

What's on

(This is not a comprehensive list – please ring or email for further info)

Connecting with the Power of Song – 2 separate courses with Caroline, our newly accredited teacher. Find delight, power and support through *Giving Voice*. They will be relaxing, fun and profound:-

Manchester course: 3 Sunday afternoons in Chorlton. Dec 7th & 21st 2008 and Jan 4th 2009 2- 5pm. Cost £38.50; £23 concessions. Engage with music in a way that serves your particular needs during the 'festive season'.

Sheffield course: 8 Wednesday evenings in Fulwood. 15 & 29 Oct, 19 Nov, 3 & 17 Dec 2008, 7 & 21 Jan, 4 Feb 2009. Cost £75; £35 concessions.

Contact Caroline for bookings and further details at:

caroline@givingvoicefoundation.org.uk (0114 281 8337)

Giving Voice and Living – with the focus on **Enjoyment how to find it, keep it, and put it to good service!** This is a special short course for Foundation Members, led by Rachel. 3 sessions in Leeds, approximately monthly, starting end Nov 08 Cost £26. Contact Rachel for more info and to book.

Rachel will be running another **Distance Participation Day** before the end of 2008. You can do this anywhere – even at work! If you're interested, contact her at: rachel@givingvoicefoundation.org.uk (0113 249 4224)

Giving Voice for Peace continues on the 3rd Thursday of the month in Leeds and Sheffield. Don't forget, you can participate at a distance as well – ring for details (0113 289 2450). Sessions are free but donations are warmly welcomed.

Giving Voice – Journeying Together in Harmony: next **residential** at Purley Chase Centre, Warwickshire, with Rachel and Caroline. June 12th – 14th 2009. Discounts for advance bookings – contact us for details.

One-off and irregular events and 1-1 sessions will continue as usual, including **special members' events, songbombs in various locations**, and events organised by, or with, **other organisations**. Contact us to find out more – and do join our email or text lists to receive up-to-date details of events, even if you don't have email or a mobile phone! – send us SAE's.

National Foundation for *Giving Voice*

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Giving Voice uses *song* for mental and physical health, emotional well-being, personal and organisational development, and spiritual growth. It was developed by Jill Rakusen.

Describing *Giving Voice*

Many cultures in the world do not have a general word for 'music'. In East Africa, the word "ngoma" can be translated simultaneously as 'drum', 'gathering', 'celebration' and 'a creative social space for engaging with the community'. In *GV* we work with songs, but it is not simply about the songs nor the singing of them. *GV* is a whole system, where all the aspects fit together. If we just sing the songs, we don't get the full benefit, and we limit the power of *GV* for others. Music is well-known to affect us beyond words, and *GV* aims to harness this truth to its absolute maximum, enabling lasting learning and transformation. It's impossible to describe (though we continue to try!)

"I felt part of an eternal singing community, stretching both backwards and forwards in time, across nations and generations."

"Giving Voice involves the whole: the whole of us – mental, emotional, physical, spiritual, and the greater whole, of which we are a part."

"Giving Voice is fortified with goodness (and fun and tasty like rice crispies!)"

"It's song-tastic!"

"Experiencing it is the only way we can understand it"

Who are we?

Jill Rakusen, *Giving Voice* Facilitator & Trainer,
Director & Founder

Rachel Healey, Asst. Director & *Giving Voice* Teacher

Caroline Thorpe, *Giving Voice* Teacher

Our members and volunteers

Who is *GV* for?

It's for **anyone** who wants more joy and harmony in life – whether you 'can' or 'can't' sing and whatever your race, age, disability or religion, if any; you don't have to be a member. Contact us for more info.

Recent events

Jill's continued to run wonderful residentials at Purley Chase (the last one together with Caroline); as Sue commented, "My first one was super super brilliant, the last one was super super super brilliant!". We also started the new year with a very special members' residential – which we hope to repeat for 2009/10. Rachel worked with live musicians and dance for her *GV* 'Embodying Song' course, and offered courses for Leeds Positive Care Programme (for carers and people living with long-term illness), and at Swarthmore Education Centre; she's also run several taster sessions – including for Carers Leeds, Thomas Danby College, and various complementary health fairs:

"brilliant" "infectious!" "powerful" "connecting" "respect" "safe" "I matter!" "sharing" "inclusive" (some participants' comments)

She was also invited to start Schumacher North's Conference *Transforming the Global Economy – Solutions for a Sustainable World* at Leeds Met. She got everyone singing Jill's song, "I am One with All There Is" in 10 minutes – not easy with over 100 people! As one of the organisers commented, "It was very important to us to set an appropriate atmosphere and feel for the day. Your singing did just that ... We received some wonderful feedback from the participants"

Caroline's March 2008 graduation as a fully-fledged *GV* Teacher was another very special event - at Fulwood Old Chapel, Sheffield. She introduced her latest song beautifully ("There's a light that shines"), in the presence of friends and family, as well as several members of the original Sheffield Chanting Group, and Foundation members from Leeds and Manchester. She's continuing with running *GV* tasters and courses (see 'What's On'), as well as *GV* for Peace in Sheffield, *GV* in the workplace, and one-to-one taster sessions.

Members' events have been some of the few opportunities to work with Jill this year. She hopes to be doing more 'public' events next year, and recently ran the opening session for the new Manchester Spirituality Group, which inspired – and even surprised – a lot of people. As Gwynneth said, it was a great example of what can happen in a relatively short time.

Clare asked Jill to facilitate a birthday celebration for her last year, using *GV*. It was lovely, and could lead to more such events (just get in touch if you're interested in one). We can do weddings, funerals and barmitzvahs too! Despite the on-going difficulties she continues to face, Jill still managed to 'have a ball' at her own residential 60th birthday bash for friends and family, which wouldn't have been possible without the help of Rachel and Caroline and many members – all of us using 'applied *Giving Voice*' to keep us on track. It gave her an enormous boost, and she'd like to thank Purley Chase and all those who helped, and gave donations to the Foundation." (Donations are still welcome, by the way!!)

Song Bombs got off to an explosive start at Swarthmore to celebrate World Mental Health Day. The Director and Chairman both witnessed it; their enthusiasm was palpable. They're keen for us to do more *GV* there, and we intend to!

Giving Voice for Peace

"I love *GV* for Peace, especially at home at a distance. When checking in with Jill, she mentioned how coming in person magnifies the effect, as well as supporting the Foundation itself. While I promised I'd come to the next monthly session, I found some resentment came up immediately beforehand: I'd rather have stayed in my cosy home to do it! But I promised, so I went along. I was greatly rewarded! There were tears, laughter and so much fun. Jill said she'd never laughed so much at a *GV* for Peace evening.

So come along to *GV* for Peace if you can [see 'What's On']. Not only may you have some deep insights, it can be fun too!

With much love to all Charlotte"

Foundation Membership

GV is open to anyone, however we do have a membership scheme to support people who want to get the most out of *GV* – and who want to support the Foundation. and its aims. Benefits include free members' events, eligibility for advanced courses, ongoing tailored support, and discounts for other *GV* events. The annual membership fee is currently £50 (£38 concessions). Contact us to find out more.

Two members write:

"Taking part in *GV*, I've come slap bang up against aspects of myself that are not who I truly am, but who I've learnt to identify as me: cynicism, 'what's the point?', feeling an outsider, etc. Doing *GV* – in courses and on my own – provides a vital reality check for me, and a gradual unfolding of myself to myself".

Clare

"Whilst singing Amen... , I had the insight, I never opened my heart and throat fully to sing, because there was fear of being judged. Now I can let go of fear and sing with an open heart and throat, connected to song."

Charlotte

The Songbook

Some readers may have heard mention of this, which Jill had nearly completed, before being taken over by tumultuous events, whose repercussions are still continuing. Recently, Caroline's son Danny came to the rescue and brought it out into the light again. A draft is now available for members to contribute to and comment on, prior to finalisation for publication next year. It will be published in instalments. The first instalment will cover most of Jill's songs, as well as guidance on how to use them, and *GV* in general. To place an advance order, please either fill in a form on the website, or send an S.A.E.