

*Heights &  
High Notes*





**PLEASE BRING THIS SONG BOOK TO ALL  
CONVENTION SESSIONS & MEALS**

### My Symphony

To see beauty even in the common things of life,  
To shed the light of love and friendship 'round me,  
To keep my life in tune with the world,  
That I shall make no dischords in the harmony of life,  
To strike on the lyre of the universe,  
Only the notes of happiness, of joy, or peace,  
To appreciate every little service rendered,  
To see and appreciate all that is noble in another,  
Be her badge what it may,  
And to let my lyre send forth,  
The chords of love, unselfishness, sincerity,  
This is to be "My Symphony."

### Alpha Chi Omega Grace

We thank Thee our Lord for this food which Thou hast sent,  
Keep our lives in sweet accord, With thy Life Omnipotent.

### Toast / Alpha Chi

Alpha Chi Omega, to thee our song shall rise,  
Our hearts are filled with thoughts of thee, and all they name implies.  
We'll ne'er forget they standards high, and friendship ever true,  
and as we toast our Alma Mater, so we toast to you.  
Alpha Chi, how we love thy name, Alpha Chi, Thou art ever and always the same,  
to those who love thee, and have felt thy spell,  
Alpha Chi, we love thee, we love thee well.

### Sweetheart Song

Down deep in the heart of each Alpha Chi girl is the dream of a love that is true.  
He's loving and kind and he'll always be faithful, and somewhere he's waiting for you. (Just for you)  
You'll dream and you'll plan then someday he will come and, he'll make all your dreams live anew.  
He'll share ev'ry trouble, make ev'ry joy double, my Alpha Chi sweetheart is you.

## Sing the Praise of Alpha Chi

A-L-P-H-A C-H-I, sing the praise of Alpha Chi,  
Where friendships and sisters are waiting for you,  
We'll show you a good time, so come on in and you'll agree that...  
Friends are found at Alpha Chi, where our hearts are always high,  
So come and wear the lyre of gold, and you'll be an Alpha Chi.

## My Sister and Your Sister

My sister and your sister proudly wear the lyre,  
my sister said to your sister, we're gonna set this world on fire.  
Talkin' 'bout A-L (A-L) P-H (P-H) A-C-H-I-O,  
Alpha Chi at \_ \_ \_ , we're the only way to go, I wanna go  
A-Chi-O. Who's that girl in red and green, she's a man's desire (she's hot!), She's the one they call a  
dream, she's the one they all admire, Talkin' 'bout A-L (A-L) P-H (P-H) A-C-H-I-O,  
Alpha Chi at \_ \_ \_ , we're the only  
way to go, I wanna go A-Chi-O, we wanna go A-Chi-O,  
you wanna go A-Chi-O!!

## Alpha Chi Baby (AKA BUILD ME UP BUTTERCUP)

Chorus: Alpha Chi, Alpha Chi baby, we're the best around, the  
best to be found, and most of all, we got it all baby, and we'll sing it loud,  
'cause we're the proud crowd, we're the best, out of all the rest baby,  
when all else has been said and done, Alpha Chi, Alpha Chi, we're number one.

Verse: We're the red and the green, we're the best to be seen on the go, and I'm sure you know,  
with lyres and pearls we're the greatest of girls in the world, go out and spread the word,  
hey hey hey, A-Chi-O, it's plain to see, hey hey hey, we're full of love and unity,  
show your pride, it'll be your guide 'till eternity, oo-oo-oo oo-oo-oo...Come be an (repeat chorus)

## The Coca Cola Song

The stars will always shine, the birds will always sing,  
Whenever there is fun, there's always the real thing,  
Alpha Chi Omega is always the one,  
Whenever there is fun, there's Alpha Chi Omega.  
Do do do do do do do do do do, Do do do do do  
Alpha Chi Omega. Our new members rock, we know you'll agree,  
Alpha Chi Omega is the place to be-ee.  
Alpha Chi Omega is always the one,  
Whenever there is fun, there's Alpha Chi Omega.  
Do do do do do do do do do do, Do do do do do  
Alpha Chi Omega.

## One, Two, Three, Four, Five (chant)

One, Two, Three, Four, Five, We're Alpha Chi, Best on the Row,  
We're number one, and don't you know, we're great!  
Here's why – because we're Alpha Chi!  
We said it, we meant it, we're here to represent it I said right on, no lie, the best is Alpha Chi!

## The Time Has Come (aka Rock Around the Clock)

Oh, the time has come and we fear you must go,  
We are happy to have had you and we want you all to know,  
The Alpha Chi's all hope you enjoyed your stay, and  
That you'll come back (clap clap) another day,  
We've got the spark, (snap) pep, (snap) personality, (snap till end)  
We're all the things that college girls should be,  
The Alpha Chi's are hard to beat, bop bop, bop bop.

## Goodbye Goodbye

The time has come when we have to go,  
can't get along without you now.  
Got along without you before we met you,  
but we sure couldn't do it now.  
So long, farewell, we'll see you soon,  
goodbye goodbye from Alpha Chi.  
Goodbye goodbye, goodbye goodbye, goodbye from Alpha Chi.  
Goodbye goodbye, goodbye goodbye, goodbye from Alpha Chi.

## We Call It Fun (aka Madness, aka Alpha Chi Omega)

Part one: We call it fun but you might call it madness.  
Stay here with us and you'll forget your sadness.  
With our lyres and our pearls we are true-hearted girls,  
and when we are gone, you'll remember our song.  
We are the Alpha Chi Omega, Alpha Chi Omega, Alpha Chi Omega girls.  
Part two: Alpha Chi Omega, Alpha Chi Omega,  
Alpha Chi Omega, Alpha Chi Omega

## I Want to Linger

Hm hm, I wanna linger, hm hm, a little longer,  
hm hm, a little longer here with you, hm hm,  
so give a smile to me, hm hm, and friends we'll always be, hm hm,  
it's fun just being here with you, hm hm, we'll build our  
happiness, hm hm, on our togetherness, hm hm, and Alpha Chi is always true, hm hm.

## Let Us Sing to Alpha Chi Round

Let us sing to Alpha Chi, voices ring to Alpha Chi Omega,  
Sing sing of her glories high, come ring voices of Alpha Chi.

### Scarlet Ribbons

Scarlet ribbons, tied to the green,  
scarlet ribbons, to know what they mean,  
they're a promise of sisterhood, to be a part of all that's good,  
scarlet ribbons, is the Alpha Chi dream.

Each year when we take a pledge, we make a pledge to be,  
the kind of friend that you desire, take a look and you'll see,  
that all of us are part of one, true fraternity,  
Alpha Chi Omega, is a part of me.

### Dear Alpha Chi Omega

Dear Alpha Chi Omega, I always will treasure,  
Wherever I wander, you'll always be home.  
'Tis there where the lyre is always desire,  
and our warmest friendships forever will be.  
I think of my sisters and I start a wishing,  
that I were again back at (ol' U-S-C).  
For little did I know of sorrow or sadness,  
Dear Alpha Chi Omega spells beauty for me.

### Pass It On

It only takes a spark, to start a friendship growing,  
and soon all those around, will warm up to its glowing.  
That's how it is with Alpha Chi, once you've experienced it.  
You spread your love to everyone, you want to pass it on.  
I wish for you my friend, this happiness that I've found,  
you can depend on it, it matters not where you're bound.  
I'll shout it from the mountain top, I want the world to know,  
the lyre of love has come to me, I want to pass it on.



## Follow Us

It's by far the finest thing we've ever done,  
to take the oath and all become as one.  
Follow us, where we go, what we do and who we know,  
make it part of you to be a part of us.  
Sisterhood is what we share, and the lyre is what we wear,  
so join with us for we are Alpha Chi.  
It's hard to find the words to tell you how we feel,  
for it means so much to us, this friendship is so real.  
It's Alpha Chi Omega, a smile, a tear, a face,  
an open heart, an open house, much more than just a place.  
Follow us, where we go, what we do and who we know,  
make it part of you to be a part of us.  
Alpha Chi is what we share and the lyre is what we wear,  
so take the oath and say you'll come with us.

## In This Very Room

In this very room, there's quite enough love for "one like me",  
quite enough love for "one like me", and there's quite enough joy and quite enough laughter,  
to chase away any gloom, for my sisters, all my sisters, are in this very room.

Second verse: two of us

Third verse: some of us

Fourth verse: all of us

## Long Have I Cherished

Long have I cherished, in my heart, a sacred spot  
Joy there has flourished, Joy that fadeth not.  
Oft my soul, a weary, seeks that spot where friendships tie,  
Scatters all the shadows, bringing glorious day  
Alpha Chi Omega, ne're from memory shalt thou part  
Alpha Chi Omega, written on my heart.

### Give Me The Lyre / Smile A While

Give me the lyre of Alpha Chi, I'll wear it e're until I die,  
I'll wear it proudly where e're I go, I'll tell you why it charms me so.  
I hear it playing my symphony, I hear it ringing in harmony,  
I hearing striking in tones of fire, sing to me always my golden lyre.

Smile a while and as the years go by, stronger grows our love for Alpha Chi,  
Lyre of strength and harmony, never dying loyalty,  
And as our last year college days are gone, may the mem'ry of our faith live on,  
Make us worthy in thine eyes, guide us Alpha Chi.

### I'm an Alpha Chi Omega

I'm an Alpha Chi from (XXX) and wear the golden lyre,  
We are the best sorority and no one can go higher.  
We're Alpha Chi Omega, we keep our standards high,  
We're the Alpha Chi's from (way out West/way down South) and will be 'till we die.  
Oh, if I had a daughter sir, I'd dress her red and green,  
and put her on the campus, to be the co-ed queen.  
But if I had a son sir, I'd tell you what he'd do,  
he would date an Alpha Chi, like his daddy used to do.

### 8-Clap Chant (aka We're the A-Chi-O's)

XXXXXXXXX (eight claps)  
Alpha, Chi, Omega, Alpha, Chi, Omega (with claps)  
Alpha Chi Omega (slower, chant in unison)  
We're, the, A-Chi-O's, we'll tell you so you know,  
Alpha Chi, A-Chi-O, Alpha Chi, A-Chi-O,  
We're the A-Chi-O's, we'll tell you so you know,  
We're the Alpha Chi Omega girls.  
Alpha Chi's the best (you're right),  
Better than all the rest (you're right)  
Sound off, A-L, Bring it on down, P-H-A, C-H-I-O-M-E, (pause) G-A!!!

## We Are Sisters

Music by Trish Lester; Lyrics by Trish Lester & Audra Priluck

Verse One (sung as solo): I'm standing here before you  
A woman of strength, Of courage, love and hope  
And I do not stand alone

Verse Two (entire group sings): We're standing here together  
Women with dreams, Of red and green and gold  
And we do not stand alone

Chorus (group): We are sisters, in Alpha Chi Omega  
There are many more across this land  
We are sisters, in Alpha Chi Omega  
And together we walk hand in hand

Verse Three (solo or group): You're standing here beside us  
A woman of strength, Whom we have come to know  
And now you've found your home

Chorus (group): We are sisters, in Alpha Chi Omega  
If our voices touch your heart, you belong  
Be our sister, in Alpha Chi Omega  
And together we will sing this song  
Together we'll forever stand strong.

## Carnations (tune of "Greensleeves")

Carnations to the ones we love,  
You have filled the hearts of all Alpha Chis,  
When Hera gazed from her throne above,  
She saw pride and joy in our bonds and ties.  
Sound forth the chords of our golden lyre,  
Let music our heritage ring,  
Sound forth the chords of our desire,  
To you whom we love a carnation bring.

## There Is A Sisterhood

There is a sisterhood (a sisterhood)  
Whose equal can't be found (whose equal can't be found)  
In this loyal bond (in this loyal bond)  
Together we are bound (together we are bound)  
We have a golden lyre (a golden lyre)  
With pearls a symbol of (with pearls a symbol of)  
Alpha Chi Omega (Alpha Chi Omega)  
Sorority of love  
All the sisters sing (the sisters sing)  
To Alpha Chi (to Alpha Chi)  
We are ever strong (we are ever strong)  
In Alpha Chi (in Alpha Chi)  
And if you ever need us (if you ever need us)  
We'll be standing by (we'll be standing by)  
To give you all we got (snap) all we've got  
All for Alpha Chi  
There is a sisterhood (a sisterhood)  
Whose equal can't be found (whose equal can't be found)  
In this loyal bond (in this loyal bond)  
Together we are bound (together we are bound)  
We have a golden lyre (a golden lyre)  
With pearls a symbol of (with pearls a symbol of)  
Alpha Chi Omega (Alpha Chi Omega)  
Sorority of love (Alpha Chi Omega)  
Sorority of love (Alpha Chi Omega)  
Sorority of, love

## Alpha Chi, oh, Alpha Chi Round

Alpha Chi, oh, Alpha Chi, shall we tell you how we feel,  
you have given us your friendship, we love you so.

## **We Are Alpha Chi**

Lyrics by Trish Lester; Music by Horace Silver

Chorus: We're Alpha Chi Omega, We are Alpha Chi  
We're Alpha Chi Omega, We are Alpha Chi  
We're smiling every day, 'cuz, We are Alpha Chi  
Alpha Chi Omega, sing it, We are Alpha Chi

Verse One: Everyone can hear us singing, We are Alpha Chi  
Our many voices are ringing, We are Alpha Chi  
There's so much joy we are bringing, We are Alpha Chi  
Alpha Chi Omega, sing it, We are Alpha Chi

Verse Two: We are the new generation, We are Alpha Chi  
We are the best in the nation, We are Alpha Chi  
And there is no imitation, We are Alpha Chi  
Alpha Chi Omega, sing it, We are Alpha Chi

## **Hey, Go Alpha Round**

Part one: Hey go Al-pha, hey go Al-pha, hey go Al-pha,  
hey go Alpha Chi O, go go.  
Part two: Hey go Alpha Chi Omega go, hey go Alpha Chi Omega go,  
hey go Alpha Chi Omega go, hey go Alpha Chi O, go go.

## **Are you an Alpha Chi?**

Are you an Alpha Chi? I said an Alpha Chi  
From that dear old alma mater of mine  
Are you an Alpha Chi? I said an Alpha Chi,  
From the best old school in the land  
If you're an Alpha Chi Omega down at XXX  
Any place we see your face you'll hear me say  
Are you an Alpha Chi? I said an Alpha Chi  
Then you're a friend and pal of mine, HEY!

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Alpha Chi Omega

REAL. STRONG. WOMEN.