

A Breath of Hope

arranged by Patricia Norton

*Gathered to strengthen
the ability to accept what is hard
and choose hope anyway.*

This song cycle is comprised of seven individual songs, used in the context of the summer 2022 Choral Arts Foundation of the Upper Valley summer sings by generous permission of the composers.

Please support these artists by seeking out their work online, sharing, buying, contributing, commenting, and otherwise lifting up and highlighting their music.

Wendy Luella Perkins -- <https://www.wendyluellaperkins.com/>

Mourning Dove - Wendy Luella says: "It was written very early in the pandemic when mine and many other people's hearts were heavy with the deaths of so many people from COVID-19. This correlated with the time where the streets were so quiet in the cities that we were awakened not by the roar of traffic but by beautiful birdsong."

Ian Carrick -- <https://iancarrick.bandcamp.com/>

To Listen is To Lean In Softly copyright Eoghan Carrick, words by Mark Nepo. Ian says, "I sing this song to remember that every time I listen I can be willing to be changed. The world I envision is one of rich, transformative relationships, relationships that require this kind of listening."

Heather Pierson -- <https://heatherpierson.com/>

The Children's Song © 2001, 2018 Heather Pierson | Sacred Vessel Recordings. Used with permission. Recorded on 'We All Have A Song' by Heather Pierson, sheet music in Heart Songs & Circle Songs, vol.1.

Paul Vasile -- <https://www.paulvasile.com/>

Pray With Our Feet is a protest song based on a quotation by Rabbi Abraham Joshua Heschel, in hope of inspiring courageous action to end gun violence in the United States. copyright Paul M. Vasile, LovedIntoBeing Music ©2018

Lea Morris -- <https://www.thisislea.com/>

Keep Your Heart Open Released in March 2020, Lea describes this as a chant that was born during a walk in strange and uncertain times.

Patricia Norton -- <https://www.juneberrymusic.com/>

Ocean of Breath was inspired by ujjayi pranayama, a yoga breathing practice which creates an ocean-like sound in the body. Written in March of 2020, this reminded me to actually use this practice to heal and strengthen. It is episode #1 in the A Breath of Song podcast at abreathofsong.com

Lissa Schneckenburger -- <https://lissafiddle.com/>

Hope Lingers On was released in March 2018 on the Low Lily album, "10,000 Days Like These". Lissa says, "Music creates community." Sheet music based on Low Lily's arrangement is available on Lissa's website.

Estimated performance time: 15'45"

A Breath of Hope

Song Cycle

$\text{♩} = 54$

arranged by Patricia Norton

Mourning Dove by Wendy Luella Perkins

S. *pp* whoo whoo *mf*

A. *p* **these dove sounds should start with a slight whistle* whoo whoo I

T. *pp* whoo

B. *pp* whoo

Pno. $\text{♩} = 54$ *p*

9

A. woke to the coos of a mourn - ing dove, a mourn - ing dove, a mourn

Pno.

15

A. ing dove. And her sad sweet song drift-ed down from a - bove drift-ed

Pno.

21

mf

S. I woke to the coos of a

A. down from a-bove drift-ed down from a-bove. I woke to the coos of a

Pno. *mp*

27

S. mourn-ing dove, a mourn - ing dove, a mourn - ing dove. And her

A. mourn-ing dove, a mourn - ing dove, a mourn - ing dove. And her

Pno.

33

S. sad sweet song drift-ed down from a-bove, drift-ed down from a-bove drift-ed down from a-

A. sad sweet song drift-ed down from a - bove drift-ed down from a-bove drift-ed down from a-

Pno.

40

mf

S. *mf*
bove. I woke to the coos of a mourn - ing dove, a mourn - ing dove,

A. *mf*
bove. I woke to the coos of a mourn - ing dove, a mourn - ing dove,

T. *mf*
I woke to the coos of a mourn - ing dove, a mourn - ing dove,

B. *mf*
I woke to the coos of a mourn - ing dove, a mourn - ing dove,

Pno.

46

S. *mf*
a mourn - ing dove. And her sad sweet song drift-ed down from a-

A. *mf*
a mourn - ing dove. And her sad sweet song drift-ed down from a-

T. *mf*
a mourn - ing dove. And her sad sweet song drift-ed down from a-

B. *mf*
a mourn - ing dove. And her sad sweet song drift-ed down from a-

Pno.

52

S. *bove, drift-ed down from a-bove drift-ed down from a-bove.*

A. *bove__ drift-ed down from a-bove drift-ed down from a-bove.*

T. *bove, drift-ed down from a-bove drift-ed down from a-bove.*

B. *bove__ drift-ed down from a-bove drift-ed down from a-bove.*

Pno.

58

Lean In Softly by Ian Carrick

S. *pp* *To lis-ten is to lean in soft-ly, lean in*

A. *pp* *To lis-ten is to lean in soft-ly, lean in*

T. *pp* *To lis-ten is to lean in soft-ly, lean in*

B. *pp* *To lis-ten is to lean in soft-ly, lean in*

Lean In Softly by Ian Carrick

Pno.

64

S. soft with your heart with the will - ing - ness to be changed, be

A. soft with your heart with the will - ing - ness to be changed, be

T. soft with your heart with the will - ing - ness to be changed, be

B. soft with your heart with the will - ing - ness to be changed, be

Pno.

use light pedalling; Debussy-esque

71

S. changed by what you hear. To lis - ten is to lean in soft - ly,

A. changed by what you hear.

T. changed by what you hear. To lis - ten is to lean in soft - ly,

B. changed by what you hear. To lis - ten is to lean in soft - ly,

Pno.

78

S. lean in soft with your heart _____ with the will - ing - ness to be _____

A. To lis-ten is to lean in soft-ly,

T. lean in soft with your heart _____ with the will - ing - ness to be _____

B. lean in soft with your heart _____ with the will - ing - ness to be _____

Pno.

85

S. changed, be changed by what you hear. _____ To lis-ten is to lean in

A. lean in soft with your heart _____ with the will - ing - ness to be _____

T. changed, be changed by what you hear. _____ To lis-ten is to lean in

B. changed, be changed by what you hear. _____ To lis-ten is to lean in

Pno.

92

S. soft-ly, lean in soft with your heart with the will - ing - ness to

A. changed, be changed by what you hear. To lis-ten is to lean in

T. soft-ly, be changed by what you hear. To lis-ten is to lean in

B. soft-ly, lean in soft with your heart To lis-ten is to lean in

Pno.

99

S. be changed, be changed by what you hear. To lis-ten is to

A. soft-ly, lean in soft with your heart with the will - ing - ness to

T. soft-ly, lean in soft with your heart with the will - ing - ness to

B. soft-ly, lean in soft with your heart with the will - ing - ness to

Pno.

106

S. lean in soft-ly, To lis-ten is to lean in soft-ly, lean in soft-ly,

A. be _____ changed, be changed by what you hear. _____

T. be _____ changed, be changed by what you hear. _____ with the will - ing-

B. be _____ changed, be changed by what you hear. _____ with the will - ing-

Pno.

113

S. lean in soft-ly, rit. . . .

T. ness to _____ be _____ changed, be changed by what you hear. _____

B. ness to _____ be _____ changed, be changed by what you hear. _____ rit. . . .

Pno.

♩=54

molto rit.

♩=60

120 The Children's Song by Heather Pierson

Unison treble voices

mf and intense

S. 

Pno. 


127


S. 

Pno. 

131

accel. ♩=64

S. 

Pno. 

135

S. 

Pno. 

139

S. warm e-nough, 'cause it's so cold_ out - side.

B. unison bass voices *mf* and intense Why do bad_ things

Pno.

143

B. hap-pen to_ good peo-ple all_ the_ time? Why do bad. things hap-pen to_ good

Pno.

148

S. I hope the child - ren are warm e-nough,

B. peo-ple all_ the_ time? Why do bad_ things hap-pen to_ good

Pno.

152

S. warm e-nough, warm e-nough, I hope the child - ren are warm e-nough, 'cause

B. peo-ple all the time? Why do bad things hap-pen to good

Pno.

156

S. *p f* it's so cold out - side. Shine your

A. *f p* it's so cold out - side. I hope the child - ren are warm e-nough,

T. *p f* Shine your

B. *f p* peo-ple all the time? Why do bad things hap-pen to good

Pno.

160

S. light _____ on _____ me! _____

A. warm e-nough, warm e-nough, I hope the child - ren are warm e-nough, 'cause

T. light _____ on _____ me! _____

B. peo-ple all the time? Why do bad things hap-pen to good

Pno.

164

S. _____ Shine _____ your light _____

A. it's so cold out - side. I hope the child-ren are warm e-nough, warm e-nough,

T. _____ Shine _____ your light _____

B. peo-ple all the time? Shine _____ your light _____

Pno.

169

S. *Broaden slightly*
on me! Shine

A. warm e-nough, I hope the child-ren are warm e-nough Shine

T. *Broaden slightly*
on me! Shine

B. on me! Shine

Pno. *Broaden slightly*

175

S. $\text{♩} = 120$
your light on me! *Pray With Our Feet by Paul Vasile*

A. your light on me! On me!

T. your light on me!

B. your light on me!

Pno. $\text{♩} = 120$
Pray With Our Feet by Paul Vasile

182 Unison SATB in own octaves

S. It's not e-nough to of - fer thoughts___ and prayers. It's not e-nough to say___ that we care.

Pno.

186 *R. L. foot stomp*

S. It's not e-nough to hope that things___ will change. We've got to pray with our feet,

Pno.

190 *R. L. foot stomp* *hand claps*

S. pray with our feet, pray with our feet, and get out,___ out on the street.

Pno.

194

S. It's not e - nough to of - fer thoughts

Pno.

198

S. — and prayers. It's not e-nough to say — that we care — It's not e-nough to hope that things

Pno.

202

S. — will change. We've got to pray with our feet, pray with our feet,

Pno.

R. L. foot stomp *R. L. foot stomp*

205

S. pray with our feet, — and get out, — out on the street.

Pno.


hand claps

208

S. — It's not e-nough to of - fer thoughts — and prayers. It's not e-nough to say — that we care

Pno.

212

S.  It's not e-nough to hopethat things will change. We've got to pray with our feet,

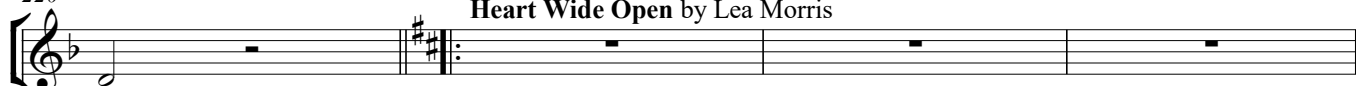
Pno. 


216


S.  pray with our feet, pray with our feet, and get out, out on the street.

Pno. 

R. L. foot stomp *hand claps*

220 rit.  Heart Wide Open by Lea Morris

Pno. 

rit.  Heart Wide Open by Lea Morris

$\text{♩} = 104$

224

1. **Melody (every time)**

S. I've got to keep my heart wide
your

A. **Response (2nd & 3rd times)** our—
I'm gon-na keep I'm gon-na keep
We're We're

T. **Interlock (1st & 3rd time)**
Keep my heart

B. **Motor (every time)**
Keep my heart o-pen Keep my heart o-pen

Pno.

228

S. o - - - pen, though the waves want to push me a-
you us

A. I'm gon-na keep my heart wide o - pen, al-though the waves want to push
We're keep our

T. 4
Keep my heart Keep my heart

B. Keep my heart o - pen

Pno.

232

S. round. I've got to keep my heart wide
You've your heart
We've our

A. al-though the waves want to push me a - round I'm gon-na keep I'm gon-na keep
us We're We're

T. 8 Keep my heart o - pen. Keep my heart
4

B. Keep my heart o pen

Pno.

236

S. o - - pen til my faith brings me back to sol-id
your our us

A. I'm gon-na keep my heart wide o - pen. til my faith brings me back
We're our us

T. 8 Keep my heart Keep my heart
4

B. 4 Keep my heart o - pen

Pno.

240

S. ground. You've got to We've

A. un - til my faith brings me back to sol - id ground. back to sol - id ground.

T. 8 Keep my heart o - pen. o - pen.

B. 4 Keep my heart o - pen

Pno.

1.2. 3.

243

A. un - til my faith brings me back to sol - id ground.

T. 8 Keep my heart o - pen. Keep my heart o - pen.

B. Keep my heart o - pen Keep my heart o - pen Keep my heart o - pen.

Pno.

poco rit.

3 3 3 3 3 3

Ocean of Breath by Patricia Norton

$\text{♩} = 120$

248

S.

Pno.

256

sotto voce

O-cean

sotto voce

O-cean

sotto voce

O - cean

sotto voce

O -

sotto voce

O-cean

sotto voce

O-cean

Pno.

S. O-cean of breath in my bo - dy. _____

A. cean O-cean of breath in my bo - dy. _____

T. O-cean My bo-dy, an o - cean, My bo-dy, an o - cean,

B. *sotto voce* O-cean My bo-dy, an o - cean, My bo-dy, an o - cean,

Pno.

S. *close to 'n'* O-cean of breath in my bone. _____ O-cean of breath,

A. *close to 'n'* O-cean of breath in my bone. _____ O-cean of breath,

T. In my bone, in my bone. _____

B. In my bone, in my bone. _____

Pno.

283

S. rock me, roll me, o-cean of breath, my home._____

A. rock me, roll me, o-cean of breath, my home._____

T. 8 O-cean of breath, o-cean of breath, my home._____ O-cean of breath in my bo -

B. O-cean of breath, o-cean of breath, my home._____ O-cean of breath in my bo -

Pno.

292

S. My bo-dy, an o - cean, My bo-dy, an o - cean, In my

A. My bo-dy, an o - cean, My bo-dy, an o - cean, In my

T. 8 dy._____ O-cean of breath in my bone._____ *close to 'n'*

B. dy._____ O-cean of breath in my bone._____ *close to 'n'*

Pno.

301

S. bone, _____ in my bone. _____ O-cean of breath, o-cean of

A. bone, _____ in my bone. _____ O-cean of breath, o-cean of

T. _____ O-cean of breath, rock me, roll_ me, o-cean of

B. _____ O-cean of breath, rock me, roll_ me, o-cean of

Pno.

310

S. breath, my home. _____

A. breath, my home. _____ O-cean of breath in my

T. breath, my home. _____ O-cean of breath in my bo - dy.

B. breath, my home. _____ O-cean of breath in my bo - dy. O-cean of breath in my

Pno.

319

S. O-cean of breath in my bo - dy. O-cean of breath in my bone._____ O-cean of

A. bo - dy. O-cean of breath in my bone._____ O-cean of breath, rock me,

T. O-cean of breath in my bone._____ O-cean of breath, rock me, roll me, o-cean of

B. bone._____ O-cean of breath, rock me, roll me, o-cean of breath, my home._____

Pno.

328

S. breath, rock me, roll me, o-cean of breath, my home._____ *close to "m"; stagger breathe & fade out*

A. roll me, o-cean of breath, my home._____ o-cean of breath, my home._____

T. breath, my home._____ o-cean of breath, my home._____ *close to "m"; stagger breathe & fade out*

B. _____ o-cean of breath, my home._____ o-cean of breath, my home._____

Pno.

26 336 **♩=104**
Hope Lingers On by Lissa Schneckenburger

S. *close to "m"; stagger breathe & fade out*

A. *close to "m"; stagger breathe & fade out*

T. *close to "m"; stagger breathe & fade out*

B. *close to "m"; stagger breathe & fade out*

Pno. **♩=104**
Hope Lingers On by Lissa Schneckenburger

344

S. my mo-ther, when love is gone, in our dark-est hour, hope

A. mo-ther, when love is gone, my mo-ther, when love is gone, in our dark-est hour, hope

T.

B.

Pno.

349

S. lin - gers on...

A. lin - gers on...

T. my fa - ther, when

B. My fa - ther, when peace is gone, my fa - ther, when

Pno.

353

S. I will not...

A. I will not...

T. peace is gone, in our dark - est hour, hope lin - gers on... I will not...

B. peace is gone, in our dark - est hour, hope lin - gers on...

Pno.

357

S. hate, and I will not fear_____ In our dark - est hour,

A. hate, and I will not fear_____ In our dark - est hour,

T. hate, and I will not fear_____ In our dark - est hour,

B.

Pno.

362

S. hope_____ lin-gers here_____

A. hope lin-gers here_____

T. hope lin-gers here_____ My sis - ter, when e - qua-li - ty's gone, my sis - ter, when e -

B. My sis - ter, when e - qua-li - ty's gone, my sis - ter, when e -

Pno.

367

S. My bro - ther, with

A. My bro - ther, with

T. qua-li - ty's gone, in our dark - est hour, hope lin - gers on...

B. qua-li - ty's gone, in our dark - est hour, hope lin - gers on...

Pno.

371

S. to-ler - ance gone, my bro - ther, with to-ler - ance gone, in our dark - est hour, — hope

A. to-ler - ance gone, my bro - ther, with to-ler - ance gone, in our dark - est hour, — hope

T.

B.

Pno.

375

S. *lin - gers on... I will not_ hate, and I will not fear_*

A. *lin - gers on... I will not_ hate, and I will not fear_*

T. *I will not_ hate, and I will not fear_*

B. *I will not_ hate, and I will not fear_*

Pno.

379

S. *In our_ dark - est hour, hope_ lin-gers here_ My*

A. *In our dark - est hour, hope lin-gers here_ My*

T. *In our dark - est hour, hope lin-gers here_ My*

B. *In our dark - est hour, hope lin-gers here_ My*

Pno.

384

S. love, when ho-nor is gone, my love, when ho-nor is gone, in our dark - est hour, hope

A. love, when ho-nor is gone, my love, when ho-nor is gone, in our dark - est hour, hope

T. love, when ho-nor is gone, my love, when ho-nor is gone, in our dark - est hour, hope

B. love, when ho-nor is gone, my love, when ho-nor is gone, in our dark - est hour, hope

Pno.

389

S. lin - gers on. My coun-try, when jus-tice is gone, my coun-try, when jus-tice is gone, in our

A. lin - gers on. My coun-try, when jus-tice is gone, my coun-try, when jus-tice is gone, in our

T. lin - gers on. My coun-try, when jus-tice is gone, my coun-try, when jus-tice is gone, in our

B. lin - gers on. My coun-try, when jus-tice is gone, my coun-try, when jus-tice is gone, in our

Pno.

394

S. dark-est hour, hope lin-gers on... I will not hate, and I will not fear

A. dark-est hour, hope lin-gers on... I will not hate, and I will not fear

T. dark-est hour, hope lin-gers on... I will not hate, and I will not fear

B. dark-est hour, hope lin-gers on... I will not hate, and I will not fear

Pno.

399

S. In our dark - est hour, hope lin-gers here

A. In our dark - est hour, hope lin-gers here

T. In our dark - est hour, hope lin-gers here

B. In our dark - est hour, hope lin-gers here

Pno.

404

S. I will not hate, and I will not fear In our

A. I will not hate, and I will not fear In our

T. I will not hate, and I will not fear In our

B. I will not hate, and I will not fear In our

Pno.

409 rit.

S. dark - est hour, hope lin - gers here

A. dark - est hour, hope lin - gers here

T. dark - est hour, hope lin - gers here

B. dark - est hour, hope lin - gers here

Pno. rit.