

# What's In A Song

words & music by Lucy Picco Simpson  
arr. Jesse Milnes, Emily Miller, Mary Alice Amidon, Peter Amidon

*melody in alto* – Chorus

What's in a song that helps me to heal? why can a song al -

low me to feel? Oh, I can't ex - plain the

joy or the tears, Though I've been a sing - er for years.

Verse  
There are times when the folks are hav - ing a ball, and the drinks and the jokes could fill up a

hall; but give me a song, a cho - rus, or more, and that's when I'm like - ly to

soar. Oh they say that there's no - thing like hav - ing a feast to bring

folks close to - ge - ther from north, south, west, east, but give us a song when the

feas - ting is done, and that's when the ma - ny are one.

2) There's a time and a place for sorrow and woe  
When the pain and the tears are expected to flow,  
But give me a song and voices close by  
And that's when I'm likely to cry

There've been times when my heart has wanted to weep  
But the pain and the tears were buried too deep.  
Then out of the blue in a roomful of song  
The locked-inside feeling was gone.

3) There are places where pleasure is wrapped up and sold  
And you purchase a moment with silver and gold;  
But the pleasure of singing's a blessing to me  
'Cause I know it by heart and it's free

Oh, the times I remember and cherish so much  
When we reach with our voices – it's almost like touch,  
And we pull in the circle and banish our fears  
And we try to keep singing for years.