

## 22. One Foot/Lead with Love

Words & Music by Melanie DeMore  
Oakland, CA | 2016

Walking (♩ = 168) (swung: ♩ = ♩<sup>3</sup> ♩)

REFRAIN (always sing twice)

You got - ta put one foot in front of the oth - er and lead with love.  
(last time) We got - ta put

Put one foot in front of the oth - er and lead with love.

VERSES 1, 4

Leader:

All:

1, 4. Don't give up hope, (Don't give up hope) You're not a - lone. (You're not a - lone)

To Refrain:

Don't you give up, (Don't you give up) Keep mov - in' on. (Keep mov - in' on)

VERSES 2, 3

Leader:

All:

2. Lift up — your eyes, (Lift up — your eyes) Don't you — de - spair (Don't you — de - spair)  
3. I know you're scared, (I know you're scared) And I'm — scared, too. (And I'm — scared, too)

To Refrain:

Look up — a - head, (Look up — a - head) The path is there. (The path — is there)  
But here — I am, (But here I am) Right next — to you. (Right next — to you)

### Performance Suggestions:

- Clap and/or stomp.
- Watch Melanie's YouTube video for inspiration.
- Try opening the Refrain with Leader only, then repeat All

Melanie writes: "I was inspired by the great movements that were started out of the love for their people, not out of the hatred of others."

Always include songwriter's name when sharing. PDF: [Songs.justicechoir.org/LeadwithLove](https://Songs.justicechoir.org/LeadwithLove)

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# 8. Courage to Be Who We Are

in memory of Gwen Araujo

Words & Music by Ruth Huber  
San Jose, CA | 2004

Reverently (♩ = c. 76)

G Am/D G Am/D Em7 G

1. We are here in the mem-'ry of those — who have fall - en, those — who have fall - en, those

G Am/D G

— who have fall - en. We are here in the mem-'ry of those — who have fall - en,

Am Am/D G Am Am/D G

here for the cour-age to be who we are, — cour-age to be who we are. —

G Am/D G Am/D

2. We are stand - ing } in the mem - 'ry of those — who have fall - en, those  
3. We are sing - ing } (hum) — (hum) — (hum)  
4. (hum) — (hum) — (hum)

2. We are stand - ing } in their mem - 'ry, those  
3. We are sing - ing } (hum) — (hum)

Em7 G

— who have fall - en, those — who have fall - en. We are  
(hum) —

— who have fall - en, those — who have fall - en. We are  
(hum) —

\* for SSA version: Omit low D. Altos sing small note G.

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## 8. Courage to Be Who We Are – pg. 2

G Am/D G

2. stand - ing } in the mem - 'ry of those \_\_\_\_\_ who have fall - en,  
3. sing - ing }  
4. (hum) \_\_\_\_\_

2. stand - ing }  
3. sing - ing } in their mem - 'ry,  
4. (hum) \_\_\_\_\_

Am Am/D G

2. stand - ing } for the cour - age to be who we are, \_\_\_\_\_  
3. sing - ing }  
4. (hum) \_\_\_\_\_

2. stand - ing } for the cour - age to be who we are, \_\_\_\_\_  
3. sing - ing }  
4. (hum) \_\_\_\_\_

Am Am/D G Slightly slower Am Am/D G

cour - age to be who we are. \_\_\_\_\_  
(hum) \_\_\_\_\_

Cour - age to be who we are. \_\_\_\_\_

cour - age to be who we are. \_\_\_\_\_  
(hum) \_\_\_\_\_

Cour - age to be who we are. \_\_\_\_\_

**Performance Suggestions:**

- for SATB: tenors sing lowest treble line.
- for SSA: omit bass line.
- Try it in a celebratory mood/tempo.

*Ruth writes: "Courage to Be Who We Are" was written to commemorate the life of Gwen Amber Rose Araujo and to celebrate the lives of beautiful and courageous trans people everywhere."*

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# 6. Bend the Arc

Words & Music by Wendi Buck  
Rosemount, MN | 2017

Marching (♩ = 88)

Leader:                      Echo:

C                      F                      C                      C                      F                      C

Melody

1. Bend the arc and break the ceil - ing, (Bend the arc — and break the ceil - ing,)

SA

1. Bend the arc — and break the ceil - ing,

TB

(continue alternation)

C                      F                      C                      C                      F                      C

Hu-man rights for hu-man be - ings! (Hu-man rights for hu-man be - ings!)

Hu-man rights for hu-man be - ings!

C                      F                      C                      C                      F                      C

Bend the arc and break the ceil - ing, (Bend the arc — and break the ceil - ing,)

Bend the arc — and break the ceil - ing,

Always include songwriter's name when posting recordings. Link to this PDF: <http://songs.justicechoir.org/BendTheArc>

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## 6. Bend the Arc – pg. 2

Proof 3/28/19

C F Dm C C F Dm/F C

Hu-man rights for hu-man be - ings! (Hu-man rights for hu-man be - ings!)

Hu-man rights for hu-man be - ings!

Together:

Dm/F C Dm/F C F C

Bend the arc, — bend the arc! — [clap clap] Bend the arc, —

F C

bend the arc! — [clap clap]

**ENDING**

F C/E Dm Dm7/G C

Bend the arc!

**Lyric Suggestions:** (or make up your own)

2. Hold out your hand and help another, (*echo*) / We were meant to help each other. (*echo*)
3. Get out the vote, make heard your voices, (*echo*) / In November we'll make choices! (*echo*)

### Performance Suggestions:

- Invite the audience to repeat the Leader
- Stomp instead of clap, or alternate
- Improvisation encouraged!

*Wendi writes: "It was hard to decide what to put on our signs for the Women's March on Washington; there were so many issues and so much that could be said. I decided that my issues could be boiled down to basic human rights for everyone. I love the quote attributed to Martin Luther King, Jr. about the arc of the moral universe bending toward justice, so I borrowed from that for my sign. As we marched, the words on my sign became a tune in my head, which became this song."*

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## 4. Another World Is Possible

Proof 3/28/19

Words & Music by FLOBOTS  
Denver, CO | 2016

Driving Rock Beat (♩ = 144)

1

Cm (shout it!) Fm

It does-n't have to be like this. It does-n't have to be like this.

2

Cm Fm

It does-n't have to be like this. It does-n't have to be like this.

(shout it!)

2

To - day! An - oth - er world is pos - si - ble.

1

Cm Fm On last repeat, end here

It does-n't have to be like this. It does-n't have to be like this.

2

To - day! An - oth - er world is pos - si - ble.

3

To - day! An - oth - er world is pos - si - ble. (ONE MORE TIME!)

**Performance Instructions:** (as performed by FLOBOTS, with their audiences)

- 1) Divide the crowd into Group 1 and Group 2. Your rehearsed group will be Group 3.
- 2) Teach Line 1 to Group 1, and Line 2 to Group 2.
- 3) When Groups 1 & 2 are confident singing together, begin Group 3 on Line 3.  
...or try it any way you like!

Jamie Laurie (also known as Jonny 5, founder of FLOBOTS) writes: "Drawing from the popular slogan from the global justice movement, 'Another World is Possible,' this song calls us to breathe life into visions of the world as it could be."

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# 24. Resilience

Words & Music by Abbie Betinis  
St. Paul, MN | 2017

Determined, forceful (♩ = 60)

First time, all on Part 1

1 Re - sil - ience, we are strong; shoul - der to shoul - der keep

2 Re - sil - ience, we are strong; shoul - der to shoul - der keep

3 (shout it!) Oh! Oh! We are strong; hold \_\_\_\_\_

1 mov - in' on, — Re - sil - ience, make a new plan;

2 mov - in' on, — Re - sil - ience, make a new plan;

3 on! \_\_\_\_\_ I wan - na make it and I know we will, yes — it's

ENDING

1 stand up a - gain and say yes we can. — Re - sil - ience.

2 stand up a - gain and say yes we can. — Re - sil - ience.

3 hard to keep go - in' but it's worse to stand still. Re - sil - ience.

## Performance Suggestions:

- Sing Part 1 in unison; add parts one by one.
- Or sing it as a canon (on repeat, group 1 continues on line 2, etc).

Abbie writes: "Resilience is a mindset born in the hardest days, when you're scared or sad or tired, when progress toward your goal is slow, and the barriers seem impenetrable... and yet you keep going, because somewhere deep down you know that what you're fighting for will be so much better. As a three-time cancer survivor, I continue to learn about resilience."

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