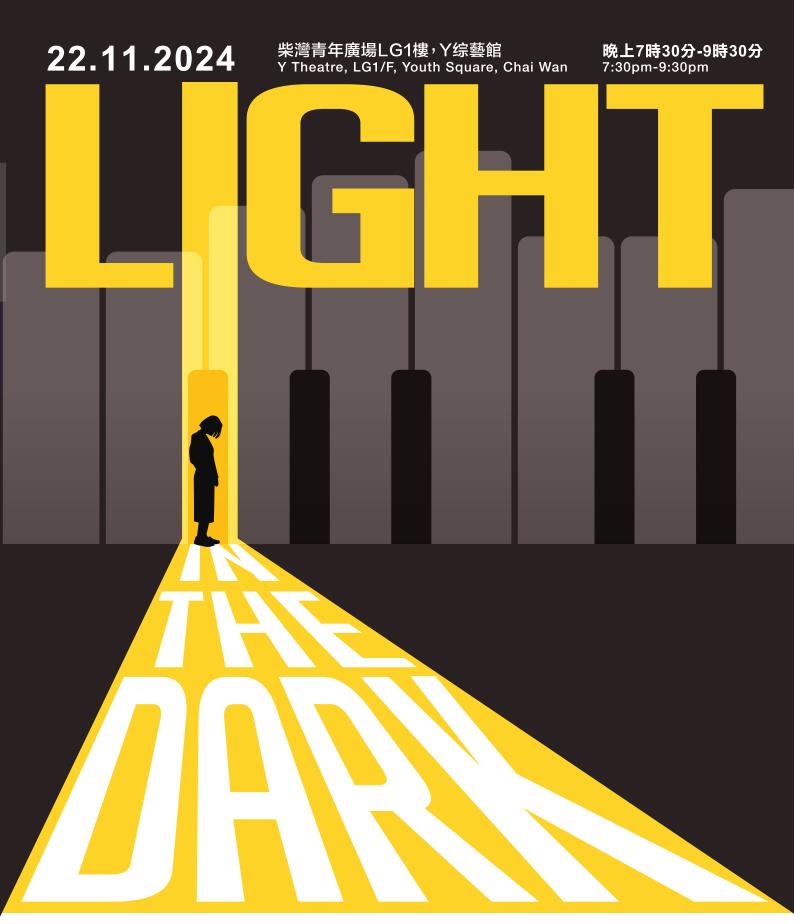
### **JUBILANT VOICES LIMITED PRESENTS**





Festive Chamber





Jubilant Voices, a Non-profitmaking Organization

We aim at social improvement and empowerment through beautiful music and drama

- ~ to celebrate life and triumph,
- ~ to express care and love

**Support for Jubilant Voices is Most Welcome** 





## 場館規則 HOUSE RULES

One ticket admits one person

Children under six are not admitted

No admittance to people not properly dressed

No smoking, drinking, eating, or unauthorized recording/video taping/ photography is allowed in the auditorium

No food and drink are allowed in the auditorium

Late comers will be admitted at the discretion of the y theatre management and the organiser and will normally be permitted only during a convenient break or interval in the programme

Youth square and the organiser shall not be responsible or liable for any loss, theft, or damage of personal property

Programme is subject to change without prior notice

每票只限一人

六歲以下小童恕不招待

衣履不整恕不招待

在表演場內,請勿吸煙、飲食、錄音、錄影或攝影

請勿攜帶飲品或食物進場

敬請依時入座。如節目已經開始,遲到者須待節目稍停時方可入座

私人物件如有任何遺失損壞,青年廣場及主辦當局概不負責

節目如有更改, 恕不另行通告

## **FOREWORD**



As we gather for the 13th Annual Concert of Festive Chamber Choir, we also celebrate the establishment of Jubilant Voices, a Non-profitmaking organization aiming at social improvement and empowerment through Music. This concert, 'Light in the Dark', curated by the talented members of Festive Chamber Choir, invites you to embark on a transformative journey through music, emotion, and artistry. We seek to illuminate the profound beauty that arises in moments of darkness, offering a beacon of hope and inspiration through music.

In a world often punctuated by quick pacing, our theme celebrates the resilience of the human spirit. Each piece in our program has been chosen to reflect the contrast between light and dark, exploring themes of struggle, triumph, and the enduring power of connection. From contemplative melodies that evoke introspection to uplifting harmonies that inspire joy, our performance aims to resonate deeply with each listener.

On behalf of Festive Chamber Choir and Jubilant Voices, I am immensely proud of our members' dedication and artistry. "Light in the Dark" is more than just a concert; it is a community gathering that celebrates our shared experiences and the power of music to heal and uplift. I encourage you to immerse yourself in each performance, allowing the music to resonate within you and spark your own reflections.

Thank you for joining us tonight. Your presence adds to the vibrancy of our performance, and we hope this concert brings you joy and inspiration. Let us embark on this illuminating journey together, finding light even in the darkest of times!

# Ms Corina CHEN Director Festive Chamber

## **WORDS FROM HONORARY ADVISOR**



#### Let's build a bridge of love in the name of love

In this era of endless possibilities, we are delighted to witness the birth of Jubilant Voices. They are not only a singing team but also a new generation of enthusiastic people who gather strength and serve society in the name of art.

Music is a bridge across the soul. It can touch the softest part of people's hearts and inspire kindness and beauty deep in people's hearts. As a senior social service worker, I know how precious and valuable it is for young people to choose to convey positive energy through chorus with their love and responsibility for society.

Every member of the choir is a shining star. When you sing in unison, the brilliant light is enough to illuminate the world around you. I encourage all young people to not only strive for excellence in music but also transform their love for music into practical actions to serve society. Whether it is walking into the community and singing warm songs to the disadvantaged, participating in charity activities, or using music to convey hope and strength, everyone can become a builder in society. I wish every member of Jubilant Voices could continue to grow and strive for self-improvement on the journey of music. Use your singing voice to sing the melody of youth and ignite your enthusiasm for serving society. Let's build a bridge of love in the name of love.

Jessie Yu Sau Chu BBS MH JP Honorary Advisor of Festive Chamber



## **CONGRATULATORY NOTE**

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Your idea of focusing resilience and mental health awareness through the power of music is truly inspiring. Wish your concert a huge success!

Mr. Kenneth Leung Yuk-wai, JP Member of the Legislative Council Vice-Chairman of the Youth Development Commission





部海海海邊揚

著董雅頌十三週年音樂會——《暗之光》

\_\_\_

ш

May your melodies echo, your mission inspire, As you lift up the hearts of those you admire.

**Dr Lesley Ka-hei Chan** *Composer | Conductor* 



勞工及福利局副局長何啟明



## **CONGRATULATORY NOTE**



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Music brings us together and lights up the world—congratulations to the Festive Chamber Choir on your brilliant 'Light in the Dark' concert!

**Dr. Leung Chi-hin**Assistant Professor
Department of Cultural and Creative Arts
The Education University of Hong Kong



二零二四年菁薈雅頌周年音樂會

11

音韻悠揚 點亮心靈

香港神託會培基書院校長李建鋒



## **CONGRATULATORY NOTE**



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祝賀菁薈雅頌音樂會

英才薈萃 雅樂悠揚

旅港開平商會中學陳得南校長敬賀



祝賀菁薈雅頌音樂會

關愛社群 藝展八方 英才匯萃 曲韻悠揚

保良局馬錦明中學夏文亮校長敬賀



## **CONGRATULATORY NOTE**



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Congratulations on a harmonious concert with music that heals hearts

Founder HeartlineHK



May this music heal, unite, and illuminate us

Cassie Lam Founder Shelter By Shell And Spines



## **CONCERT PROGRAMME**

## I. PROLOGUE

Be the Change

Texts by Mahatma Ghandhi, Dr. Martin Luther King, Jr. Mattew 5:15 and L.F.

Music by Laura Farnell with This Little Light of Mine

II. WORDS OF WELCOME

**Welcome Speech** 

Festive Chamber Choir Representatives - Porcia Leung & Michael Ho

III. WORLD PREMIERE OF STYLIST IMITATION ON PRIMITIVE SALT-WATER SONGS

Unload 訴

Commissioned by Jubilant Voices - Festive Chamber Choir

黃志燊詞曲

IV . LIGHT IN THE DARK

Scene 1 In a Restaurant - Fairy Porciative & Elfy Inquishaan

There's A Time

Texts by Charlotte Lee Music by Natalie Sleeth

Ac-cent-tchu-ate the Positive

Lyric by Johnny Mercer Music by Harold Arlen Arranged by Joy Hirokawa

Scene 2 Table for 2 - Single Parent Family

**Where the Light Begins** 

Texts by Jan Richardson Music by Susan Labarr

Sing On!

Texts and Music by Lane Johnson

Scene 3 Table for 3 - Family from China

信任彩虹

The Music of My Soul

譚天樂詞曲

Texts by Jean Arevalo Music Alejandro Consolacion II Arranged by Reymar Joseph Felias Scene 4 Table for 5 - Hong Kong Family

What I Can Change

Texts and Music by Phlip E. Silvey

Scene 5 Table for 7 - Medical Clinic

Can you hear me?

Texts by Peter Thomson Music by Sally Beamish

Be The Hero

Texts and Music by Andrew Lippa Arranged by Mark Bryme

Scene 6 Table for 12 - University Students

**Crowded Table** 

Texts and Music by Natalie Hemby, Lori McKenna and Brandi Carlile

Arranged by Andrea Ramsey

You Are Enough

Third movement from the suite "You Are Enough: A Mental Health Suite"

Texts by Rachel Griffin

Music by Aron Accurso

The Prayer

Texts and Music by Carole Bayer Sager and David Foster Italian texts by Alberto Testa and Tony Reins

Arranged by Teena Chinn

V. WORDS OF THANKS AND SOUVENIR PRESENTATION

Ms. Corina Chen

Director of Jubilant Voices – Festive Chamber Choir

Principal of HKUGA College

VI. FINALE

**Shine Like Stars** 

Texts and Music by Pinkzebra

Conductor

Violinist

Dr Allison So Ming Chuen

Guest Conductor Répétiteur Albert Chow Miss Annie Yuen

Albert Chow Jacky Yung

Percussionist

Log G Cheng Cat Kwok



## SO MING CHUEN ALLISON 蘇明村博士

Allison So graduated from the Royal College of Music in London. He obtained the Bachelor of Music from University of London, Master of Music and Diploma in Advanced Music Studies from University of Reading, Master of Art in Chinese Culture from HK Polytechnic University, and Doctor of Education from University of Leicester.

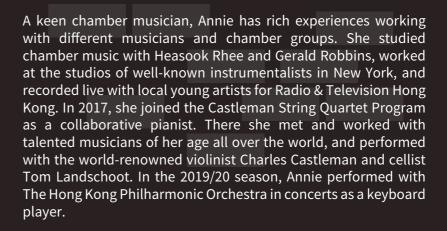
He has been active in the music scene for years, as soloist, accompanist and choral conductor. He was invited twice by the Hong Kong Cultural Centre to give organ recitals and as guest host for various radio programmes. In 2013, he was one of the cast and pianist for the musical This is My Story, This is My Song – The Life and Songs of Fanny Crosby. He is also a columnist in newspapers, magazines, as well as publishing academic journal articles.

He taught at the Hong Kong Baptist University and The Education University of Hong Kong for many years. At present, he is the Supervisor of the Hong Kong Music Institute, Director of the Research Studio of Huang Tzu, Music Director of The Ordinary Chamber (Guangxi), Vice-Chairman of Hong Kong International Musician Association - Hong Kong Region, and Vice-Chairman of the Sacred Music Commission of the Catholic Diocese of Hong Kong.

## **ANNIE YUEN**

## 袁桉頤

Born and raised in Hong Kong, pianist Annie Yuen received her Bachelor of Arts (Hons.) degree in Music with First Class Honors from the Hong Kong Baptist University (HKBU). She was named the winner of HKBU Annual Concerto Competition performing Rachmaninov's Second Piano Concerto, and was given the Audience Choice Award. Later on she continued her studies at Hong Kong Academy for Performing Arts and Manhattan School of Music (New York). Her piano teachers include Jeffrey Cohen, Nancy Loo and Carol Yu.



Also a versatile soloist in various music styles, Annie performed in concerts featuring a collection of piano preludes by Russian composers in 2018, and she showcased Andalusian piano works by Albéniz and Turina in concerts in 2019. She was also a regular solo pianist on an Asian-based cruise line in late 2021, bringing to life classical works as well as jazz and movie music. In 2023, Annie performed transcribed pieces from traditional folk, anime and the classical genres in the concert "Songs Without Words" in collaboration with a number of local pianists. Besides piano, Annie also plays the organ, passed LTCL (recital) with distinction and has performed in The Hong Kong Cultural Centre.



ST.



## ALBERT CHOW JUNIOR 周步田

Albert Chow Jr. studied violin under Ms. Yau Sing Yeh, Prof. Yang Bao Zhi, Prof. Lin Yao Ji, and Mr. Antoine van Dongen.

Albert joined the Yip's Children's Choral & Performing Arts Centre and the Hong Kong Children's Symphony Orchestra since he was small, and participated in regular performances. He worked with the Hong Kong Symphony Orchestra and the Pan Asia Symphony Orchestra, and studied composing and piano under Dr. Yip Wai Hong (SBS, MH) and Mrs. Yip Choi Ching Yee. His personal graduation recital held at Hong Kong City Hall was well received.

As a student, Albert won prizes at the Hong Kong Schools Music Festival, including the First Prize in the Sandra Wagstaff Scholarship for Strings Concerto Competition. As the concertmaster, he led Diocesan Boys' School Symphony Orchestra and won the First Prize with a record of 98 marks at the Hong Kong Schools Music Festival (Senior). He had been the concertmaster of the MIT Symphony for four years, and studied orchestral conducting with the Director, Mr. Dante Anzolini.

After graduation, Albert remained active in Music education and performances as an amateur. From 2012 to 2018, as the only non-professional, he has been repeatedly invited amongst professors from Central Conservatory of Music, Shanghai Conservatory of Music and overseas, to teach at the International Strings Summer/Winter Camp held in various cities in Mainland China. Since 2014, as the Director of Elements Choir, he has indulged in training, music arrangements and accompaniment, and has taken the Choir to performances locally and abroad.

## DAVID WONG

## 黃天寶

David Wong is a Year 4 Computer Engineering student at The Chinese University of Hong Kong with a profound passion and talent for choral music and has studied under the tutelage of Mr. Apollo Wong.

Wong has been active in participating in Schools Music Festival since his vocal and choral trainings in secondary school, he has achieved outstanding results. He has also focused on choral conducting and has participated in local and overseas choral conducting workshops to learn under famous choral masters.

Wong's extensive choral experience includes performing with several prestigious ensembles and choirs includes the CU Chorus, Festive Chamber Choir, HK Phil Chorus, Illumino Singers, Learners Chorus, Luff Chorus and Singfest.

His current achievements with The Mad Singers are particularly notable, including winning the Male Choir Champion, Youth Choir Champion, Contemporary Music Gold Award, and Grand Prix Champion at the Taiwan International Choral Competition 2023; Choir of the World Award, Best A Cappella Performance, and Champion of D2 - Vocal Ensemble at the 2024 World Youth & Children's Choir Festival cum 1st Greater Bay Area Choir Festival in Hong Kong; First Place in the "Chamber Choirs" category and a Special Award for Performance of a Song by Bulgarian Composer Georgi Dimitrov at the 42nd International Choral Competition "Prof. Georgi Dimitrov."

Wong is currently Associate Music Director of Luff Chorus, Rehearsal Conductor of Festive Chamber Choir, bass part leader of CU Chorus, and sings with HK Phil Chorus, and The Mad Singers.





## CHENG LOG G 鄭樂之

Cheng Log G graduated with a Master of Arts in Music from The Chinese University of Hong Kong, where he studied vocal performance under Mr. Lam Chun and conducting under Ms. Yip Wing Yuen. He has also received conducting guidance from Mr. Kent Li and Dr. Tony Thornton.

Cheng began his musical education at the age of seven, majoring in percussion. He served as the principal percussionist of the Hong Kong Children's Symphony Orchestra, touring with the group to Vienna, Australia, and New Zealand. He remains actively involved in the Hong Kong Festival Wind Orchestra, continuing to deepen his engagement with music. Cheng's passion for choral music was ignited during secondary school under the mentorship of Mrs. Betty Tham, which led him to pursue choral conducting. He has frequently performed with Festive Chamber, conducted by Dr. So, and currently serves as the rehearsal conductor for the ensemble, dedicating himself to fostering its growth with his professional expertise and enthusiasm.

Since 2023, Cheng has been the conductor and rehearsal conductor for various musical ensembles, as well as serving as the conductor for musical theatre productions, gaining substantial conducting experience. He advocates teamwork and strives to create a harmonious and enriching musical environment for his ensemble members.



## **FESTIVE CHAMBER CHOIR**

## 菁薈雅頌

Festive Chamber Choir was formed in 2010 by a group of passionate and talented young people. They are experienced choristers with a diversified singing repertoire, including religious music, choral jazz, classical choral music, contemporary works and ethnic folk. It provides a platform for young choristers to share their belief in choral singing and to pursue their common dreams. Festive Chamber Choir members believe that music is for appreciation, acceptance and support among human beings. They believe that singing should be a tool to explore oneself and for celebration of life.

Festive Chamber Choir has the honour to be under the guidance of its advisors, Professor Victor Chan of The Chinese University of Hong Kong, Dr. Allison So of The Hong Kong Institute of Education and Dr. Timothy Brimmer of Butler University, U.S.A.

To spread positivity and joy through music during the festive season, Festive Chamber has organized the Annual Festive Caroling Programmes in the Mandarin Oriental Hotel and Peninsula Hotel over the past 10 years. During the period of social unrest, Festive Chamber still insisted on performing publicly to share the words of understanding, mutual support and acceptance through carols.

Moreover, Festive Chamber has also been dedicated to community services. On top of the annual fund raising concerts Festive Chamber has co-organised The Tin Shiu Wai Little Angels' Choir with The Hong Kong Choral Project since 2015. The Project aims to enhance children's self-confidence, self-management, positive thinking, good attitude, as well as their interpersonal skills. With the belief of nurturing children through the Arts, the Choir welcomes all children to join these programmes and to share the joy of music and speech with their community.

This year we are also celebrating our establishment of Jubilant Voices, an NGO, to help alert our generation of social issues.



## ELEMENTS CHOIR 同調合唱團

Founded in 2011, Elements Choir advocates for an inclusive and diverse environment for all by introducing different kinds of music to our members and audience. Starting as an interest group under a community centre, we have gathered members from diverse backgrounds over the years and have been pursuing breakthroughs in performance styles.

We firmly believe that music serves as a platform for promoting diversity and inclusion, and everyone can play a proud role through performing and collaboration. To achieve this goal, we continue to step out of our comfort zone and press on our journey.



# HOI PING CHAMBER OF COMMERCE SECONDARY SCHOOL 旅港開平商會中學

Hoi Ping Chamber of Commerce Secondary School emphasizes the whole-person development of students. On top of cultivating students' mutual understanding and communication, cooperation, and team spirit, the School Choir provides professional training, ranging from singing and performing to hone members' self-confidence and ability to grapple with difficulties, as well as to sharpen students' personal integrity, perseverance, and sense of responsibility. Through participating in music exchange activities, members are given opportunities to broaden their horizons, explore their goals and direction in life.







## STEWARDS POOI KEI COLLEGE 香港神託會培基書院

Stewards Pooi Kei College is a Christian EMI DSS school established in 2004.

The school choir was founded in 2004. The choir captured champions, first runner-ups and second runner-ups repeatedly in the Hong Kong Schools Music Festival. Apart from that, our school choir had held a 20 anniversary musical, which allowed the students to showcase their musical talents.

The school encourages students to honor God and serve others through their musical talents. Locally, the choir has always been an active participant in public performances and community services. The choir members also performed with other choirs in mainland China, Korea, Japan and Singapore in the past 18 years in the "Learning without Walls" program.



**FESTIVE CHAMBER MOTTO:** 

WE SING
WE DANCE
WE EXPLORE TO LEARN
WE CELEBRATE LIFE





#### ORGANIZING COMMITTEE

Honorary Advisor

Ms Jessie Yu Sau-chu BBS, MH, JP

Chairperson

Porcia Leung

Vice-Chairperson

**Donald Shek** 

Committee Members

Daisy Lau

Advisers

Dr Allison So Corina Chen Dr Joyce Chun

**Betty Tham** 

#### PRODUCTION TEAM

Director

Betty Tham 譚馮佩玲女士

Assistant Director

Donald Shek 石淦銘

Conductor

Dr Allison So 蘇明村博士

**Guest Conductor** 

Albert Chow 周步田

Rehearsal Conductor

David Wong 黃天寶 Log G Cheng 鄭樂之

Répétiteur

Annie Yuen 袁桉頤

Percussionists

Log G Cheng 鄭樂之 Cat Kwok 郭慧欣

Image Designer

Hitomi Leung 梁綺晴

#### **PUBLICATION TEAM**

Publication Designer

Jenny Ma 馬翹生

Publication Team

Icy Lee 李涴冰

Donald Shek 石淦銘

Eunice Mau 繆思茵

#### TICKETING COMMITTEE

Donald Shek 石淦銘 David Wong 黃天寶

Lambert Leung 梁卓霖

Myron Lai 賴家明

#### TECHNICAL TEAM

Stage Manager

Zeta Chan 陳斯<u></u>琹

Deputy Stage Manager

Sien Lee 李善宜

Lightning Designer

Mike Ho 何成斌

Sound Engineer

Kester Lee 李馬弟

Production House

**Avant-Garde** 

Make-up Stylist

Cac Leung 梁麗珊

Hair Styling Team

**Sun Factory** 

#### BACKSTAGE SUPPORT TEAM

Back Stage

Stephanie Au 區琬靈

Vian Tong 湯夏慧心

Wallace Ng 吳瑋洛

#### HOSPITALITY TEAM

Yoyo Ho 何靜汶

Yvonne Cheung 張韻雪

Peggy Lai 賴曇

鄭婉雯

#### SOPRANO 1

- 1. Abigale Tong 湯梓雅
- 2. Eunice Mau 繆思茵
- 3. Harrison Chan 陳寬行
- 4. Icy Lee 李涴冰
- 5. Ishaan Sartape 柏彥生
- 6. Kate Liu 劉心怡
- 7. Michael Ho 何子熙
- 8. Porcia Leung 梁珮兒
- 9. Sammi Hui 許藍心
- 10. Tina Lin 林玉婷
- 11. Zoe Mak 麥靖妍

#### SOPRANO 2

- 1. Bridgette Ng 吳雋嬖
- 2. Hebe Ng 吳蒨桁
- 3. Jasmine Chau 周芷澄
- 4. Monique Mo 巫衍澄
- 5. O Fu Lam 林奧芙
- 6. Sonia Wong 黃愷研
- 7. Theodora Wong 黃紀堯
- 8. Winnie Zhang 張穎琳

#### ALTO

- 1. Daisy Lau 劉曉暉
- 2. Hayley Chung 鍾茜瑜
- 3. Hitomi Leung 梁綺晴
- 4. Julie Chan 陳靖霖
- 5. Melody Guo 郭珮珮
- 6. Yuki Wu 胡潁詩

#### TENOR

- 1. David Wong 黃天寶
- 2. Donald Shek 石淦銘
- 3. Enoch Chan 陳以諾
- 4. Hermes Cheung 張逸謙
- 5. Karden Tong 唐珈熙
- 6. Lambert Leung 梁卓霖

#### BASS

- 1. Albert Chow 周步田
- 2. Carson Wu 吳承羲
- 3. Johnny Chan 陳俊穎
- 4. Kenneth Ma 馬榮亨
- 5. Log G Cheng 鄭樂之
- 6. Louis Choy 蔡卓翹
- 7. Myron Lai 賴家明

#### **PERCUSSIONIST**

- 1. Cat Kwok 郭慧欣
- 2. Log G Cheng 鄭樂之





## BEHIND THE SCENES





















































































## BE THE CHANGE

Texts by Mahatma Ghandhi, Dr. Martin Luther King, Jr., Mattew 5:15 and L.F. Music by Laura Farnell with This Little Light of Mine

Basi mwanga wako uangaze, (Let your light shine) shine in the darkness, go be the change!

Be the change you want to see in the world, be the world you want to see.
Go and be the change you want to see in the world.
Basi mwanga wako uangaze,
(Let your light shine)
Go let your light shine!

This little light of mine, I'm gonna let it shine. let it shine, let it shine, let it shine!

Songs in the night, a light in the darkness. Sing! A song of love, of love amidst hatred. Sing!

Darkness cannot drive out the darkness.
Only light can do that.
Hatred cannot drive out the hatred.
Only love can do that.
Only love can drive out the hate!

Be the change you want to see in the world, be the change you want to see.
Go and be the change you want to see in the world.
Basi mwanga wako uangaze,
(Let your light shine)
Go let your light shine!

Basi mwanga wako uangaze, (Let your light shine) go let your light shine! Go be the change!

## UNLOAD 訴

Commissioned by Jubilant Voices - Festive Chamber Choir 黃志燊詞曲

#### 獨白:

唉,而家生意難做呀。 你睇我好我睇你好,事實大家日子都唔好過呀,唉。 咦?兩位阿生,咁愁嘅?你個仔唔係外國畢業喇咩? 吓?你成家落咗嚟香港,個仔讀書慣唔慣呀? 香港地啲學生好多課外活動又補習唿喎。

#### 嘆家姐:

供讀書,辛苦,唉。

家底冇曬,係都要外國留。 考試高分,補習要喇,唉。 香港地競爭範疇又多,想佢無掛牽太艱難,唉。 阿媽又早死,頭家咁就更加煩。 我就算賣樓借糧唔夠使都要供佢讀。

我就算賣樓借糧唔夠使都要供佢讀。 困苦多,鬱於心難受。怎傾訴,有苦太難開口談,唉。 又想講競爭大,尋覓工作苦,前路真困惑,唉。 Um 怎傾訴,辛苦事難開口講,唉。 怎樣講?苦惱多,尋覓得多心灰意冷,唉。 Er 苦困,誰人可解惑?唉。 怎樣講?困難,唉。

#### 獨白:

日子難過呀!家陣都搵朝唔得晚呀。 好似好好,實質就有苦自己知。同邊個講啫?唉。

#### 短句鹹水歌:

表面風光,有苦難講; 捱得今日, 他朝難防。 前路未明, 未敢闖; 畢業失業, 心徬惶。 山窮水盡, 用盡家當; 寡佬一心, 望子成龍。 教育優質,新來港;唯有使費,太高昂。 細嘅難受,精神受創;大嘅難捱,多職太忙。 身心俱疲,病床躺;忙得醫護,更瘋狂。 高薪厚職,壓力難擋;風光背後,工作雜龐。 有苦自知,心難放;維生過活,豈能降。

#### 獨白:

生活真係艱難嚟。鬱住鬱住,我都想唔好諗咁多。 但係都要生活,咁不如糊塗做人算啦!

#### 長句鹹水歌:

愁懷怎抒,你我一樣哀愁呀處處,只想糊塗兼痴愚。 應該放棄,及早抽離。誰能理解,心有不快, 苦海掙扎,怎有餘遐,前程暗淡,薪水銳減, 負擔太多,難去張羅,不如不知,多想會痴。 少憂少慮,太奢侈;不如早日,傻痴痴。

#### 獨白:

傻痴痴好呀,但係唔講,係咪就冇事呢? 三人行必有我師,講出嚟可能好啲呢?! 快啲搵人傾啦。冇人會笑你,只會互勵互勉!

#### 高堂歌:

苦困誰人未受侵, 言談對像要追尋。 悲歌盡嘆能舒展, 不需猶豫把苦含。

#### 獨白:

苦困誰人未受侵·言談對像要追尋。 悲歌盡嘆能舒展·不需猶豫把苦含。 快啲去搵個人傾吓偈啦!

## THERE'S A TIME

Texts by Charlotte Lee Music by Natalie Sleeth

There's a time for sunshine and a time for rain, a time for happiness, a time for for pain, a time for giving and a time for gain, as the cycle of life goes on.

There's a time for waiting and a time to go, A time to question and a time to know, a time for each of us to live and grow, as the cycle of life goes on.

With every passing moment, through every waking day, we're shaped and guided along the way by all we do and say.

There's a time for quiet and a time to sing, a time for winter and a time for spring, a time to be at one with all good things, as the cycle of life goes on.

A time to teach, a time to learn, round every turn, the cycle of life goes on.
A time to sleep, a time to wake, with every breath we take, the cycle of life goes on.

With every passing moment, through every waking day, we're shaped and guided along the way by all we do and say.

A time to love, a time to care, a time to share, as the cycle of life goes on, the cycle of life goes on and on.

There's a time for loving and a time to care, a time to open up our hearts and share, a time for spreading joy everywhere, as the cycle of life goes on, the cycle of life goes on and on.

# AC-CENT-TCHU-ATE THE POSITIVE

Lyric by Johnny Mercer Music by Harold Arlen Arranged by Joy Hirokawa

You' ve got to ac-cent-tchu-ate the positive, eliminate the negative, latch on to the affirmative. But don' t mess with Mister Inbetween.

You' ve got to spread joy up to the maximum and bring gloom to the minimum, have faith or pandemonium is li' ble to walk up on the scene.

To illustrate my last remark, Jonah in the whale. Noah in the ark. What did they do just when ev' rything looked so dark?

"Man," they said,
"we better ac-cent-tchu-ate the positive,
and eliminate the negative,
latch on to the affirmative.
But don' t mess with Mister Inbetween."
No! Don' t mess with Mister Inbetween!

To illustrate my last remark, Jonah in the whale, that Noah in the ark. What did they do just when ev' rything looked so dark? It looked so dark!

"Well," they said,
"we better accentuate the positive
and eliminate all the negative,
latch on to the affirmative.
But don' t mess with Mister Inbetween."

No! Don' t mess, now, don' t you mess! Now, don' t you mess with Mister Inbetween! With Mister Inbetween! Yeah!







## WHERE THE LIGHT BEGINS

Texts by Jan Richardson Music by Susan Labarr

Perhaps it does not begin. Perhaps it is always. Perhaps it takes a lifetime to open our eyes, to learn to see the luminous line of the map in the dark. the vigil flame in the house of the heart, the love so searing we can't keep from singing,

the luminous line of the map in the dark, the vigil flame in the house of the heart, the love so searing we can't keep from singing, from crying out.

Perhaps it does not begin. Perhaps it is always. Perhaps it takes a lifetime to open our eyes, to learn to see the luminous line of the map in the dark, the vigil flame in the house of the heart, the love so searing we can't keep from singing,

the luminous line of the map in the dark, the vigil flame in the house of the heart, the love so searing we can't keep from singing, from crying out.

Perhaps this day the light begins, perhaps this day the light begins, perhaps this day the light begins in us, perhaps this day the light begins, we are where the light begins.

Perhaps it does not begin. Perhaps it is always.

Texts and Music by Lane Johnson

Sometimes when I chance to catch the sunrise rising o' er the Eastern range, Something inside me winds up singing; Something inside me is changed. And deep inside it seems there's more to life than we might know. And it stirs the music in my soul.

Sing on! Whatever comes your way, sing on! Sing on!

Keep your music going, Flowing from your heart until the day is past and gone.

Take the time to look around And find the things that keep you singing on. Sing on!

Sometimes as I sit and watch the sunset, Sinking past the distant shore, Wishing I could change what life has handed

Fearing I can't face what's in store. But deep inside I know I' ve got to let my life

And it stirs the music in my soul.

Sing on! Whatever comes your way, sing on! Sing on!

Keep you music going, Flowing from your heart until the day is past and gone.

Take the time to look around And find the things that keep you singing on. Sing on!

#### Come with me and hold my hand, let us share this moment, listen to this song that says it all, words of love from deep our hearts. from within our souls, that overflows, spreading forth.

Texts by Jean Arevalo Music by Alejandro Consolacion II Arranged by Reymar Joseph Felias

Let me sing this song that I hope lives on and

THE MUSIC OF MY SOUL

touching our hearts, touching our souls, giving us strength, giving us our hope. Let me sing to you the music of my soul.

Feel the joy, feel the love. Music brings into our lives, binding us together, making us one. Music that unites us all, making friends of foes, lifting up each other.

Let me sing this song that I hope lives on and

touching our hearts, touching our souls, giving us strength, giving us our hope. Let me sing to you the music of my soul.

And I sing this song that I hope lives on and on. touching our hearts, touching our souls, giving us strength, giving us our hope. And I sing to you, and I share with you, and I give to you for all of you, and I sing to you, the music of my soul. The music of my soul,

## WHAT I CAN CHANGE

Texts and Music by Phlip E. Silvey

Here in my world, my inherited world. Sometimes I wish things were different, wondering if things could be different.

But here in my world, there are somethings I did not choose, people have done things I cannot undo. But I can grow to accept them, learn how to be at peace with them. and to focus up on what I can change.

Here in my life, in my everyday life, I' ve come to see, I make choices. Who will I be? I have choices!

For here in my life, there are somethings left up to me, I can be somethings I decide to be. Help me to have the courage, learn how to build myself image, have the good sense to know what I can, I can Help me to know the difference between what's out of my hands and what's in my command.

have the courage to change what I can, I can change!

## 信任彩虹

譚天樂詞曲

下雨天 天空卻是彩虹 入了冬 身軀卻並不冰凍 每日來去匆匆 不要怒氣冲冲 信任彩虹 雨後總有清風

在我心 秋冬與夏相同 鬧市中 春風會讓花飄送 每日來去匆匆

不要怒氣冲冲 這份感動 會蕩入你心中 像片風 風飄送 希冀隨旋律舞動 信任彩虹 懂不懂? 困惱仍面露笑容 像片風 風飄送 這約銘記於心中 這道彩虹 給我力氣 尋夢

## CAN YOU HEAR ME

Texts by Peter Thomson Music by Sally Beamish

Can you hear me? Can you hear me? Can you? Can you?

Can you call me? Can you call?
Call on me. Call on me Please call on me. Please call.

Can you see me? Can you see me?
Can you? Can you?

Will you see me? Please see me. Please hear me. Please call me. Please call me.

Can you hold me?

Can you? Will you hold me? Will you hug me?
Will you hold, hug, call, hear, see me?
See me? See me? Can you? Will you? Please.

Can we start again? Can we? Can we? Can this be a new beginning? Please let this be now, a new beginning.

Now, a new beginning. Now, beginning. Now.

Texts and Music by Andrew Lippa Arranged by Mark Bryme

What if I told you you could change the world with just one thought? What if I told you you could be a king? Anything you desired boy, anything on a plate, all within your power to create.

I know somewhere in the darkness there's a story meant for me

where I always know exactly what to say. I know somewhere some surprising ending waits for me to tell it my own way.

Be the hero of your story if you can. Be the champion in the fight, not just the man. Don't depend on other people to put paper next

Be the hero of your story, boy, and then you can rise to be the hero once again.

Everytale that you invent can be a life that you

where each character you meet becomes your friend. You don't need to be a novelist to make believe what's waiting round the bend!

Be the hero of your story 'till it's done. Why go promenade when you were born to run? If you understand this premise you will never be alone. You can conquer every challenge,

you can face each stepping stone. Be the hero of your story..

I know somewhere in the future there's adventure waits for me, filled with mystery and people I can love. I know out there on the road of life. I' Il live the story I' ve been dreaming of.

Be the hero every time you get the chance. If the music stops, continue with the dance. On a wing or on a prayer you get there only with

Be attentive, be inventive, be the first one to rejoice. With a story in your heart you won't need any other choice.



# You're a hero, fighting dragons, winning wars. Be the hero and the world will soon be yours! Yeah!

Texts and Music by Natalie Hemby, Lori McKenna and Brandi Carlile Arranged by Andrea Ramsey

You can hold my hand when you need to let go. I can be a mountain when you' re feeling valley-low. I can be your streetlight showing you the way home. If you can hold my hand when you need to let go. I want a house with a crowded table, and a place by the fire for everyone. Let us take on the world while we' re young and able, and bring us back together when the day is done.

If we want a garden, we're gonna have to sow the seed. Plant a little happiness, let the roots run deep. If it's love that we give, then it's love that we reap. If we want a garden, we're gonna have to sow the seeds. Yeah I want a house with a crowded table,

and a place by the fire for everyone. Let us take on the world while we're young and able, and bring us back together when the day is done.

The door is always open, your picture's on my wall. Everyone's a little broken, and everyone belongs. Yeah, everyone belongs. I want a house with a crowded table. and a place by the fire for everyone. Let us take on the world while we' re young and able, and bring us back together when the day is done, when the day is done.

Third movement from the suite "You Are Enough: A Mental Health Suite" Texts by Rachel Griffin Music by Aron Accurso

You've carried words that aren't true so long: the labels they put on you. You've gotten lost in these storms of thoughts, and forgotten the way to break through. Erase them one by one, you' re not who they decide.

You are enough. You're so enough. It's unbelievable how enough you are, you are enough, you are enough, you are enough, you are enough.

You've let them write who you are, so far, they' re wrong, you are up to you. You've gone adrift in a sea of doubt and forgotten the love that you knew. Write your life in bold, there's no reason to hide, no reason to hide.

You are enough. You're so enough. It's unbelievable how enough you are, you are enough, you are enough, you are enough.

Let the light come in and find a home in you. Let the light multiply with ev' rything you do. You are enough, you are enough. you are enough, you are enough. Enough!

It's unbelievable how enough you are. You are enough. You're so enough. It's unbelievable how enough you are, you are, you are enough!



Texts and Music by Pinkzebra

I'm dreaming wide awake. This is the life I make. Don't need a holiday to make me feel this way.

Listen up, take a chance. You can sing, you can dance. You can live like there's no tomorrow. Give it time and you'll find there's a rule, there's a rhyme. Move along and the rest will follow. I want you to know.

Oh, yeah! We shine like stars! Like stars!

Texts and Music by Carole Bayer Sager and David Foster Italian texts by Alberto Testa and Tony Reins Arranged by Teena Chinn

I pray you'll be our eyes, and watch us where we go, and help us to be wise in times when we don't know. Let this be our prayer, when we lose our way.

Lead us to a place, guide us with your grace to a place where we'll be safe.

I pray we'll find your light and hold it in our hearts when stars go out each night. Eternal light will shine. Oh... Let this be our prayer, when shadows fill our day.

Lead us to a place, guide us with your grace, give us faith so we'll be safe.

Sogniamo un mondo senza più violenza. (We' re dreaming of a world that has no violence.) Un mondo di giustizia e di speranza. (A world without injustice, war and hunger.) Ognuno lo dia la mano al suo vicino (Where neighbors give a helping hand to strangers) simbolo di pace, di fraternità. (as a sign of friendship, brotherhood and love.)

We ask that life be kind, and watch us from above. We hope each soul will find another soul to love. Let this be our prayer, just like ev'ry other child,

need to find a place, guide us with your grace. Give us faith so we'll be safe.

E la fede che (And now with this faith) hai acceso in noi. (which is in our hearts,) Sento che ci salverà. (we can feel that we' Il be safe.)

What are we waiting for? It seems we still want more. No one can take away the dreams we have today. You can go with the flow. Don' t you see? Don' t you know? There's a light, let it burn inside you. You can shout, let it out. Not a care, not a doubt. This is it, let the moment guide you. I want you to know...

Oh yeah, we shine like stars. Like stars!









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