertaker
Will you please, drive your wagon slow
For the lady, the one you're hauling
Lord, I hate to see her go
Refrain

Day 27: At the Purchaser's Option, Rhiannon Giddens

<https://www.youtube.com/watch?v=DVrTf5yOW5s>

I've got a babe but shall I keep him
'Twill come the day when I'll be weepin'
But how can I love him any less
This little babe upon my breast

*You can take my body
You can take my bones
You can take my blood
But not my soul*

I've got a body dark and strong
I was young but not for long
You took me to bed a little girl
Left me in a woman's world
Refrain

Day by day I work the line
Every minute overtime

Fingers nimble, fingers quick
My fingers bleed to make you rich
Refrain

Day 28: Farther Along, Trio (Dolly Parton, Linda Ronstadt, Emmylou Harris)

<https://www.youtube.com/watch?v=w9H3qPqJ3uI>

Tempted and tried we're oft made to wonder why it should be thus all the day long
While there are others living about us, never molested, though in the wrong
When death has come and taken our loved ones, it leaves our home so lonely and dreary
Then do we wonder why others prosper living so wicked year after year

*Farther along we'll know all about it; farther along we'll understand why
Cheer up, my brother; live in the sunshine, we'll understand it all by and by*

Faithful till death said our loving master; a few more days to labor and wait
Toils of the road will then seem as nothing as we sweep through the beautiful gates
Refrain

Day 29: Old Churchyard, The Wailin' Jennys

<https://www.youtube.com/watch?v=c2L2U3CeMWY>

Come, come with me to the old churchyard
I so well know these paths 'neath the soft green sward
Friends slumber in there that we want to regard
We will trace out their names in the old churchyard

Mourn not for them for their trials are o'er
Why weep for those who will weep no more?
For sweet is their sleep, though cold and hard
Their pillows may be in the old churchyard

I know it's vain when friends depart
To breathe kind words to a broken heart

And I know that the joy of life is marred
When we follow lost friends to the old churchyard

But were I at rest 'neath yonder tree
Why would you weep, my friends, for me?
I'm so weary, so wayworn, why would you retard
The peace that I seek in the old churchyard?

Why weep for me, for I'm anxious to go
To that haven of rest where no tears e'er flow?
And I fear not my fate when it's time to depart
I will sail with the sun in the old churchyard

I rest in the hope that one bright day
Sunshine will burst through these prisons of clay
And the trumpets will sound on the hills near and far
Will wake up the dead in the old churchyard

Repeat

Day 30: Gathering of Spirits, Carrie Newcomer & Allison Krauss
<https://www.youtube.com/watch?v=M1WrNisRhDU>

*Let it go my love my truest,
Let it sail on silver wings
Life's a twinkling that's for certain,
But it's such a fine thing
There's a gathering of spirits
There's a festival of friends
And we'll take up where we left off
When we all meet again.*

I can't explain it.
I couldn't if I tried
How the only things we carry
Are the things we hold inside
Like a day in the open,
Like the love we won't forget
Like the laughter that we started
And it hasn't died down yet
Refrain

Oh yeah, now didn't we
And don't we make it shine
Aren't we standing in the center of
Something rare and fine
Some glow like embers
Like a light through colored glass
Some give it all in one great flame
Throwing kisses as they pass
Refrain

Just east of Eden
But there's heaven in our midst
And we're never really all that far
From those we love and miss
Wade out in the water
There's a glory all around
And the wisest say there's a thousand ways
To kneel and kiss the ground
Refrain

Day 31: Glorious, MaMuse

<https://www.youtube.com/watch?v=D75010fQY-0>

Oh, what a day! Glorious!
Gather 'round
There's nothing better
Than a friend
Oh what a day! Glorious!
The smell of rain
Has hitched a ride
Upon the wind
I've got good friends
To the left of me
And good friends
To my right
Got the open sky above me
And the earth beneath my feet
Got a feeling in my heart
That's singin'

All in life is sweet
Oh what a day!
Oh, what a day! Glorious!
All the clouds
Have gathered round
The tops of trees
Oh what a day! Glorious!
Pitter patter
Fallin' rain I can't believe
All that's green
Lifts up its leaves
Singin' water come on in
We've been waiting all these days
Prayin' you would come to quench Every yearnin' in our bones

Water, life with you begins
Oh what a day
Home is believing
Home has wings of faith
Home is a clear river
Of perceiving
All is...

Day 32: Bridge Over Troubled Water, Simon & Garfunkel
<https://www.youtube.com/watch?v=WrcwRt6J32o>

When you're weary, feeling small
When tears are in your eyes, I'll dry them all
I'm on your side, oh, when times get rough
And friends just can't be found

*Like a bridge over troubled water
I will lay me down
Like a bridge over troubled water
I will lay me down*

When you're down and out
When you're on the street
When evening falls so hard
I will comfort you

I'll take your part, oh, when darkness comes
And pain is all around
Refrain

Sail on silver girl
Sail on by
Your time has come to shine
All your dreams are on their way
See how they shine
Oh, if you need a friend
I'm sailing right behind
Refrain

Day 33: Church, Lyle Lovett

<https://www.youtube.com/watch?v=n2OrBhVMKrk>

I went to church last Sunday
So I could sing and pray
But something quite unusual
Happened on that day
Now church it started right on time
Just like it does without a doubt
And everything was all just fine
Except when it came time to let us out
You know the preacher he kept preaching
He told us I have one more thing to say
Children before you think of leaving
You better think about the judgment day
Now everyone got nervous
Because everyone was hungry too
And everyone was wondering
What was the next thing he would do
And the preacher he kept preaching
He said now I'll remind you if I may
You all better pay attention
Or I might decide to preach all day
And now everyone was getting so hungry
That the old ones started feeling ill
And the weak ones started passing out
And the young ones they could not sit still

And the preachers voice rose higher
So I snuck up on the balcony
And I crept into the choir
And I begged them brothers, sisters, help me please
I said when I give you a signal
I said when I raise up my hand
Won't you please join with me together
And praise the lord I have a plan
And the preacher he kept preaching
Long is the struggle, hard the fight
And I prayed, father please forgive me
And then I stood up and with all my might
I sang

*To the Lord let praises be
It's time for dinner now let's go eat
We've got some beans and some good cornbread
And I listened to what the preacher said
Now it's to the lord let praises be
It's time for dinner now let's go eat*

Yes, and I did give a signal
Yes and I raised up my hands
And then joined with me the choir
Yes, every woman, child, and man
They sang
Refrain

And the preacher he stopped preaching
And a hush the church did fill
And then a great white dove from up above
Landed on the window sill
And the dove flew down beside him
And a fork appeared right in his hand
And with everybody watching
The preacher ate that bird right there and then
And now everyone got really nervous
And the preacher he did start to glow
And as we watched in disbelief
These were the words he spoke

He said now mama's in the kitchen
And she's been there all day
And I know she's cooking something good
So let's bow our heads and pray
And he sang
Refrain

And the moral of this story
Children it is plain but true
God knows if a preacher preaches long enough
Even he'll get hungry too
And he'll sing
Refrain

Day 34: Valley Clouds, Sam Beam

<https://www.youtube.com/watch?v=mWrPOwH-PEw>

Why don't we go slow below the Valley Clouds
Our edges worn round and sacred now
All in time, all promises were not the same
We left flowers in the field and our tears were plain

*Bend to the wind
It'll baptize your skin until your music is tender
Tender as trees
For the truth we believed
It's the wind we remember
We were overcome
Spinning in the wheels
Hitting bottom in the wellspring mud
Crying to the cold until we felt the sun
Home was up a hill, but our weary legs could run
When we closed our eyes
We could see the serpent
And the savior laying side by side
Heaven was a corner where we tried to hide
Our running would be long, and our river would be wild*

Feel this flag
Let's ring another freedom bell
Our backs were to the sound, but its sermon held
All things wild
Draw cups until the water's cold
Our memories are Christ and our hearts are clothes
Refrain

Bells come back
We'll name a star we know all night
What valley is our claim when our coin is sky

Day 35: One Voice, The Wailin' Jennys
<https://www.youtube.com/watch?v=y-24qGCvo7A>

This is the sound of one voice
One spirit, one voice
The sound of one who makes a choice
This is the sound of one voice
This is the sound of one voice

This is the sound of voices two
The sound of me singing with you
Helping each other to make it through
This is the sound of voices two
This is the sound of voices two

This is the sound of voices three
Singing together in harmony
Surrendering to the mystery
This is the sound of voices three
This is the sound of voices three

This is the sound of all of us
Singing with love and the will to trust
Leave the rest behind it will turn to dust
This is the sound of all of us
This is the sound of all of us
This is the sound of one voice
One people, one voice

A song for every one of us
This is the sound of one voice
This is the sound of one voice

Day 36: King of Love, Mary Chapin Carpenter

<https://www.youtube.com/watch?v=SyUUkIAnAyY>

He wants to own your heart
He already owns your soul
No matter what you do
He's always in control

And when he calls your name you have to follow
Like moths into a flame, no fear or sorrow will fall upon you
You belong to the King of Love

He wants to know your thoughts
He already knows your mind
No matter where you are
You're someone he'll always find

His very mention brings the slightest shudder
Deep inside you know there is no other as skilled and tender
Just surrender to the King of Love

But when the night falls down, he will not wear a crown
No jewels upon his hands, he is just a man
He wants to rule your world
He already rules your dreams
No matter what you want
He'll never make you Queen

Still when he calls your name you have to answer
And when his music plays you are a dancer for him the only
Never lonely, King of Love
For him the only, never lonely, King of Love

Day 37: My Sweet Lord, Hurray for the Riffraff

<https://www.youtube.com/watch?v=9nCgDG31VhM>

My sweet Lord

Hm, my Lord

Oh, my, my Lord

I really want to see you
Really want to be with you
Really want to see you Lord
But it takes so long, my Lord
Refrain

I really want to know you
Really want to go with you
Really want to show you Lord
That it won't take long, my Lord (hallelujah)
Refrain & Repeat

Day 38: Mary, Lucy Wainwright Roche & Suzzy Roche

<https://www.youtube.com/watch?v=h8GBHciCsPI>

Mary you're covered in roses, you're covered in ashes
You're covered in rain
You're covered in babies, you're covered in slashes
You're covered in wilderness, you're covered in stains
You cast aside the sheets, you cast aside the shroud
Of another man, who served the world proud
You greet another son, you lose another one
On some sunny day and always you stay, Mary

*Jesus says Mother I couldn't stay another day longer
Flies right by me and leaves a kiss upon her face
While the angels were singin' his praises in a blaze of glory
Mary stays behind and starts cleaning up the place*

Mary, she moves behind me
She leaves her fingerprints everywhere
Every time the snow drifts, every time the sand shifts
Even when the night lifts, she's always there

Refrain

Mary, you're covered in roses, you're covered in ruin
You're covered in secrets
You're covered in treetops, you're covered in birds
Who can sing a million songs without any words
You cast aside the sheets, you cast aside the shroud
Of another man, who served the world proud
You greet another son, you lose another one
On some sunny day and always you stay
Mary, Mary, Mary

Day 39: Graveclothes, Birdtalker

<https://www.youtube.com/watch?v=QGINZjgqMU4>

She's been, thinkin', life ain't, givin' her what she needs
What could, make her, happy, is always out of her reach
Somebody gotta help me
But she, could not, see that, everything she wanted
Was in-side of, her heart, but she wouldn't give it away
No, she wouldn't give it away

We don't need no mournful sound

Shake your graveclothes to the ground

Shake your graveclothes off, shake your graveclothes

Thoughts you're thinkin' make you feel like you're dead
But you can grow a garden out the top of your head
Shake your graveclothes off, shake your graveclothes

Don't get lost inside your head

He's been, wishin', he was, the best and the brightest
Scared to, give what, he's got, no he wouldn't give it away
Self-deprecation, lack of motivation, stealing his aliveness
In the silence love abounds and has already filled the spaces
And replaces them with grace if he would only stop to feel, to see
Refrain

Thoughts you're thinkin' make you feel like you're dead
But you can grow a garden out the top of your head
Shake your graveclothes off, shake your graveclothes,
Shake your graveclothes off, shake your graveclothes off.

Day 40: Lord of the Dance, Angelo Kelly & Family
<https://www.youtube.com/watch?v=6v5cCc4symY>

I danced in the morning when the world was young
I danced in the moon and the stars and the sun
I came down from heaven and I danced on the earth
At Bethlehem I had my birth

*"Dance, dance wherever you may be
I am the lord of the dance", said he
"And I lead you all, wherever you may be
And I lead you all in the dance", said he
"Dance, dance wherever you may be
I am the lord of the dance", said he
"And I lead you all, wherever you may be
And I lead you all in the dance", said he*

I danced on the Sabbath and I cured the lame
The holy people said it was a shame
They dripped, they stripped, they hung me high
Left me there on the cross to die
Refrain

I danced on the Friday when the world turned black
It's hard to dance with the devil on your back
They buried my body and they thought I was gone
But I am the dance and the dance goes on
Refrain

Fortify A 40-Day Mixtape for Lent



Spotify

On your computer, you can download Spotify at <https://www.spotify.com/us/>. For your phone go to the AppStore, search for “Spotify” and download to your smartphone. You can sign up for individual or a multi-listener plan. The Premium option is recommended.

No commercials!

[In Spotify, search for “Fortify, a 40 Day Mixtape for Lent”.](#)

Emmanuel Episcopal Church
1608 Russell Road
Alexandria, Virginia 22301
703 683-0798
www.emmanuelonhigh.org

The Rev. Charles C. McCoart, Jr., Rector
The Rev. Joan L. Peacock, Associate for Worship