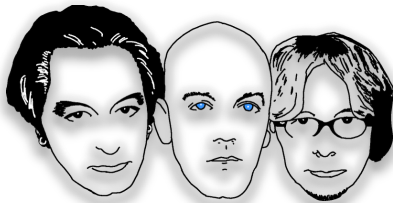
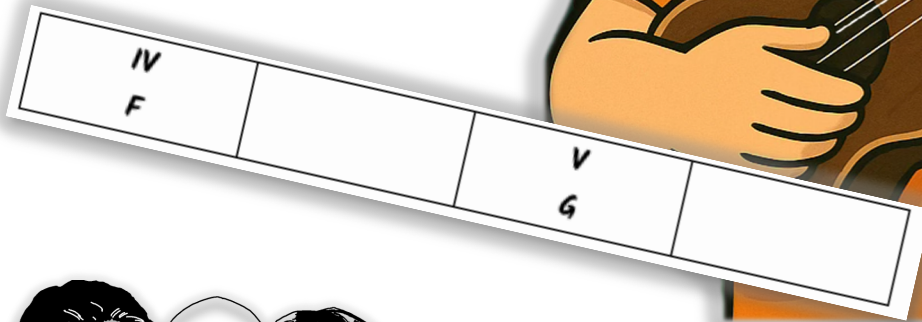


Kanikapila Mondays

REVISED



R.E.M.

6TH OCTOBER 2025

Pilgrimage

At My Most Beautiful

Man on The Moon

Everybody Hurts

LIVE LINK

Fascinating Facts

Learn Ukulele with Matt

PILGRIMAGE



R.E.M.

C MAJOR

VERSES X 4

TRY ADDING ONE BEAT OF C BEFORE THE PRE-CHORUS

<i>bVII</i> <i>Bb</i>	'IV of the IV'	<i>IV</i> <i>F</i>	
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PRE-CHORUS

TRY ADDING ONE BEAT OF C BEFORE THE G CHORD

<i>IV</i> <i>F</i>		<i>V</i> <i>G</i>	
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FINAL PRE-CHORUS

<i>bVII</i> <i>Bb</i>	<i>I</i> <i>C</i>	<i>bVII</i> <i>Bb</i>	<i>I</i> <i>C</i>
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CHORUS

<i>IV</i> <i>I</i> <i>F</i> <i>C</i>	<i>V</i> <i>G</i>	<i>IV</i> <i>I</i> <i>F</i> <i>C</i>	<i>V</i> <i>G</i>
<i>IV</i> <i>I</i> <i>F</i> <i>C</i>	<i>V</i> <i>G</i>	<i>IV</i> <i>I</i> <i>F</i> <i>C</i>	<i>V</i> <i>G</i>

BRIDGE

<i>I</i> <i>C</i>	<i>V</i> <i>G</i>	<i>bVII</i> <i>Bb</i>	<i>V</i> <i>G</i>
<i>I</i> <i>C</i>	<i>V</i> <i>G</i>	<i>bVII</i> <i>Bb</i>	<i>V</i> <i>G N.C.</i>

PILGRIMAGE

(Verse 1)

(Bb) They called the clip a
 (F) two-headed cow
 (Bb) Your hate, clipped and distant
 (F) Your luck with pilgrimage
 (Bb) Rest assured, this will not last
 (F) Take a turn for the worst
 (Bb) Your hate, clipped and distant
 (F) Your luck, a two-headed cow

(Pre-Chorus)

(F) The pilgrimage
 (G) has gained momentum

(Chorus)

(F) (C) Take a (G) turn
 (F) (C) Take a (G) turn
 (F) (C) Take a (G) fortune
 (F) (C) Take a (G) fortune

(Verse 2)

(Bb) Speaking in tongues
 (F) It's worth a broken lip
 (Bb) Your hate, clipped and distant
 (F) Your luck with pilgrimage
 (Bb) Rest assured, this will not last
 (F) Take a turn for the worst
 (Bb) Your hate, clipped and distant
 (F) Your luck, a two-headed cow

(Pre-Chorus)

(F) The pilgrimage
 (G) has gained momentum

(Chorus)

(F) (C) Take a (G) turn
 (F) (C) Take a (G) turn
 (F) (C) Take a (G) fortune
 (F) (C) Take a (G) fortune

(Bridge)

(C) (G) (Bb) (G) Pilgrimage
 (C) (G) Pilgrim(Bb) age (G) N.C.

(Verse 2)

(Bb) Speaking in tongues
 (F) It's worth a broken lip
 (Bb) Your hate, clipped and distant
 (F) Your luck with pilgrimage
 (Bb) Rest assured, this will not last
 (F) Take a turn for the worst
 (Bb) Your hate, clipped and distant
 (F) Your luck, a two-headed cow

(Pre-Chorus)

(F) The pilgrimage
 (G) has gained momentum

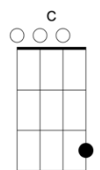
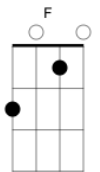
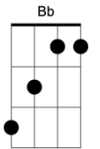
(Chorus)

(F) (C) Take a (G) turn
 (F) (C) Take a (G) turn
 (F) (C) Take a (G) fortune
 (F) (C) Take a (G) fortune

(Repeat Bridge)

(Bb) The pilgrim(C)age
 (Bb) has gained mo(C)mentum

(Repeat Chorus)





AT MY MOST BEAUTIFUL

F MAJOR

R.E.M.

INTRO

I F	iii Am	VI D	
ii I Gm F	IV Bb	ii I Gm F	IV Bb
ii I Gm F	IV V Bb C		
I F	iii Am	VI D	

CHORUS + OUTRO

ii I Gm F	IV Bb	ii I Gm F	IV Bb
ii I Gm F	IV V Bb C		

VERSES

I F	iii Am	IV Bb	ii Gm
I F	iii Am	IV Bb	ii Gm
I F	iii Am	IV Bb	ii Gm
I F	iii Am	IV Bb	ii V Gm C
I F	iii Am	VI7 D7	

AT MY MOST BEAUTIFUL

(Intro)

(F) (Am) (D) (D)
 (Gm) (F) (Bb) (Bb)
 (Gm) (F) (Bb) (Bb)
 (Gm) (F) (Bb) (C)
 (F) (Am) (D) (D)

(Chorus)

(Gm) I've (F) found a (Bb) way to make you
 (Gm) I've (F) found a (Bb) way
 (Gm) a (F) way to (Bb) make (C) you

(Verse 1)

(F) smile (Am) I read bad
 (Bb) poetry (Gm) Into your ma-
 (F) -chine I save your (Am) messages
 (Bb) Just to hear your (Gm) voice. You always
 (F) listen careful- (Am) -ly to
 (Bb) awkward rhymes (Gm) You always
 (F) Say your name (Am) like I wouldn't
 (Bb) Know it's you at (Gm) your most
 (C) Beauti-
 (F) -ful (Am) (D7) (D7)

(Chorus)

(Gm) I've (F) found a (Bb) way to make you
 (Gm) I've (F) found a (Bb) way
 (Gm) a (F) way to (Bb) make (C) you

(Verse 2)

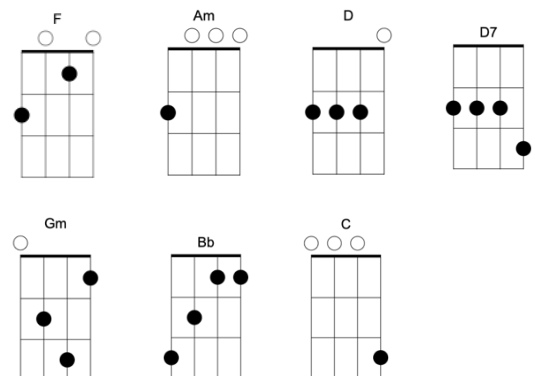
(F) smile (Am) At my most
 (Bb) beautiful (Gm) I count your
 (F) eyelashes (Am)
 (Bb) secretly (Gm) with every
 (F) one whisper ' I love (Am) you' I
 (Bb) let you sleep (Gm) I know your
 (F) Closed eye watching (Am) me
 (Bb) Listening I (Gm) thought I
 (C) Saw a
 (F) Smile (Am) (D7) (D7)

(Chorus)

(Gm) I've (F) found a (Bb) way to make you
 (Gm) I've (F) found a (Bb) way
 (Gm) a (F) way to (Bb) make (C) you
 (F) smile (F)

(Outro)

(Gm) (F) (Bb) way to make you (Gm) I've
 (F) found a (Bb) way
 (Gm) a (F) way to (Bb) make (C) you
 (F) smile (F)





MAN ON THE MOON

G MAJOR

R.E.M.

INTRO + VERSES

IV	V	IV	
C	D	C	

VERSES: PLAY 1ST VERSE X 6 AND ALL OTHERS X 4

PRE-CHORUS

ii Am	I G	ii Am	I G
ii Am	I IV G C	V D	

CHORUS

I ii G Am	IV iii C Bm	I ii G Am	V D
I ii G Am	IV iii C Bm	ii Am	

INSTRUMENTAL

vi Em	V D	vi Em	V D
vi Em	V D		

MAN ON THE MOON

(Verse 1)

(C) Mott the Hoople and the (D) game of Life (C) yeah, yeah, yeah, yeah
 (C) Andy Kaufman in the (D) wrestling match (C) yeah, yeah, yeah, yeah
 (C) Monopoly, Twenty-one, (D) checkers, and chess (C) yeah, yeah, yeah, yeah
 I'll (C) see you in heaven if you (D) make the list (C) yeah, yeah, yeah, yeah

(Pre-Chorus)

Now, (Am) Andy did you hear about (G) this one?
 (Am) Tell me, are you locked in the (G) punch?
 (Am) Andy are you goofing on (G) Elvis? Hey (C) baby
 (D) Are we losing touch?

(Chorus)

(G) If you be (Am) lieved (C) they put a (Bm) man on the (G) moon
 Man (Am) on the (D) moon
 (G) If you be (Am) lieve (C) there's nothing (Bm) up his (Am) sleeve
 (Am) Then nothing is cool

(Verse 2)

(C) Moses went walking with the (D) staff of wood (C) yeah, yeah, yeah, yeah
 (C) Newton got beamed by the (D) apple good (C) yeah, yeah, yeah, yeah
 (C) Egypt was troubled by the (D) horrible asp (C) yeah, yeah, yeah, yeah
 (C) Mister Charles Darwin had the (D) gall to ask (C) yeah, yeah, yeah, yeah

(Repeat Pre-Chorus & Chorus)

Instrumental

(Em) (D) (Em) (D) (Em) (D) (D)

(Verse 3)

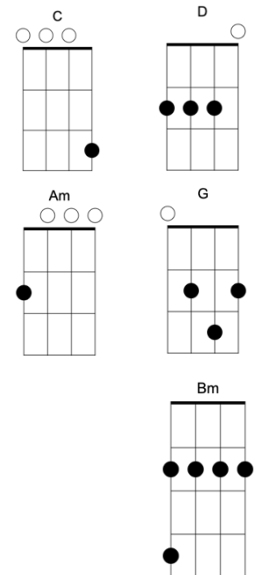
(C) Here's a little agit for the (D) never-believer (C) yeah, yeah, yeah, yeah
 (C) Here's a little ghost for the (D) offering (C) yeah, yeah, yeah, yeah
 (C) Here's a truck stop in (D) stead of Saint Peter's (C) yeah, yeah, yeah, yeah
 (C) Mister Andy Kaufman's gone (D) wrestling (C) yeah, yeah, yeah, yeah

(Repeat Pre-Chorus & Chorus)

Instrumental

(Em) (D) (Em) (D) (Em) (D) (D)

(Repeat Chorus until end)



EVERYBODY HURTS



R.E.M.

C MAJOR 6/8 TIME

VERSES X 4

I		IV	
C		F	

CHORUS

ii		V	
Dm		G	

INTERLUDE X 2 + OUTRO (REPEAT UNTIL END)

I		IV	
C		F	

BRIDGE

III		vi	
E		Am	
III		vi	
E		Am	
III		vi	
E		Am	
bVII		IV	
Bb		F	
bVII		v	
Bb		Gm	

'IV of the IV'

EVERYBODY HURTS

(Verse)

(C) When your day is long (F) And the
(C) night, the night is yours (F) alone
(C) When you're sure you've had (F) enough
of this (C) life, well hang (F) on

(Chorus)

(Dm) Don't let yourself (G) go
(Dm) 'Cause everybody (G) cries
(Dm) Everybody (G) hurts, some –

(Interlude)

(C) – times (F)
Sometimes everything is
(C) wrong (F)
Now it's time to sing along

(Verse)

(C) When your day is night (F) alone
(C) If you feel like letting (F) go
(C) If you think you've had too (F) much
of this (C) life, well hang (F) on

(Chorus)

(Dm) 'Cause everybody (G) hurts
(Dm) Take comfort in your (G) friends
(Dm) Everybody (G) hurts

(Bridge)

(E) Don't throw your (Am) hand
oh (E) no (Am)
(E) Don't throw your (Am) hand
(Bb) If you feel like you're a (F) lone
(Bb) No, no, no, you are not a (Gm) lone

(Verse)

(C) If you're on your own (F) in this
(C) life, the days and night are (F) long
(C) If you think you've had too (F) much
of this (C) life to hang (F) on

(Chorus)

(Dm) Well everybody (G) hurts
(Dm) Everybody (G) cries
(Dm) Everybody (G) hurts, some –

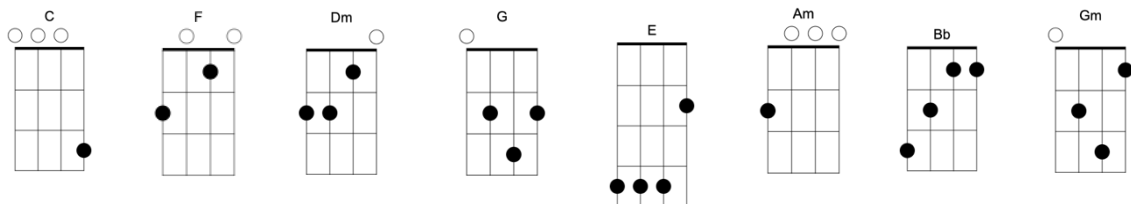
(Interlude)

(C) – times (F) And everybody
(C) hurts, some (F) times so hold -

(Outro)

(C) – on, hold (F) on, hold
(C) – on, hold (F) on, hold

... repeat until end



FASCINATING FACTS

R.E.M was an alternative rock band formed in 1980 by students attending the University of Georgia in Athens, Georgia, USA. They had a long career, disbanding amicably in 2011.

Band members:

Peter Buck - guitar

Mike Mills - bass, piano

Michael Stipe - lead vocalist

Bill Berry - drums

Bill Berry left the band in 1997 for health reasons. The band released their next three albums without a drummer, using a drum machine instead. It wasn't until 2008 that they hired Bill Rieflin as a session drummer.

When they first started out, Michael Stipe said that he couldn't sing and Peter couldn't really play the guitar, but they muddled through. They played weddings and country clubs, and stuck to a touring budget of \$2 a day for food.

Their debut 1983 album, **Murmur**, was named best album of the year by Rolling Stone magazine. Their competition? Michael Jackson's **Thriller**.

Peter Buck played the same black Rickenbacker guitar on every single one of their albums. When they were on tour in 2017, someone stole it and Peter paid a ransom to get it back.

The producers of the hit TV show **Friends** approached the band and asked them if they could use [Shiny, Happy People](#) as their theme song. The answer was a resounding "NO!" The song was hugely popular and in time, Michael Stipe would loathe performing it.

****Pilgrimage (R.E.M., 1983)**

Album: Murmur

It was reported in **Q Magazine's Special Edition of The 1001 Best Songs** that Michael Stipe himself has no idea what [Pilgrimage](#) is about. It was #302 on the magazine's list. (The magazine ceased publication in 2020.)

**** At My Most Beautiful (R.E.M., 1998)**

Album: Up

Michael Stipe says that he has difficulty writing original love songs, as that particular genre has been done to death. It took him a year to come up with the lyrics for **At My Most Beautiful**. One day he was stuck in traffic on Santa Monica Boulevard in California. He had been working on a book about musician Patti Smith's return to performing live, [2XCIntro: On The Road With Patti Smith](#), and was late for an appointment. As he waited for the traffic to move he listened to music tapes, and the line "I found a way to make you smile" popped into his head. Later on the idea of secretly counting his lover's eyelashes opened up possibilities for additional lyrics.

Peter Buck has stated that [At My Most Beautiful](#) is R.E.M.'s tribute to Brian Wilson of The Beach Boys. Mike Mills swears that he was also channelling Brian Wilson when he was composing the piano part.

At My Most Beautiful was included in an episode of **Smallville** as well as the movie **Never Been Kissed**.

****Man On The Moon (R.E.M., 1992)**

Album: Automatic For The People

When R.E.M.'s Michael Stipe was a teenager, he was a huge fan of **Saturday Night Live** comedian and cast member of the sitcom **Taxi**, Andy Kaufman. [A bio-pic](#), also called **Man On The Moon**, was made about him with R.E.M. providing the soundtrack. There are a lot of pop culture references in the song, for example:

- Mott the Hoople – English band popular in the 1970s

- Life, Monopoly, Twenty One, checkers, chess, Twister – board and card games
- Andy Kaufman in the wrestling match, “goofing on Elvis” – Andy’s comedic schtick included off-the-wall humour, “pro” wrestling with Jerry Lawler as well as female audience members (actresses, of course), pretending to be an immigrant of unknown origin, and doing [Elvis impersonations](#). His colleagues often had difficulty figuring out whether he was being serious or not. When he told them he had lung cancer, very few believed him. The [Man On The Moon](#) title is a tangential reference to various conspiracy theories including one that the Apollo 11 moon landing was faked, and that Andy’s 1984 death was also faked.
- Mr. Fred Blassie – Fred Blassie is a character in Kaufman’s movie **My Breakfast with Blassie**
- “agit for the never-believer” – agitation propaganda, meant to stir up the populace
- “yeah, yeah, yeah....” Michael Stipe considered Kurt Cobain (Nirvana) a songwriting master; he was known for inserting a lot of “yeahs” into his songs. Stipe was determined not to be outdone, hence the addition of several “yeahs” at the end of many lines.

Eddie Vedder of Pearl Jam [inducted R.E.M. into the Rock and Roll Hall of Fame](#) in 2007; they performed **Man On The Moon** at the ceremony.

****Everybody Hurts (R.E.M., 1992)**

Album: Automatic For The People

[Everybody Hurts](#) was written by Bill Berry, just before he quit as the band’s drummer and became a farmer. Ironically, he did not play drums on the recording; instead they used a drum machine Mike Mills had bought for \$20. The string arrangement was done by Led Zeppelin’s John Paul Jones.

This song has actually saved lives. The legislature of the state of Nevada praised R.E.M. for encouraging suicide prevention. On many songs Michael Stipe would obscure his words on purpose, but for this song he was mindful of singing it clean as the message was so important. In an interview Peter Buck said that the lyrics were very straightforward because the song was aimed at teenagers.

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