

Book of Songs & Recitals



WO'SE
COMMUNITY
CHURCH

Wo'se African People's Community Church



A Community of the Sacred African Way
"KNOW THYSELF"

HYMN TO MOTHER AFRICA

Verse:

Mother dear, we have heard your cries,
We are coming home to you
We pray that heaven clears the skies,
To hands stretched forth by thee,
Mother, dear this truth we know,
Thy children stolen from thee
Will now return to you and vow,
No more from thee to flee,

Chorus:

Africa, O Africa
We are hasting home to thee,
Africa, O Africa
Your children shall be free

Oh come and Join her children dear,
In one triumphant hymn.

Come one and all from far and near.

Let us rejoice and sing.

Mother dear, we will soon be free

To God we give our thanks

We are now joined in unity.

Forever close our ranks

Those chains shall fall from hands and feet

We'll soon be on our way

With peace and love we all will greet

The long awaiting day

When all shall gather at thy feet.

Oh, what a glorious day

When one and all God's laws shall keep

Forever and a day.

Words by: Helen Piper – Sheshamane, Ethiopia 1960

Sung to the tune of the Carol: "It Came Upon A Midnight Clear".

Know Thyself

***Ethiopia was her might,
and Egypt too without limits,
Somalia and Libya
were among her helpers.***

Nahum 3:9

Welcome to

WO'SE

***A Community of
the African Way***



Give Thanks

Amen-Ra, Holy One

Thank you for the

Rising Sun!

Thank You for this

Day of Life

Oh Amen Ra

—Baba Greg Hodge 1994



*This Official Book of Songs and Recitals
of Wo'se African Community Church
Is Dedicated to Our Precious Ancestors
Those famous and not so famous
On whose shoulders we stand
And to the glory of
God, Creator of the Universe.*



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Wo'se Community Church Council of Elders Oakland/Sacramento.

Wo'se is the place that Lifts our hearts and minds, Restores us to the Way of God Divine.

Welcome to Wo'se! The foregoing lyrics from one of the songs of our community expresses what Wo'se is in the' hearts and minds of our members. This Guide to Wo'se is designed to share our basic beliefs and practices with visitors and, members alike. We are a spiritual community that seeks to reestablish the great legacy of meaning, direction and purpose of our sacred, African ancestors. It is a place where African-centered, teachings are being shared to return our lives to the path of divinity, dignity and service that our ancestors pioneered in the earliest days of human history, a path that has been traveled by every independent African community throughout our history.

Wo'se began its work in Oakland, California and has established a second community in Sacramento, We founded and operate an African-centered school, ILE OMODE, to provide academic and ethical training to children in our community.

Wo'se has been nurtured by the movement to reconstruct the traditions that emerged from the pristine banks of the ancient Nile Valley and Oldupai Gorge. The ways of our ancestors have survived the destructive forces of the middle passage, colonialism and the oppression of the genocidal ghettos of so called modern civilization.

We believe that the spirit of the Almighty God has called our people to struggle to create a better way, a better life, a better future for our children and ultimately for all of humanity. Wo'se is born of the same spirit that led Ptah Hotep, Queen Nzinga, Richard Allen, Harriet Tubman, Martin Delaney, Ida B. Wells-Bamett, Martin Luther King, Malcolm X and countless others to know God's truth . We seek to serve our community and as a result, reach our highest human potential.

Our experiences together at Wo'se have led us to embrace certain practices, concepts and terms by which we express and pursue self Knowledge, salvation and the will of the Creator for our lives individually and collectively. We hope that the following pages will share a glimpse of the richness of the African tradition that we continue to honor and hold as sacred. We dedicate these pages to our members who have become ancestors and who continue to inspire our movement.

We invite you to join us in our worship and work!

*Sincerely,
Members of the Wo'se Community Church*

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WO'SE COMMUNITY AFFIRMATION

Leader: We will know God's truth
to be free and self-determined.

Community: Creator, help us to remember the humanity,
glory and suffering of our ancestors,
and to honor the struggles of our elders.

Leader: Let us strive to bring new vision
and life to our people;
let there be peace and harmony among us.

Community: Let us be loving, sharing and creative;
let us work, study and listen so we may learn, teach,
and cultivate self-reliance.

Leader: Grant us power, O Holy one, as we struggle to
resurrect our hearts and our homeland.

Community: We will raise our children
according to the needs of our nation,
with discipline, patience, devotion and courage;
we will strive to be the living models
of the new direction of our people.

All: We are an African People.
We are children of God.



WO'SE AFRICAN COMMUNITY LITANY OF SACRIFICE

*Save us, O Holy One, by your name,
Vindicate us by your might.
Hear my prayer, Divine Protector,
Listen to the words of my mouth.*

*How can we repay the Holy One
for the gifts that have been given to us?
We will lift up the cup of salvation and
call upon the God of our Ancestors.*

*We will fulfill our vows to our Creator,
in the presence of all our people.
Gladly we bring our sacrifices to You.*

We will praise your name, O Amen-Ra, for it is good.

Leader: IMANI! -- Faith. We will believe with all our hearts in our God, our people and in the righteousness and victory of our struggles.

Community: UMOJA! -- Unity. We shall strive to maintain Unity in the family, community, nation and race.

Leader: KUJICHAGULIA! -- Self Determination. We shall define, Name, create and speak for ourselves.

Community: UJIMA! -- Collective Work & Responsibility. We shall build and maintain our communities together, our brothers' and sisters' problems shall be ours to solve together.

Leader: UJAMAA! -- Cooperative Economics. Together we shall build and maintain our own businesses and together profit from them.

Community: KUUMBA! -- Creativity. We shall do as much as we can, in any way we can, to leave our community more beautiful and beneficial than when we inherited it.

Leader: NIA! -- Purpose. We shall make our collective vocation the building and developing of our community and the restoration of our people to our traditional greatness.
Amen-Ra.

The Nguzo Saba

(The Seven Principles)

Umoja (OO MOH JAH) - *Unity*

To strive for and maintain unity in the family, community nation and race.

Kujichagulia (KOO JEE CHAGOO LEEAH) - *Self-determination*

To define ourselves, name ourselves, create for ourselves and speak for ourselves instead of being defined, named created and spoken for by others.

Ujima (OO JEE MAH) - *Collective Work and Responsibility*

To build and maintain our community together, to make our brothers' and sisters' problems our problems to solve together.

Ujamaa (OO JAH MAH) - *Cooperative Economics*

To build and maintain our own businesses and profit together from them.

Nia (NEE YA) - *Purpose*

To make our collective vocation the building and developing of our community and to restore our people to our traditional greatness.

Kuumba (KOO OOM BAH) – *Creativity*

To always do as much as we can in any way that we can, in order to leave our community more beautiful and beneficial than when we inherited it.

Imani (EE MAH NEE) - *Faith*

To believe with all our hearts in our God, our people our parents, our teachers, our leaders and the righteousness and victory of our struggle.

The Ten Virtues

I will control my thoughts.

I will control my actions.

I will have devotion of purpose.

I will have faith in the ability of the master to teach the truth.

I will have faith in my ability to assimilate the truth.

I will have faith in my ability to wield the truth.

I will be free from resentment under the experience of persecution.

I will be free from resentment under the experience of wrong doing.

I will cultivate the ability to distinguish right from wrong.

I will cultivate the ability to tell the real from the unreal.



Legacy, George M James

from Kemet

Nguzo Saba Chant

(Chanted Prayerfully in Kiswahili)

Chant	Translation
Imani	<i>Faith</i>
Umoja	<i>Unity</i>
Kujichagulia	<i>Self Determination</i>
Ujima	<i>Collective Work & Responsibility</i>
Ujamaa	<i>Cooperative Economics</i>
Kuumba	<i>Creativity</i>
Nia, N-i-a	<i>Purpose, Purpose</i>
Nguzo Saba	<i>The Seven Principles</i>

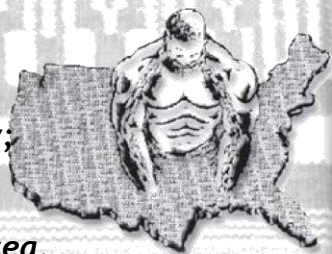
Imani
Umoja
Kujichagulia
Ujima
Ujamaa
Kuumba
Nia, N-i-a
Nguzo Saba

Set to Melody by: Min Mxolisi Ozo-Sowande 1985

African American National Anthem

LIFT EVERY VOICE AND SING

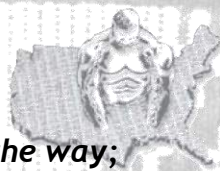
*Lift every voice and sing
till earth and heaven ring,
Ring with the harmonies of liberty;
Let our rejoicing rise,
high as the listening skies,
Let it resound loud as the rolling sea.*



*Sing a song, full of the faith that
the Dark past has taught us,
Sing a song, full of the hope that
the Present brought us,
Facing the rising sun of our new day begun,
Let us march on 'till victory is won.*



*God of our weary years,
God of our silent tears
Thou who has brought us thus far on the way;
Thou who hast by thy might,
led us into the light'
Keep us forever in the path, we pray.*



*Lest our feet stray from the places,
our God, Where we met Thee,
Lest our hearts, drunk with the
wine of the world we forget Thee;
Shadowed beneath Thy hand'
may we forever stand,
True to our God, true to our native land*



Lyrics by: James Weldon Johnson
Music by: J. Rosamond Johnson

Let Me Take You to a Place

Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se

The world out here
is full of hate
Everybody's in a hurry
no ti-ime to wait

This life
is such a struggle
Everywhere you go
there's loads of trouble

Let me take you to a place
I'm talking 'bout ... Wo'se
Let me take you to a place
Wo, Wo, Wo, Wo'se

[interlude]

Children come from broken homes
grow up ... and feel alone
Kids with good families
don't appreciate what they own

Let me take you to a place
There's a smile on every face
The people there WILL embrace
Wo, Wo, Wo, Wo'se
Let me take you to a place
Wo, Wo, Wo, Wo'se

Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se

Do you know Ma'at my sister?
Do you know Ma'at my brother?
Do you know Ma'at ... people?
Wo, Wo Wo, Wo'se

[together: sisters strong, brothers soft]
s: Do you know Ma'at my Sister?
b: Wo, Wo Wo, Wo'se

[together: brothers strong, sisters soft]
b: Do you know Ma'at my Brother?
s: Wo, Wo Wo, Wo'se

[together]
Do you know Ma'at ... people?

[together]
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se
Wo, Wo, Wo, Wo'se

[brothers call, sisters respond]
Wo, Wo, Wo, Wo'se ... WO'SE
Wo, Wo, Wo, Wo'se ... WO'SE
Wo, Wo, Wo, Wo'se ... WO'SE
Wo, Wo, Wo, Wo'se ... WO'SE

Do you know Ma'at my sister?
Do you know Ma'at my brother?
Do you know Ma'at ... people
Wo, Wo, Wo, Wo'se!!!

Adapted by Sis. Valeria Gadsden-Sams
Music by: Tehuti Kagemni

It's Time To Stand Like a People

Chorus

It's time to stand like a people,
It's time to stand like a people today
It's time to stand like a people,
Stand up and say: No more wandering,
We are finally on our way.



Verse:

Brothers and Sisters, we need you all today,
There's work to do as a people and it won't go away,
We're the chosen called by heaven,
To do the work that must be done
Alive with faith and purpose,
To bring our people together as one.

(You know) Chorus

Verse:

Our Children need to see themselves
in a much more positive light,
To see that nothing is impossible
When they try with all their might,
We must build schools that teach them,
That they're children of kings and queens,
It's up to us to save them,
Let us work and build and sing.



(You know) Chorus

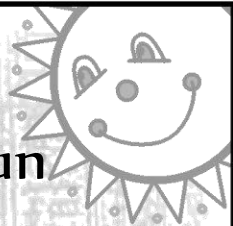
Verse:

Our Mothers and Fathers and Elders,
They have given us all they can,
They stood up and fought to protect us,
In this hard and bitter land.
Their trials must give us courage,
Every woman and man
None are free unless all are,
We pledge our lives to take back our land

(You know) Chorus

Lyrics by: Rev. William Calhoun, Jr., 1981
Sung to tune "It's time to go to the altar"

We are Children of the Sun



Chorus:

*We are children of the Sun,
In every task we shall overcome.
We were first upon the Earth,
We'll be the last, That's the Holy Word.*

Verse:

*We were the first to look at life,
To ask the questions why,
We were first to hear and heed
The answers of the Most High.
We were first to know the truths of reciprocity,
We were first to build a world of Love and Unity*

Chorus: 1x

Verse:

*Now we face a fateful task
Here in this trouble land,
To resurrect our hearts and minds
And build a mighty Plan.
To build foundations for People of the Way.
This work will surely test the Genius of the Race.*

Lyrics and Music by Min. Mxolisi Ozo-Sowande 1984
Dedicated to the Legacy of Asar Chancellor Williams.

This Little Light of Mine

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine.

Every where I go, I'm gonna let it shine
Every where I go, I'm gonna let it shine
Every where I go, I'm gonna let it shine
Let it shine, let it shine, let it shine.

This morning at Wo'se, I'm gonna let it shine
This morning at Wo'se, I'm gonna let it shine
This morning at Wo'se, I'm gonna let it shine
Let it shine, let it shine, let it shine.

At work, at school, at play, I'm gonna let it shine
At work, at school, at play, I'm gonna let it shine
At work, at school, at play, I'm gonna let it shine
Let it shine, let it shine, let it shine.

Even in my home, I'm gonna let it shine
Even in my home, I'm gonna let it shine
Even in my home, I'm gonna let it shine
Let it shine, let it shine, all the time.

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, Let it shine, Let it shine.



Traditional, dedicated to the work and memory of Sister Fannie Lou Hamer



Wo'se is the Place

*Wo'se is the place that lifts the hearts and minds,
Restores us to the Way of God Divine.*

*Wo'se is the place that lifts our hearts and minds,
Restores us to the Way of God Divine.*

Chorus:

Wo'se! Wo'se! We love to sing your praises.

Wo'se! Wo'se! We love to sing your praises.

God made this world, for all our children.

We love to sing your praises,

God made this world, for all of us to live in,

We love to sing your praises.

Creator, Amen-Ra, to you the people come,

We love to sing your praises,

To know the Sacred Way, to live as one

We love to sing your praises.

Chorus:

Wo'se! Wo'se! We love to sing your praises.

Wo'se! Wo'se! We love to sing your praises.

Words and music by: Bro. Charles Gwen 1993.

The African National Anthem

Nkosi sikelel' i Afrika

1. **Nkosi sikelel' i Afrika**
Maluphaka nyisw' uphonoo lwayo
Yizwa imithandazo yethu,
Nkosi sikelela, thina Lusapho lwayo
2. **Repeat Verse 1.**
3. **Woza moya, woza moya (x2)**
Woza moya oyingewe,
U si sikelele, thina lusapho lwayo
4. **Morena boloka setchaba sa yeso O**
fedise dintwa le matshwenye ho O se
boloke (o se boloke) (repeat)
Setchaba sa yeso
Setchaba sa Afrika
5. **Makube njalo, makube njalo Kuze**
kube nguna phakade (x2)
6. **O se boloke morene se**
boloke O se boloke
O se boloke Setchaba sa
yeso Setchaba sa
Afrika!!
7. **Call: AMANDLA**
Response: AWETHU!
(repeat)

Call: AFRIKA!
Response: ILEZWE IETHIJ

Call: AFRIKA!
Response: ILEZWE IETHIJ

Translation

*God bless Africa Let
the Nation Rise!
Hear our prayers
God bless Africa*

(Repeat)

*Power!
Ours!*

*Africa
is our land!*

*Africa
is our land!*

AMEN-RA, SPIRIT OF MA'AT

Chorus:

Amen-n-n Ra, Spirit of Ma'at
Help us walk the Sacred Way,
With all that we've got.
Amen-n-n Ra, Spirit within in me,
Hear my prayer, Lord, I come to thee.

Repeat Chorus

Verse:

For divine control of my thoughts and actions,
For deeper devotion for the mission you have given.
For greater respect for your Sacred word of Truth,
To understand the right and wrong in all I say and do.

Repeat Chorus

Verse:

For greater self knowledge, the real, the unreal in me;
For the values of salvation, truth to make me free.
For freedom from resentment,
Freedom from fear and hate
For all the truth, love and beauty of
Your sacred African Way.

Repeat Chorus

Lyrics and Music by Minister Mxolisi Ozo-Sowonde 1990

I'm So Thankful To Be African

I'm so thankful to be African,
Yes I am, Yes I am, Oh yes I am.
I know the ancestors and elders
are smiling everyday
Because we are Wo'se,
The Church of the African Way.
I'm so thankful – so thankful to be African,
Oh, yes I am, yes I am, yes I am.

In God's creation, hatred should never be,
Love is the way to eternity.
It's God's destiny: It was meant to be,
We Should live together as one.
I'm so thankful – so thankful to be African,
Oh, yes I am, yes I am, yes I am.

I love you; You love me
That's the way it supposed to be.
It's God's destiny: It was meant to be,
We should live together as one.
I'm so thankful - so thankful to be African,
Oh, yes I am, yes I am, yes I am.

Lyrics and music by: Mama Jasiri Neema 1990

WHEN THE MUSIC OF A PEOPLE

The music of greatness brings healing, it brings harmony.
Our sacred Ancestors and Elders sing it to you and me
The music of greatness flows from the soul
It brings us the eternal message,
One Love, with God as our goal.
One Love, with God as our goal.

When the music of a people turns towards greatness,
The people might overcome superstition, ignorance and fear.
When the music of a people turns towards greatness,
A people of greatness might soon reappear

The music that's the melody of the Spirit of Eternity,
That music calls me and you to realize our divinity.
The music that gives praise to Creator of the Sacred Way,
That music calls you and me to take control of our destiny.

The music of greatness brings healing, it brings harmony.
Our sacred Ancestors and Elders sing it to you and me
The music of greatness flows from the soul
It brings us the eternal message,
One Love, with God as our goal.
One Love, with God as our goal.



Teach the Children

Teach the children what they need to survive
Don't let them be misled by the same old lies,
Only time will tell, only time will tell.
If I have taught them well,
Like we should know by now.
Some way, some how you have to teach the children.

Chorus:

If the world want to liberate,
Don't you know you have to educate
... the children, THE CHILDREN

Teach the children that for truth they must take a stand,
To fight all oppression and help their fellow man.
Only time will tell, only time will tell,
If we've taught them well,
Like we should know by now.
Some way, somehow you have to teach the children.

(Repeat Chorus)

Teach the children what it means to be free.
Only unshackled minds can break the chains of slavery.
Only time will tell, only time will tell,
If we've taught them well
Like we should know by now.
Some way, somehow have to teach the children.

(Repeat Chorus)

TEACH THE CHILDREN!

Lyrics and music by: Rashido Mwangazi 1989

Africa Our Holy Land

There is a place where we can go:
Africa... Our Holy Land... Africa.

There we'll find truth and God's divine love.
Africa... Our Holy Land... Africa.

As we walk along the sacred way,
Remember: Africa... Our Holy Land... Africa.

In our hearts, we'll find that place
In Africa... Our Holy Land... Africa.

You opened our eyes that we might see.
We love Africa... Our Holy Land... Africa.
So why not work and stay in the sacred way
Keep loving Africa... Our Holy Land... Africa.

Lyrics & Music by: Mehib Holmes 1993



The Seven Principles Song

(Song of the Nguzo Saba)

*There are seven principles,
For a better life,
To find them, To Know Thyself,
You have to look inside.*

*Oh, Yes! We need them so very much,
To restore ourselves today,
Nguzo Saba is the Way.*

*Umoja, Kujichagulia,
Ujima, Ujaama,
Nia, Kuumba,
Imani, makes us one.*

*Oh, Yes! We need them so very much,
To restore ourselves today,
Nguzo Saba is the Way.*

(Repeat)

Words adapted by: Bro. Charles Gwen 1992

The Lord Is Blessing Me

The Lord is blessing me right now, right now.
The Lord is blessing me right now, right now.
Ra woke me up this morning
And started me on my way
The Lord's blessing me right now, right now.

Ra woke me up this morning
I was clothed in my right mind.
Ra didn't let me sleep too late,
But woke me right on time.

Ra woke me up this morning
And started me on my way.
The Lord is blessing me right now.

Traditional



Children of Ma'at

We are the children of Ma'at
We are the children of the sun
We are the children of Ma'at
We are the children and God is within us

We feel the spirit of God deep within us
It feels so good to be so near
Life is a journey that has its ups and downs
A journey we must never fear

We can remember oh so much
From our ancestors who's knowledge that we search

Open your eyes, Keep your head up high
Don't break your stride, Let's multiply because ...

We are the children of Ma'at
We are the children of the sun
We are the children of Ma'at
We are the children and God is within us

We feel the spirit of God deep within us
It feels so good to be so near
Life is a journey that has its ups and downs

We can remember oh so much
From our ancestors who's knowledge that we search

Open your eyes, Keep your head up high
Don't break your stride, Let's multiply because ...

We are the children of Ma'at
We are the children of the sun
We are the children of Ma'at
We are the children and God is within us



Meditation in Everyday Life

What is meditation and how can it help us in daily life? Webster's dictionary defines meditation as contemplation, reflection, dwelling in thought or pondering. But what is contemplation, and what are we reflecting on or pondering about? And once we answer those questions, how does that which we are pondering help us in daily life?

There are many kinds of meditation ranging from a few minutes to hours in duration. It is not very practical for those of us living outside a monastery to practice meditation for hours on end so it makes sense to focus on something we can do in a few minutes each day. In other words, simplicity and practicality should be the keys. The most rewarding and powerful meditation we can practice on a daily basis been prescribed for his followers by Bhagavan Satya Sai Baba. However, this simple meditation can be practiced by anyone regardless of religion or creed without regard to religion or creed as well.

Meditation is really a process composed of three parts:

Concentration, Contemplation and finally **Meditation**. Most of what is taught as meditation today focuses primarily on concentration and does not always follow through to contemplation and meditation. However, as I explain Sai Baba's meditation on light you will see that all three parts are covered simply, completely and beautifully.

To Practice Sai Baba's meditation on light sit comfortably on a chair or on the floor with your spine straight, hands resting easily on your lap, and a candle lit at eye level about 3 – 5 feet in front of you. The emphasis is on comfort. It is not at all necessary to assume any particular posture or pose.

Look intently at the flame flickering in front of you and think without pressuring yourself: "I am in the light!" This practice develops concentration. There is the light and you, separate and distinct. You are bathed in the light. After some time, your eyelids will begin to tire.

When this occurs, gently close your eyes, focusing your attention on your brow just between your eyes. You will notice the afterglow of the flame at that point. If it is unsteady or flickering or you are unable to "see" it do not worry. Just imagine it is there. After a few days of practice soon it will become steady and "visible."

At this point, you now hold the thought “the light is in me!” This is contemplation. You can observe the light inside your head. You can now use your imagination to move the light to your heart area, and watch it grow brighter and larger. Then you can move this light to all parts of your body where there are aches, pains, discomforts and diseases of any kind.

See the light burning those conditions away. When you have finished, return the light to your heart center. Now let it grow until it has encompassed your whole body and being, unrestricted by the boundaries of your skin, aura or awareness. As you become aware of its all-encompassing nature, know “I am the Light!” You now become unaware of any separation between you and the light, hence your declaration. This is now meditation.

The light that spread from your heart center is the energy called Love, pure and unconditional. You can let this light expand away from your heart and “see” it touching and flowing through your loved ones, friends, enemies, religious and secular leaders, neighborhood, city, state, nation, the world and finally throughout the universe, knowing that you, the light, the self, are one with all there is and that all there is love. So this self is really what we are pondering, and we now raise forward a way to release it to bless and heal all the Universe and everything there in. You have become the healer and those you touch might report miraculous healings to you without knowing that you are the source.

This meditation can be done in about 15-20 minutes each day, taking about 5 minutes for parts 1 and 2 and about 5-10 minutes for part 3. This meditation has helped me introduce a lot of order, efficiency and ability to cope with and face any situations which arise with equanimity, peace and poise. Its power enables one to deal with stress in an appropriate manner. It enables you to walk through the “fire” of life without being “burned”.

I know a man who has practiced this meditation for over twenty years. This is his only spiritual practice taking 15-20 minutes per day. He states that it now takes him two hours a day to do what used to take him eight hours. He states that this is due to the powerful power of concentration developed by this practice. He uses the six hours he saves daily to do God's work. I hope you too will find this simple meditation making a profound impact in every aspect of your daily life.

Written by Brother Zared Phillips

Amen-Ra Is All Good

Who do you turn to when you're feelin' down and low
Where do you go when your heart seems kind of cold
Who do you turn to when you're feelin' all alone
Where do you go when you here that sad sad song

Chorus:

Amen-Ra is all good
It really really makes you feel better
When the love comes from within
Amen-Ra is all good
It really really makes you feel better
When the love comes from within

What you throw out boomerangs right back to you
It's from our creator God, Amen-Ra
God, Amen-Ra made the sun, made the moon
Made the stars, made the ocean so blue

What's in my soul when I wake up in the morning
With love in my heart
As I see the sun rising
In the early, early dawning, of a new day

I like the love in my heart when I sit out in the night
And the moon glowing bright
And the stars tell a story
As they sit there in their glory let's practice The Way

Chorus:(1x)

(Men)

You gotta get it cause the time is right Just can't stop that
feeling, Gotta let it go You gotta get it cause the time is right
Just can't stop that feeling, Gotta let it flow

(Women)

You gotta get it cause the time is right, Just let it go
You gotta get it cause the time is right, Just let it flow

©2001 written by: Terry Lee Guilford, Sr.

The Way is MA'AT

Chorus:

The way is MA'AT:

Truth, Justice, Righteousness.

Is what we believe.

The Way is MA'AT

(Repeat Chorus)

We believe the teachings of our Elders,

That the Creator God

Created the universe in all life,

God has placed in each of us

A part of the Divine Spirit,

That God living in us and through us

Has given us the right to establish peace

and justice throughout the universe

(Repeat Chorus)

The Way is MA'AT.

Words and music by Charles Gwynn 1992

KEEP ON TRYING

*There is a church called Wo'se (Keep on trying)
I hear some people saying (Keep on trying)
There are some people up there today
(who keep on trying, trying).*

*Though they've been there for long, long years
(Keep on trying)
They're not gonna give up hope
(Keep on trying)
Remember Marcus Garvey said,
Who will keep on trying? Who will keep on trying?
Who will keep on trying, trying, trying.*

Refrain:

*We will keep on trying,
Never give up hope
If we try and don't succeed
We'll try again. (Keep on trying)*

*We will keep on trying, (Keep on trying)
We will keep on trying, (Keep on trying)
We will never, never give up hope.*

*We will keep on
Trying, trying (Repeat)*

*La-Da-De-De-Da -- Da-De-Da
La-Da-De- Da -- Da-De-Da*

*We will keep on trying,
We will keep on trying,
We will keep on trying, Trying, trying.*

Lyrics & Music by Jahruha Allsbrook, 1983
Founder of Stones of Fire

HUSH, HUSH, SOMEBODY'S CALLIN' MY NAME

*Hush, hush, Somebody's callin' my name,
(Repeat two more times)*

*Oh my Lord, Oh my Lord,
What shall I do? What shall I do?*

*I'm so glad trouble don't last always,
(Repeat two more times)*

*Oh my Lord, Oh my Lord,
What shall I do? What shall I do?*

*Sounds like Freedom, Harriet is callin' my name,
(Repeat two more times)*

*Oh my Lord, Oh my Lord,
What shall I do? What shall I do?*

*Sounds like courage, Malcolm is calling my name,
(Repeat two more times)*

*Oh my Lord, Oh my Lord,
What shall I do? What shall I do?*

*Sounds like unity, Marcus is calling my name,
(Repeat two more times)*

*Oh my Lord, Oh my Lord,
What shall I do? What shall I do?*

*We're gonna work, study & pray, to restore the African way,
Work, study and pray, to restore the African way,
We're gonna work, study & pray, to restore the African way,
Amen-Ra, Amen-Ra, we know what to do.
We know what to do.*

*Hush, hush, the Ancestors callin' my name,
(Repeat two more times)*

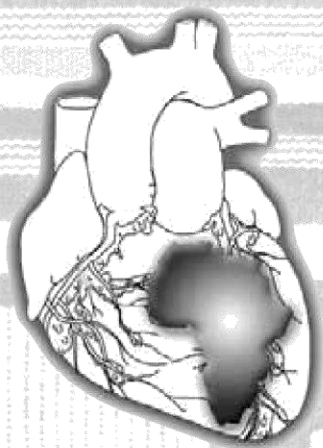
*Amen-Ra, Amen-Ra, we know what to do.
We know what to do.*



Traditional Spiritual with Updating

DEEP DOWN IN MY HEART

Deep, deep, deep, deep
Deep down in my heart,
Oh, deep, deep, deep, deep
Deep down in my heart,
I love Africa, I love Africa,
Deep down in my heart.



Deep, deep, deep, deep
Deep down in my heart,
Oh, deep, deep, deep, deep
Deep down in my heart,
I love Africa, I love Africa,
Deep down in my heart.

Traditional Spiritual with updating



PEOPLE KNOW THYSELF

In the beginning our Creator's plan
Called for a people, in our Mother land.
In the beginning on a scale so grand,
Jah gave us blessing in that Promise land.
People know thyself, People know thyself!
Self determination grows from nothing else.

A people of purpose with a faith so deep,
Praised our Creator, built society.
A people of purpose, love and unity.
Pyramids of power, giants of history.
People know thyself, People know thyself!
Self determination grows from nothing else.

Our ancestors never gave up the dream
Of true peace and freedom, divine dignity.
Our ancestors call for you and me
To carry on the struggle, win the victory.
People know thyself, People know thyself
Self determination grows from nothing else.

In Jah's own image, we're made free and strong.
To know and do justice, To resist all wrong.
In divine image, we work hard and long.
Building our people, singing freedom's song.
People know thyself, People know thyself
Self determination grows from nothing else.

People know thyself, People know thyself
Self determination grows from nothing else.
People know thyself, People know thyself
Kujichagulia grows from nothing else.
People know thyself, People know thyself
Our true salvation grows from nothing else
People know thyself, People know thyself
Our liberation grows from nothing else.
People know thyself, People know thyself
Self determination grows from nothing else!

Min. Mxolisi Ozo-Sowande, 1982





LIFT WOSE

*We came here today, people all over the world,
For an answer – Wo'se is the key.
And now, if I and I be lifted up from this earth
I'll draw all souls, draw all souls unto me.*

*Lift the savior up, Lift the savior up,
Until Jah speaks from Eternity,
And I, if I be lifted up from this Earth,
I'll draw all souls unto me!*

*Don't you know that the world is hungry,
They want the living bread,
Live in prayer, lift the savior up,
Lift the savior up, we want everybody to see
Trust Jah and never doubt the words that Jah says,
- I'll draw all souls unto me!*

*Lyrics & music Jahruha Allsbrook, 1984
Founder, Stones of Fire.*

Step Out On Faith

They crossed the deserts
They crossed the seas
They climbed the mountains
They prayed on their knees
They boarded trains
They fled through fields
They slept in barns
With dogs at their heels...

Can't see the road ahead
Step out on faith instead
Don't know where it may lead
Loved ones behind they leave...

They fought destruction
They fought to be free
They fought the dogs
They even fought the police
Four little girls,
In church they prayed,
The church got bombed
THEY DIED THAT DAY!

Can't see the road ahead
Step out on faith instead
Don't know where it may lead
Loved ones behind they leave...

(repeat)

I WAS GLAD WHEN THEY SAID UNTO ME

(Version II)

I was glad when they said unto me,
I was glad when they said unto me,
I was glad when they said unto me:
Come let us go into the house of Wo'se.

I came running when they said unto me (Repeat two times)
Go worship at Wo'se.

I came singing when they said unto me (Repeat two times)
Go worship at Wo'se.

I came praying when they said unto me (Repeat two times)
Go worship at Wo'se. (Repeat two times)

For it builds community, (Repeat two times)
When we go worship at Wo'se

It makes our children grow (Repeat two times)
When we go worship at Wo'se

It makes our families strong (Repeat two times)
When we go worship at Wo'se

I was Glad when they said unto me, (Repeat two times)
When we go worship at Wo'se

Wo'se, Wo'se, Wo'se
Wo'se, Wo'se, Wo'se
Wo'se, Wo'se, Wo'se
Let us go worship at Wo'se

Traditional melody with words updated
by: Sis. Leslie Campbell.



WO'SE

COME AND GO WITH US

*Come and go with us, We are following the Way,
Come and go with us, We are following the Way,
Come and go with us, We are following the Way,
Amen-Ra, Amen-Ra, We are following the Way.*

*No more self hatred, We are following the Way
No more self hatred, We are following the Way
No more self hatred, We are following the Way
Amen-Ra, Amen-Ra, We are following the Way*

*We are following the Way,
We are following the Way,
We are following the Way.*

*Work, Study and Pray to restore the Sacred Way,
Work, Study and Pray to restore the Sacred Way,
Work, Study and Pray to restore the Sacred Way,
Amen-Ra, Amen-Ra, We are following the Way.*

*No more crying then, We are following the Way,
No more crying then, We are following the Way,
No more crying then, We are following the Way,
Amen-Ra, Amen-Ra, We are following the Way.*

Traditional with updating



STAND UP FOR YOUR RIGHTS



Get up, stand up, stand up for your rights (repeat 4 x)

Preacher man don't tell me, Heaven is under the earth
I know - You don't know what life is really worth
Is not all that glitter is gold,
half the story's never been told
So now you see the light, stand up for your rights

(Come-on)

Get up, stand up, stand up for your rights (repeat 4 x)

Most people think, great God will come from the sky,
Take away everything and make everybody feel high
But if you know what life is worth,
you would look for yours on earth
And now you see the light, stand up for your rights! (Yea),



Get up, stand up, (yea, yea) stand up for your rights (Woe who)
Get up, stand up, don't give up the fight
(Life is your right so we can't give up the fight)
Get up, stand up, stand up for your rights
(Lord, Lord, keep on struggling on)
Get up, stand up, don't give up the fight

We're sick and tired of your isms-skisms
Can't die and go to heaven inna Jesus name, Lord
We know and we understand Almighty God is a living man
You can fool some people sometimes,
but you can't fool all the people all the time,
So now you see the light, You gonna stand up for your rights!

So, Get up, stand up, stand up for your rights
Get up, stand up, don't give up the fight
Get up, stand up, stand up for your rights (In your neighborhood)
Get up, stand up, don't give up the fight. (Fight with all your might)
Don't give up the fight, never give up the fight! ———

Bob Marley & Peter Tosh (The Wailers)

Africa, Our Africa

Now's the time to stand united,
Put our doubts aside,
Truth shall be our greatest weapon,
OUR GOD has opened our eyes!



Refrain:

We're singing 'bout Africa, our Africa
We stretch our hands to thee.
We won't stop 'til we've accomplished, Returning your
children to thee.

From you, we all first learned of heaven,
How to write, to build, to live.
You gave us might, but now you suffer.
To your cause, our lives, we give.

Refrain:

Our ancestors and our elders
Never gave up the dream
Of seeing us again united
ONE GOD, ONE FAITH, ONE AIM!

REFRAIN:

Words by Revered Bill Calhoun 1981
Traditional Melody

GOD HAS SMILED ON ME

CHORUS:

*Ra has shined on me,
Gave me victory
Ra has shined on me,
Truth has set me free.*

VERSE:

*Ra source of all the light,
Leads me to the Way.
Shows me my Divinity,
Shines in me each day.*

Chorus twice.

Adapted by: Sis. Leslie Campbell, 1993.

Every Time I Feel the Spirit

Chorus:

Every time I feel the spirit moving in my heart, I will pray,
Every time I feel the spirit moving in my heart, I will pray,
Every time I feel the spirit moving in my heart, I will pray,

Verse:

Upon this mountain, Amen-Ra spoke,
Out of the mouth came fire and smoke.
All around me looks so fine,
Ask Amen if all was mine.

Chorus:

Every time I feel the spirit moving in my heart, I will pray,
Every time I feel the spirit moving in my heart, I will pray,
Every time I feel the spirit moving in my heart, I will pray,

Verse:

Jordan River is chilly and cold
Chills the body, but not the soul.
Ain't but one train on this track,
Runs to Heaven and then right back.

(Repeat Chorus 3x)

Traditional with updating.



Love Is

Chorus:

La La
La La La
La La
La La La La
La La La La
La
We are the world.

Verse:

Love is ...
Harmony.
Love is ...
Unity,
Caring and sharing
Loving and giving.
Love
We are the world.
We are a new generation,
Building a better nation.
Now is the time for our future,
Honoring Martin Luther King Jr.
(Repeat Chorus)

Solo Improvisation - Choir Member
(Repeat Chorus)

Solo Improvisation - By Choir Member
(Repeat Chorus)

Music and Lyrics by: Bro. Charles Gwen, 1993





Mandela Rock

Chorus

Mandela Rock, Shout! Shout!

Mandela Rock, Coming on Strong

Mandela Rock, Shout! Shout!

Mandela Rock, Coming on Strong

Yes, I'm coming on strong.

Yes, I'm coming on strong.

Yes, I'm coming on strong.

The traducer is a liar and conjurer too;

If you don't watch out, he'll conjure you.

If I could, I surely would

Just stand on the rock where Nelson stood.

REPEAT VERSE

REPEAT CHORUS

*Traditional with updating
Sung to the tune of Elijah Rock*

ROCK MY SOUL

Chorus:

Rock my soul in the bosom of Africa
Rock my soul in the bosom of Africa
Rock my soul in the bosom of Africa
Ohhh, Rock my soul.

Verse:

Sometimes I'm up; Sometimes I'm down
Sometimes I'm level to the ground.
I go my way, and do not wrong,
That's why I'm singing Wo'se songs!

Chorus:

(Repeat Chorus)

Verse:

My enemies won't let me be,
And why they talk I cannot see.
I go my way and I do no wrong,
That's why I'm singing Wo'se songs!

(Repeat Chorus 2x)

Oh, Rock my soul
Oh, Rock my soul

Traditional Spiritual with updating

I Am Yours

Chorus:

I am Yours, Father of Creation,
Mother of Inspiration, Spirit of Liberation.
I am yours, Your truth has made me free,
My heart belongs to thee, You're my destiny.

Verse:

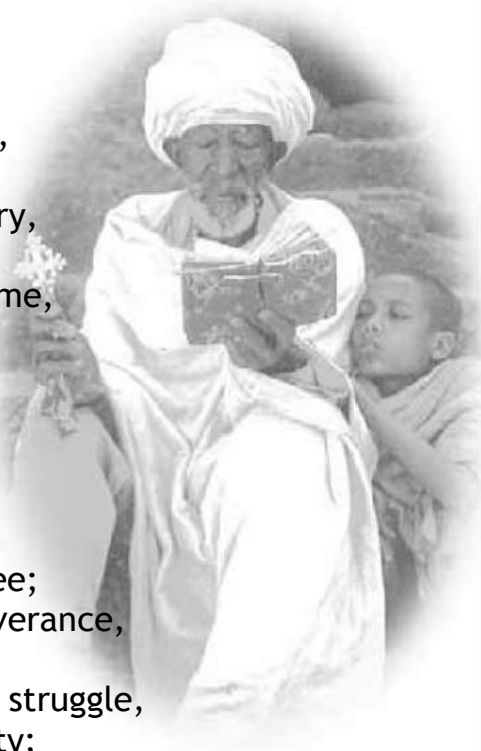
My life was once in prison,
Full of ignorance and fear;
Traducers blinded my eyes,
No Truth reached my ears,
Somehow I learned the story,
The Sacred Way of Glory;
The chains fell away from me,
Your Truth makes me free!

(Chorus 1x)

Verse:

The Way may not be easy,
O freedom never comes free;
I'm pressing on with perseverance,
working diligently.
For the future is worth the struggle,
the child must know Divinity;
I know I never walk alone,
Amen-Ra, You walk with me.

(Chorus 1x)



Words and Music by Minister Mxolisi Ozi-Soande 1993

We Give Thanks and Praises to Amen-Ra

Chorus:

We give all thanks and praises to
Amen-Ra, Amen-Ra, Amen-Ra
We give all thanks and praises to
Amen-Ra, for the blessings we receive



Verse:

Thank God for love and mercy, a
Love that won't go away;
Thank God for parents and elders along The Way.
Thank God for making us free
with a measure of divinity;
Thank God for sisters and brothers along The Way.

Chorus:

Verse:

Thank God for Sacred Ancestors,
One Aim, One Destiny
Thank God for Truth,
Love and Beauty along the Way Thank
God for Hope for the future,
Give thanks for Faith today,
Thank God for Courage for living along The Way

Chorus (Repeat 3 times)

Traditional with updating by: Min. M. Ozo-Sowande

WO'SE IS THE WAY

Chorus:

*Wo'se is the answer for the world today,
Above them there's no other.
WO'SE IS THE WAY!*



(Repeat Chorus)

Verse:

*If you have some questions in the corners of your mind,
Places of discouragement and peace you cannot find;
Reflections of your past seem to face you everyday,
But there's one thing I do know - WO'SE IS THE WAY!*

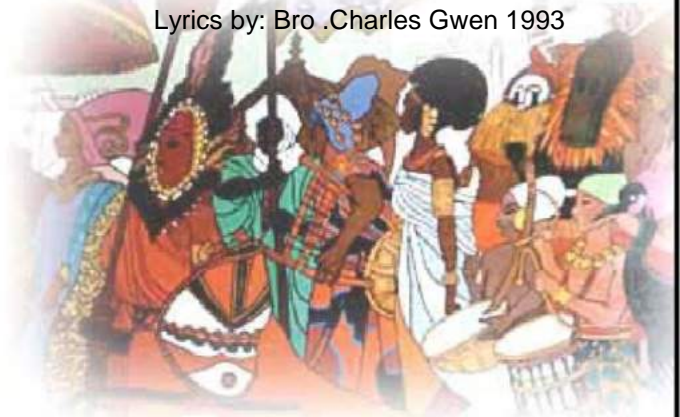
(Repeat Chorus)

Verse:

*The past is our road map to this world today,
The knowledge of our ancestors leads us to The Way.
Together we must build a better world to live
Spring forth like lions to claim out throne within.*

(Repeat Chorus 2x)

Lyrics by: Bro .Charles Gwen 1993

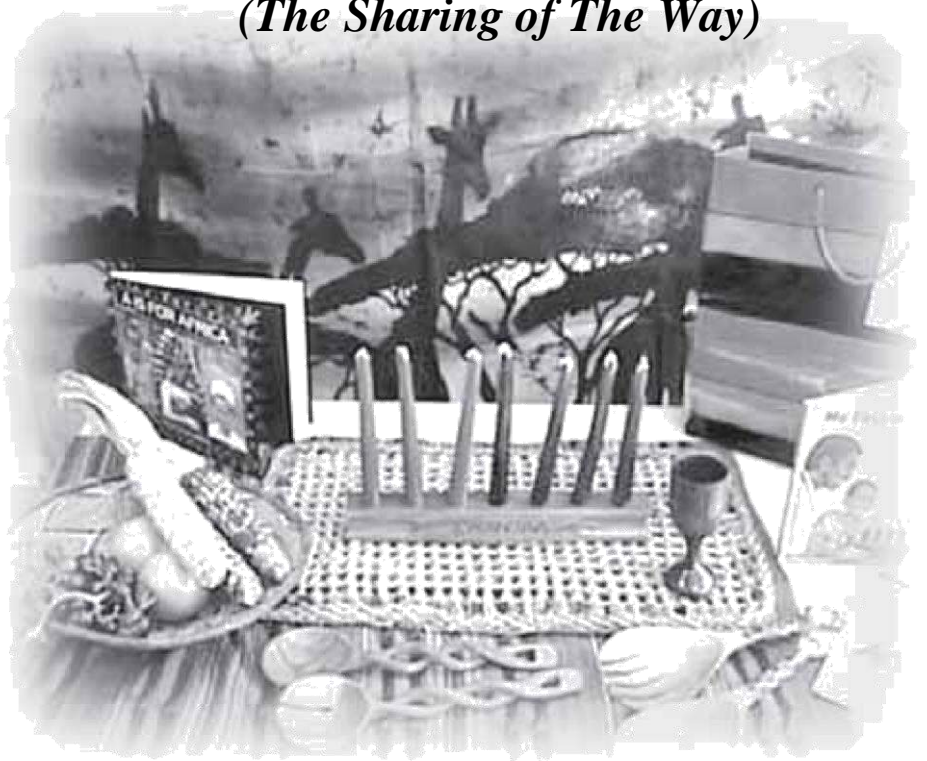




WO'SE

Ushariki Ya Ujia

(The Sharing of The Way)





USHARIKI YA UJIA

(Sharing the Way)

To be read by a representative of each circle

IMANI

Divine Creator, Eternal Amen Ra, I wade in these waters of your faith divine in the spirit of IMANI, for the Sisters and Brothers of my Circle and our entire community May we grow in knowing FAITH in each other and FAITH in you and faith in our righteous victory:

In the spirit of IMANI.

UMOJA

Divine Creator, Strong Liberator, I wade in these waters of UMOJA and love in the spirit of UMOJA for the sisters and brothers of my Circle and our entire community. Help us always to love each other and always work together to maintain and protect our family, community, nation, and race in the undying spirit of UMOJA

KUJICHAGULIA

Divine Creator, Eternal Spirit of Ma-at, I wade in these mighty waters of self-determination in the spirit of KUJICHAGULIA for the Sisters and Brothers of my Circle and our entire Community. Refresh our minds with freedom and power to define, name, create and speak for ourselves in the spirit of liberation and salvation, and in the spirit of KUJICHAGULIA

UJIMA

Divine Creator, Holy Mother, Holy Father I wade in your mighty waters of work and responsibility in the spirit of UJIMA the Sisters and Brothers of my Circle and our Community. Let us always know the power of working together in love, to build and maintain family, community – a people, together, in the spirit of UJIMA

UJAMAA

Divine Creator, Eternal Provider, I wade in your waters of abundance and prosperity in the spirit of UJAMAA, for the sisters and brothers of my Circle and our entire Community. Help us to know economic liberation and the power of communal cooperation in the investment of our lives to achieve the greatest number, in the spirit of UJAMAA!

KUUMBA

Divine Creator, Spark of life within me, I wade in your waters of great beauty and beneficence in the spirit of KUUMBA, for the sisters and brothers of my circle and our entire Community, Empower us through all the days of our lives to do all we can to bring Truth, Justice and Righteousness to every boy and girl, every woman and man on the face of your beautiful Earth, in the spirit of KUUMBA.

NIA

Divine Creator, Amen-Ra within me, I wade in your waters of purpose and power, in the spirit of NIA, for the sisters and brothers of my Circle and our entire Community. Help us to know greater courage, faith and diligence for the mission that you have given — the restoration of our race as a people of greatness, here, now and ever-more - in the spirit of NIA.

- **IMANI** – *Faith*
- **UMOJA** – *Unity*
- **KUJICHAGULIA** – *Self Determination*
- **UJIMA** – *Collective work and responsibility*
- **UJAMAA** – *Cooperative Economics*
- **KUUMBA** – *Creativity*
- **NIA** – *Purpose*



Ghanaian National Anthem

*God bless our homeland Ghana
And make our nation great and strong
Bold to defend forever
The cause of freedom and right
Fill our hearts with true humility,
Make us cherish fearless honesty,
And help us to resist oppressors' rule
With all our will and might forever more.*

MDW NTR - “Divine Speech”

Glossary of Important Terms used at Wo’se Community Church

Amen Ra - One of the earliest and most commonly used names for the Most High, The Omnipresent and Omnipotent Creator of the Universe; “The One who is seen yet unseen”

Ashe (pronounced “Ah-Shay”) - An affirmation from the Yoruba language of West Africa which means “let it have force, may it be so”.

Ase, Ast, Set, Nebt Het - According to the narrative of Ancient Kemet, the first family of divine human beings about whom many parables and teaching stories are told. They represent the creative principle (Asr) Authority and order (Ast), confusion, choice and chaos (Set) and nurturing and support (Nebt Het).

Hetep/Hotep! - From ancient Kemet, this term means “Peace!” It is an offering of good will. Its symbol is a sacrificial slab.

Ma’at (pronounced “Ma-aht”) - a term for the comprehensive worldview in Ancient Africa which means Truth, Justice, Right Order. Propriety, Harmony, Balance and Reciprocity. It refers to a standard of ethical behavior for all humanity as well as the moral-creative-foundational quality of the Creative will and action of the Most High.

Neferwy Ubenek - (pronounced “Nef-er-wy uu-ben-ek”) - A term which refers to the magnificence of the Most High. It literally means, “How Beautiful is Your Appearance!”

Sep Tepi - A Kemetic term which means “the first time”; the creation in the beginning as well as the ongoing coming into being of material things as well as spiritual consciousness.

The Ethiopian Prayer

*African Princes and princesses shall come out of the Americas.
Ethiopians now stretch forth their hands unto God.
O thou God of Ethiopia, Thy divine majesty.
Your spirits come into our hearts to dwell in the path of Ma'at.*

*Lead us, teach us to forgive that we may be forgiven.
Teach us, love, loyalty on earth as it is in the heavens.
Endow us with understanding to do your Will.
Your blessing to us, that the hungry be fed, the naked clothed.
The sick nourished, and the aged protected and the infant cured.*

*Deliver us from the hands of our enemies.
That we may prove fruitful in these last days,
When our enemies are passed and decay,*

*In the depths of the sea,
In the depths of the Earth,
Or the belly of a beast,
Oh, give us all a place in your kingdom forever and ever
Amen-Ra.*



What We Believe ~ What We Practice



Wo'se Community Church is a Community of the Way.

THE WAY IS MA'AT — Truth, Justice and Righteousness,

We believe the teachings of our elders and our ancestors that the Creator God created the Universe and all life, and has placed in each of us a part of the Divine Spirit. God living in us and through us has given us the right and the power to establish peace and justice in all human life, and true harmony with all of creation. We believe in the living faith of our ancestors.

Our Way is not merely ritual or belief, Our Way is a Way of Life.

Our Way is not a random path. Our Way begins with coherent understanding. It is a Way that aims at preserving knowledge of who we are. It is with this conviction that we study the rich heritage of our African people. The Way is reciprocity. The Way is wholeness. The Way is Unity and Self-Determination. It is Creativity, Collective Work and Responsibility. Our Way is Faith, Purpose and Cooperative Economics. The Way knows no oppression. Our Way creates, Our Way worships and praises the God of our ancestors.

The way is life, The Way destroys only destruction.

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Wo'se Oakland Ministerial Staff

*Sr.Min. Greg Hodge
Min. Emeritus Mxolisi Ozo-Sowande
Min. in Training Tracy Brown*

Wo'se Sacramento Ministerial Staff

*Min. Imhotep Alkebulan
Min. Tehuti Kagemni
Min. Alicia Lovelady-Teasley*

New Life Seminary & Biko

Sunday 9:15am - 10:20am

Worship and Celebration Service

Sunday 10:30am – 12:30pm

Prayer, Study & Fellowship

Wednesdays 7:00pm – 9:30pm

Sep tepi Prayer

Wednesdays 7:00pm – 9:30pm

Worship & Celebration Service

Sunday 10:00am - 12:00pm

Elder's Meeting

3rd Wednesdays 7:00pm – 9:30pm

Advanced Study

4th Wednesdays 7:00pm – 9:30pm