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Over the Stile

Brian Beresford (One More Time! Music Publishing, 2009: www.onemoretime.biz)
CD £12.00 + p&p



Two years ago I favourably reviewed a first CD by Brian Beresford, *Wanderweg*, which was a compilation of 24 instrumental tracks intended to aid reflection in the classroom or collective worship. It was refreshing to hear something new, and something that had been tried and tested in schools, as Brian is a headteacher. The success of the *Wanderweg* CD led Brian to write some more reflective music and *Over the Stile* is the result.

On *Over the Stile* there are 24 titled, instrumental tracks, of varying lengths. The titles of the tracks suggest themes for reflection, such as Friendship, Betrayal, Happiness, Conflict, Praise and Temptation.

Teachers will be pleased to see a guided reflection on the first track, also entitled “Over the Stile”, included on the CD insert. While Brian wishes to encourage teachers to be creative in how they lead children in reflection, I think it is a pity that more suggestions for reflection are not given for other tracks. I am sure these would be welcomed by both the busy teacher and the teacher who lacks a bit of confidence or imagination in this area.

Brian says that ‘the last track, “Summit”, is based on a little melody that pops into my head whenever I reach the top of a hill or mountain, and it ends the CD with a feeling of euphoria as well as being a suitable place to end a journey that began when crossing the stile.’

I can only listen with wonder at how someone can express their feelings through music. But I am also grateful that such music provides our pupils, and us, with opportunities to reflect on our own feelings. With spiritual development still an important aspect of school life, this is too good an opportunity to miss.

Over the Stile provides something different as reflective stimulus and £12 is not a lot to pay for a resource that is timeless and can be used in so many different contexts. You don’t need to take my word for it – visit the website (see above) where you can listen to some of the tracks, or some of the other music produced by Brian.

Lesley Beadle