



## daily GOOD

My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary. --Martin Luther

### **The Night Is Just Beginning**

Vocal artist Mariana Sadovska traveled along the front lines of the first invasion of the Donbas region in eastern Ukraine from 2014 to 2016, giving benefit concerts and meeting people in the war-ravaged area. Based on her journey, she created a unique musical story - The Night Is Just Beginning - that is all too relevant today. This excerpt of the performance, called "Tovye Imya" (Your Name), begins with the instruction, "Take only what is most important." There is no need to understand all the lyrics. Allow the full understanding of the moment one becomes a refugee to arise as you listen and consider how you might choose.

### **Be The Change:**

Learn about the displaced people in your own community. Set an intention to welcome them.