

"Don't let anybody make you
feel small ... shine your light
... don't be afraid."

~ text by Allyson Reigh

don't be **AFRAID**

wrap yourself in a musical blanket of compassion, confidence, and hope

Michelle Gehrz, artistic director

Jeffrey Patry, collaborative pianist

Barb Savereide, Violin 1

Kamini LaRusso, Violin 2

Emily Doyle, Viola

Laura Sewell, Cello

John Michael Smith, Double Bass

Paul Damico-Carper, Banjo

MAR 21 — 7 PM | **MAR 22 — 3:30 PM**

gethsemene lutheran church • 715 minnetonka mills road, hopkins

BellaLuminaChoir.org

program of poetry & song

Fear | by Kahlil Gibran | reader, **Ruth Hoffman**

*It is said that before entering the sea
a river trembles with fear.*

*She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.*

*And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.*

*But there is no other way.
The river cannot go back.*

*Nobody can go back.
To go back is impossible in existence.*

*The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.*

River | by Joan Szymko | soloist, **Shawna Bartelmehs**

*There is a river now flowing very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to the shore.
They will feel that they are being torn apart.
There is a river now flowing very fast.*

*I am only one, but I am one.
I cannot do everything, but I can do something.
And because I can't do everything, I will not refuse to do the something I can do.
What I can do, I should do.
And what I should do, by the grace of God, I will do.*

*Let go! Let go of the shore!
Push off into the middle of the river.
See who is there with you and celebrate!
We are the ones we have been waiting for.*

ROSTER
March 2026

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Shawna Bartelmehs
Emily Bird
Darcy Bodger
Noreen Carlson*
Angela Carpenter
Ashley Delamater
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^ Section leader

My Heart Be Brave | by James Weldon Johnson / Marques Garrett

*My heart be brave, and do not falter so,
Nor utter more that deep, despairing wail.
Thy way is very dark and drear I know,
But do not let thy strength and courage fail;
For certain as the raven-winged night
Is followed by the bright and blushing morn,
Thy coming morrow will be clear and bright;
'Tis darkest when the night is furthest worn.
Look up, and out, beyond, surrounding clouds,
And do not in thine own gross darkness grope,
Rise up, and casting off thy hind'ring shrouds,
Cling thou to this, and ever inspiring hope:
Tho' thick the battle and tho' fierce the fight,
There is a power making for the right.*

What Was I Made For? | by Billie Eilish O'Connell and Finneas O'Connell/arr. Jennifer Lucy Cook

Small Group:

**Emily Bird, Angie Carpenter, Mari Espeland, Julianne Heil, River Kemnitz, Shelley Kline,
Julie Lindstrom, Doreen Lorentz, Nancy Pearson, Karen Quady, Jill Reid, Beth VonEschen**

*I used to float, now I just fall down
I used to know but I'm not sure now
What I was made for
What was I made for?
Takin' a drive, I was an ideal
Looked so alive, turns out I'm not real
Just something you paid for
What was I made for?
'Cause I, 'cause I
I don't know how to feel
But I wanna try
I don't know how to feel
But someday, I might
Someday, I might*

*When did it end? All the enjoyment
I'm sad again, don't tell my boyfriend
It's not what he's made for
What was I made for?
'Cause I, 'cause I
I don't know how to feel
But I wanna try
I don't know how to feel
But someday I might
Someday I might
Think I forgot how to be happy
Something I'm not, but something I can be
Something I wait for
Something I'm made for*

Begin Again | by Daniel Brinsmead

*Are you running 'round in circles? Running faster than you've ever dared?
And are you scared? Are you waiting for the things that may not ever one day come to pass,
and if it did, would it last?*

*Are you swimming 'gainst the tide? Will you ever reach the shore?
What is it for? Why not explore and see the rising of the sun?*

*Feel it's warmth upon your face, know the night has come and gone;
Find yourself, begin again.*

*Are you waiting for the change that melts the coldest winter into spring?
And makes you sing. Are you wishing on a star that will never shine or look your way, at least, not today.
Then raise your head and think again. Rainy days come now and then, just wait a while, and with a smile.*

*See the rising of the sun, feel its warmth upon your face, know the night has come and gone;
find yourself, begin again. Then keep moving, just keep moving forward.*

May Night | by Sara Teasdale | reader, **Emma Lohman**

*The spring is fresh and fearless, and every leaf is new,
The world is brimmed with moonlight, the lilac brimmed with dew.
Here in the moving shadows, I catch my breath and sing -
My heart is fresh and fearless and over-brimmed with spring.*

Be Like the Bird | by Victor Hugo/Abbie Betinis

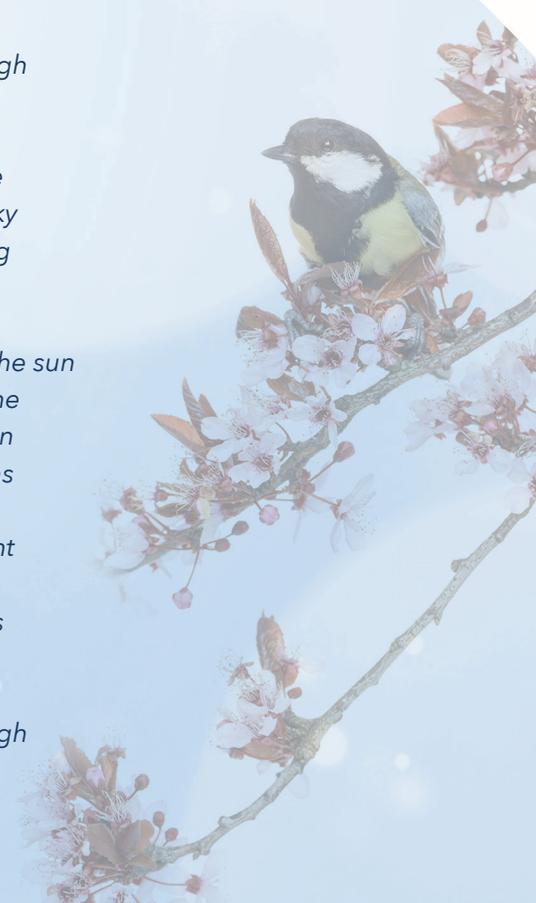
*Be like the bird that, pausing in her flight awhile on boughs too slight,
feels them give way beneath her, and sings knowing she hath wings.*

Bird Song | by Wailin' Jennys (Heather Masse, Nicky Mehta)

*I hear a bird chirping up in the sky
I'd like to be free like that, spread my wings so high
I see the river flowing, water running by
I'd like to be that river, see what I might find
I feel the wind a-blowing, slowly changing time
I'd like to be that wind; I'd swirl and shape the sky
I smell the flowers blooming, opening for spring
I'd like to be those flowers, open to everything*

*I feel the seasons change: the leaves, the snow and the sun
I'd like to be those seasons, made up and undone
I taste the living earth, the seeds that grow within
I'd like to be that earth, a home where life begins
I see the moon a-rising, reaching into night
I'd like to be that moon: a knowing, glowing light
I know the silence as the world begins to wake
I'd like to be that silence as the morning breaks*

*I hear a bird chirping up in the sky
I'd like to be free like that, spread my wings so high
I see the river flowing, water running by
I'd like to be that river, see what I might find*



*I feel the wind a-blowing, slowly changing time
I'd like to be that wind, I'd swirl and shape the sky
I smell the flowers blooming, opening for spring
I'd like to be those flowers, open to everything
I'd like to be those flowers, open to everything*

Our Deepest Fear | by Marianne Williamson | reader, **Cathy Rosenholtz**

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are
powerful beyond measure.
It is our light not our darkness that most frightens us.
We ask ourselves, who am I to be
brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There's nothing enlightened about shrinking
so that other people won't feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest
the glory of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people permission
to do the same.
As we are liberated from our own fear,
our presence automatically
liberates others.*

Psalm 23 | additional text by Marilyn Nelson/arr. Rollo Dillworth

*Adonai, my shepherd, I know no need.
In lush meadows You invite my soul to rest and recline;
Together we walk beside the dance of light on quiet waters.
You gave me back myself, point me to the road toward justice, one of your sacred names.*

*Adonai, my shepherd, I know no need.
Even when I walk in a valley dark as the shadow of death, I know no fear,
For you are near me with your staff and crook, and I am safe.
You spread out a feast before me with those who were my enemies.
You touch my head with fragrant oil; my thanks overflows.*

*Adonai, my shepherd, I know no need.
May goodness and mercy follow me all the days of my life,
And may I make my home in the house of the Lord forever.*

Don't Be Afraid | by Allyson Reigh/arr. Jennifer McMillan | soloist, **Nancy Pearson**

*Dark is the night
When you're feeling all alone.
Weak is the light
When you're feeling far from home.
Warm is the heart, warm is the heart that loves true
Real is the love, real is the love that holds you.*

*I have no fear from the truth
I have in my heart when I think of you.
And all this time, they told me we were wrong
All this time, my heart did not have a song.
So I will sing, I will sing and be brave.
I will sing, don't be afraid.*

*There are mountains here along the way
There is darkness now before the day.
As long as you are here all I can say
Shine all your light, shine all your light.
Don't let anybody make you feel small.*

*Shine all your light.
Don't be afraid.
I see your true colors shine.
Shine all your light. I will sing.
Don't be afraid.*

I Give You Back | by Joy Hargo (edited) | reader, **Victoria Wilgocki**

*I release you, my beautiful and terrible fear.
I release you.
You were my beloved and hated twin, but now, I don't know you as myself.
I am not afraid to be angry.
I am not afraid to rejoice.
I am not afraid to be black.
I am not afraid to be white.
I am not afraid to be hungry.
I am not afraid to be full.
I am not afraid to be hated.
I am not afraid to be loved,
to be loved, to be loved, fear.
Oh, you have choked me, but I gave you the leash.
You have gutted me but I gave you the knife.
You have devoured me, but I laid myself across the fire.
I take myself back, fear.
You are not my shadow any longer.
I won't hold you in my hands.
You can't live in my eyes, my ears, my voice, my belly, or in my heart,
my heart, my heart, my heart.
But come here, fear.
I am alive and you are so afraid of dying.*

Flight | by Craig Carnelian / arr. Ryan Murphy

Let me run thru a field in the night, let me lift from the ground 'til my soul is in flight.

Let me sway like the shade of a tree, let me swirl like a cloud in a storm on the sea.

Wish me on my way thru the dawning day.

I wanna flow, wanna rise, wanna spill, wanna grow in a grove on the side of a hill.

I don't care if the train runs late, if the checks don't clear, if the house blows down.

I'll be off where the weeds run wild, where the seeds fall far from this earthbound town.

And I'll start to soar. Watch me rain 'til I pour.

I'll catch a ship that'll sail me astray, get caught in a wind, I'll just have to obey 'til I'm flyin' away ...

Let me leave behind all the clouds in my mind.

I wanna wake without wondering why, finding myself in a burst for the sky. High! I'll just roll.

Let me lose all control. I wanna float like a wish in a well, free as the sound of the sea in a shell.

I don't know, but maybe I'm just a fool. I should keep to the ground. I should stay where I'm at.

Maybe everyone has hunger like this, and the hunger will pass. But I can't think like that.

All I know is somewhere, thru a clearing, there's a flickering of sunlight

on a river long and wide, and I have such a river inside.

Let me run through a field in the night, let me lift from the ground 'til my soul is in flight.

Let me sway like the shade of a tree, let me swirl like a cloud in a storm on the sea.

Wish me on my way thru the dawning day.

I wanna flow, wanna rise, wanna spill, wanna grow on the side of a hill,

wanna shift like a wave rollin' on, wanna drift from the path I've been traveling upon, before I am gone.

You Do Not Walk Alone | by Elaine Hagenberg

May you see God's light on the path ahead when the road you walk is dark.
May you always hear, even in your hour of sorrow, the gentle singing of the lark.

When times are hard may hardness never turn your heart to stone,
May you always remember when the shadows fall you do not walk alone.



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for supporting Bella Lumina on a weekly basis for our rehearsals

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Westmark Recording

come, celebrate the gift of song

**everyone
SANG!**

MAY 16 | 4:30 and 7 PM
Gethsemane Lutheran Church, Hopkins

