

My Dear Friends,

I feel like I'm slowly emerging from a long, dark winter...a particularly difficult one here in the Northwest. The crocuses are showing up -- bless them! The buds on the trees are full of promise. All will be well! May it be so with each of you, and may all the seeds that you have planted this year begin to sprout!

Here's some of what has been "sprouting" for me. I've recently been to Alabama to share my "Pilgrimage" slide presentation at a Sabeel conference. I've received a Jack Straw grant to begin recording some of the songs I've written for Sis Levin and the children and teachers she works with. There are more invitations coming in to share the Israel/Palestine journey, at churches and other groups. This is the way that I am able to share the stories that have been entrusted to me, and I feel quite passionate about the work. Please let me know if you'd like me to come to your town with this presentation of songs, stories and images.

Other seeds? My Artist's Way class is going very well -- a delightful group! There are more classes and workshops planned, on songwriting, voice and creativity...some starting this week. There's also some thinking about a weekend retreat. Watch my itinerary page for details. I'm including a recipe that Cat Zavis, a member of my class, brought to us. It was my first introduction to the Raw Food movement, and it is delicious!

One last seed: As I probably mentioned, my husband, Scott Slaba, is one of the thousand trained by Al Gore for the Climate Project to give presentations on global warming. I offered to write a song for him on the subject -- truly a challenge! Recently I completed it, and it was recorded at the Puget Sound Guitar Camp's Winter Retreat, after some polishing help from Tom Rawson (who has a great, new CD out), Ellen Van Der Hoeven, Hank Payne and Meryle Korn. You can hear it at my web site...or you will be able to when it is updated later this week.

By the way, my web site now has a place for lyrics, old newsletters, and more. So if you missed a recipe or song in the past, you can find it there. Keep checking in -- there will be more on the web site, hopefully by the end of the week, including a flyer about the Pilgrimage program. www.lindasongs.com.

I'll be coming to Seattle on March 10th and 11th, Olympia on March 18th, and am planning trips to the Portland area and California in the Spring. I'll do my best to keep you posted...and please contact me for other concert /presentation opportunities if I'm in your area. Below is a tentative schedule, the Raw Cake recipe, and the song lyrics to "We Are the Rainbow Sign."

I want to close with one final quote. I receive regular reports from Hebron from a friend on the Christian Peacemaker Team there, Abigail Ozanne, a fine writer and remarkable young woman. She ended her story with this:

Every gun that is made, every warship launched, every rocket fired signifies in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed. This world in arms is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children. This is not a way of life at all in any true sense. Under the clouds of war, it is humanity hanging on a cross of iron. ~Dwight D.Eisenhower

Thanks for all you do to keep hope alive. I do believe that peace will come.
Linda

Itinerary Updates:

CLASS: The Artist's Way: Walking in this World BELLINGHAM
Thursday evenings, 13 sessions.

Come explore, through discussions and play, your unique gift to the world.
Call 360-734-7979 for more information.

Class begins Thursday, March 1st. \$225.00

WORKSHOP: Lift Up Your Voice! A Natural Voice Workshop

Open to anyone who wants to gain more freedom and flexibility in their voice.
Saturday, March 3rd. 10-12 AM. \$35.00.

Call for more information: 360-734-7979.

Friday, February 9th BIRMINGHAM, AL

Sabeel Conference. Pilgrimage: Journey to the Heart of Israel and Palestine.
Linda presents her program of slides, music and stories.

Tuesday, March 6th EVERSON

Pilgrimage

11 AM, Everson Presbyterian Church

Saturday, March 10th SEATTLE

Arts Live! Concert series, Haller Lake Arts Council. 7:00 PM.

Concert and Pilgrimage presentation with special guest, Jen Allen-Zito.
12579 Densmore Ave. N.

\$10.00 general admission, \$2.00 off for HLCC & HLAC members. 12 & under free.

www.hallerlake.info

Sunday, March 11th SEATTLE

Songwriting workshop. 1 -3 PM. \$30.00.

Call to reserve a place and for more information 206-367-0475.

Thursday, March 15th OLYMPIA

Governor's Mansion. Fundraising event in preparation for suffrage celebrations.

For more information, contact Shanna Stevenson, 360-586-0171.

Sunday, March 18th OLYMPIA

Olympia Unitarian Universalist Congregation, 2200 East End Street

9:15 and 11:15 services, presenting Pilgrimage.

Wednesday, April 4th BELLINGHAM

Pilgrimage

Christ the Servant Lutheran Church

Noon

Friday, April 27th SAN JOSE

Concert

Saturday, April 28th SAN JOSE

Workshop

Saturday, May 5 PORTLAND

Sunday, May 6th afternoon PORTLAND

Details to follow.

We Are the Rainbow Sign ©2007 Linda Allen

We are the rainbow sign

We are the rainbow sign

The water keep's risin', and there's not much time

We are the rainbow sign

God I told Noah, it's the fire next time

The water keep's risin and there's not much time

The flood that's comin' is no work of mine

We are the rainbow sign

God said, child, we've been here before

Blood in the streets and endless wars

God says, people, take a look around,
Ice is melting, polar bears drown CHORUS

God said, people, don't you understand?
This time the flood's by your own hand

This sweet Earth is a paradise
So get out of your car, turn out the light

If you love this planet, take a look around
Your feet are planted on fragile ground CHORUS

It's the oil, it's the coal, it's the automobile
Our planet is sending one last appeal

Your children's children know it's up to you
If you love this Earth, what are you gonna do?

We've done the studies, we know the facts
Our Earth is hurting, it's time to act CHORUS

What would you lose to save your life?
No boat's gonna float without sacrifice

It's an inconvenient truth we all must face
We are the future of the human race

So raise your voices, bless the Earth and sky
Sing praise to the waters and the birds that fly

Praise the fire of the spirit that makes things new
Praise the fire in me and the fire in you

CHORUS twice

Tag:
We'll save this Earth while there's still time
We are the rainbow sign

Recipe from "Raw Food Made Easy for 1 or 2 people", by Jennifer Cornbleet

Flourless Chocolate Cake

Yield: one 5-inch cake, 4 servings (personally, I think it serves more - it's quite rich!)

1 1/2 cups raw walnuts (unsoaked)

Dash salt

12 pitted medjool dates (unsoaked)

1/3 cup unsweetened raw cocoa or carob powder (I suppose you can also use not raw)

1/2 teaspoon vanilla extract

2 teaspoons water

1/2 cup fresh raspberries, for garnish (optional)

Place walnuts and salt in food processor fitted w/S-blade and process until finely ground. Add the dates, cocoa (or carob) powder, and vanilla and process until the mixture begins to stick together. Add the water and process briefly.

Transfer to a serving plate and form into a 5-inch round cake. Chill for 2 hours (I think it tastes yummy even if not chilled!!).

Decorate the cake and plate w/fresh raspberries before serving, if desired. Covered w/plastic wrap. It will keep for 3 days in the refrigerator or 2 weeks in the freezer. Bring to room temperature before serving

Rev. Dr. Linda Allen

October Rose Productions

360-734-7979

<http://www.lindasongs.com>