

STOMACH: IRISH Heritage

Amazing Grace, how sweet the sound...

Our stomach sings.

It hums when it's full; a light gurgling. It growls when it's hungry; a deep voice.
A song that can lead us across oceans in search for a better tune.

That saved a wretch like me...

The stomach is the pear-shaped organ that sits inside our tummies. It's the place in our bodies of making and breaking big food into little food- so tiny it can be absorbed in the rivers within us and sail along our bodies to the places that it's needed. Everyday our stomachs accept what we feed it and turn food into something new to help our bodies to walk, jump, swim and sing.
Our bellies are full of energy, just like our city.

I once was lost, but now I'm found...

Liverpool is a place with many different people from many different places. A space of meeting and change, just like our stomach. It has the oldest Black and Chinese community in Europe and over 50% of people who live here have Irish blood.

Was blind but now, I see...

Ireland is known as the Emerald Isle for its beautiful rolling hills and valleys of green. Liverpool's connection with Irishness is clear in our voices, how we enjoy ourselves, our strength, our friendly smiles and how we support each other.

Through many dangers, toils and snares...

In 1846 many Irish people left their homes by water. The Great Potato famine was a time when many people had empty bellies but disease was full. Crops failed but spirits didn't. 1.5 million Irish people chose Liverpool as their new song, a new tune to hum.

We have already come...

Life wasn't easy for many. Irish people knew the river and docks well. They took jobs in warehouses, construction and all around the docklands. Giving their time and energy to building the city up to make it the special place we see today.

T'was Grace that brought us safe thus far...

The Irish community opened centres in Liverpool, started festivals and support services to honour their heritage and to celebrate. The people in Ireland rebuilt and grew strong. Their impact felt across the world. Irish heritage has fed us all. Made our songs sweeter, our stomachs happier, our future brighter.

And Grace will lead us home.