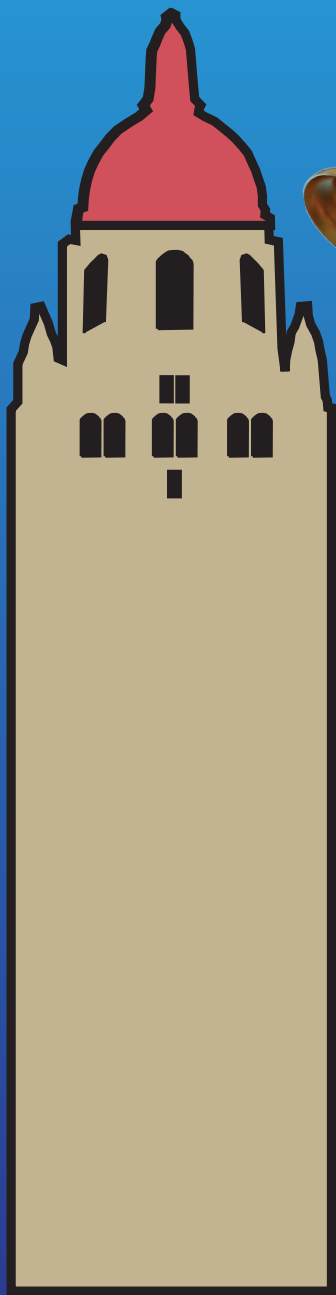


# HOOVER TOWER CARILLON CONCERT



QUIET  
CONTEMPLATION  
AND  
MUSIC

★ Welcome !

TODAY'S CONCERT IS THE FIRST EVENT IN THE  
CONTEMPLATION BY DESIGN PROGRAM  
which continues  
November 3-7, 2014

*Details about this new campus-wide program  
on the back of this booklet.*

Unwind and Thrive



BeWell.Stanford.edu

**YOUR RAFFLE ENTRY NUMBER IS:**

**To Enter The Raffle Go to**

<http://stanford.io/contemplationraffle>

Type in your unique raffle number shown at the top of this page, and your e-mail so we can write you to let you know if you won a prize!

**Enter Before Tuesday May 27.**

**Raffle ends Tuesday May 27.**

**PRIZE One:** Stanford Sierra Camp Faculty and Staff Weekend attendance for 2 people. (Estimated value \$770)



[alumni.stanford.edu/get/page/sierra/faculty-staff](http://alumni.stanford.edu/get/page/sierra/faculty-staff)

**PRIZE Two:** Your choice of enrollment in HIP's:

- MBSR 8-week class (value \$310)
- CARES 8-week class (value \$310), or
- Personalized Stress Reduction Program (value \$300)

**PRIZE Three:** Customized Contemplative Campus Walk for your group or department (up to 20 people) (value \$200-300)

**PRIZE Four:** Your choice of enrollment in HIP's:

- Meditate. Me? How, Why & What Type (value \$100), or
- Breathing class (value \$100)

**PRIZE Five:** A basket of lavender scented self care items (value \$60)

**PRIZE Six:** Lunch for 2 at the Coupa Cafe at the Stanford Golf Course (value \$50)

**PRIZE Seven:** Lunch for 2 at the Cool Cafe at the Cantor Museum (value \$50)

**PRIZE Eight:** Breathing for Longevity, Love, and Livelihood spoken-word book (value \$40)

**PRIZE Nine:** Unwind at Your Desk HIP class (value \$25)

**PRIZE Ten:** Jasper Ridge docent led walk for 8 people (priceless)



for your tea donation.  
"Relax the mind with hand  
crafted, whole leaf tea in a  
pouch by Mighty Leaf Tea."



We invite you to continue enjoying the practice of **pausing**  
by making this herbal tea.

*A cup of tea and me...  
breathing deeply  
its aroma,  
its flavor.*

*My body warms and relaxes.  
my mind quiets and opens.  
my heart calms...*

*Now, here is the cup of tea I made for you.*

## **Contemplation: The Power of the PEACE Pause**

11:30-12:00pm **Pause.** Unwind.

Stretch, move gently with a teacher or on your own.

**Exhale.** Breathe. Exhale completely. Inhale deeply.  
Relax. Delight in your body's physical sensations  
by sequentially focusing on each part from head to  
toe, palm to palm.

12:00-12:20pm **Attend.** Awaken to what you see, hear, taste, smell,  
touch. Listen to the carillon concert and nature sounds.  
Rest your mind. Watch a thought. Let it go.  
Observe a feeling. Take care of yourself. Renew.

12:20-12:40pm **Connect.** Experience what is happening now. Discern  
what is right for you. Notice the positive in your life.  
Enjoy your membership in this community  
contemplative silence.

12:40-12:45pm **Express** your positive feelings in ways that are right  
for you.

## 12:00-12:20pm Carillon Concert

Musician: Tim Zerlang, Stanford Carillonneur

*"For peace alone I do ring."* inscription on Hoover Carillon bourdon bell

Program: 1. 'Tis A Gift to Be Simple

2. Imagine

3. Feed the Birds

4. Morning Has Broken

5. Pachelbel canon in D major

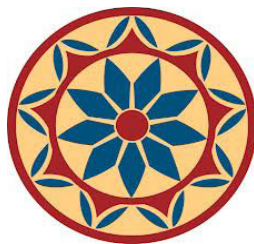
6. "Surprise piece from Tim"

### 'Tis A Gift to Be Simple,

Elder Joseph Brackett, 1848

'Tis the gift to be simple, 'tis the gift to be free,  
'Tis the gift to come down where we ought to be,  
And when we find ourselves in the place just right,  
'Twill be in the valley of love and delight.

When true simplicity is gain'd,  
To bow and to bend we shan't be asham'd,  
To turn, turn 'twill be our delight,  
Till by turning, turning we come round right.



'Tis the gift to be loved and that love to return,  
'Tis the gift to be taught and a richer gift to learn,  
And when we expect of others what we try to live each day,  
Then we'll all live together and we'll all learn to say,

When true simplicity is gain'd,  
To bow and to bend we shan't be asham'd,  
To turn, turn 'twill be our delight,  
Till by turning, turning we come round right.  
'Tis the gift to have friends and a true friend to be,  
'Tis the gift to think of others not to only think of "me",  
And when we hear what others really think and really feel,  
Then we'll all live together with a love that is real.  
When true simplicity is gain'd,  
To bow and to bend we shan't be asham'd,  
To turn, turn 'twill be our delight,  
Till by turning, turning we come round right.

**Imagine,** John Lennon, 1971

Imagine there's no heaven  
It's easy if you try  
No hell below us  
Above us only sky  
Imagine all the people  
Living for today...

Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion too  
Imagine all the people

Living life in peace...  
You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will be as one

Imagine no possessions  
I wonder if you can  
No need for greed or hunger  
A brotherhood of man  
Imagine all the people  
Sharing all the world...

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will live as one



## Feed the Birds,

Richard and Robert Sherman, 1964

Early each day to the steps of Saint Paul's  
The little old bird woman comes  
In her own special way to the people she call,  
"Come, buy my bags full of crumbs;  
Come feed the little birds,  
Show them you care  
And you'll be glad if you do  
Their young ones are hungry  
Their nests are so bare  
All it takes is tuppence from you  
Feed the birds, tuppence a bag  
Tuppence, tuppence, tuppence a bag  
Feed the birds," that's what she cries  
While overhead, her birds fill the skies

All around the cathedral the saints and apostles  
Look down as she sells her wares  
Although you can't see it,  
You know they are smiling  
Each time someone shows that he cares

Though her words are simple and few  
Listen, listen, she's calling to you  
"Feed the birds, tuppence a bag  
Tuppence, tuppence, tuppence a bag"



**Morning Has Broken**, Cat Stevens, 1971  
based on Eleanor Farjeon's hymn, 1931

Morning has broken, like the first morning  
Blackbird has spoken, like the first bird  
Praise for the singing, praise for the morning  
Praise for the springing fresh from the world

Sweet the rain's new fall, sunlit from heaven  
Like the first dewfall, on the first grass  
Praise for the sweetness of the wet garden  
Sprung in completeness where his feet pass

Mine is the sunlight, mine is the morning  
Born of the one light, eden saw play  
Praise with elation, praise every morning  
God's recreation of the new day

**Pachelbel canon in D major**, circa 1680  
"Plus possible surprise piece from Tim"

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**Quiet Contemplation 12:20-12:40pm**

We invite you to gaze into this image...



or close the book and experience your five senses,  
appreciate the positive in your life, listen to nature,  
connect to community and enjoy the quiet.

**Closure 12:45pm**

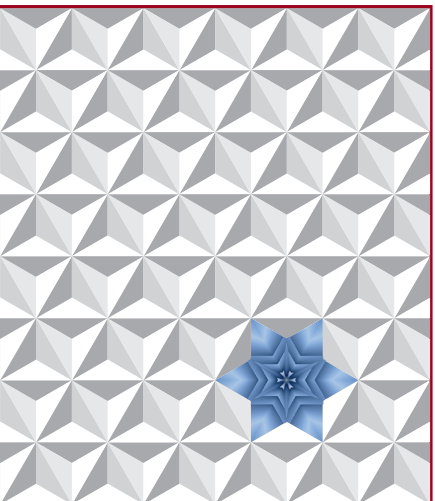
# Contemplation By Design

## A Stanford Campus-wide Collaboration

### November 3-7, 2014

BeWell is proud to announce “Contemplation By Design,” a multidisciplinary event in which faculty, staff and students are invited to experience the peace of mind and well-being that comes with sharing contemplative time.

The events, to be held the week of November 3-7, will bring the Stanford community together in recognizing the importance of quieting the thinking mind and refreshing oneself through quiet contemplation.



Dates for Your **November** Calendar to learn more about and further enjoy *Contemplation...*

**Monday, 11/3** 12:00pm **Contemplation: the Power of the Pause—Calm, Compassionate Competence**

BeWell workshop\*

5:00pm **Mindfulness**, Health Improvement Program (HIP)\*

9:00pm **Contemplation Breaks**, Office of Student Affairs; Residential Education

**Tuesday, 11/4**

10:00am **Labyrinth Walk**, Windhover contemplative center, Office for Religious Life (ORL)

12:00pm **Contemplative Wisdom**, Common Room in the Circle, Old Union 3rd floor, ORL\*

4:00pm **Labyrinth Walk**, Windhover contemplative center, ORL

5:30pm **Happiness**, Thrive workshop

9:00pm **Labyrinth Walk**, Windhover contemplative center, ORL

**Wednesday, 11/5** 12:00pm **Integrating Our Work and Life Aspirations**, Worklife Office, HIP\*

5:00pm **Walking Meditation and Contemplation of Memorial Church Inscriptions**,

Memorial Church, ORL, HIP\*

8:00pm **Om Under the Dome** (yoga), Memorial Church, ORL, HIP

9:00pm **Contemplation Breaks**, Office of Student Affairs; Residential Education

**Thursday, 11/6**

12:00pm **Contemplative Concert in Bing**, Stanford Live\*

5:00pm **Contemplation, Breaks and Vacation**, HELP Center\*

7:00pm **Labyrinth Walk**, Memorial Church, ORL

**Friday, 11/7**

12:00pm **Carlton Concert and Quiet Contemplation**, BeWell

\*BeWell berry is awarded for registered participation in this started event.

All events are FREE. Register at [stanford.io/contemplation](http://stanford.io/contemplation) in September 2014.

CONTEMPLATION BY DESIGN

November 3 - 7, 2014