



April 16, 2020
Together We Stand

Reflections. What themes or gifts were illuminated for you by today's conversation?

- The amazing transformative work that happens when groups of two worldviews take the time to respectfully come together in creative process. Transformative for those involved and those who are blessed to experience it. (Miranda)
- Music and art can delve into dark, heavy, difficult Subject matter, yet connect and raise us up, rather than weigh us down with it. Very transformative medium. (Miranda)
- Budgeting money for projects is one skill that is taken for granted, but budgeting time is often overlooked. My main takeaway from today's presentation was a recognition that beautiful results happen when collaborative projects take on a life that embraces every individual on the team. This requires time much the same way an acorn requires time to become an oak tree. Every relationship requires time and respect for trust and creative courage to emerge organically.
- Not able to stay for the chat, so will add that magic can happen if we are able to let go and let in. Trust that things will unfold as they will and it's often beautiful! Many other nuggets as well. Wish I'd taken notes! (Julia)
- Connection is everything - life itself (Molly)
- Took me to the rocky shore. (David)
- Geography of a place can create or hold a "WE" (Laura)
- I was impressed by how the two vastly culturally different forms of choral singing were crafted to work together: what I might call the European linear model of a choir and an authoritarian choir director, and the First Nations circular, more complex, less rigid

model, without a designated leader and with each voice contributing in its own way.
(Walter)

- As an Indigenous woman, I felt most inspired by the lived example of relationship building, reciprocity, and reconciliation enacted between the members of the two women's singing groups. We are currently readying to launch an Indigenous Art Therapy Program, and are planning to offer it with a dual diploma in the Expressive Arts more generally as well, and I see this work as a great model to use in the teaching of the healing power of the Arts both on a personal, social, political and ecological level. If anyone would like to connect about this work, please contact me at fyrejean@eastlink.ca
- There is beauty in togetherness and a sense of "we" can still come from a diverse gathering of beautiful humans (Jennifer)
- Trust in letting go, trust in others to amplify your purpose, trust in timing (Susan)
- Took me to the joys and struggles of relationship-building.... (Andrea)
- Warrior song moved us all (Molly)
- we need the arts now more than ever (Maggie)
- Today's music & talk took me to the ocean and lands (of NFLD); the ground and space and moisture behind the voices; some sense of greater background and movement. Go deep; go forward. (Mark)
- Helped me to feel the unique power of choral music for connection and expression. (David)
- so much .. one insight from Kelly "letting go of your art and trusting others to amplify the message to that its purpose can be realized" ... seeing your art/creations/work as a living being that is not yours alone, it has a purpose to be fulfilled (Tina)
- The power of collaboration to engender new ways of being, seeing, creating. Especially collaboration outside of the usual collaboration partners. (Michael)
- Conducting as letting go and holding at the same time. (Susan)
- allow time for things to feel safe and for the organic life of the project to emerge (Kimberly)
- Time, imagine, create, love, release, touch (Jennine)

- Music is a bridge to right relationship (Laura)
- Step by step, in relationship over the long term in music and movement and nature we are one! (Sophia)
- "All real living is meeting" Martin Buber. Inspiring. (Tony)
- women are behind so many important movements in our communities. The time it takes them to wear and change so many hats is demonstrably huge. How do we support and lift up the work behind the scenes to make this art and change possible? (Maggie)
- Collaborations can be smoother when there is a "bridge" between participants (as Natasha Blackwood demonstrated with her experience in Eastern Owl combined with her knowledge of western art music and her love of large ensembles). (Heather)
- Power of drum, song, women, rock and sea. (Susan)
- The power of creating TOGETHER and how powerful it can be to let things unfold together, or create the space and commit to meeting and working together- powerful. The geography in the video, and how geography shapes culture; whether we rely on each other or not, how we come together, can be influenced by geography. I really enjoyed hearing everyone's perspective today. Thank you. (Coralie)
- Connected me to the importance of always honouring the four directions in whatever task I take on. (David)
- How do we value our experiences? The impact and change this act of creation, these people coming together clearly had, as evidenced by the stories, the emotion, images... this has deep and important value for us as people and our society. Increasingly in 'my world' it is challenging to place value on the transformation experiences that art can help create, vs #s of people attending or direct economic impact. Narrative shift needed for how we value and understand experiences as human beings. (Ryan)
- feel blessed to hear stories from musicians and watching the video. How the video was shot with wide landscape, and the composition with the musicians is very powerful and I feel empowered by just watching and listening. (Joyce)
- Sing (Frances)
- ancestral memory of women gathering on the land in places where the elements are strong.... (Andrea)
- I forgot how wonderful it is to listen to music as a group (Maggie)

- How can we bring this possibility into being in Nova Scotia? Can we invite an in person gathering when that is possible again? (Sophia)
- Importance of the Place where the video was done: those Rocks were part of the song. (Carol)
- The importance of building relationships so a message can be amplified by others (Maggie)
- YES!!! THE LAND!!! THE SONGS IN THE LAND!!! (Andrea)
- Power of connectedness, joy of music, fabulous energy of all the women involved. Thank you! Hope this can happen again.... (Joanne)
- It's a day of connections, seeing these women from different cultures connect in such a beautiful and inspiring way, and then connecting one on one with a person from a neighboring province who is looking at doing similar projects that I've been doing. We are all looking to connect with one another, we just need to figure out the different ways to accomplish this. The possibilities are endless! (Noella)
- THE SONGS IN THE LAND (Laura)
- How can the arts amplify stories that I want to amplify? Taking the time to form relationships before collaborating, is the foundation. "Collaborative music-making"...I'd like to explore that. (Marion)
- Today helped me to remember / strengthen my commitment to process and relationship building. I often push or am pushed to jump to the 'product' but you can see in this example that the process/time/commitment/mutual respect/ all played a part in making a meaningful/ authentic/generative product and process. (Susanne)
- Although we somehow seem locked in and powerless in this crisis, the power is within us and will never leave us, just like the voices of these wonderful singing women. (Ricki)
- One has the time now to reflect on what talents or faculties they can use to do or send out to the communities to raise spirits, strive for peace, unify, balance the economic stratas or people.. (John E.)
- Art is a portal to transformation beyond language, finding the right words, it embodies the transformation, beyond what can be named, and when diverse communities come together it shows the gifts, not only of the uniqueness of each, but a gift beyond the two groups, it brings something new (Chene)

- The power of art to unlock our emotions and collective power and potential! (Sophia)
- Time is an essential investment in creation, building relationship and trust. Our conversation inspired me to continue working on story telling in our the Gaelic/English community in Inverness County. The line of women of all generations filing in and surrounding the smaller group was very moving. The power of many voices is empowering. (Janet)
- In person down the road, when possible, would be wonderful! (Joanne)
- Music holds the power of connection for the mind and heart, in me and together with others. It can be a motivational force for transformation change. (Jaime)
- A deep feeling of gratitude for the folks who called these conversations, and to the women who shared their voices and their gifts of music, perspective and insight. (Jaime)
- It made me remember the importance of process and taking (giving) the time to build relationships. The process of making the work had such depth, meaning, collaboration and commitment and this made the final work so resonant.
- The power of creative collaboration to move us beyond what we thought was possible. The magic, mystery and connection that can happen when we collaborate with partners outside of our usual circle.