

Dear Friends,

I had a hard night a few nights ago. I woke up at four in the morning, stomach in knots, worried about work that needed to be done. I have a sense of urgency these days that I know I share with many of you. It's the feeling that time is running out, and that I must be working at full capacity to try to make a difference. I was feeling overwhelmed by the enormity of it all, and by the ways that I am so easily distracted by things that really don't matter.

Then I looked out a window. It was still dark. Right then and there I was startled by beauty. There was the moon, a thin sliver in the dark sky, with Venus shining off to the right. In this cloudy country we don't often see such a lovely sight. Oh, my!

I wrote a song once that used the image of the old moon, rocking in the arms of the new (thanks to my friend Laura for giving me that line from a traditional song). I wrote it as an adult lullaby. In these days when we are all called to wake up to what is happening in the world, it is also important to wake up to awe and wonder, and to rest in beauty now and then:

Take it easy, take it slow  
Close your eyes, there's no place to go  
I'll hold you close. I'll keep you from harm,  
While the old moon rocks in the new moon's arms.

Waves roll in, and the waves roll out.  
Sometimes you wonder what life's all about  
You struggle and hope, and the years roll by  
And you long for a hug and a sweet lullaby

See the stars, they're smiling at you  
When you're feelin' old, they know you're still new  
So when you are tired, just rest, my dear friend  
See how the moon always comes 'round again  
from *The Long Way Home* - you can hear it at:

<http://www.lindasongs.com/pages/discography.htm>

So here's what's new with me. For Northwest friends, please note the benefit concert for homeless women on THURSDAY, September 16th. Then check out the Northwest Social Forum at Seattle Center on the weekend of October 15-17. I'm hoping to host a panel there on Music and Social Change, featuring Janet Stecher, Pat Humphries and Sandy Opatow. Also, in November, I'll be sharing the bill at Traditions in Olympia with Jen and Kristin. Their new CD is out, and this will be one of their CD release concerts. Kristin is also celebrating the release of her new CD, *Helium* on Clickpop Records. They are wonderful

recordings, and I am very proud of them both! Details below.

For East Coast friends, there is a benefit concert with Tret Fure and John O'Connor on SUNDAY, Sept. 19th for human rights activist Lynne Stewart. Information also below.

In Bellingham, I'll be starting a new Artist Way class. Also, Roots, a spiritual community that is based on principles of Creation Spirituality, is beginning to evolve here in Bellingham. My friends Shirley Osterhaus, Joan Muenscher and I are working on this project together. We'll see where it takes us.

Enough for now. Let's share a prayer that prophets will arise and help lead us in a direction of peace and re-birth.

Blessings,  
Linda Allen

PS. My husband Scott, who tends to be the more creative food person in our house, offers one of his favorite iced tea recipes, in celebration of these late-summer days:

You can find it at the end of the "Current Offerings" list.

#### CURRENT OFFERINGS:

##### SEATTLE

Thursday, September 16th, 7:30 PM

Hear Our Voices: A Concert for Homeless Women

Broadway Performance Hall, Broadway and Pine

Linda joins Mike Stern, Marsha Reeves, SteepleChase, Papuri, and the Church of Mary Magdalene Choir in an evening to benefit the Church of Mary Magdalene. A recording will be made for a fund-raising CD project.

Ticket information: \$25.00 (\$20.00 Children/Senior).

Purchase by phone: 206-621-8474 or 206-325-6500.

##### NEW YORK CITY

Sunday, September 19th, 8 - 10 PM

WHERE I STAND: An Evening of Folk Music

Featuring LINDA ALLEN, TRET FURE, and JOHN O'CONNOR

Nationally-known singers and songwriters join LYNNE STEWART and MARTIN STOLAR, President of New York City chapter of the National Lawyer's Guild, for an inspirational evening as we approach the defense case of Lynne Stewart and we acknowledge the important work of the Guild.

CHURCH OF ST. PAUL & ST. ANDREW

UNITED METHODIST CHURCH  
263 WEST 86TH ST  
NEW YORK, NY  
\$10.00 AND UP DONATION APPRECIATED  
[www.lynnestewart.org](http://www.lynnestewart.org)- or call 212-625-9696 for information

SEATTLE  
Saturday, October 16th (tentative)  
NORTHWEST SOCIAL FORUM, Seattle Center  
Music and Social Change  
Linda is joined by Pat Humphries and Sandy Opatow, Janet Stecher and others  
for songs and discussion on the power of music as a tool for social change.  
Check out other events at this amazing conference at:  
<http://www.nwsocialforum.org/>  
Another world is possible!

BELLINGHAM  
Monday, October 18th through Monday, January 10th, 2005  
The Artist's Way: Walking in This World  
The class offers insights and exercises for recovering creativity through  
discussions and play, based on Julia Cameron's latest book, *Walking in This  
World*.  
7 - 9:15 PM. \$195.00. Thirteen weeks.  
Please call 360-734-7979 for more information and to pre-register.

BELLINGHAM  
Wednesday, October 27th  
JEN AND KRISTIN CD RELEASE CONCERT  
Roeder Home, 2600 Broadway  
7:30 PM  
Linda hosts her talented daughters for the release of their long-anticipated CD,  
*Jen and Kristin*.  
Tickets: \$8-12.00 sliding scale donation.  
Phone 360-734-7979 for more information.

Kristin is getting excellent reviews for her second CD, *Helium*, and she's working  
on her third with Clickpop Records. For the schedule of her CD release concerts,  
go to [kristinallenzito.com](http://kristinallenzito.com). Several concerts are scheduled  
in Bellingham on the weekend of October 8, 9 & 10th.

OLYMPA  
Saturday, November 13th.  
Traditions Café and World Folk Art  
300 5th Ave. SW 8:00 PM

\$12.00 (\$8.00 student, low-income)

Linda, Kristin and Jen share the bill as Jen and Kristin celebrate the release of their new CD, Jen and Kristin, and Kristin celebrates her new CD, Helium.

Phone 360-705-2819 for more information.

PINEAPPLE-LEMON-MINT TEA (from the *Iced Tea* book by Fred Thompson)  
(Scott's note: Don't squeeze the tea bags!)

5 c cold water

6 regular-size tea bags

3 lemons, seeded and cut into 1/2 in-thick slices

1 1/2 c fresh mint leaves, torn

One 12-oz can frozen pineapple juice concentrate

1 c granulated sugar

2 tsp. pure vanilla extract

1 tsp. pure almond extract

1) Bring 2 cups of the water to a gentle boil in a small saucepan. Add the tea bags, lemon slices, and mint. Cover, remove from the heat, and let steep for 20 minutes.

2) Meanwhile, combine the pineapple juice concentrate, remaining 3 cups water, sugar, vanilla and almond extract in a 2 quart container. Strain the steeped tea through a fine mesh strainer and add to the pineapple liquid. Stir or shake until the sugar is dissolved.

3) Let cool, then chill and serve over ice.

Makes about 2 quarts.

Dr. Linda Allen

October Rose Productions

360-734-7979

<http://www.lindasongs.com>