

24. Resilience

updated 2/13/23

Words & Music by Abbie Betinis
St. Paul, MN | 2017

Determined, forceful (♩ = 60)

First time, all on Part 1

1 Re - sil - ience, we are strong; shoul-der to shoul-der keep

2 Re - sil - ience, we are strong; shoul-der to shoul-der keep

3 (shout it!) Oh! Oh! We are strong; hold _____

1 mov - in' on, — Re - sil - ience, make a new plan;

2 mov - in' on, — Re - sil - ience, make a new plan;

3 on! _____ I wan-na make it and I know we will, yes — it's

ENDING

1 stand up a - gain and say yes we can. — Re - sil - ience.

2 stand up a - gain and say yes we can. — Re - sil - ience.

3 hard to keep go - in' but it's worse to stand still. Re - sil - ience.

Performance Suggestions:

- Sing Part 1 in unison; add parts one by one.
- Or sing it as a canon (on repeat, group 1 continues on line 2, etc).

Abbie writes: "Resilience is a mindset born in the hardest days, when you're scared or sad or tired, when progress toward your goal is slow, and the barriers seem impenetrable... and yet you keep going, because somewhere deep down you know that what you're fighting for will be so much better. As a three-time cancer survivor, I continue to learn about resilience."

Always include songwriter's name when posting recordings. Link to PDF: <http://songs.justicechoir.org/Resilience>

creative commons



Copyright © 2017 Abbie Betinis (ASCAP)
Licensed for free, non-commercial distribution.
Other inquiries or permissions: abbiebetinis.com

JUSTICECHOIR.ORG