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Make Good Treble

June 18, 2022
7:30 pm
&
June 19, 2022
4:00 pm

Lutheran Church of the Holy Communion
2110 Chestnut Street
Philadelphia, PA 19103

Miriam Davidson
Artistic Director

FOR MORE INFORMATION AND TICKETS:
go to annacrusis.org or call 267-825-SING (7464)
From the Artistic Director

"Make Good Treble." It seemed like a good concert title at the time. We’re a choir that sings music written in the treble clef. We are rabble-rousers “making good trouble” as John Lewis said. The play on words was clever. It fit the bill for our newfound identity as a self-identifying women’s choir changing our name to embrace gender diversity. And then all hell breaks loose, again—leaks from SCOTUS, more gun violence, the heat of nasty primary battles, and war.

Suddenly that clever title, that play on words that seemed so appropriate now seems frivolous, even disrespectful. We are pivoting, lifting our voice of activism in this concert for us to stand shoulder to shoulder. The ‘arc of the moral universe’ may bend toward justice. We just need to make sure it gets there. (“The arc of the moral universe is long but it bends toward justice.” Rev. Dr. Martin Luther King, Jr. quoting a 19th century Unitarian minister and abolitionist, Theodore Parker.)
About ANNA Crusis Feminist Choir

Founded in Philadelphia in 1975, Anna Crusis is the longest running feminist choir in the United States. Initially founded to unearth unknown works by women composers and to build a body of new music for women’s voices, over time it became a safe space for lesbians and straight women alike. ANNA’s original musical mission of amplifying women’s voices through song also includes those of other minorities and historically unheard voices, to stand in solidarity and in support of each other’s journeys. The songs we sing tell a variety of experiences and perspectives that point our singers and our audiences to a greater understanding of the rich diversity of the world in which we live.

As diversity in gender identity and expression became more and more visible, the choir’s makeup changed with it, but without a clear understanding of what that meant to us as a community. To be more welcoming to our transgender community, we began to make changes. Our language shifted; singers were no longer ‘women and sisters,’ but sopranos, altos, and siblings. The restrooms in our rehearsal venue lost their gendered designations. Our concert costuming expanded to include more options. But along with these changes, it became clear that some members felt concerned and fearful about the potential loss of their women-centered space. We realized that we needed a more intentional choir-wide process.

Our journey progressed over four years, with many questions and discussions that were not at all easy. It became clear that some of our transgender singers experienced the dichotomy of feeling welcomed as a person but not necessarily seen and embraced as members of the transgender community. They wondered if they would have been accepted as a new member if they were trans? Did we truly create a community where everyone belonged, or were we just making room without working toward a deeper cultural shift? Did our feminism need to grow and change with the times?
We struggled to get to the heart of what it meant to belong. We wondered how to talk about it, so everyone felt heard and respected. We also wondered what potential change would mean for our membership, our identity, our voicing, our name. For everyone involved, it was a challenging time.

We had many discussions, panels, training sessions, member surveys, and countless hours of committee meetings. Our conversations led to the realization that moving forward would mean making big decisions about our name and membership. Eventually, we concluded that the whole-hearted inclusion of transgender people in the ANNA Crisits community of singers is fundamentally an extension of our feminist values. By a majority vote, the choir decided that membership would be open to anyone in the transgender community who could sing in the treble vocal range.

Choir members also voted to change ANNA’s name from ANNA Crisits Women’s Choir to ANNA Crisits Feminist Choir. This name change reflects our commitment to gender-expansive membership while also honoring our history and core values.

Founded in 1975 by Dr. Catherine Roma, ANNA Crisits Feminist Choir is the longest-running feminist choir in the United States. Over the years, ANNA has grown from a handful of women meeting in their houses to a full-blown community choir representing singers of various generations, races and ethnicities, sexual orientations, gender identities, and more.

ANNA is a founding member of the Gay and Lesbian Association of Choruses (GALA), the world’s only association committed to the GLBTQ choral movement that comprises 190 choruses and more than 10,000 singers across the US, Mexico, and Canada (www.galachoruses.org). ANNA is also a member of Sister Singers Network, a cooperative web of feminist choruses and ensembles, composers, arrangers, and individual singers working together to support and enrich the women’s choral movement (sistersingers.net).

ANNA’s feminist sensibility is reflected in the diversity of its members and in the way the Choir

*Anacrusis*, from the Greek, describes an unstressed note or group of notes immediately preceding the first strong beat, also called a pickup.
ANNA Staff

Miriam Davidson
Artistic Director, ANNA Crusis Women’s Choir

Miriam is a multi-instrumentalist vocalist, singer-songwriter, author and recording artist as well as choral director. As a performer she has toured extensively throughout the US, garnered many awards from both the Folk and LGBTQ communities and has recorded and co-produced eight CDs, several of which have won national awards. She is a board member of GALA Choruses, has directed the Festival Choir at the National Women’s Music Festival, is Music Director of the Unitarian Congregation of West Chester, as well as Makhaelat Michael, the Community Choir at Mishkan Shalom, Philadelphia.

Photo by Natalie Clesi

Jeff Nation
Accompanist

Jeff is a pianist and teacher who is a graduate of The North Carolina School of the Arts where he studied with Marian Hahn and Robert McDonald and was a recipient of The Irwin Freundlich Award in Piano. He has studied with Robert Durso, senior faculty member of The Golandsky Institute since 1998, and in 2017 he became a certified instructor in The Taubman Approach. A classical artist accomplished in a variety of musical genres including popular idioms, musicaltheater and gospel, he has endeavored throughout his career to break through barriers that have often stood between the classical musician and the public.

From 1995 to 1998, he was a regular pianist for The Philadelphia Gospel Seminars Choir and the Villanova Gospel Choir. He has performed in both the U.S. and abroad, and in 1998 served as a United States Artistic Ambassador performing in over twenty recitals throughout the Middle East and Bangladesh. He is the recipient of a grant from The Pennsylvania Council on the Arts, along with dancer/choreographer Michelle Jones-Wurtz, for their collaboration on his original piece for piano solo, “Dance-Toccata”.
Laura Grassia
Administrative Assistant

Laura has been a member of ANNA since August 2012. She has served on the Board of Directors and has overseen concert production and related tasks since joining. Laura is employed at Temple University and manages a state-funded grant that assists Pennsylvanians with disabilities. She lives in South Jersey with her partner and daughter.

Anna Auditions
September 10 & 11
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We extend our heartfelt gratitude to the following generous donors who have left ANNA Crusis a legacy gift in their wills or estate plans to support our mission of building community and creating social change:

Miriam Davidson
Linda Donnelly
Phyllis Rosenberg and Joyce Levy*
MT & BB

*Through the Philadelphia Foundation, Phyllis and Joyce have graciously and generously established the Phyllis A. Rosenberg and Joyce I. Levy Fund for ANNA Crusis Women’s Choir, to ensure that ANNA continues to grow and be sustaining. If you are interested in contributing, please let us know: giving@annacrusis.org.

Endless Circle
These generous donors contribute monthly through our recurring donation program, sustaining our organization throughout the year.

Linda Donnelly
Susan Frank
Julia Sheetz
Susan Starr

ANNA Crusis Feminist Choir receives state arts funding support through a grant from the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency, and from the Greater Philadelphia Cultural Alliance; The Presser Foundation; Citizens for the Arts in Pennsylvania, and The Pennsylvania Council on the Arts.
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Thanks…you all helped make this happen!

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ANNA Crusis Feminist Choir presents

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Ella’s Song
Bernice Johnson Reagon
Soloist: Darcel Caldwell

Sing For Myself
Music and arrangement by Will Cabaniss
Lyrics by Will Cabaniss and Ire Olagbami

Todo Cambia
Julio Numhauser
Arr: Vivan Tabbush
Small group: Ellie Alpern, Bárbara Biterello, Sarah Croft,
Michele Enos, Alison Gibbons, Lauren Gutstein, Emma Maier,
Cathy Nelson, Joy Payton, Kimberly Waigwa

Storm Comin’
Ruth Moody

I Arise Facing East
Music by Deborah Langstaff
Words by Mary Austin

She
Laura Mvula and Steve Brown
Arr: Andrea Ramsey
Soloists: Gertz, Emma Maier

Hope Lingers On
Lissa Schneckenburger
Arr: Andrea Ramsey

Say Her Name
Alysia Lee
Speakers: Sarah Darrow, Linda Donnelly, Troi Graves,
Myra Nelson, Karen Shore, Kim Singelton, Julie Sheetz

Lift Every Voice and Sing
Music by J. Rosamund Johnson
Words by James Weldon Johnson
Arr: Rollo Dilworth
Directed by Kimberly Waigwa

Love is Welcome Here
Music and lyrics by Catherine Dalton
Spoken word: Joe Davis
Speaker: Myra Nelson
Monarch
Matt Alber
Arr: Ash

Treble Choir Expanded
Judith Palmer

Rise
Arianne Alba

I Hope
Emily Robinson, Martie MacGuire, Natalie Maines, Keb Mo’
Soloist: Alison Gibbons

Caffeine Overload Polka
Eric Lane Barnes

SONG LYRICS
COMMUNITY SING SONGS

Bread and Roses
Lyrics by James Oppenheim | Music by Mimi Fariña
As we go marching, marching, in the beauty of the day
A million darkened kitchens, a thousand mill lofts gray,
Are touched with all the radiance that a sudden sun discloses,
For the people hear us singing: Bread and Roses! Bread and Roses!

Photo by Lori Waselchuk
As we go marching, marching, unnumbered women dead,  
Go crying through our singing their ancient cry for bread.  
Small art and love and beauty their drudging spirits knew.  
Yes, it is bread we fight for but we fight for roses too,

As we go marching, marching, we battle too for men  
For men shall ne'er be free 'til out slavery's at an end.  
Our lives shall not be sweated from birth until life closes.  
Hearts starve as well as bodies, Bread and Roses, Bread and Roses.

As we go marching, marching, we bring the greater day.  
The rising of the women means the rising of us all.  
No more the drudge and idler, ten that toil where one reposes,  
But a sharing of life's glories, Bread and Roses, Bread and Roses.

**If I Had a Hammer**  
*Lee Hays | Pete Seeger*

If I had a hammer, I'd hammer in the morning  
I'd hammer in the evening, all over this land  
I'd hammer out danger, I'd hammer out a warning  
I'd hammer out love between all of the resistors  
All over this land.

If I had a bell, I'd ring it in the morning  
I'd ring it in the evening, all over this land  
I'd ring out danger, I'd ring out a warning  
I'd ring out love between all of the resistors  
All over this land.

If I had a song, I'd sing it in the morning  
I'd sing it in the evening, all over this land  
I'd sing out danger, I'd song of out a warning  
I'd sing out love between all of the resistors  
All over this land.

Well, I've got a hammer, and I've got a bell  
And I've got a song to sing all over this land  
It's the hammer of justice, it's the bell of freedom  
It's a song about love between, my brothers and my sisters  
All over this land, it's a hammer of justice  
It's a bell of freedom, it's a song about love between all of the resistors  
All over this land.
We Are the Ones  
We are the ones we’ve been waiting for.  

Our People Gonna Rise  
Pat Humphries | Sandy Opatow  
Our people gonna rise (2x)  
Listen to our cries through the pain & lies  
Our people gonna rise  
Our people gonna sing (2x)  
In spite of everything, hear our freedom ring  
Our people gonna sing  
Our people gonna fight (2x)  
For what we know is right, we’ll march into the night  
Our people gonna fight  
Our people gonna grieve (2x)  
Whatever you believe, we have the right to breathe  
Our people gonna grieve  
Our people gonna pray (2x)  
Try to take our rights away, see you on election day  
Our people gonna pray  
Our people gonna rise (2x)  
Listen to our cries through the pain & lies  
Our people gonna rise  
Our people gonna rise (2x)

Rich Man’s House  
Anne Feeney  
1. Well, I went down to the rich man’s house and I took back from he stole from me  
Took it back, took back my dignity, took back my humanity. (2x)  
Now he’s under my feet, under my feet, under my feet, under my feet.  
Ain’t gonna let the system walk all over me.  

2. Well I, went down to the landlord's house and I took back what he stole from me…  
3. Well I, went down to the welfare office and I took back what they stole from me…  
4. Well I, went down to the Supreme Court and took back what he stole from me…
Ella’s Song

Chorus
We who believe in freedom cannot rest
We who believe in freedom cannot rest until it comes (2x)

Until the killing of black men, black mothers’ sons
Is as important as the killing of white men, white mothers' sons

We who believe in freedom cannot rest
We who believe in freedom cannot rest until it comes

Not needing to clutch for power, not needing the light just to shine on me
I need to be just one in the number as we stand against tyranny

To me young people come first (they come first), they have the courage
where we fail
If I can just shine light on as they carry us through the gale

Chorus

I’m a woman who speaks in a voice and I must be heard
At times I can be quite difficult, I’ll bow to no man’s word

Sing For Myself

Out of the fallen trees we sing
Sing like we’re losing everything
Lost and without a place to go
Sing for myself, it’s all I know

Born to a brand-new century
Sing for our sisters patiently
Born to a day that’s just begun
Sing for our mothers and our sons

We sing for the voices never heard
Sing for the lessons we’ve still not learned
Sing for the peace we’ve never won
Sing for the work that’s still not done
And if on our darkest days we cry
Sing’til we put our fears aside
And if I feel myself begin to fold
Sing for myself, it’s all I know
Sing for myself, it’s all I know

**Todo Cambia**

Cambia lo superficial
Cambia también lo profundo
Cambia el modo de pensar
Cambia todo en este mundo

Cambia el clima con los años
Cambia el pastor su rebaño
Y así como todo cambia
Que yo cambie no es extraño

Cambia el más fino brillante
De mano en mano subrillo
Cambia el nido el pajarillo
Cambia el sentir un amante

Cambia el rumbo el caminante
Aunque esto le cause daño
Y así como todo cambia
Que yo cambie no extraño

Cambia todo cambia

Cambia el sol en su carrera
Cuando la noche subsiste
Cambia la planta y se viste
De verde en la primavera

Cambia el pelaje la fiera
Cambia el cabello el anciano
Y así como todo cambia
Que yo cambie no es extraño

Cambia el clima con los años
Cambia el pastor su rebaño
Y así como todo cambia
Que yo cambie no es extraño

Cambia el más fino brillante
De mano en mano subrillo
Cambia el nido el pajarillo
Cambia el sentir un amante

Cambia el rumbo el caminante
Aunque esto le cause daño
Y así como todo cambia
Que yo cambie no extraño

Cambia todo cambia

Cambia el sol en su carrera
Cuando la noche subsiste
Cambia la planta y se viste
De verde en la primavera

Cambia el pelaje la fiera
Cambia el cabello el anciano
Y así como todo cambia
Que yo cambie no es extraño

The meaningless changes
The profound changes
Ways of thinking change
Everything in the world changes

Over time the weather changes
The shepherd’s herd changes
And just as everything else changes
That I change is not strange

The finest diamond’s shine changes
From hand to hand…
The little bird changes it’s nest
The lover’s feelings change

The traveler’s path changes
Although this hurts them
And just as everything else changes
That I change is not strange

There’s change, everything changes

The sun’s path changes
To sustain the night
The plants change
To wear the green of spring

The fur of the wild beasts change
The hair of the wise ones change
And just as everything changes
That I change is not strange
Pero no cambia mi amor
Por más lejos que me encuentre
Ni el recuerdo ni el dolor
De mi pueblo de mi gente

Y lo que cambió ayer
Tendrá que cambiar mañana
Así como cambio yo
En esta tierra lejana

Cambia, todo cambia

But my love doesn't change
No matter how far away I am
Nor the memory of nor the pain suffered by
my homeland, my people

That which changed yesterday
Will have to change tomorrow
Just as I change
In this faraway land

There's change, everything changes
**Storm Comin’**

When that storm comes, don’t run for cover  
Don’t run from the coming storm, no there ain’t no use in running.  
When that rain falls, let it wash away  
Let it wash away, that falling rain, the tears and the troubles.  
When those lights flash, and you hear that thunder roar  
Will you listen to that thunder roar and let your spirits soar.  
When that love calls, open up your door  
You gotta stand on up and let it in, you gotta let love through your door.  
When that storm comes, don’t run for cover  
Don’t run from the coming storm, ‘cause it can’t keep a storm from coming.

**Arise Facing East**

I arise facing east. I am asking toward the light.  
I am asking that the day shall be beautiful with light.  
I am asking that the place where my feet are shall be bright.  
That as far as I can see I shall follow it aright.  
I am asking for the courage to go forward through the shadow.  
I am asking toward the light. I am asking toward the light.

**She**

She walked to watch you with the head down low  
She wondered if there’s a way out of the blue  
Who’s gonna take her home this time  
She knew that this time wouldn’t be the last time

There she waits looking for a savior,  
Someone to save her from her dying self  
Always taking ten steps back and one step forward,  
She’s tired, but she don’t stop

She don’t stop

Every day she stood, hoping for a new light  
She closed her eyes and she had a smile voice say  
You don’t stop, no, you belong to me  
She cried, maybe it’s too late

She don’t stop

She walked to watch you with the head down low  
She wondered if there’s a way out of the blue
Who’s gonna take her home this time
She knew that this time wouldn’t be the last time

Hope Lingers On
My mother, when love is gone,
In our darkest hour hope lingers on.

My father, when peace is gone,
In our darkest hour hope lingers

I will not hate, and I will not fear.
In our darkest hour, hope lingers here

My sister, when equality’s gone,
In our darkest hour hope lingers on.

My brother, with tolerance gone,
In our darkest hour hope lingers on.

I will not hate, and I will not fear
In our darkest hour, hope lingers here.

My love, when honor is gone,
In our darkest hour hope lingers on.

My country, when justice is gone,
In our darkest hour hope lingers on.

I will not hate, and I will not fear
In our darkest hour, hope lingers here.

Say Her Name
Say her name, say her name, say her name, she cannot be forgotten by us.

Put her name in the air, whoo, hah.
Put her name in the air, say her name.

These are the names of women you have been killed by violence, by police action, by domestic violence or violence against those who are marginalized. We call their names aloud to lift them up.*

Sandra Bland
Riah Milton
Breonna Taylor
Michelle Cusseaux
Rekia Boyd
Latasha Walton
Dominique “Rem’mie” Fells
Roxanne Moore
Tatiana LaBelle
Elise Malary
Amarey Lej
Tracy “Mia” Green (aka Mia Green)
Eloise Harmon (DV homicide)
Ebony Pack (DV homicide)
Jasmine Aaliyah Lewis (stray bullet)
Kyra Cordova (trans woman, homicide unsolved)
Fanta Bility (8 years old, police shooting)
Tamara Cornelius (DV homicide)
Jessica Covington (DV homicide)
*For photos and more information about each of these women:

**Lift Every Voice and Sing**

Lift every voice and sing till earth and heaven ring,
Ring with the harmonies of Liberty.
Let our rejoicing rise high as the listening skies,
Let it resound loud as the rolling sea.

Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us.
Facing the rising sun of our new day begun,
Let us march on till victory is won

Stony the road we trod bitter the chastening rod,
Felt in the days when hope unborn had died.
Yet with a steady beat have not our weary feet,
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered,
We have come, treading our path through the blood of the slaughtered.

Out from the gloomy past till now we stand at last,
Where the white gleam of our bright star is cast.
God of our weary years, God of our silent tears,
Thou who has brought us thus far on the way.

Thou who has by Thy might Led us into the light,
Keep us forever in the path, we pray.

Lest our feet stray from the places, our God, where we met Thee,
Lest, our hearts drunk with the wine of the world, we forget Thee.

Shadowed beneath Thy hand may we forever stand,
True to our God, true to our native land.

**Love is Welcome Here**

Only love is welcome here, only love is welcome here
Only love, love, love, sweet love, only love is welcome here.

Only kindness is welcome here, only kindness is welcome here
Only kindness, yes, loving kindness, only kindness is welcome here.

So, bring your pain and bring your sorrow, bring your hope, and bring your fear
And we will wrap our loving arms around you because love is welcome here.

Here is where we give you the permission you haven’t yet given yourselves
To show up and be your most authentic self.

You can cry here, you can take your time here, to be you is not a crime here!
We are all divine here. We shine brighter when we all shine here.
We rise higher when we all rise here. We practice being kind here.
We celebrate the fact that we are still alive here.
Love, only love is welcome here.

You can make mistakes here. Not guilt, blame or shame here. There’s only grace here.
We know you by name here. We’ve been waiting for you. So glad you came here.
We hope that you can stay here.
All that you are can be reclaimed and embraced here. Only love is welcome here.

So, bring your pain and bring your sorrow. Bring your hope and bring your fear.
And we will wrap our loving arms around you because love is welcome here.

Here is where we give you the permission you haven’t yet given yourself,
To show up and be your most authentic self.

Love, sweet love, only love is welcome here. Only love.
**Monarch**

Warm invitation to breath in my first breath
Shoulders sure are heavy, with these wings about to stretch
We’re waking up, clinging to the rafters
Sensing summer winds are coming in
When just above me a hundred of my brothers
Ready for this journey to begin

And oh, headed home now
And in my body there is buried some strange memory of how to fly
Of what to follow
And it will lead me to the origin of me, pre history.

How long was I asleep
All these colors opening like bright kaleidoscopes of waking dreams you won’t believe the view
I’m taking a dive into the crystal river
I’m gonna find a friend and give her the biggest kiss creation ever knew

And when she blushes all the secrets in her eyes
become the songs of old and wiser ones before me
And if you hear it too then why not sing it?
Pick up where they left off and wing it, the rest of them will marvel at the sky.

And we’re off, headed home now
And in my body there is buried some strange memory of how to fly
Of what to follow
And it will lead me to the origin of me, pre history.

**Treble Choir Expanded**

We are a treble choir and we’ve always been a treble choir
Yes, we are a treble choir.
We are because we sing high notes. Ah ah.
Yoo-hoo, and low with the altos

Fa la la fa la doobie doobie dum dum dum dah

It’s come to our attention that gender non-conformity is a thing
And a part of our community, a part of us.
The binary convention’s oversimplification of the complex ray of self-discovery.
One’s identification may require appreciation for the use of pronouns they, their, them.
We've learned change requires that we assume good will
And choose our process well.
Listening, reading, learning, grieving, sleeping on it, yearning to be heard
Thinking, praying, meditating, understanding self-expression cannot be deterred.

Yes, we seized the opportunity sought help from those more wise than we,
Had so many conversations.
We had teach-ins, conversations, formed committees, conversations.
Blah blah blah, blah ba doobie doo but in the end, in the end,

Here's to our conclusion, we embrace inclusion in the feminist tradition we stand on.
We agree we are down with gender fluidity.
We agree, treble choir, ever onward with new energy.
So we've begun, with so many details yet unknown, what's to come?

Who will find their singing home amid our newborn treble choir,
In the feminist tradition we stand on.
We'll sing high and somewhat low, maybe we will also sing down low.
We'll evolve, expanded sound, ever onward with new energy.
Stick around, expanded sound.
Fa-la doobie doobie, dum, dum dah
Fa-la doobie doobie, dum, dum dah
Fa-lah.

Rise
I will rise with all my daughters, I will rise against my foes.
I will rise with all the mothers, I will carry all their woes.
I will rise to fight for freedom, I will rise though faced with fears.
I will rise against all hatred while my eyes are veiled with tears.

I will rise for religious freedom, for a rich diversity.
I will rise for all the weary, for each lonely refugee.
I will work for all our women who deserve equal pay.
I will work for all our children who await a better day.
Chorus
Oh, stand with me, rise up hand in hand.
Oh, stand with me, we will rise to spread love across this bitter land.

I will rise for love & justice that we may see a better day.
I will rise in peace & service for our world in disarray.
I will rise with all my brothers for all those who cannot stand.
I will rise with all our fathers who have lost a home & land.
I will rise to build up bridges for this broken world we see.
I will tear down walls between us that divide you & me.

Chorus

I Hope
Sunday morning, I heard the preacher say, “Thou shall not kill.”
I don’t wanna hear nothing else about killing and that it’s God’s will.
‘Cause our children are watching us, they put their trust in us, they’re gonna be like us.
So let’s learn from our history and do it differently.

Chorus
I hope, for more love, more joy and laughter.
I hope, we’ll have more than we’ll ever need.
I hope, we’ll have more happy ever-afters.
I hope, we can all live more fearlessly.
And we can lose all the pain and misery.
I hope, I hope

Oh, Rosie, her man he gets too rough, and all she can say, is “He’s a good man.
He don’t mean no harm. He was just brought up that way.”

But our children are watching us, they put their trust in us, they’re gonna be like us.
It’s okay for us to disagree, we can work it out lovingly.

Chorus

There must be a way to change what’s going on. No, I don’t have all the answers.

Chorus
Caffeine Overload Polka

Rise and rise, rise and shine, I’m standing in this line, to get a cup of coffee,
Let’s go, let’s go, this line is way too slow, I’ve got to get my coffee.
Wakey, wakey, wakey, I’m head-achy and shaky, maybe I’ll get a mocha,
’Bout eleven times a day I go out of my way to do the Caffeine Overload Polka!

What’s the coffee of the day will it blow me away, should I get a cappuccino?
Is coffee stronger than espresso? ‘Yes,’ she says, ‘I guess so.’ But what the hell does
she know?
Here’s my cup, here’s my cup, rinse it out and fill it up.
That’s hot! Holy smoka!
How my temples pound! I’m astounded by the sound of the Caffeine Overload Polka!

Feel the caffeine rushing my veins. Streaming, steaming, flushing my brains.
Feel the blood gush down to my feet. Feel my heart, skip a beat.
Hear me talking loud and quick. Watch me bouncing like a pogo stick.
Thank you everybody now I’ve got to toodle-oo. I’ve got more important things to do.

Walking, talking, walking, talking, ATM (ah!)
Shopping.
Momentary, monetary panic, ATM (gasp!). Returning, regretting, fretting.
Crash, crash, crash, crash.

Here before me in siren green, shines the most inviting sign I’ve ever seen.
The coffee mafia’s got what I need, a six dollar shot of legal speed!

Duh buh, ta, no fo, muh nah fa te-la tay
Double tall, no foam, non fat, latte. Coffee!

Okay, I’m back, I want my coffee black. I gotta get, gotta get, gotta get, gotta get,
gimme, gimme, gimme, gimme.
Hey, whoa, slower, I know, give me coffee.

HOW CAN YOU BE OUT!! Sorry, didn’t mean to shout. Please don’t please don’t joke-a.
One more for the road, my head’s ‘bout to explode from the
Double shot, extra hot, skinny tall, cannon ball, pers’nal cup, pick-me-up,
mainline, lava java.

Java Joe, java Joe…
Cup a cup a cup a…

Caffeine Overload Polka, polka, polka -a-a-a-a - hey!
One Voice
This is the sound of one voice, one spirit, one voice.
The sound of one who makes a choice, this is the sound of one voice, 
This is the sound of one voice.
This is the sound of voices two, the sound of me singing with you. 
Helping each other to make it through, this is the sound of voices two.
This is the sound of voices two.
This is the sound of voices three, singing together in harmony.
Surrendering to the mystery, this is the sound of voices three
This is the sound of voices three.
This is the sound of all of us, singing with love and the will to trust.
Leave the rest behind it will turn to dust, this is the sound of all of us.
This is the sound of all of.
This is the sound of one voice, one people, one voice.
A song for every one of us, this is the sound of one voice,
This is the sound of one voice.

Photo by Janice Brody
ANNA Voices

Miriam Davidson, Artistic Director

Soprano 1
Maria Bottiglieri
Madison Boyer
Juliette Dade*
Ann Deinhardt>
Brenda Egolf-Fox
Laren Gilmore (on leave)
Emily Joy Goldberg (on leave)
Laura Grassia^
Sue Hoffman~
Judith Palmer
Jackie Phillips (on leave)
Laura Sanderson (on leave)
Temma Schaechter (on leave)
Sally Walsh

Soprano 2
Jacquie Baker (on leave)
Liz Bynum
Shelley Collier (on leave)
Sarah Crofts~
Molly Cox
Leigh Dale (on leave)
Sarah Darrow
Linda Donnelly
Susan Gueye
Mindy S. Gumminger> (on leave)
Ciara Hall
Emily Haney-Caron
Suzanne Harris (on leave)
Jenny Hutchison (on leave)
Jen Meagher (on leave)
Estela Noguera-Ortega
Sarah Robins (on leave)
Julie Sheetz
Lisa Stein (on leave)
Heidi Jonnes Syropoulos (on leave)
Kimberly Waigwa*
Lindsay Wega (on leave)

Alto 1
Sandy Berger
Bárbara Biterello
Leona Busulas~
Sue Levi Elwell (on leave)
Michelle Enos*
Gertz>
Marla Gold (on leave)
Alison Gibbons
Cynthia Hopkins (on leave)
Marlis Kraft (on leave)
Emma Maier
Amy Moskowitz (on leave)
Joules Malsbury
Joy Payton
Rebecca Prosser
Karen Shore
Kim Singleton^
Barbara Stuehling
Mindy Taylor (on leave)
Alison Thurston
Jen Wade (on leave)
Camille Williams^
INSTRUMENTALISTS
Wes Schaal  Drum Kit
Jan Jeffries  Percussion
Gertz  Guitar

American Sign Language Interpreters: Esther Dietrich and Megan K. Meiris

These are just a few resources where you can lend your support and act!

A Call to Men
A national resource for men to support “healthy manhood” and gender/racial equality.
acalltomen.org

Abortion Liberation Fund of PA
Supports those living in poverty who need abortion care today by providing counseling and emergency financial assistance.
Abortionfunds.org

ACLU Pennsylvania
ACLU’s Pennsylvania affiliate, defending the Constitution and the Bill of Rights through litigation, advocacy, and community education and outreach.
ac lup a.org

Fos Feminista
Providing young people with comprehensive sexual education, contraception and other care to people without access.
Fosfeminista.org

Masculinity Action Project
A Philadelphia-based community education and violence prevention initiative.
lutheran settlement.org/lsh-programs/masculinity-action-project

Morris Home
The only residential recovery program in the country to offer comprehensive services specifically for the transgender community.
rhd.org
Resources (cont.)

**Movement Voter Project**
Supporting grassroots groups organizing their communities to build a stronger progressive movement.
*Movement.vote*

**Mazzoni Center**
Providing quality comprehensive health and wellness services in an LGBTQ-focused environment, while preserving dignity and improving quality of life.
*Mazzonicenter.org*

**National Women’s Law Center**
Fights for gender justice especially for women of color, LGBTQ people, and low-income women and families.
*Nwlc.org*

**Planned Parenthood**
*plannedparenthoodaction.org*
OR sign up to volunteer locally
*plannedparenthood.org/planned-parenthood-southeastern-pennsylvania/volunteer1*

**WOAR - Philadelphia Center Against Sexual Violence**
Non-profit that provides a host of direct survivor services and community outreach/education. Volunteer or advocate!
*woar.org*

**Women Against Abuse**
Philadelphia non-profit domestic violence advocacy and service provider. Take action to ensure funding and policies that support survivors!
*womenagainstabuse.org*

**Women’s Law Project**
Non-profit public-interest legal organization advancing the rights of women, girls, and LGBTQ+ individuals. WLP is at the forefront of the fight for reproduction and abortion rights in PA.
*womenslawproject.org*
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