



Start Local, Stay Vocal

This song (next page) is part of the Justice Choir Songbook!

Download your Songbook:

www.justicechoir.org

Justice Choir is a template for more community singing for social and environmental justice. It's designed around the Justice Choir Songbook, a powerful new collection of 43 songs about equity, justice, love, peace, and other issues of our time. The Songbook was made possible by Westminster Presbyterian Church of Minneapolis, many generous songwriters, and co-editors Abbie Betinis, Ahmed Anzaldúa, and Tesfa Wondemagegnehu.

Hear the songs on YouTube: songs.justicechoir.org/YouTube

Find a Justice Choir chapter near you: songs.justicechoir.org/Chapters

We'd love to hear you sing! Tag us in your videos, events, and other posts:



@JusticeChoir



@JusticeChoirALL



@JusticeChoirALL

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Questions? Email us at justicechoir@gmail.com. Thank you.

JUSTICE CHOIR.ORG

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."

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

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