

Common Sounds

Past Workshops, Presentations, and Concerts

An Inward Path Towards World Peace

Date: June 21, 2019; Madison, WI

Description: The intention of this workshop was to create openings for more compassion for ourselves and for our world. Participants explored their own thoughts and beliefs and had time to express themselves verbally and through music.

Common Sounds: Music and Community Conversations

Date: March 27, 2019; Madison, WI

Description: A workshop for Focus on Facilitation (<https://focusonfacilitationcop.com/>) in which participants learned about Common Sounds' mission as well as experienced how music and conversation can be interwoven to deepen reflection and connection. Participants also came away with a better understanding of how music can integrate into facilitation in meaningful ways.

Common Sounds: Bridge Building with Music and Dialogue

Date: March 1, 2019; Madison, WI

Description: In this workshop for CORE, (<https://www.corechange.us/>) we talked about and experienced how the intentional use of live music, integrated with dialogue, can facilitate a sense of shared humanity. Participants learned about Common Sounds as well as participated in music making and conversation.

Music and Bridges Project

Date: February 3, 2019; Langley, WA

Description: Common Sounds set up a three hour workshop with two churches with differing ideologies on Whidbey Island with the intention of connecting and bridging divides. The workshop included listening to music, group music making, and facilitated conversation.

An Evening of Music and Bridge Building

Date: February 2, 2019; Clinton, WA

Description: Common Sounds joined with Whidbey Institute (<https://whidbeyinstitute.org/>) to explore how music and conversation can be used to increase our understanding of one another. The evening included didactic and experiential components, along with discussions of how to move forward with these ideas.

House Concert

Date: Friday, February 1, 2019; Langley WA

Barbara and Samantha created an intimate house concert, including a mix of folk, jazz, classical, & all the notes in-between. Several of the pieces centered around a theme of coexistence and peace.

Communities in Harmony

Date: May 19, 2018; Langley, WA

Description: This workshop, which was open to the public, explored how music and conversation can bridge divides. The participants had a chance to talk in small and larger groups, listen to music, and make music together.