

BIOSONG FREESTYLE (October 26, 2022) Take it Easy, Go Go Go!

'Did you make that song up?'
'Well, I sort of made it up,' said Pooh. 'It isn't Brain
. . . but it comes to me sometimes.'
'Ah,' said Rabbit, who never let things come to him,
But always went and fetched them.

A. A. Milne *The House at Pooh Corner*

I remember several, very happy occasions, in the late 1980's, with about 25 other people, as we sang and danced a slow waltz together. It was in a performance of *Stress: The Musical*, towards the end of the show. There were balloons in the air and the three-four time that I strummed and sang was sufficient, somehow, to carry us all in a steady flowing movement around the dance floor. Perhaps you can imagine the scene in your mind as you read these words I had written for the song? It's the second verse, leading into the Chorus.

Help me, please, to really know
When to ebb and when to flow
To and fro, stop and go.
When I feel the moving, flowing
Then I know that you are near
Did you whisper in my ear?

To and fro, lead and follow,
Yield and go and ebb and flow.
You and I, gently flowing,
To and fro, I love you so.
Take me there to where you're going,
Come with me to where I'll go,
To and fro, lead and follow,
Yield and go and ebb and flow.

I remember being advised to 'Let Go and Let God.' But be sure to also 'Hold On.'

Reinhold Niebuhr was described by Charles Birch (a Biology Professor whom I met) as one of the two best-known theologians of the 20th century in the USA (the other was Paul Tillich). He was known as a leader of Christian Realism, which recognised two sides of everybody's practice of spiritual beliefs that depended on how much self-will was involved. One day, in New York, a member of Alcoholics Anonymous came across the opening lines of one of Niebuhr's published prayers, which became *The Serenity Prayer*:

'God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.'