Find this and other playlists on the [WMHC Spotify Channel](open.spotify.com/playlist/2jTXFeeibdZ2A4xbsEYhqL?si=Mh3lb2zjQuCOw0IPoHATvQ)

Unaccompanied Cello Suite No1 in G Major | Johann Sebastian Bach, Yo-Yo Ma

Sr. Annette McDermott, Dean of Religious & Spiritual Life: I love Yo-Yo Ma and his #SongsofComfort have been truly comforting to me. The Bach prelude offers me a full range of emotions that I have been connecting into to feel – I close my eyes and let the music take me away.

still feel | half alive

Helen Constable ’24: This song has gotten me through a lot of s\*\*t (s\*\*t being anxiety and isolation) and honestly it’s also just a good song to bop to.

Against the Grain | City and Colour

Katie Harrington ’23: I love “Against the Grain” because it is both a song of hope and acceptance.

Video | India Arie

Maryam ’22: India Arie makes such healing and uplifting music. Any of her songs could make this list. She definitely should be a staple on the playlist : )

I’ll Find You | Lecrae, feat. Tori Kelly (recommended by 2 people)

Sohini Bhatia ‘23: It reminds me that even in the most hopeless of time I have to remember that I will be found. I need to hold on tight, to my faith, to my values. It’s all worth it! : )

Kellie Marty ’23: This song makes me feel uplifted and motivated, I hope this song helps others as well.

Mim’khomkha (From They Place) | Yamma Ensemble

Mirushe ’21: It’s a beautiful fusion of ancient Israelite tradition and post temple Judaism’s musical influence.

My Silver Lining | First Aid Kit

Kate Murray ’22: This song speaks to the battles we fight in our own heads and hearts during challenging times. But it reminds us that there is always a little bit of light if we open ourselves up to it.

Learning the World | Mary Chapin Carpenter

Sr. Annette McDermott, ORSL: I lost my Mom on February 8, 2020 and Mary Chapin Carpenter’s song has helped me to touch the grief I feel.

Dust | Oh Wonder

Claire Williamson ’23: It’s a happy song! It puts life on earth in perspective.