

**Annual Myra House Sustainability Concert**  
**Sunday, August 3<sup>rd</sup> 2014**

Moderator : Juliet Ryan-Davis

Poetry: Lauren Myers, Nathan Migdal, Vanessa Kettering, Natalie Kennedy, Ramutis Guntram Kiparski, James Rogers

Music: Piano--Myra Sohn, Lydia Sohn

Violin--Juliet Ryan-Davis

Vocals--Tony Sanchez, Lydia Sohn

Zen Flute--Rachel Rudich, Sung Sohn

Benediction with short speech: Dr. John J. Cobb

**Zen Flute and Song**

**Sung Sohn Rachel Rudich, Tony Sanchez**

Title: Hamachidori (*Beach Plovers*)

Year: 1919, Composer: Ryutaro Hirota, Poet: Meishu

This piece is meaningful to Sung because it is his performance after learning Zen Flute and Japanese for 8 months, with Rachel, his teacher. It is about young birds searching for their parents in the dark night.

*Aoitsukiyo no hamabeniwa  
Oya o sagashitenaku tori ga  
Nami no kunikaraumarederu  
Nuretatsubasa no gin no iro  
Yorunaku tori no kanashisawa*

*On the beach beneath a blue moon night,  
birds cry out, searching for their parents.  
They emerge from the land of waves.  
Their wet wings the color silver.  
Such grief from these birds, crying in the  
dark.*

*Oya o tazuneteumikoete  
Tsukiyo no kuni e kieteyuku  
Gin no tsubasa no hamachidori*

*Crossing the sea, seeking their parents.  
They disappear into the land of night.  
Young beach plovers with silver wings.*

**Poem**

**Vanessa Kettering, performed by Natalie Kennedy**

Title: The Streets of Claremont are Flooded

Vanessa has been coming to the Myra House for 6 years, and is on the board, because she loves its calming, healing, sustainable energy. She wrote this poem shortly after moving to Claremont in response to the obvious overuse of sprinklers, and the gluttony that goes with over-using resources. It is particularly applicable during the present drought. Water is Life.

*The streets of Claremont are FLOODED.*

*Someone check the setting  
These sprinklers, everything they are wetting*

*Big river FLOW  
It's not a river thought  
Just waste caused by inattention  
Maybe this is something I should mention?*

**Piano**

**Myra Sohn**

Title: Amazing Grace, Composer: John Newton, J Carrell & D. Clayton, Arranged by P.M & L.

Myra is one of the creators of the Myra House, and runs Ecoterra Pharmacy in Claremont. This is Myra's first performance on the Piano! She likes the southern style of the song, because it makes her more relaxed and happy than a hymn.

### **Poem**

#### **James Rogers**

Title: Unter den AlpenGensungen (*Sung Beneath the Alps*), by Eredrich Hölderlin

James is married to Lydia, daughter of Myra and Sung Sohn. He enjoys the Myra House's flexible, innovative approaches towards building a progressive, spiritual and sustainable way of life. One meaning that James takes from this poem is how we strive for calmness in life that lets one see, read, and interpret what is around all of us, perhaps without ever possessing it or knowing it fully and completely.

*Innocence, you the holy, dearest and nearest  
Both to men and to gods! In the house or  
out of doors alike to sit at the feet  
Of the ancients*

*Full of ever-contented wisdom; for man knows  
Much that's good, yet like animals often  
Scans the heavens perplexed; to you, though, how pure are  
All things, you pure one!*

*Look! The rough beast of the field is glad to serve and  
Trust you; and though it is mute, the forest  
Now as ever speaks of the ancients to you, the  
Mountains still teach you*

*Holy laws, and that which even now the  
Mighty Father desires to reveal to  
Us, the much experienced, you, and only you  
May tell us clearly.*

*To be alone with heavenly powers, and when the  
Light passes over, and rivers, wind and time  
Swiftly seek out the place, you have a steady  
Eye for them;*

*Nothing more blessed I know nor want, as long as  
The flood doesn't take me like the willow trees,  
Well looked after, sleeping there as I must  
On the waves*

*But he who holds divine things in his heart  
Will gladly stay home, and I will be free  
As long as needed, to explain and sing you,  
The languages of heaven*

### **Tone Poem**

#### **Ramutis Guntram Kiparski**

Titles: Tone Poem, by Edward Mac Dowell, and The Primordial Springtime

Ramutis has known the Sohn family and Myra House for many years. His pieces relate to the theme of sustainability and express his interest in tone poetry.

## **Poem**

### **Nate Migdal**

Title: The Welcomed Visitor

Nate lived at the Myra House in 2012 as a WOOFer, and helped during the construction and opening phases of the Living Water Farm. He wrote this poem about mankind's relationship with nature, and how we can continually learn while in the presence of creation.

*Enter the temple; look around.*

*Deep sapphire lakes, blue as Autumn skies,  
tall cedars, ponderosa, sugar pines.*

*Teachings await, you've stepped away; the human hive will wait today.*

*Within these trees and watery depths,  
as in the depths of human hearts,  
there lives a truth, wild and untamed,  
we are connected -one and the same.*

*Fires blaze through tangled brush in forlorn fields,  
leaving ash for a time, until sleeping seeds awaken  
so love and inspiration release us from the past  
but often first through sudden loss,  
a death or failure, its weights and costs.*

*Walk further into the temple; look closer.*

*Beneath the pines squat leafy herbs, cleansing the air with sweet perfumes  
and on damp peat sprout glowing ferns, unfurling geometric perfection  
with ants, bees, and butterflies, sending genetic messages,  
building the house, one grain at a time.*

*Let us do as we are shown,*

*and make our home an earthen temple.*

*Stewards of fire, keepers of light,*

*We each have our shapes and forms to paint,*

*To sculpt out a vision, with dirt-covered hands.*

*But every labor has its end; and Nature's course begins again.*

*Leave the temple*

*without it leaving you.*

*See yourself not as a point,*

*not as a speck to be swept away,*

*but as a field, with lakes, pines, rivers, ferns,*

*vast and strong,*

*deer, butterflies, ants, and bees,*

*moving as one but living free!"*

## **Song on the piano**

### **Lydia Sohn**

Title: Hear Our Praises, by Hillsong United

Lydia is the daughter of Sung and Myra Sohn. She has traveled the world, and always returned to the Myra House for rejuvenation and inspiration. She is performing this song because during her time in the Alps of Austria last week, that song kept repeating itself in

her mind over and over again as she was taken aback by the beautiful scenery of this world.

### **Poem**

**Lauren Myers**

Titles: Untitled, Hummingbirds, and June 14<sup>th</sup>

Lauren has been a resident at the Myra House since graduating from Azusa Pacific University this past spring, and likes that it is a place where she can grow into a more loving and healthier human being. She wrote these poems as a reflection of how nature reveals the soul's deepest needs, feelings and desires, and a freedom that nature has that humans sometimes forget.

*how is it I ask that one can have a life of balance?  
because balance is a healer to most infirmities.  
in her breasts lay patience, peace and freedoms.  
balance you see  
she doesn't ask for elevation or the shrinking of self.  
she just asks for you.  
Nature has a way of putting us in our place.  
It has a way of showing us who we really are.  
through the sacred space we sit in.  
here on earth.  
in tending the earth around me, in spending time with it.  
I realize the silent nature of its beauty.  
My eyes were blind but it didn't scream at me to open them.  
It just waited in all of its glory.  
Now I am just beginning to understand its significance.  
Beautiful creation  
I am sorry I did not see you as you are before.  
how incredibly patient you are.  
and now that I am emerged in your glory I see too now  
how sacred life is  
and perhaps how lovely I am too.  
to exist in this majestic creation with you.  
to exist in harmony and balance.  
nothing more, nothing less.  
just beautiful you  
and beautiful me.*

### **Violin**

**Juliet Ryan-Davis**

Title: Solo for Violin

I was told about the Myra House by a master gardener in Claremont this past spring as I was looking for a way to learn more about sustainable, healthy gardening. I am playing this piece because it is joyful, like the joy I have experienced in becoming a part of the community here.

### **Short Story**

**Natalie Kennedy**

Title: You Are Free

Natalie first came to the Myra House when she visited a former resident, Chelsey, and became a resident this past year. She wrote the story about the Myra House philosophy to care for all creatures as our brothers and sisters, after practicing care and respect for all life by releasing a captive animal.

*We caught a mouse. We trapped it to keep it from getting into places its not supposed to go. We found it in the cage, a frightened, wide-eyed little mouse.*

*But here we choose to let it free. We carry it away from harm and open the doors to a bigger and better world. We guide this mouse back to its home.*

*And this mouse, still terrified to leave what it knows most, even though it is binding and dangerous. It does not leave the cage. Why won't you escape little one? Why won't you let yourself free? Go! You must go! You are free!*

*Barricaded and paralyzed by fear, she couldn't see the light. Paws gripping the wire enclosure she sunk into her surroundings.*

*Little by little We tilt the cage up and over and forward. The gravity pulling and pushing, nudging her little body towards the opening. She stumbled on the wire mesh as her entire world shifted and then she could see. She could see the light.*

*This little mouse crawled out onto the Earth. She courageously ventured to our feet and peered up at our damp faces. Smiles breaking the paths of our tears, "You are free," we said. She ran free.*

**Zen flute**

**Rachel Rudich**

Title: Yamagoe (*Crossing the Mountain*)

About the trials and tribulations through life—ups and downs—as well as actually crossing a mountain like Sung and David will be doing soon!

**Benediction:**

Dr. John J. Cobb