

## Song from the Sea by Jill Davis

There is a beautiful and unique voice within each one of us and this song is about finding the courage to set it free for the whole world to hear! The NVN singing groups offer a safe nurturing space where people can learn to do this and I love being a part of it.

This song has 3 parts.

The 1<sup>st</sup> part sings the piece once through by itself and continues to repeat as many times as desired. On it's 2<sup>nd</sup> time through the piece it is joined by the 2<sup>nd</sup> part as it starts to sing the word 'sea' at the end of the first line. They then sing through the piece together. The 3<sup>rd</sup> part joins in on the 3<sup>rd</sup> time through the piece when the 2<sup>nd</sup> part starts to sing the word 'soul'.

Part 1: This is a song from the sea  
This is a song from the depths of me  
Oh, I've been longing to bring  
Oh, I've been longing to sing  
You this song from the sea

Part 2: This is a song from my soul  
This is a song from the heart of me  
Oh, I've been longing to sing  
You this song from the sea

Part 3: This is a song from the sea, soul, heart  
Song from the sea, soul, heart  
This is a song from the sea, soul, heart  
Song from the sea, soul, heart  
(Last time through only the last line is 'Song from the Sea', leave the soul, heart off)