

## Fiona's Favourite Musical Antidotes

Fiona Heyes put together a super music resource for our use in chapel and has led some eye-opening musical appreciation sessions at Othona. Jazz is her greatest love, but she draws on a taste and knowledge that ranges from classical to ambient.

I asked her to suggest some tracks to keep our spirits up in tough times. Here are just a few. We will add to them later. Thanks Fiona!

Youtube tip: if there's an advert intruding, watch for the Skip Ads box to appear in the right hand bottom corner and click on it – then you get the music 😊

**Yes We Have No Bananas** from The Muppets

<https://www.youtube.com/watch?v=-vQ0XUNxJyQ>

**Here Is The News** from Electric Light Orchestra

<https://www.youtube.com/watch?v=KRWZxO4UhVE>

**Hang Together** by Odyssey [https://www.youtube.com/watch?v=HbKfg07\\_1HI](https://www.youtube.com/watch?v=HbKfg07_1HI)

**Say Hello** from Nitin Sawhney (vocals Tina Grace, Jacob Golden, Jayanta Bose)

<https://www.youtube.com/watch?v=It3LerIUKXE>

**Don't Ever Let Nobody Drag Your Spirit Down** by Eric Bibb with Wilson Pickett

[https://www.youtube.com/watch?v=0xRf\\_rK4WIA](https://www.youtube.com/watch?v=0xRf_rK4WIA)