LYRICS BOOKLET · 22 SONGS

Every One a Blessing

Psalms from Amanokrom to Ann Arbor



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BennyBeauBallads

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"Every good gift and every perfect gift
is from above, and cometh down
from the Father of lights."

James 1:17

ABOUT THE ALBUM

Every One a Blessing is a collection of twenty-two songs of thanksgiving. Each one names a group of people placed along a single life's road—parents and siblings in a family compound on the Akuapem Ridge, teachers and schoolmates, a wife and her family, pastors, colleagues and patients, the doctors, nurses and church family who carried that life through its longest night, and those who have gone ahead.

The songs move in order from the village of Amanokrom to Ann Arbor and beyond: from roots and formation, through love and calling, into the long night, and out again into remembrance, hope for the next generation, and praise. The album opens with its title song and closes with the *Anthem of Providential Grace*.

Most songs open with a verse of Scripture, quoted from the King James Version. The music draws chiefly on Ghanaian highlife gospel, with palm-wine guitar, choral hymn, soul-gospel, South African mbaqanga and orchestral colours.

The words printed here are the words as written. A few sung phrases on the recordings may differ slightly.

TRACK LISTING

Times are start points in the continuous album.

OVERTURE

00 Every One a Blessing — *Title Track* 00:00

I · ROOTS

01 Pleasant Places — *A Psalm for Amanokrom* 03:59
02 His Children Are Blessed After Him — *A Psalm for Papa* 08:19
03 Her Children Arise — *A Psalm for Mama* 12:40
04 Always Room at the Table — *A Psalm for Our Household* 17:30
05 A Psalm for My Siblings — *W100, Amanokrom* 22:25

II · FORMATION

06 To My Teachers — *A Psalm of Thanks* 27:10
07 A Friend Who Sticks Closer — *A Psalm for My Friends* 32:34
08 Iron Sharpens Iron — *Class of Eighty-Eight* 36:51

III · LOVE AND FAMILY

09 Francesca, the Free One 41:23
10 Your People Are My People — *To the Colecrafts* 46:29

IV · FAITH AND CALLING

11 Faithful Shepherds — *A Psalm for My Pastors* 51:28
12 Two Are Better Than One — *A Psalm for My Colleagues* 56:23
13 You Trusted Me — *A Psalm for My Patients* 60:45

V · THE LONG NIGHT

14 Healers for the Healer — *A Psalm for My Doctors* 65:11
15 I Was Sick, and Ye Visited Me — *A Psalm for My Caregivers* 69:57
16 One Body — *A Psalm for My Church Family* 74:57

VI · LOOKING BACK, LOOKING AHEAD

17 A Cloud of Witnesses — *A Psalm of Remembrance* 80:02
18 Carry the Lamp — *A Psalm for the Next Generation* 85:20
19 Little Boy from Amanokrom 89:25
20 Bless the Lord, O My Soul — *A Closing Psalm* 93:42

FINALE

21 Anthem of Providential Grace — *From Amanokrom to Ann Arbor* 97:49

Total running time 1:44:16

OVERTURE

00
Every One a Blessing

Title Track

James 1:17 · Highlife gospel · 3:57

SPOKEN

"Every good gift and every perfect gift is from above,
and cometh down from the Father of lights."

VERSE 1

A village on the Ridge at morning,
A Papa and a Mama's prayer,
A house that always had more children,
And brothers and sisters there.
A teacher with a piece of chalk,
A friend in the bunk above—
I didn't know then what I know now:
Each one was sent in love.

REFRAIN

Every one a blessing,
(*Every one!*)
Every one a gift;
Every hand that held me,
Every hand that helped me lift.
I didn't walk this road alone—
The Lord sent every one;
Every one a blessing,
Look what the Lord has done!

VERSE 2

A girl I met at Fellowship,
A family who took me in,
The shepherds and the colleagues,
The patients and the friends;
The classmates scattered on the wind,
The ones who sat with me in prayer—
Wherever I have walked in life,
God put someone there.

REFRAIN

Every one a blessing, …

VERSE 3

And when the long night came upon me,
The doctors and the nurses came;
The church, the hands, the faithful friends,
Who never asked for fame.
And some have gone ahead of me,
And some are yet to be;
But every one, from first to last,
Was God's own gift to me.

BRIDGE

LEAD For the ones who gave me life—
CHOIR Every one a blessing!
LEAD For the ones who gave me learning—
CHOIR Every one a blessing!
LEAD For the ones who gave me love—
CHOIR Every one a blessing!
LEAD For the Giver of every gift—
CHOIR Glory to God!

FINAL REFRAIN

Every one a blessing, …

OUTRO

Every one…
a blessing.
Thank You, Lord.
Amen.

I · ROOTS

01
Pleasant Places

A Psalm for Amanokrom

Psalm 16:6 · Highlife gospel · 4:17

SPOKEN

"The lines are fallen unto me in pleasant places;
yea, I have a goodly heritage."

VERSE 1

High on the Akuapem Ridge,
Where the morning mist lies low,
There's a village, Amanokrom,
Where my first steps learned to go.
The red earth road, the cocoa trees,
The church bell calling prayer;
I didn't know how rich I was—
But God was always there.

REFRAIN

The lines have fallen for me in pleasant places,
(*Pleasant places!*)
Yes, I have a goodly heritage;
Amanokrom, my home on the Ridge,
You're written on my every page.
Thank You, Lord, for the place You gave me,
For the soil where I was grown;
Wherever my road may lead me,
Amanokrom, you're home.

VERSE 2

The elders sitting in the evening,
The stories by the fire,
The village school, the market days,
The Sunday morning choir.
The neighbours raised us all as one,
Each child was everyone's;
And what the village planted then
Still grows in daughters and sons.

REFRAIN

The lines have fallen for me in pleasant places, …

VERSE 3

Now I live beyond the ocean,
Where the winter snows are deep;
But I close my eyes and see the Ridge—
It's mine forever to keep.
The road from there to Ann Arbor
Was long, but God was near;
And every mile I've travelled
Began right here.

BRIDGE

LEAD For the Ridge where I was planted—
CHOIR Thank You, Lord!
LEAD For the elders and their wisdom—
CHOIR Thank You, Lord!
LEAD For the village that raised me—
CHOIR Thank You, Lord!
LEAD For the road that leads me home—
CHOIR Thank You, Lord, thank You, Lord!

FINAL REFRAIN

The lines have fallen for me in pleasant places, …

OUTRO

Amanokrom…
pleasant places.
Thank You, Lord.
Amen.

02
His Children Are Blessed After Him

A Psalm for Papa

Proverbs 20:7 · Highlife hymn · 4:18

SPOKEN

"The just man walketh in his integrity: his children are blessed after him."

VERSE 1

Born on a Saturday in April,
Back in nineteen-eleven;
He wore the uniform with honour,
And he answered to Heaven.
For over thirty years he served,
From Kumasi to the north;
Wherever the posting called him,
Papa faithfully went forth.

REFRAIN

Papa, Papa, a just man walking upright!
(*Walking upright!*)
Papa, Papa, you raised us in the light;
Your word was firm, your heart was true,
Your discipline was love—
Your children are blessed after you,
Thank the Father up above.

VERSE 2

At home in Amanokrom,
His rules were known to all:
Up early, do your homework,
Stand straight, and stand tall.
The aunties sent their children
To grow beneath his care;
They came as cousins to our house,
And found a father there.

REFRAIN

Papa, Papa, a just man walking upright!
…

VERSE 3

On a Christmas Day in eighty-five,
When carols filled the air,
Papa laid his burden down
And went to meet Him there.
Seventy-four years of service,
His watch was finally done;
And now I understand the firmness
Was the love he gave his son.

BRIDGE

LEAD For the uniform worn with honour—
CHOIR We thank God for you!
LEAD For the rules that made us stronger—
CHOIR We thank God for you!
LEAD For the cousins that you fathered—
CHOIR We thank God for you!
LEAD For the name you left behind us—
CHOIR Papa, we thank God for you!

FINAL REFRAIN

Papa, Papa, a just man walking upright!
…

OUTRO

Rest well, Papa.
Your watch is over.
Thank You, Lord.
Amen.

03
Her Children Arise

A Psalm for Mama

Proverbs 31:28 · Highlife hymn · 4:48

SPOKEN

"Her children arise up, and call her blessed;
her husband also, and he praiseth her."

VERSE 1

Before the sun came up the hill,
Mama was on her feet;
Nine children washed and fed and dressed,
The compound swept and neat.
By hurricane lamp she checked our books,
By lamplight heard our prayers;
She carried all of us to God
And laid us in His care.

REFRAIN

Mama, Mama, we rise up and call you blessed!
(*We call you blessed!*)
Mama, Mama, you gave us your very best!
Your hands were strong, your heart was kind,
Your prayers still follow me—
Mama, Mama, we call you blessed,
Thank God for giving you to me.

VERSE 2

Then the light came to the village,
Electric, bright and new;
But the brightest light in our small home
Was always, Mama, you.
You had a word for every sorrow,
A song for every day;
And when we strayed, you called us back
And showed us how to pray.

REFRAIN

Mama, Mama, we rise up and call you blessed! …

VERSE 3

Twenty months after Papa left us,
You went to join him there;
I was finishing at medical school,
Still leaning on your prayer.
You never saw the white coat on me,
Or the land across the sea;
But every step that I have taken,
Mama, you walked with me.

BRIDGE

LEAD For the hands that worked before the morning—
CHOIR We call you blessed!
LEAD For the lamp that burned while we were reading—
CHOIR We call you blessed!
LEAD For the knees that wore out praying—
CHOIR We call you blessed!
LEAD For the love that's still remaining—
CHOIR Mama, we call you blessed!

FINAL REFRAIN

Mama, Mama, we rise up and call you blessed! …

OUTRO

"Many daughters have done virtuously,
but thou excellest them all."
Rest well, Mama.
Thank You, Lord.
Amen.

04
Always Room at the Table

A Psalm for Our Household

Psalm 68:6 · Highlife gospel · 4:52

SPOKEN

"God setteth the solitary in families."

VERSE 1

At W100, Amanokrom,
There was always one more face;
A cousin sent from far away
Was given a sleeping place.
Papa's rules were firm and steady,
His discipline was known;
So aunties sent their children to us
To grow up in our home.

REFRAIN

There was always room at the table,
(*Room at the table!*)
Always room upon the mat;
Always one more plate of food,
And no one minded that.
God sets the lonely in families,
And He set us side by side—
Thank You, Lord, for the household
Where Your love was multiplied.

VERSE 2

The aunties and the uncles came
For a christening or a wake;
They'd stay a day, they'd stay a few,
All for the family's sake.
We mourned together, we rejoiced,
We danced and sang and cried;
A family is a woven cloth
With every thread inside.

REFRAIN

There was always room at the table, …

VERSE 3

Now the compound house is quieter,
And we've scattered far and wide;
But the ones who shared our sleeping mat
Are still there at my side.
Brother, sister, cousin—
The words have run together;
What God has joined in one household
Stays family forever.

BRIDGE

LEAD For the cousins who became our brothers—
CHOIR Thank You, Lord!
LEAD For the aunties at the gate—
CHOIR Thank You, Lord!
LEAD For Papa's discipline and Mama's comfort—
CHOIR Thank You, Lord!
LEAD For the household You made great—
CHOIR Thank You, Lord, thank You, Lord!

FINAL REFRAIN

There was always room at the table, …

OUTRO

"As for me and my house,
we will serve the LORD."
Thank You, Lord.
Amen.

05
A Psalm for My Siblings

W100, Amanokrom

Psalm 133:1 · Highlife gospel · 4:43

SPOKEN

"Behold, how good and how pleasant it is for brethren to dwell together in unity."

VERSE 1

Nine of us beneath one roof,
At W100 on the hill,
Amanokrom on the Akuapem Ridge,
Where the morning mist lies still.
Papa's discipline, Mama's prayers,
And cousins sent to share our bread—
We were many at one table,
And by one grace we were fed.

REFRAIN

How good, how pleasant, O Lord,
When brothers and sisters are one;
Like oil upon the head,
Like dew in the rising sun.
You set us in one family,
You keep us, though far we roam—
Nine children of one blessing,
And one road leading home.

VERSE 2

We read by hurricane lamp,
Till the electric light came on;
We learned our sums and learned our hymns,
And sang them till the dawn.
The eldest carried the younger ones,
The last was held the most—
Each one a gift to all the rest,
Each one a joy, not lost.

REFRAIN

How good, how pleasant, O Lord, …

VERSE 3

Papa went home at Christmas,
Mama followed soon behind;
We stood together by the grave,
One family, one mind.
Now the years have scattered us
Across the oceans wide—
But the love they planted in that house
Still keeps us side by side.

BRIDGE

LEAD For the ones who went before us—
CHOIR We give You thanks, O Lord!
LEAD For the ones who still walk with us—
CHOIR We give You thanks, O Lord!
LEAD For the quarrels You have mended—
CHOIR We give You thanks, O Lord!
LEAD For the prayers our Mama prayed—
CHOIR Still answered by the Lord!

FINAL REFRAIN

How good, how pleasant, O Lord, …

OUTRO

"For there the LORD commanded the blessing,
even life for evermore."
Thank You, Lord.
Amen.

06
To My Teachers

A Psalm of Thanks

Proverbs 9:9 · Palm-wine highlife · 5:22

SPOKEN

"Give instruction to a wise man, and he will be yet wiser:
teach a just man, and he will increase in learning."

VERSE 1

A slate, a chalk, a wooden bench,
A village school at dawn,
A teacher's patient, steady voice
That led my small hand on.
A brother at the kitchen table
Taught me sums by lamp;
Each line, each letter, each new word,
A lifelong learning stamp.

REFRAIN

Thank you, my teachers, for the light you gave,
For every lesson and the patience shown;
You saw the man inside the boy,
And never let me walk alone.
You planted seeds you'd never see in bloom,
You lit a lamp in someone else's room—
Thank you, my teachers,
God bless you, every one.

VERSE 2

At PRESEC the masters stood
With chalk and books and rules;
They taught us how to think and pray,
And not just how to pass at school.
And then at Legon, one wise word
In a quiet office said,
"Not numbers—try biology,"
And a new road lay ahead.

REFRAIN

Thank you, my teachers, for the light you gave,
…

VERSE 3

At Korle Bu, the healers taught
With hands and hearts and eyes;
Across the sea in Michigan,
New mentors, kind and wise,
Who showed me how to read the light,
To search, to test, to prove,
And taught me science is a craft
That serves the ones we love.

VERSE 4

And when the road gave way beneath me,
A different teacher came;
"Again," the therapist said, "again,"
And never once the same.
Not every teacher stands at a board—
Some kneel beside your chair;
And the hardest lessons that I learned,
I learned with someone there.

BRIDGE

LEAD For the ones who taught me letters—
CHOIR Thank you, teacher!
LEAD For the ones who taught me healing—
CHOIR Thank you, teacher!
LEAD For the ones who taught me courage—
CHOIR Thank you, teacher!
LEAD Now I pass it on to others—
CHOIR As you taught, so we will teach!

FINAL REFRAIN

Thank you, my teachers, for the light you gave,
For every lesson and the patience shown;
You saw the man inside the boy,
And never let me walk alone.
You planted seeds you'd never see in bloom,
You lit a lamp in someone else's room—
And thank You, Master, Teacher of us all,
God bless them, every one.

OUTRO

What you taught me, I will teach;
What you gave me, I will give.
Thank you, my teachers.
Amen.

07
A Friend Who Sticks Closer

A Psalm for My Friends

Proverbs 18:24 · Palm-wine highlife · 4:15

SPOKEN

"A man that hath friends must shew himself friendly:
and there is a friend that sticketh closer than a brother."

VERSE 1

We were boys in Kwansa House,
Bunk above and bunk below,
Seven years of whispered dreams
And lessons long ago.
At PRESEC we learned our books,
We learned to stand as one;
The friendships forged in boyhood
Have lasted, every one.

REFRAIN

There is a friend who sticks closer than a brother,
Who walks beside you when the road is long;
When family is an ocean away,
A friend becomes your song.
Thank You, Lord, for friends You gave me,
Faithful through the years—
Who shared my laughter in the morning,
And sat with me in tears.

VERSE 2

Then the healer's road at medical school,
Late nights by lamp and page,
A study partner's steady hand,
A poem for the age.
Through wards and exams and rounds,
We carried one another through;
And what we could not do alone,
Together we could do.

REFRAIN

There is a friend who sticks closer than a brother, …

VERSE 3

When the road gave way beneath me,
And the long night would not end,
I did not have to ask for help—
I only needed a friend.
They came with prayers and patience,
With calls across the sea;
They did not ask me why it happened—
They simply stayed with me.

BRIDGE

LEAD For the friend who shared my bunk bed—
CHOIR Thank You, Lord!
LEAD For the friend who shared my studies—
CHOIR Thank You, Lord!
LEAD For the friend who called across the ocean—
CHOIR Thank You, Lord!
LEAD For the friend who stayed when others left—
CHOIR Thank You, Lord, thank You, Lord!

VERSE 4

And some have gone ahead of us,
Their laughter now is still;
We keep their names, we keep their faces,
And we always will.
Rest well, my friend, rest well,
Till we meet on the other shore;
The friend who sticks closer than a brother
Holds you forevermore.

FINAL REFRAIN

There is a friend who sticks closer than a brother,
Who walks beside you when the road is long;
When family is an ocean away,
A friend becomes your song.
Thank You, Lord, for friends You gave me,
Faithful through the years—
And thank You for the Friend of sinners,
Who wipes away our tears.

OUTRO

"Greater love hath no man than this,
that a man lay down his life for his friends."
Thank You, Lord.
Amen.

08
Iron Sharpens Iron

Class of Eighty-Eight

Proverbs 27:17 · Mbaqanga · 4:29

SPOKEN

"Iron sharpeneth iron;
so a man sharpeneth the countenance of his friend."

VERSE 1

At Korle Bu in the eighties,
We were young and full of dreams;
Anatomy and long night calls,
Exams and hopeful schemes.
We learned to cut, to listen,
To diagnose and heal;
We learned that every patient
Was a person, and was real.

REFRAIN

Class of Eighty-Eight, we were iron sharpening iron!
(*Iron sharpening iron!*)
Class of Eighty-Eight, we made each other strong;
Now we're scattered over every land and ocean,
But we still sing the same old song.
Thank You, Lord, for the friends You gave us,
For the years we walked as one;
Class of Eighty-Eight—
Look what the Lord has done!

VERSE 2

Then we scattered like the harmattan,
Some near and some afar;
To England, Canada, America—
Each followed their own star.
Some stayed home to serve our people,
Some crossed the sea to train;
But when we meet, it's like we never
Went away again.

REFRAIN

Class of Eighty-Eight, we were iron sharpening iron! …

VERSE 3

Some of us have gone before us,
Their white coats laid to rest;
We remember them with honour,
For they gave their very best.
And those of us who still remain
Are greyer than before;
But the friendships forged at Korle Bu
Will last forevermore.

BRIDGE

LEAD For the ones who stayed and served at home—
CHOIR Iron sharpens iron!
LEAD For the ones who crossed the ocean—
CHOIR Iron sharpens iron!
LEAD For the ones who've gone to glory—
CHOIR Iron sharpens iron!
LEAD For the class that God has blessed—
CHOIR Class of Eighty-Eight!

FINAL REFRAIN

Class of Eighty-Eight, we were iron sharpening iron! …

OUTRO

Class of Eighty-Eight…
look what the Lord has done.
Amen.

09
Francesca, the Free One

Proverbs 31:10 · Gospel-soul ballad · 5:04

SPOKEN

Francesca…
your name means "the free one."
And of all the things you were free to do,

VERSE 1

In my first year at Legon,
I had prayed for only one—
A woman of noble character,
Before I'd met anyone.
Then at the Christian Fellowship
I saw your charming smile;
Within days I knew God answered—
I'd been waiting all the while.

VERSE 2

Then you crossed the ocean,
To Wellesley, then Howard's halls;
I stayed at Korle Bu
With the wards and the night calls.
No phones, no email in those days,
Just letters, weeks to arrive;
Your handwriting across the sea
Kept our hope alive.

CHORUS

Francesca, the free one,
You were free to walk away;
But you chose me, and you chose us,
And you chose to stay.
Not bound by fear or duty,
But by love that's freely given—
Francesca, the free one,
My gift from heaven.

VERSE 3

We found each other after graduation,
Talked for hours on the phone;
My classmates went on to England,
But my heart had found its home.
I chose America, I chose you,
And I never looked back;
At Briarwood in Atlanta
We said "I do," and that was that.

CHORUS

Francesca, the free one, …

VERSE 4

Then came that July highway,
And the long, long night began;
You learned the beeping monitors,
You learned to hold my hand.
You sat beside the railing
When the numbers all ran low;
And when the world said
"permanent,"
You did not let me go.

BRIDGE

Some love is like a prison,
Held by promises alone;
But yours has been an open door,
And still you made it home.
You were free across the ocean,
Free in every choice you made—
And every day you chose me,
Every single day.

FINAL CHORUS

Francesca, the free one, …

OUTRO

"Who can find a virtuous woman?
For her price is far above rubies."
I prayed for her at Legon…
and I found her.
Francesca… the free one.
Thank You, Lord.

10
Your People Are My People

To the Colecrafts

Ruth 1:16 · Highlife gospel · 4:56

SPOKEN

"Whither thou goest, I will go;
and where thou lodgest, I will lodge:
thy people shall be my people."

VERSE 1

I came to your door a stranger,
With my hopes held in my hand;
You looked beyond the young man there
And chose to understand.
You opened up your home to me,
You set another place,
And gave me, in your daughter,
The kindest gift of grace.

REFRAIN

Your people are my people,
Your home has been my home;
In every joy and sorrow
You never let me stand alone.
Thank you, Colecraft family,
For the love you've shown to me—
You gave your heart, you gave your daughter,
And you gave me family.

VERSE 2

Her father, proud of Mfantsipim,
Stood tall on our wedding day;
The best man swore that Adisadel
Was better anyway!
We laughed together, old school rivals,
Two families made one;
And what began with laughter
Has lasted, every one.

REFRAIN

Your people are my people, …

VERSE 3

Through every season of our marriage,
Through the bright days and the grey,
You stood beside us with your prayers,
And never turned away.
In every trial, in every triumph,
In the morning and the night,
You held up both of us in love,
And kept our home in light.

BRIDGE

LEAD For the welcome at the doorway—
CHOIR We thank you!
LEAD For the prayers you've prayed for us—
CHOIR We thank you!
LEAD For the laughter at the table—
CHOIR We thank you!
LEAD For the daughter you entrusted—
CHOIR We thank God for you!

FINAL REFRAIN

Your people are my people, …

OUTRO

Two families, one blessing,
One table, and one name;
Thy people shall be my people,
Forever, still the same.
Thank You, Lord.
Amen.

11
Faithful Shepherds

A Psalm for My Pastors

Jeremiah 3:15 · Choral hymn · 4:52

SPOKEN

"And I will give you pastors according to mine heart,
which shall feed you with knowledge and understanding."

VERSE 1

A village church on Sunday morning,
Wooden pews and hymns of praise,
A preacher's voice that opened Scripture
And taught a boy the Saviour's ways.
At PRESEC the chapel bell rang,
And morning prayers began the day;
Faithful shepherds, one by one,
Were leading me along the way.

REFRAIN

Faithful shepherds, God has given,
Who fed the flock with bread from heaven;
You preached the Word, you knelt in prayer,
You showed me Christ was always there.
Through every valley, every mountain,
You pointed to the living fountain—
Thank you, faithful shepherds,
Servants of the Shepherd King.

VERSE 2

Across the sea, in a land of winter,
Strangers soon became my own;
A shepherd's hand, a word of welcome,
And a church became a home.
The Word was preached in truth and grace,
The table spread, the cup was poured;
Week by week, the faithful teaching
Kept me anchored in the Lord.

REFRAIN

Faithful shepherds, God has given, …

VERSE 3

And when the road gave way beneath me,
And my faith was tried by fire,
You came with Scripture, came with silence,
Came with hope that would not tire.
You did not have all of the answers—
You simply pointed to the cross;
And there I found the Good Shepherd
Who knows the meaning of our loss.

BRIDGE

LEAD For the ones who preached the Gospel—
CHOIR We thank You, Lord!
LEAD For the ones who prayed in secret—
CHOIR We thank You, Lord!
LEAD For the ones who sat beside us—
CHOIR We thank You, Lord!
LEAD For the Chief Shepherd who will crown them—
CHOIR Glory to the Lord!

FINAL REFRAIN

Faithful shepherds, God has given, …

OUTRO

"And when the chief Shepherd shall appear,
ye shall receive a crown of glory that fadeth not away."
Thank You, Lord.
Amen.

12
Two Are Better Than One

A Psalm for My Colleagues

Ecclesiastes 4:9–10 · Mbaqanga · 4:20

SPOKEN

"Two are better than one…
For if they fall, the one will lift up his fellow."

VERSE 1

In the reading room at morning,
With the coffee and the screens,
We'd puzzle over pictures
And argue what each means.
The technologists, the nurses,
The physicists and staff;
We shared the hardest cases,
And we shared a good laugh.

REFRAIN

Two are better than one,
(*Better than one!*)
For if one should fall,
The other lifts his fellow up—
You did that through it all.
Two are better than one,
Side by side we stood;
Thank you, my colleagues,
For making the hard days good.

VERSE 2

In Ann Arbor and the VA,
Across the years we grew;
We taught the residents together,
Wrote papers, saw them through.
A second opinion in the hallway,
A hand when I was tired—
The best work that I ever did
Was work that you inspired.

REFRAIN

Two are better than one, …

VERSE 3

And when I had to step away
From the work I loved to do,
You called, you visited, remembered—
You still saw me through.
The title changed to "emeritus,"
But the friendship didn't end;
A colleague in the work of healing
Can become a lifelong friend.

BRIDGE

LEAD For the ones who read the hard cases—
CHOIR Thank you, friend!
LEAD For the ones who covered my calls—
CHOIR Thank you, friend!
LEAD For the ones who taught beside me—
CHOIR Thank you, friend!
LEAD For the ones who stayed through it all—
CHOIR Thank you, my friends!

FINAL REFRAIN

Two are better than one, …

OUTRO

"For if they fall, the one will lift up his fellow."
Thank you, my colleagues.
Amen.

13
You Trusted Me

A Psalm for My Patients

Psalm 41:1 · Choral hymn · 4:23

SPOKEN

"Blessed is he that considereth the poor: the LORD will deliver him in time of trouble."

VERSE 1

You came in frightened, came in hoping,
With your questions and your scans;
You laid your worries on the table
And you placed them in my hands.
I studied every shadow,
Every spot of light;
I knew behind each picture
Was a family up all night.

REFRAIN

You trusted me, you trusted me,
(*You trusted me!*)
With the news you feared to hear;
You let a stranger read your story,
And you held your courage near.
Thank you for the gift of trust,
For the lessons that you gave—
You taught the doctor how to listen,
And you taught me to be brave.

VERSE 2

A child, a farmer, a professor,
A veteran back from war;
Each one of you was someone's world,
And worth so much more.
Ann Arbor's halls, the VA rooms,
The waiting room at dawn;
I carry all your faces still,
Though many now are gone.

REFRAIN

You trusted me, you trusted me, …

VERSE 3

Now I'm the one who waits for answers,
Now I'm the one in the gown;
I understand the trembling now,
The fear when the doctor sits down.
And every lesson that you taught me
Has come back home to me:
That healing starts with being seen,
And love can set us free.

BRIDGE

LEAD For the ones who came with courage—
CHOIR Thank you!
LEAD For the ones who came with questions—
CHOIR Thank you!
LEAD For the ones who taught me patience—
CHOIR Thank you!
LEAD For the ones who've gone to glory—
CHOIR Rest in peace!

FINAL REFRAIN

You trusted me, you trusted me, …

OUTRO

Thank you for trusting me.
Thank You, Lord.
Amen.

14
Healers for the Healer

A Psalm for My Doctors

Exodus 15:26 · Soul-gospel ballad · 4:44

SPOKEN

"For I am the LORD that healeth thee."

VERSE 1

For years I stood beside the bed,
I read the scans and charts;
I knew the language of the wards,
The science and the arts.
But then one summer brought me low
To where my patients lay,
And I looked up at other doctors
Who had come to save the day.

REFRAIN

Thank you, doctors, for your skill,
(*Thank you, doctor!*)
For the long nights at my side;
For the hard calls and the steady hands,
For the hope you would not hide.
But every healing has its Source—
The Lord who healeth thee;
Thank God for those who healed the healer,
And the One who healed me.

VERSE 2

The surgeons in the theatre,
The team in intensive care,
The specialists who came and went,
The residents always there.
You told me truth, but gave me hope,
You weighed each careful choice;
And I heard the sound of good medicine
In the kindness of your voice.

REFRAIN

Thank you, doctors, for your skill, …

VERSE 3

Some things you fixed, and some you couldn't,
And you told me so with grace;
You didn't hide behind the numbers,
You looked me in the face.
Now I know what my own patients felt
When I walked through the door:
That a doctor's kindness is a medicine
I never knew before.

BRIDGE

LEAD For the ones who made the hard decisions—
CHOIR Thank you, doctor!
LEAD For the ones who answered the night call—
CHOIR Thank you, doctor!
LEAD For the ones who told me gently—
CHOIR Thank you, doctor!
LEAD For the Great Physician over all—
CHOIR Glory to God!

FINAL REFRAIN

Thank you, doctors, for your skill, …

OUTRO

"I am the LORD that healeth thee."
Thank you, healers.
Amen.

15
I Was Sick, and Ye Visited Me

A Psalm for My Caregivers

Matthew 25:36 · Soul-gospel ballad · 4:58

SPOKEN

"I was sick, and ye visited me."

VERSE 1

At three o'clock in the morning,
When the hallway lights were low,
You came to turn me, check on me,
Then quietly you'd go.
You never knew how much it meant,
That gentle hand, that word;
When I could barely say my thanks,
Believe me, God has heard.

REFRAIN

I was sick, and you visited me,
(*You visited me!*)
I was weak, and you lifted me;
You did it for the least of these,
And you did it unto Him.
Nurses, therapists, and caregivers,
Hands of mercy, hearts of love—
Thank you for the work you do,
Blessed by the Lord above.

VERSE 2

The therapist said, "One more time,"
When I thought I had no more;
The aide who helped me wash and dress,
The one who held the door.
The ones who fixed my wheelchair,
The ones who drove me through the snow;
A kindness done a thousand times
Is more than you will know.

REFRAIN

I was sick, and you visited me, …

VERSE 3

I was a doctor, used to giving—
Now I learned how to receive;
To let another hold me up,
To trust, and to believe.
You taught the healer something new
I never learned in school:
That love is bending low to serve—
The Master's oldest rule.

BRIDGE

LEAD For the night nurse in the hallway—
CHOIR God bless you!
LEAD For the therapist who pushed me—
CHOIR God bless you!
LEAD For the aide who kept my dignity—
CHOIR God bless you!
LEAD For every hand that lifted me—
CHOIR God bless you, God bless you!

FINAL REFRAIN

I was sick, and you visited me, …

OUTRO

"Inasmuch as ye have done it unto one of the least of these my brethren,
ye have done it unto me."
Thank you.
Amen.

16
One Body

A Psalm for My Church Family

1 Corinthians 12:26 · Highlife gospel · 5:02

SPOKEN

"And whether one member suffer, all the members suffer with it;
or one member be honoured, all the members rejoice with it."

VERSE 1

They came with food upon the doorstep,
They came with cards and prayer;
They sat with us in waiting rooms
So we were not alone there.
When one of us is hurting,
The whole body feels the pain;
And when one of us is honoured,
We all rejoice again.

REFRAIN

We are one body, many members,
(*One body!*)
Joined together in His name;
When one weeps, we all are weeping,
When one rejoices, we do the same.
Thank you, church family, for loving us,
For carrying us through—
We are one body in Christ Jesus,
And I thank God for you.

VERSE 2

The Sunday greeting at the doorway,
The handshake and the smile,
The hymns we sang together,
The fellowship awhile.
A stranger from across the ocean
Found a family here;
You made the winter warmer,
And you made the distant near.

REFRAIN

We are one body, many members, …

VERSE 3

And when I could not come to church,
The church came to me;
You prayed beside my hospital bed,
You came on bended knee.
The body does not leave a member
Lying by the road;
You lifted us together,
And you helped us bear the load.

BRIDGE

LEAD For the ones who brought a meal—
CHOIR Thank you, church!
LEAD For the ones who prayed in secret—
CHOIR Thank you, church!
LEAD For the ones who sat in silence—
CHOIR Thank you, church!
LEAD For the Head who holds us all—
CHOIR Glory to Jesus!

FINAL REFRAIN

We are one body, many members, …

OUTRO

"Now ye are the body of Christ,
and members in particular."
Thank You, Lord.
Amen.

17
A Cloud of Witnesses

A Psalm of Remembrance

Hebrews 12:1 · Dirge into highlife celebration · 5:16

SPOKEN

"Wherefore seeing we also are compassed about with so great a cloud of witnesses…
let us run with patience the race that is set before us."

VERSE 1

Papa on a Christmas morning,
Mama twenty months behind;
The friends who left too early,
The mentors, wise and kind.
They ran their race with patience,
They finished and went home;
And now they stand and cheer us on
Around the Father's throne.

REFRAIN

A cloud of witnesses surrounds us,
(*Cloud of witnesses!*)
Cheering from the other side;
They finished well, they kept the faith,
They're watching, side by side.
So let us run with patience
The race that's set before—
Until we meet them face to face
On that bright and golden shore.

VERSE 2

The aunties and the uncles,
The elders of the town,
The classmates and the colleagues
Who've laid their burdens down.
Each one left something in me,
A word, a laugh, a song;
I carry them like lanterns
As I walk my road along.

REFRAIN

A cloud of witnesses surrounds us, …

VERSE 3

Some days the grief comes quietly,
Like rain upon the hill;
I set a place for them in memory,
And I miss them still.
But grief is only love remaining
With nowhere left to go;
So I give it back to God in thanks
For the ones I used to know.

BRIDGE

LEAD For the parents who prayed for us—
CHOIR We remember!
LEAD For the friends who walked beside us—
CHOIR We remember!
LEAD For the teachers who have gone ahead—
CHOIR We remember!
LEAD For the saints around the throne—
CHOIR Glory, hallelujah!

FINAL REFRAIN

A cloud of witnesses surrounds us, …

OUTRO

"Blessed are the dead which die in the Lord…
that they may rest from their labours;
and their works do follow them."
Amen.

18
Carry the Lamp

A Psalm for the Next Generation

Psalm 145:4 · Afro-gospel · 4:03

SPOKEN

"One generation shall praise thy works to another,
and shall declare thy mighty acts."

VERSE 1

To the young ones of our family,
To the children not yet born,
I want to leave a song for you
To carry every morn.
Your elders knew the hurricane lamp,
The roads of dust and clay;
They prayed for you before your name,
And God has heard today.

REFRAIN

One generation to another
(*To another!*)
Tells what the Lord has done;
I place the lamp into your hands—
Now carry it on.
Keep the faith and keep the family,
Keep the lamp from growing dim;
And when your turn comes, pass it on,
And tell them all of Him.

VERSE 2

Study hard, but stay humble,
Be honest, work, and pray;
Remember where your people came from
When you've gone far away.
The world will offer many voices,
And some will lead you wrong;
But you come from a praying people—
Let that be your song.

REFRAIN

One generation to another …

VERSE 3

And if the road should break beneath you,
As once it did for me,
Know that God is in the valley—
He was there with me.
You'll find out who your true friends are,
You'll learn what love can do;
And grace will carry you through the night
As it carried me through.

BRIDGE

LEAD Remember the Lord—
CHOIR We will remember!
LEAD Remember your people—
CHOIR We will remember!
LEAD Remember the stranger—
CHOIR We will remember!
LEAD Remember to pass it on—
CHOIR We will pass it on!

FINAL REFRAIN

One generation to another …

OUTRO

"That the generation to come might know them,
even the children which should be born."
Carry the lamp.
Amen.

19
Little Boy from Amanokrom

Jeremiah 29:11 · Palm-wine highlife · 4:14

SPOKEN

"For I know the thoughts that I think toward you, saith the LORD,
thoughts of peace, and not of evil, to give you an expected end."

VERSE 1

Little boy upon the Ridge at dawn,
With your slate and your bare feet,
Doing sums by hurricane lamp
On the mat in the evening heat.
You don't know where the road will take you,
You don't know what lies ahead;
But I've come back to tell you something—
Listen to what I've said.

REFRAIN

Little boy from Amanokrom,
(*Little boy!*)
God has plans for you;
Thoughts of peace and not of evil,
And He'll carry you through.
You'll cross oceans, you'll heal the sick,
You'll fall, and you'll rise again—
Little boy from Amanokrom,
God is with you, even then.

VERSE 2

You'll lose Papa on a Christmas,
And Mama soon after;
You'll learn that tears can live together
With faith and with laughter.
You'll go to PRESEC, then to Legon,
You'll wear the healer's white;
You'll meet a girl at Fellowship
And know that she is right.

REFRAIN

Little boy from Amanokrom, …

VERSE 3

And one July the road will break,
And the long night will come;
You'll wonder where your strength has gone,
And what you have become.
But listen, boy—the God who walked you
Up from the village gate
Will still be there inside that night;
He's never once been late.

BRIDGE

LEAD Don't be afraid—
CHOIR God is with you!
LEAD Keep on studying—
CHOIR God is with you!
LEAD Keep on praying—
CHOIR God is with you!
LEAD Keep on going—
CHOIR God is with you, little boy!

FINAL REFRAIN

Little boy from Amanokrom, …

OUTRO

"To give you an expected end."
Little boy… we made it.
Thank You, Lord.
Amen.

20
Bless the Lord, O My Soul

A Closing Psalm

Psalm 103:1–2 · Orchestral gospel · 4:04

SPOKEN

"Bless the LORD, O my soul: and all that is within me, bless his holy name.
Bless the LORD, O my soul, and forget not all his benefits."

VERSE 1

For the brothers and the sisters,
For the household where I grew,
For Papa and for Mama,
And the village that I knew;
For the friends who stuck beside me,
For the teachers who gave light—
Bless the Lord, O my soul,
For He has done all things right.

REFRAIN

Bless the Lord, O my soul,
(*Bless the Lord!*)
And forget not all His benefits;
He forgives, He heals, He redeems,
He crowns me with His tender mercies.
Bless the Lord, O my soul,
Let all that is within me sing—
Bless the Lord, O my soul,
Bless the Lord, my King!

VERSE 2

For the pastors who fed the flock,
For the Colecrafts' open door,
For Francesca, my free one,
Whom I love forevermore;
For the classmates and the colleagues,
For the patients that I served—
Bless the Lord, O my soul,
For the grace I've not deserved.

REFRAIN

Bless the Lord, O my soul, …

VERSE 3

For the nurses and the doctors,
For the church that carried me,
For the ones who've gone before us,
For the ones who are yet to be;
For the boy upon the Ridge
And the man I've come to be—
Bless the Lord, O my soul,
He has been so good to me.

BRIDGE

LEAD Who forgiveth all thine iniquities—
CHOIR Bless the Lord!
LEAD Who healeth all thy diseases—
CHOIR Bless the Lord!
LEAD Who redeemeth thy life from destruction—
CHOIR Bless the Lord!
LEAD Who crowneth thee with lovingkindness—
CHOIR Bless the Lord, O my soul!

FINAL REFRAIN

Bless the Lord, O my soul, …

OUTRO

"Bless the LORD, all his works in all places of his dominion:
bless the LORD, O my soul."
Amen.

FINALE

21 Anthem of Providential Grace

From Amanokrom to Ann Arbor

Orchestral gospel · 6:27

INTRO

Through every season,
Through every place,
My life bears witness
To Your grace.

VERSE 1

From Amanokrom's red-earth road,
Where loving hands helped bear my load,
You gave me roots, You gave me room,
And dreams that waited yet to bloom.
Through hymns and books, through work and prayer,
Through those who taught me how to care,
Before I knew which road to take,
Your love was there at each daybreak.

CHORUS

This is my anthem of providential grace,
Your faithful love through every time and place.
From all I hoped to all I could not see,
Your patient mercy kept its hold on me.
Through joy and sorrow, all my days,
Receive my life, receive my praise.
My heart will sing through changing days:
All glory, Lord, to You always.

VERSE 2

From Legon's halls to healing hands,
You led my steps to distant lands.
Through nights of study, wards of pain,
You taught me how to serve again.
In every teacher, every friend,
A gift whose worth I cannot measure,
You placed within my keeping, Lord,
A trust more dear than earthly treasure.

CHORUS

This is my anthem of providential grace,
…

VERSE 3

Then came the day the road gave way;
I could not see beyond that day.
Within the long and sleepless night,
I searched for hope, I prayed for light.
Through hands that washed and lifted me,
Through love that stayed so faithfully,
You met me in my grief and fear,
And gave me strength to live each year.

VERSE 4

By Ann Arbor's winter trees,
Through daily work and small mercies,
There still were minds to teach and guide,
And those who needed care beside.
With those I loved beside my chair,
I found new ways to serve and share.
Each student helped, each kindness shown,
Bore gifts I never held alone.

BRIDGE

For family who held me fast,
For friendships faithful through the years,
For Francesca by my side,
For love that shared the weight of tears;
For every veteran in my care,
For every mind You helped me teach,
May all that You have given me
Bring hope to lives that I can reach.

CHOIR RESPONSE

We thank You for Your mercy.
We thank You for Your care.
Through every changing season,
Our God, You have been there.

FINAL CHORUS

This is my anthem of providential grace,
Your faithful love through every time and place.
From all I hoped to all I could not see,
Your patient mercy kept its hold on me.
Through joy and sorrow, all my days,
Receive my life, receive my praise.
From Amanokrom, far beyond,
Your faithful love has led me on.

OUTRO

To whom much is given,
May much be given through me.
Let love become my offering;
Let service thankful be.
Through every season,
Through every place,
My life, my song,
An anthem of Your grace.

CHOIR

Amen.
Amen.

CREDITS

Words Ben A. Dwamena, MD
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Music Produced with Suno AI
Album sequence and booklet BennyBeauBallads

For every one—
those named in these songs, and those held in them without names.

Every One a Blessing: Psalms from Amanokrom to Ann Arbor
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East Lansing, Michigan

Listening notes

A song, a memory, a person to thank.

Listening notes

A song, a memory, a person to thank.

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Twenty-two songs of thanksgiving.

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BennyBeauBallads

Every life is held by other lives.

Twenty-two songs of thanksgiving for the people who shape a life: family and friends, teachers and schoolmates, a wife and her family, pastors and colleagues, patients and caregivers, and those who have gone ahead.

From Amanokrom to Ann Arbor and beyond, these psalms of gratitude trace a journey through roots and formation, love and calling, the long night, remembrance, hope, and praise.

A lifetime of gratitude.

Words by Ben Adarkwa Dwamena, MD

Music produced with Suno AI

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