

(Gimme That) Old Time Religion

Music: traditional gospel/folk*

Standard tuning, key of G

Movements and additional lyrics: Shivadam Adam Burke

1
Gim-me that old time re - li - gion, gim-me that old time re -

4
li - gion, gim-me that old time re - li - gion, it's good e - nough for me It was

9
good for the He-brew chil-dren, it was good for the He-brew child-ren, it was good for the He-brew

14
chil - dren, and it's good e - nough for me! Gim-me that me!

This well-known gospel/folk song has inspired fervor for a traditional Christian lifestyle. As is the way with folk music, a tune may take on new lyrics to fit the climes and times it finds itself in, and this song is a good case in point. Now, we look back into ancient, pre-Christian traditions and honor them as "good enough for me," celebrating with a sense of joyful gratitude that so many wisdom traditions of great antiquity continue with vitality to inform us even today.

With lively steps:

- 1) Holding hands in circle, stepping with slightly bouncy knees, right and close, right and close, swinging hands together, forward in direction of each right step, and swinging back with each close step. The first right step falls on "old".
- 2) As in 1 but stepping left and close, left and close.
- 3) Same as 1.
- 4) Take a partner by the elbow, exchanging places clockwise, joyfully.

Steps for 5 though 8 are the same as 1 through 4.

* Adapted from an African-American spiritual by Charles D. Tillman, circa 1890s.



Originator-approved version, collected by PW-DUPNA, May 2009

Note: In part 5, only the leader sings, calling out a new 'old time religion' for each round, here including many of the wonderful words we find in early 20th century versions, adding any others that fit (not necessarily beginning with "It was good for..." and in no particular order). Dancers sing each together at 6, 7, and 8, and of course, 1 through 4.

Some good, traditional words:

- It was good for the Hebrew children (the example notated above)
- It was good for our mothers
- It has saved our fathers
- It will do when I'm a-dyin'
- Makes me love everybody

Some newer verses:

- It was good for the Mother Goddess
- It was good for the ancient Druids
- It's been good for the native peoples
- It was good for the Vedic rishis
- We will pray with Zarathustra (Zoroaster)
- It was good for the old Egyptians
- It was good for the Celtic pagans
- It's still good for the Sufi mystics
- etc.

(Recognizing that Jesus, Buddha, Mohammed and others were actually reformers of much older religions, we don't find them mentioned in this version.)

