



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

How to Copy & Share freely with Creative Commons

Yes, it's true! Our songwriters have generously allowed you to copy and distribute their copyrighted songs from the Justice Choir Songbook for non-commercial use, free of charge, as long as you follow these three rules:

1) Include the Songwriter's Name.

Always give them credit when you share their music.

Remember to name them in your videos, on event programs, on lyric sheets, etc. Whenever possible, please also tag them on your social media posts.

***Even nicer:** Send the songwriter a little note when you perform their music (their contact info is at the bottom of every page). They will be so happy!*

2) The Music Must Remain Free.

You may not sell these songs; only give them away.

If you post your performances online, they must be free for anyone to access, with no paid ads on them.

***Even nicer:** Instead of forwarding or uploading our PDFs, share the link (find it at the bottom of each song page) so folks can download the music directly from us, and have the chance to tip our songwriters if they choose to do so.*

3) Keep the Copyright © and Creative Commons © Licenses on Sheet Music.

To easily meet this requirement, don't crop the song page. Copy & print it in full.

All copies need to include the Copyright holder's name(s), and the Creative Commons* Attribution-NonCommercial-NoDerivatives 4.0 International License. (see the full license: <https://creativecommons.org/licenses/by-nc-nd/4.0/>)

***Even nicer:** Include this page when you print the music, so the next person knows how to share responsibly too.*

* Creative Commons (CC) is a nonprofit organization devoted to expanding the range of creative works available for others to build upon and to share legally. They provide free, easy-to-use copyright licenses to make a simple and standardized way to give the public permission to share and use creative work on conditions of the creator's choice. More information: creativecommons.org

Remember: These terms are for non-commercial use only. For any commercial use (e.g. selling audio or video recordings), you must request permission from the songwriter. You can find their preferred contact info at the bottom of each song.

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

24. Resilience

Words & Music by Abbie Betinis

St. Paul, MN | 2017

Determined, forceful ($\text{♩} = 60$)

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>

creative commons



Copyright © 2017 Abbie Betinis (ASCAP)
Licensed for free, non-commercial distribution.
Other inquiries or permissions: abbiebetinis.com

JUSTICE CHOIR.ORG