

The Times of Silandara

A monthly update on the life and times of original acoustic chick folk-rocker Silandara Bartlett

May 2004

Happy Hedonist

As I was driving home from an errand in Batavia the other day, I realized the meaning of life (for me): to be happy and enjoy doing whatever it is that I do. And so I decided it was time to get rid of all the "shoulds" and "supposed-tos" that I keep expending too much energy on worrying about.

I'm becoming a hedonist—I'm going to do what makes me happy. Whatever that happens to be, wherever it leads (I'll still do the washing up, though. Having it done makes me happy).

What's brought on this spate of hedonistic tendency? I've been spending an awful lot of time worrying whether or not I want to be a rock star. And whether I want to purposefully go down the path that I think will lead to that. Or whether I'm OK with meandering around, following whatever paths resonate with me at the particular time that I need to decide whether to go down them.

Does that make sense? It makes that voice in my head quiet, the one that keeps on and on about what I'm supposed to be and what I need to accomplish in this life so that I'm not a failure. I think we get success all mixed up—it's not being rich or famous or admired by other people. It's about being OK with yourself and doing what nourishes you—whatever income that does or doesn't bring in. If you're satisfied with it and feel full inside, what difference does it make?

So there you go, I'm officially a happy hedonist.

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The Times of Silandara is a publication of Aradnalis Productions for the fans and followers of Silandara Bartlett. This newsletter is mostly for entertainment and should not be taken with extreme seriousness. Please install your sense of humor before reading.

Comments, corrections, praise, record deals:

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Stay up on what goes through Silandara's head. Read the blog at www.silandara.com/bloqger.html

Upcoming shows

Thursday, May 6, 7:30-9:30 p.m.: Earthtones Coffee House, 1217 Bay Road, Webster, N.Y. 585-671-3060

Sunday, May 16, 4-5 p.m.: Lilac Festival, Conservatory stage, Highland Park, Rochester, N.Y.

Saturday, May 22, 5:15-6:15 p.m.: Lilac Festival, Conservatory stage, Highland Park, Rochester, N.Y.

Sunday, May 23, noon-1 p.m.: Lilac Festival, Conservatory stage, Highland Park, Rochester, N.Y.

Saturday, June 5, 9-11 p.m.: Starry Nites Cafe and Wine Bar, 696 University Ave, Rochester, N.Y. 585-271-2630

Friday, July 2, 9-11 p.m.: Starry Nites Cafe and Wine Bar, 696 University Ave, Rochester, N.Y. 585-271-2630

Saturday, July 17, 10 a.m.-noon: Perry Farmer's Market, Perry, N.Y.

Saturday, Sept. 25, 9-11 p.m.: Java John's, 123 S. Union St., Spencerport, N.Y. 585-352-9333

Sunday, Oct. 3, 10-11:30 a.m.: Hilton Apple Festival, Hilton, N.Y.

Saturday, Oct. 23, 9-11 p.m.: Java John's, 123 S. Union St., Spencerport, N.Y. 585-352-9333

Note: All shows are all ages with no cover, unless otherwise noted.

Stay up-to-date on Silandara's show calendar. Visit www.silandara.com/calendar.htm