

# Soul Food

Two Wings of a Dove




March 2016

# Two Wings of the Dove

This program is dedicated to the principle of the equality of women in recognition of International Women's Day which is celebrated on the 8<sup>th</sup> March.

## Program

-  *Tuncay Yildiz and Gergana Manoilova*  
01 *Bahá'í Prayer*  
02 *Bahá'í Writings*  
03 *Nicholas D. Kristof*  
04 *Christian Writings*  
05 *Islamic Writings*  
06 *Chimamanda Ngozi Adichie*  
 07 *Emma Watson*  
*Gergana Manoilova*  
08 *Bahá'í Writings*  
09 *Kagaba Myth*  
10 *Miya Yamanouchi*  
11 *Bahá'í Writings*  
12 *Alexandra Kollontai*  
13 *Cornelius Heinrich Agrippa*  
 *Tuncay Yildiz*  
14 *Wisdom of Solomon*  
15 *Bahá'í Writings*  
16 *Ch'iu Chin*  
17 *Millaroy Quiroga*  
18 *Jewish Writings*  
19 *Michael Fitzgerald*  
 20 *Bahá'í Writings*  
*Tuncay Yildiz and Gergana Manoilova*

***Not until the world of women becomes equal to the world of men in the acquisition of virtues and perfections, can success and prosperity be attained as they ought to be.***

***'Abdu'l-Bahá***



**“Winter Morning in Istanbul” - Fazil Say**

Piano four hands – Gergana Manoilova & Tuncay Yildiz

01. **PRAYER**

O LORD! Help this daughter of the Kingdom to be exalted in both worlds; cause her to turn away from this mortal world of dust and from those who have set their hearts thereon and enable her to have communion and close association with the world of immortality. Give her heavenly power and strengthen her through the breaths of the Holy Spirit that she may arise to serve Thee. Thou art the Mighty One.

~Abdu'l-Bahá.

02. The world of humanity is possessed of two wings: the male and the female. So long as these two wings are not equivalent in strength, the bird will not fly. Until womankind reaches the same degree as man, until she enjoys the same arena of activity, extraordinary attainment for humanity will not be realized; humanity cannot wing its way to heights of real attainment. When the two wings or parts become equivalent in strength, enjoying the same prerogatives, the flight of man will be exceedingly lofty and extraordinary. Therefore, woman must receive the same education as man and all inequality be adjusted. Thus, imbued with the same virtues as man, rising through all the degrees of human attainment, women will become the peers of men, and until this equality is established, true progress and attainment for the human race will not be facilitated.

~Abdu'l-Bahá.

***The full and complete development of a country, the welfare of the world and the cause of peace require the maximum participation of women on equal terms with men in all fields.***

*Convention on the Elimination of All Forms of Discrimination against Women  
(1979) United Nations*

03. In the nineteenth century, the central moral challenge was slavery. In the twentieth century, it was the battle against totalitarianism. We believe that in this century the paramount moral challenge will be the struggle for gender equality around the world.

~Nicholas D. Kristof

***Does rough weather choose men over women? Does the sun beat on men, leaving women nice and cool?***

*Ngũgĩ wa*

04. In the book of Genesis we read that 'God created man in His own image; male and female he created them', thus affirming that men and women possess identical spiritual natures.

The New Testament contains many examples of the spiritual equality that was expressed in the attitude of Jesus Christ towards women: the inclusion of women as well as of men in the parables, the healing of women and of men, and the crucial role assigned to Mary Magdalene are but the few examples of this perspective.

Much insight might be obtained from John, which tells of the encounter between Jesus and the woman from Samaria; she is treated with a courtesy and respect that amazes the disciples, she is converted by Jesus to the new religion, and she becomes His emissary in proclaiming His coming to the Samaritans in the city of Sychar.

The spiritual condition of women is described in the words of the New Testament, which says, 'There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.'

~ from Christian Writings

- o5. In several places in the Qur'an, Mohammad sets out the idea of the spiritual equality of men and women. The following passage provides an example:  
Surely the men who submit and the women who submit, and the believing men and the believing women, and the obeying men and the obeying women, and the truthful men and the truthful women, and the patient men and the patient women, and the humble men and the humble women, and the charitable men and the charitable women and the fasting men and the fasting women, and the men who guard their chastity and the women who guard their chastity, and the men who remember Allah much and the women who remember; Allah has prepared for them forgiveness and a mighty reward.  
~ Qur'an 33:35.

***As long as women are prevented from attaining their highest possibilities, so long will men be unable to achieve the greatness which might be theirs.***  
***Jack Davis***

- o6. Today, we live in a vastly different world. The person more qualified to lead is not the physically stronger person. It is the more intelligent, the more knowledgeable, the more creative, more innovative. And there are no hormones for those attributes. A man is as likely as a woman to be intelligent, innovative, creative. We have evolved. But our ideas of gender have not evolved very much.  
~Chimamanda Ngozi Adichie

***Leadership is the act of serving others and  
has no gender preference.***

***Farshad Asl***

07. In 2014, 24 year old British Actress Emma Watson of “Harry Potter” fame was named the United Nations Women’s Goodwill Ambassador and became one of the most prominent women in the fight for gender equality. Her speech at the United Nations headquarters, launched the “HeForShe” campaign, a movement for gender equality designed to include men and boys.

Here are some of the most stirring quotes from Watson’s speech:

“Men, I would like to take this opportunity to extend you a formal invitation. Gender equality is your issue, too. Because to date, I’ve seen my father’s role as a parent being valued less by society — despite my needing his presence as a child as much as my mother’s. I’ve seen young men suffering from mental illness (be) unable to ask for help for fear it would make them... less of a man. I’ve seen men made fragile and insecure by a distorted sense of what constitutes male success.

If men don’t have to be aggressive in order to be accepted, women wouldn’t feel compelled to be submissive. If men don’t have to control, women won’t have to be controlled. Both men and women should feel free to be sensitive. Both men and women should feel free to be strong.”

***How important it is for us to recognize and celebrate  
our heroes and she-roes!***

***Maya Angelou***



Excerpts from “**Impressions for piano**”

- Ulvi Cemal Erkin

Piano: Gergana Manoilova

o8. Throughout the animal and vegetable kingdoms there is perfect equality between the sexes. In the kingdom of mankind this equality must likewise exist, and the one whose heart is purest, whose life and character are highest and nearest to the divine standard is most worthy and excellent in the sight of God. This is the only true and real distinction, be that one man or woman.

~Bahá'í Writings.

o9. **The Universal Mother**

The mother of our songs, the mother of all our seed,  
bore us in the beginning of things and so she is the mother of  
all types of men, the mother of all nations.

She is the mother of the thunder, the mother of the streams,  
the mother of the trees and all things.

She is the mother of the world and of the older brothers,  
the stone people.

She is the mother of the fruits of the earth and of all things.

She is the mother of our youngest brothers and the strangers.

She is the mother of our dance paraphernalia, of all our temples  
and she is the only mother we possess. She alone is the mother  
of the fire and the Sun and the Milky Way... She is the mother  
of the rain and the only mother we possess. And she has left us  
a token in all the temples... a token in the form of songs and  
dances...

~Kagaba Myth

***Women are the twin-halves of men.***  
***Idries Shah, Caravan of Dreams***

10. Dear Men Everywhere,  
Please don't think that being a feminist means we hate you or don't need you. -We absolutely love you and couldn't live without you! ...We are just on a mission to be treated equally and with respect. No hard feelings.  
With love, Feminists of the World.  
~Miya Yamanouchi.
11. The emancipation of women, the achievement of full equality between the sexes, is one of the most important, though less acknowledged pre-requisites of peace. The denial of such equality perpetrates an injustice against one half of the world's population and promotes in men harmful attitudes and habits that are carried from the family to the workplace, to political life, and ultimately to international relations. There are no grounds, moral, practical, or biological, upon which such denial can be justified. Only as women are welcomed into full partnership in all fields of human endeavor will the moral and psychological climate be created in which international peace can emerge.  
~ Bahá'í Writings.

***As a woman I have no country.  
As a woman my country is the whole world.  
Virginia Woolf***



12. **Alexandra Kollontai**

In pre-revolutionary Russia, aristocratic women's lives were expected to revolve around domesticity and family responsibilities. Alexandra Kollontai, however, who was inspired by Marxist ideas to join the Russian Social Democratic Labor Party at the age of 27, showed that it was possible to follow a different path. She was eventually to become the most prominent woman in the Soviet administration following the Bolshevik revolution in 1917 when she was appointed People's Commissar for Social Welfare.

Kollontai was born into St. Petersburg nobility; she married in 1893 and bore a son but soon felt constrained by married life. Her political interests were triggered following a visit to a textile factory where she witnessed the appalling conditions endured by women workers. She turned to study the history of working movements and led a campaign to encourage women workers to fight for their own interests against their employers, against middle-class feminism and, as she saw it, against the male conservatism of socialist organizations.

As a member of the revolutionary government Kollontai was able to implement the reforms she had long advocated. She was best known for founding the 'Women's Department', an organization that worked to improve the conditions of women's lives in the Soviet Union, fighting illiteracy and educating women about the new marriage, education, and working laws brought about by the Revolution. However, Kollontai became increasingly critical of the Communist Party and eventually lost political influence. She was appointed to various diplomatic positions from the 1920s, preventing her from influencing policy related to women at home.

Alexandra Kollontai died in Moscow in 1952, less than a month away from her 80<sup>th</sup> birthday.

***The hope is that in laying out what we understand about essential differences in the minds of men and women may lead to greater acceptance and respect of difference.***

***Simon Baron-Cohen***

13. Woman does not have a soul of a different sex from that which animates man. Both received a soul which is absolutely the same and of an equal condition. Women and men were equally endowed with the gifts of the spirit, reason, and the use of words; they were created for the same end, and the sexual difference between them will not confer a lesser destiny.  
~Cornelius Heinrich Agrippa (c1486 -1535)

***Know ye not why We created you all from the same dust?  
That no one should exalt himself over the other.***

***Bahá'í Writings***



**"Black Earth" - Fazil Say**

Piano – Tuncay Yildiz

14. I learned both what is secret and what is manifest, for wisdom, the fashioner of all things, taught me.  
There is in her a spirit that is intelligent, holy, unique, manifold, subtle, mobile, clear, unpolluted, distinct, invulnerable, loving the good, keen, irresistible, beneficent, humane, steadfast, sure, free from anxiety, all-powerful, overseeing all, and penetrating through all spirits that are intelligent, pure, and altogether subtle.  
For wisdom is more mobile than any motion; because of her pureness she pervades and penetrates all things.  
For she is a breath of the power of God, and a pure emanation of the glory of the Almighty.  
~Wisdom of Solomon 7:21
15. The one whose heart is most pure, whose deeds and service in the Cause of God are greater and nobler, is most acceptable before the divine threshold – whether male or female...Why should man, who is endowed with the sense of justice and sensibilities of conscience, be willing that one of the members of the human family should be... considered as subordinate?... There must be no difference in the education of male and female in order that womankind may develop equal capacity and importance with man in the social and economic equation. Then the world will attain unity and harmony...  
~ 'Abdu'l-Bahá

***If the world sees a time when women shall come together  
purely for the good of humanity, it will be a power  
such as the world has never seen.  
Matthew Arnold***

16. Spare no effort, struggle unceasingly  
that at last peace may come to our people  
and jeweled dresses and deformed feet  
will be abandoned.  
And one day, all under heaven  
will see beautiful free women  
blooming like fields of flowers  
and bearing noble and brilliant  
human beings.  
~Ch'iu Chin (1879 -1907) Chinese revolutionary leader.
17. We are more than half the numbers.  
We do more than half the work.  
We are more than half the poor.  
We have more than half the love.  
We have more than half the dreams.  
~Poster designed by Millaroy Quiroga
18. I call heaven and earth to witness: whether Jew or Gentile,  
whether man or woman, whether servant or freeman, they are all  
equal in this: that the Holy Spirit rests upon them in accordance  
with their deeds!  
~Judaism. Midrash

***If society will not admit of woman's free development,  
then society must be remodeled.  
Elizabeth Blackwell (the first U.S. female medical doctor)***

19.           So may the Sun and Moon  
              be with us, and the Changeless One -  
              may our walk together  
              be until the end of darkness,  
              and the end of light -  
              may our words be like pearls,  
              and our days be like moonbeams -  
              may the rivers we live  
              be waters of much laughing -  
              in our times, may the world  
              forget to go to war -  
              may our songs be the world's song -  
              may our embraces deepen and ripen,  
              until at last, we are taken  
              into the deepness of God Forever.  
              ~ Michael Fitzgerald: Holy Passion

20. **The Wings of One Bird**

Man in our image, after our likeness does not mean that woman was not created. The image and likeness of God apply to her as well...To accept and observe a distinction which God has not intended in creation is ignorance and superstition....

It is my hope that the banner of equality may be raised throughout the five continents where as yet it is not fully recognized and established. And let it be known once more that until woman and man recognize and realize equality, social and political progress here or anywhere will not be possible. For the world of humanity consists of two parts or members: one is woman; the other is man. Until these two members are equal in strength, the oneness of humanity cannot be established, and the happiness and felicity of mankind will not be a reality.

The world of humanity has two wings - one is women and the other men. Not until both wings are equally developed can the bird fly. Should one wing remain weak, flight is impossible.

Not until the world of women becomes equal to the world of men in the acquisition of virtues and perfections, can success and prosperity be attained as they ought to be.

~ 'Abdul-Bahá

***As long as women are prevented from obtaining their highest possibilities, so long will men be unable to achieve the greatness which could be theirs.***

***Ábd'ul-Bahá***



**Waltz from "Masquerade Suite" - Aram Khatchaturian**

*(adaptation A. Konradieva)*

*- Piano four hands – Gergana Manoilova & Tuncay Yildiz*

*Please join us for refreshments*

## Soul Food

*Soul Food* is an open community devotional event hosted at the Bahá'í Centre of Learning on the first Sunday of each month. It provides an occasion to be inspired and reflect on uplifting themes. Our programs feature live music, audio-visual pieces and readings from various authors, sources and Faiths - indigenous, ancient and modern- from all over the world.

*Soul Food* was initiated by the Bahá'í community in Adelaide and now occurs in places around Australia and as far afield as Botswana, Africa. It is also proudly supported by the Victorian Multicultural Commission. Original programs are available for free download from [www.soulfood.com.au/tas/](http://www.soulfood.com.au/tas/)

## Soul Food

**Venue: Bahá'í Centre of Learning, Hobart**

**Time: 3.00pm – 4pm**

### Upcoming Dates

May 1<sup>st</sup>

June 5<sup>th</sup>

July 3<sup>rd</sup>

August 7<sup>th</sup>

September 4<sup>th</sup>

October 2<sup>nd</sup>

November 6<sup>th</sup>

December 4<sup>th</sup>

### Titles

Family – Fortress of Well-being

Our Planet – Our Future

Truthfulness – the Foundation of Human Virtues

A Path of Light and Shade

Breaths of the Spirit of Peace

Blessings Shared

Children – Shining Lamps of the Future

A Sense of Time

*join us:*

for the next program "*Lights of Divine Revelation*"

**Sunday April 3<sup>rd</sup> 3pm**

### **Study Circles**

The Bahá'í Community is offering a series of life-changing circles of study. The purpose of these study circles is to provide participants with the knowledge, spiritual insights and skills to enable them to contribute to the betterment of society, starting with their own neighborhood. This is done through systematic study of a sequence of courses based on the Bahá'í Writings using the courses of the Ruhi Institute. The first in the sequence of seven books is called Reflections on the Life of the Spirit. It examines spiritual matters such as prayer, meditation, life and death and the development of the soul. Study circles are held all around Australia in an uplifting environment conducive to the spiritual empowerment of individuals, who come to see themselves as active agents of their own learning. The role of the study circle facilitator is not to impart knowledge, but to assist discussion. Study circles feature participatory learning, involving discussion with others, the use of the arts and are open to all. You are invited to take inspiration from the Bahá'í teachings, benefitting from whatever gems of wisdom and knowledge will help you to address the challenges you face. For inquiries or more information please email Shirin at [shirin@iinet.net.au](mailto:shirin@iinet.net.au)



## **Children's classes in the Neighborhood**

Regular children's classes are held in communities around Australia and aim to nurture the hearts and minds of children with an emphasis on helping them to reflect on, and apply, inner gifts and spiritual principles - such as love, unity and justice - to their own lives and the lives of others. Based on the teachings of Baha'u'llah, the Founder of the Baha'i Faith, the classes seek to inspire in children a love of God and His Messengers, and of humanity in all its diversity. Classes include short lessons, story-telling, art projects, games, as well as prayer and memorization of quotes from Sacred Texts to engage the whole child. Baha'i children's classes are open to all children, subject to parental approval. All teachers are certified under the Baha'i Child Protection Policy, which includes a mandatory police check.

For inquiries or more information please call Solmaz on 0423 656 669

***"Children are even as a branch that is fresh and green; they will grow up in whatever way you train them. Take the utmost care to give them high ideals and goals, so that once they come of age, they will cast their beams like brilliant candles on the world..."***

***~ from the Writings of the Bahá'í Faith***

## **Junior Youth Groups**

The junior youth spiritual empowerment program is open to young people aged between 11 and 14, and assists them to navigate through a crucial stage in their lives. Those in their early adolescent years possess altruism, a sense of justice, eagerness to learn about the universe, and a desire to contribute to the construction of a better world. Young people's spiritual capacity, the basis for their own happiness and sense of well-being, is a powerful force for social change. The program helps them form a strong moral identity and empowers them to contribute to the well-being of their communities and the world at large. By developing their spiritual qualities (virtues), their intellectual capabilities and their capacities for service to society, the participants come to see that they can become agents of positive change in the world. The program adopts a participatory mode of learning where the facilitator (animator) and participants learn from each other. Groups of participants engage in activities such as artistic expression, discussion, drama, cooperative games, study of literature, storytelling and acts of community service. The junior youth program explores themes from a Baha'i perspective, but is not a formal religious education program. Junior youth groups meet on a regular basis, is open to all, subject to parental approval, and there is no written homework. All program facilitators are certified under the Baha'i Child Protection Policy, which includes a mandatory police check. Parents are welcome to meet with an animator to learn more about the program.

For enquiries or more information, please call James Pepperell ☎️ 0404352042 or email him [james.pepperell@gmail.com](mailto:james.pepperell@gmail.com)

## **GERGANA MANOILOVA**

Gergana Manoilova was born in 1987 in Sofia, Bulgaria and began piano lessons at the age of seven in the piano class of Kina Okoliiska. Thereafter she continued her music education at the National Humanities Lyceum High School in Blagoevgrad.

Gergana obtained her Bachelor's Degree in Piano Performance under the guidance of Prof. Albena Dimova at the Academy of Music, Dance and Fine Arts in Plovdiv, Bulgaria, in 2010. During her bachelor's studies, she was an exchange student for a semester at the Academy of Music and Theatre in Vilnius, Lithuania. This gave her the opportunity to study under veteran pianist Prof. Zbignevas Ibelhauptas.

Gergana was awarded for outstanding performance at the Academy of Music, Dance and Fine Arts in Plovdiv in 2010. She has also been awarded by the Round Table Club in Plovdiv.

In 2012, she completed her Master's Degree in Piano Performance and Piano Pedagogy from the Academy of Music, Dance and Fine Arts in Plovdiv, Bulgaria.

Gergana further enhanced her performing skills by attending master classes of Peter Donohoe, Bojidar Noev, Milena Mollova and Erik Heizdik. She has performed as a soloist in numerous concerts in Plovdiv, Sofia, Blagoevgrad, Istanbul, Edirne and also with the academic orchestra at the Academy of Music, Dance and Fine Arts, Plovdiv. As a chamber musician, she has performed in several festivals like Aurora in Vanersborg, Sweden and the Festival of Contemporary Lithuanian Music in Vilnius, Lithuania. She has premiered works by the young Bulgarian composers Vladimir Vlaev and Rumen Bonev.

Gergana has been a lecturer in Piano in the Music Faculty of Trakya University in Turkey for the past four years and in order to augment her academic career she is now a research student at the University of Tasmania.

## TUNCAY YILDIZ

Tuncay Yildiz was born in Sakarya, Turkey in 1981. His piano education started at the age of sixteen in Eskishehir Music High School. He attended the piano class of the famous Azerbaijani pianist and state artist Prof. Dr. Zohrab Adiguzelzade, who was a pupil of Pavel Serebriakov. He received his Bachelor's Degree in Music Pedagogy at Uludag University, Bursa, where he studied piano with Russian pianist and composer Alexander Mekaev (pupil of Stanislav Neghaus). In 2009, he obtained his Master's Degree in Piano Performance in the Academy of Music, Dance and Fine Arts in Plovdiv, Bulgaria. There he attended the piano classes of Prof. Georgy Kanev and Prof. Roxana Bogdanova. For his internship, Tuncay practiced piano pedagogy at Dobrin Petkov Music School in Plovdiv.

Tuncay Yıldız performed in several concerts as a soloist, chamber music soloist and as an accompanist in Sofia, Plovdiv, Prizren, Edirne, İstanbul and Bursa. Among these, Tuncay's recital performance with Plovdiv Opera soloist Valeria Mircheva (Laurate of Tchaikovsky Competition) was significant.

He was a soloist with many orchestras such as the Academic Symphony Orchestra at the Trakya University, Nilufer Chamber Orchestra, Uludag University Youth Orchestra in Turkey, and Pazardzhik Philharmonic Orchestra in Bulgaria.

Tuncay performed in the J.S.Bach Festival in Plovdiv, 2008. In the same year, he was invited by the Union of Bulgarian Composers as a guest performer in Bulgarian contemporary music in Sofia. He also had the opportunity to perform at the gala concert of the 36th International Music Festival in Pazardjik, Bulgaria in 2011.

For the past eight years, Tuncay has been a lecturer in piano in the Music Faculty of Trakya University, Edirne, Turkey and now he is at the final stage of his doctoral studies in Turkish, Armenian and Azerbaijanian piano music.

**1. "Winter Morning in Istanbul" - Fazil Say**  
Piano four hands – Gergana & Tuncay Yildiz

Fazil Say is a contemporary Turkish pianist and composer, born in 1970 in Ankara. His compositional style is characterized by free forms in expression, fantasia-based structure and a considerable number of themes inspired by Turkish folk music. In this way he extended the compositional style of Bela Bartok, Gyorgy Ligeti and George Enescu.

The end of the piece is a nostalgic view of romantic and ancient Istanbul.

**2. Excerpts from "Impressions for piano" - Ulvi Cemal Erkin**  
Piano: Gergana Manoilova

Yildiz Ulvi Cemal Erkin (1906-1972) was a Turkish composer and a member of the pioneer group of Turkish symphonic composers who later came to be called "The Turkish Five". These composers set the direction of music in the newly established Turkish Republic.

The Piano cycle "Impressions" was written in 1937. It contains eleven miniatures, inspired by Turkish folk music. Each of them represents distinctive features of Turkish music such as maqam structures, complex rhythms and modes. The first performance of the cycle was given in 1947 by Ulvi Cemal Erkin's wife - Ferhunde Erkin.

### 3. **"Black Earth"- Fazil Say – - Piano – Tuncay Yildiz**

The piece "Black Earth" was inspired by the well-known Turkish folk song "Kara Toprak". The composer of this song, Aşık Veysel (1891-1973), was one of the last great balladeers and the final link in a thousand year tradition. Veysel went blind during his childhood due to an attack of smallpox and after that began to play the *Saz*, (Turkish lute) and to study ancient poetry. With his music he became popular in his home town and later on, in 1928, started to travel from village to village to present his songs. Through three years Asik Veysel became a cultural symbol of the Turkish Republic. The song "Kara Toprak" describes loneliness and the loss.

It is said: "*All that remains is the Black Earth*", the colour of the landscape in Veysel's native town of Sivas. Fazıl Say imitates the sound of the *Saz* through the selection of muted effects in the introduction and the epilogue of "Black Earth" - a meditation on the themes of a ballad. In contrast, the central sections are entwined with folklore, Romantic piano style and jazz styles which form a large-scale outburst. Fazıl Say performs this work in classical concerts as well as in jazz concerts.

### 4. **Waltz from "Masquerade Suite" - Aram Khatchaturian**

*(adaptation A. Konradieva) - Piano four hands – Gergana & Tuncay Yildiz*  
Aram Khachaturian (1903-1978) was a Soviet Armenian composer and conductor, considered as one of the leading Soviet composers. Masquerade suite is one of his most popular works together with the music for the ballets *Gayane* and *Spartacus* and the anthem of Armenia.

Masquerade Suite was written in 1941 for the eponymous play by the Russian playwright Mikhail Lermontov. The premiere of the piece was in 1941 in the Vakhtangov Theatre in Moscow. Later the music became known as a five-movement suite (Waltz, Nocturne, Mazurka, Romance and Galop).

The famous waltz theme in particular gave Khachaturian much trouble in its creation: moved by the words of the play's heroine, Nina – "How beautiful the new waltz is! ... something between sorrow and joy gripped my heart."

## **The Bahá'í Faith**

You can find out more about the Bahá'ís and their world embracing vision at [www.bahai.org.au](http://www.bahai.org.au) or feel free to call 03 6234 7654 for more information.

All Soul Food programs are available for free download from  
**[www.soulfood.co](http://www.soulfood.co)**



**Woman is amazing!  
She can put a smile on her face,  
act like everything is fine,  
when, in reality,  
the world is on her shoulder  
and her life is slipping through the cracks.**

~unknown author