



Cantilena  
PERFORMS

*comfort &*  
**JOY**  
*a celebration!*

*Elinor A. Armsby*  
Music director

*Kelvyn Koning*  
Collaborative Pianist

*Marta Đorović*  
violin

**Sunday**  
**December 11 2022**  
**at 4pm**

**First Parish Unitarian Universalist of Arlington**  
630 Massachusetts Avenue, Arlington MA 02476 

[www.cantilena.org](http://www.cantilena.org)

## Cantilena: About Us

Cantilena, a women's chorale, is an ensemble dedicated to performing music written for the treble voice. Our challenging and diverse repertoire spans the fifteenth to twenty-first centuries and includes works in many different languages and musical forms. We strive to introduce both our members and our audience to works they are unlikely to encounter in other forums, with an emphasis on music composed specifically for women's voices. Cantilena was founded in 1968 as the Cambridge Chorale, an ensemble of mixed (SATB) voices. In 1980, the group became a women's chorus and, in 2000, we changed our name to Cantilena.

**Elinor A. Armsby** *Music Director*  
**Kelvyn Koning** *Collaborative Pianist*  
**Marta Đorović** *Violin Soloist*

## Cantilena Singers

### Sopranos

Erdmute Benoit  
Ashley Brueske  
Angela Carroll  
Lindsay Duff  
Jennifer  
Joslyn-Siemiattoski  
Ivy Lee  
Chris Lull\*\*  
Erin Maloney  
Kristin Palace  
E. B. (Elizabeth)  
Saunter

### Altos

Al Clancy  
Janice Darling  
Joanie Goodman  
Vera Ryen Gregg  
Beverly Hjorth  
Mara Moldwin\*\*  
Karen Nichols  
Bolanie (Bola)  
Origunwa  
Patricia Pepper  
JoyEllen Snellgrove  
Gina Sonder  
Sunny Tom  
Anna Watson

*Section leaders \*\**

## Cantilena Board of Directors

Gina Sonder, *president*  
Beverly Hjorth, *treasurer*  
Mara Moldwin, *clerk*  
Vera Ryen Gregg, *board liaison*  
Mara Moldwin, *DEI committee*  
Janice Darling, *member-at-large*

## Cantilena Advisory Board

Michael Barrett  
Anne Bernays  
Andrea Hart  
Anne Matthews  
Amanda Moser  
Kathy Partridge  
Wayne Welke

## Director Emeritus

Kenneth Seitz

## Upcoming Auditions

Spring 2023/early January  
Fall 2023/late August  
7:30-10:00 p.m.  
See our website for details.

## Spring 2023 Concert

Sunday, May 7, 2023 at 4pm  
First Parish Unitarian Universalist  
of Arlington  
See back page for more details.

## More Information at:

[www.cantilena.org](http://www.cantilena.org)  
Facebook.com: *CantilenaWomensVoices*  
Twitter: *CantilenaWomensVoices*  
Instagram: *CantilenaVoices*

*Cantilena is a member of the  
Greater Boston Choral Consortium*

GREATER  
BOSTON  
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CONSORTIUM

 **Mass  
Cultural  
Council**



## PROGRAM

**Only Then Do You Know Joy**

words and music by Moira Smiley

**There Is a Balm in Gilead**

arr. by Barbara W. Baker (b. 1945)

**In dulce jubilo**

Michael Praetorius (1571-1621)

**Alle, Alleluia!**

Bruce W. Tippet

**Green Tea Farm**

Hiroshi Uehara

Kelvyn Koning, piano

**Grace Before Sleep**

Susan LaBarr

text by Sara Teasdale

**Sukkat Shelomekha**

Marjan Helms

**Golden Slumbers**

Frank Bridge

text by Thomas Dekker

**Sleep Song**

Margaret Bonds (1913-1972)

text by Joyce Kilmer (1886-1918)

**Light of a Clear Blue Morning**

words and music by Dolly Parton

arranged by Craig Hella Johnson

and Richard Gabrillo

soloists: Elizabeth Bukey and

Erin Maloney

**Kadents Ja Teema**

Ester Mägi (1922-2021)

Marta Đorović, violin

Kelvyn Koning, piano

**Make we joye now in this fest**

15th century traditional

**JOY**

Music by Jocelyn Hagen

text by Sara Teasdale

**Alleluia, Amen**

Randall Thompson

**Kelvyn Koning**, piano and **Marta Đorović**, violin

Audio/Video: **Cooper Evello**, sound engineer/

**Josh Keehn**, videographer

Graphic Design: **Joan Goodman**

Thanks to: **The Women's Voice Chorus from Chapel Hill NC** and **The School of Music at Syracuse University** for their loan of concert music to Cantilena.

## **Elinor A. Armsby: *Music Director***



**We welcome back Elinor A. Armsby in her second season as Music Director of Cantilena.**

She comes to Cantilena with over twenty years of experience as a choral director in New England and beyond, working with choirs of varying ages and abilities, including college and high school students, church choirs, and community cho-

ruises. She holds a Bachelor's degree in music from Indiana University and a Master's degree from Temple University. Ms. Armsby has also been involved in music publishing for many years, working for Theodore Presser Company from 1994 to 2005. Since 2007, Ellie has held the office of president of the Hildegard Publishing Company, expanding its catalogue of music by women composers. Ellie is a native of Newton, Massachusetts.

## **Kelvyn Koning: *Collaborative Accompanist***



**Kelvyn Koning, our wonderful pianist, is in his third season with Cantilena!**

He specializes in composing for choir and theatre and performing as a countertenor and pianist. He holds a Bachelor of Arts in Composition from Calvin University in Grand Rapids, MI and a Master of Music in Composition from the Boston Conservatory at Berklee. Kelvyn has been commissioned to write pieces for Boston Latin School, Chandler MS, Zeeland HS, Batesville HS, Arlington HS, the Da Camera Singers, Northwest Hills United Methodist Church, Quorum, and the Oriana Consort.

His latest works include two full-length musicals, *The Glassblower's Daughter* at the Regent Theater and *The Prince and the Painter* with Moonbox Productions. Kelvyn is a founding member of the Nightingale Vocal Ensemble, for whom he sings and composes music. He has also premiered several new vocal and piano works by his friends in Boston. Kelvyn accompanies voice lessons, choirs, and musical theatre at Boston Conservatory and plays piano as a soloist and accompanist around Boston.

## Music Director's Notes

As I contemplated a theme for our Winter concert this year, I first pondered a program that would address the social issues that surround us at this moment - equality, freedom, justice. However, I kept coming back to a very different idea. With the return to making choral music in person again, I kept thinking about what it means for us to sing together after being apart during the pandemic. What are songs of joy that we longed to sing? What is the music that comforts us in difficult times? How can we be joyful when there is so much discord around us? These were the questions I asked myself. Thus, our program today is an expression of **JOY** at being able to sing together in person again and at the same time a journey to find **COMFORT** in the midst of difficulty and sadness.

Moira Smiley's **Only Then Do You Know Joy** opens the program with its sparkling piano accompaniment and infectious rhythmic setting of the word "joy." The piece was written for the 'Resonate' American Choral Directors Association Conference in February of 2022, the first in-person gathering of choral directors post pandemic. Cantilena is proud to be presenting the premiere of Smiley's arrangement of this work for treble chorus. The piece speaks of knowing joy as a counterpart to sorrow.

The spiritual **There is a Balm in Gilead** follows. While quite different from Smiley's work, the traditional text shares the quality of dichotomy, in this case with hope & faith being the counterpart to despair. Learning and performing this culturally important spiritual gave the

group the opportunity to learn more about the history of African-American spirituals and to discuss how best to authentically and respectfully present it to our audience.

**In dulci jubilo** by Michael Praetorius written in 1607 and **Alle, Alleluia** written by Bruce Tippette in 2021, despite their differences in style, are both pure expressions of joy. Lively with quick tempo, they are fun to sing and a delight to hear with their interweaving voices and energetic rhythms.

The middle portion of our program takes us on a dreamy voyage through the land of sleep -- perhaps the ultimate source of comfort. We begin with Susan LaBarr's **Grace Before Sleep** where Sara Teasdale's text reminds us that after great suffering there can come to us great comfort and gratitude.

**Sukkat Shelomekha** is a setting of traditional Hebrew text drawn from the *Hashkiveinu*, a traditional prayer in the Jewish evening service. With its modal melody, accompanied by violin, the piece is both yearning and hopeful.

**Golden Slumbers** composed by Frank Bridge in 1922 is a setting of an Elizabethan text by Thomas Dekker. This intimate work brings us into a twilight, fairy-like atmosphere as though we are already dreaming.

Written sometime between 1932 and 1955, **Sleep Song** by Margaret Bonds (1913-1972) has, astonishingly, only recently been published. Cantilena is the first group to perform the work with

a newly reconstructed section never before heard. This delightful gem by the fabulously talented Bonds will no doubt quickly become standard repertoire for treble choruses.

With ***Light of a Clear Blue Morning*** and ***Make We Joye Now in this Fest*** we again contrast new and old as with the Praetorius and Tippette. Here the moods are quite different from one another however. Dolly Parton's uplifting text speaks about finding hope and renewal after a difficult time, so resonant for us all as we emerge from the pandemic. Masterful composer Craig Hella Johnson has set the melody and text in an almost meditative style. In contrast, the medieval carol is downright rowdy despite its sacred text.

Our program ends with two contrasting expressions of joy.

Jocelyn Hagen's effervescent ***Joy*** sets another text by Sara Teasdale. Here the violin soloist acts as an equal partner to the piano and chorus with virtuosic cascades. In the composer's words the piece is a "a passionate roller-coaster ride, surprising and exhilarating." Randall Thompson's lesser known ***Alleluia, Amen*** is the fourth movement from his larger work, ***The Place of the Blest***. This piece is a quiet expression of both comfort and joy. At times building to an overflowing energy, the work ends in peaceful contentment.

## Texts and translations

### Only Then Do You Know Joy

*Words and Music by Moira Smiley*

Joy and joy and joy and joy and...  
Joy and joy and joy and joy and...  
Woop...oop! Woop...only...  
Only when you do know sorrow  
joy will take your hand  
Only when you do know sorrow  
Only THEN do you know joy.

### There Is a Balm in Gilead

*arranged by Barbara W. Baker (b. 1945)*  
Spiritual

*There is a balm in Gilead to make  
the wounded whole;  
There is a balm in Gilead to heal  
the sin-sick soul.*

Sometimes I feel discouraged,  
and think my work's in vain,  
But then the Holy Spirit  
revives my soul again.

*There is a balm in Gilead...*

If you can't preach like Peter.  
If you can't pray like Paul,  
Tell the love of Jesus and say he  
died for all.

*There is a balm in Gilead...*

### In dulce jubilo

*Michael Praetorius (1571-1621)*  
(from "Music Sonia" v. Tell, 1607)

In dulce jubilo.  
Nun singet und seid froh, unsers  
Herzens Wonne  
leit in praesepio und leuchtet als  
die Sonne, matris in gremio:  
Alpha es et O.

*In dulce jubilo. (Translation)*

*In sweet rejoicing,  
now sing and be glad!*

*Our hearts' joy  
lies in the manger;  
And it shines like the sun  
in the mother's lap.  
You are the Alpha and Omega!*

### Alle, Alleluia

*Bruce Tippet*

Alle, alleluia! Alle, alleluia!  
Alle, alle, alle....Alleluia!  
Alle, alle, alle....Alleluia!

### Grace Before Sleep

*Susan LaBarr*  
Text by Sara Teasdale

How can our minds and bodies  
be grateful enough  
that we have spent here in this  
generous room,  
this evening of content.  
Here in this room.  
Each one of us has walked through  
storm  
and fled the wolves along the road.  
But here the hearth is wide and warm,  
here the hearth is warm.  
And for this shelter and this light  
Accept, O Lord, our thanks tonight.  
Accept, O Lord,  
Our thanks  
Tonight.

### Sukkat Shelomekha

*Marjan Helms*  
Traditional blessing

Ufros aleynu Adonai Eloheynu  
Ufros aleynu tsukkat shelomekha.  
Yai dai  
yai dai dai dai dai  
Hashkivenu Adonai hashkivenu  
Eloheynu  
le shalom vеха-amideynu malkheynu

*Texts and translations continued on next page*

le chayim.

Yai dai

yai dai dai dai dai

Ufros aleynu Adonai Eloheynu

Ufros aleynu sukkat shelomekha.

### **Sukkat Shelomekha (translation)**

*Spread over us, Lord our G-d,*

*the shelter of your peace.*

*Let us lie down in peace and rise again to life.*

### **Golden Slumbers**

*Frank Bridge*

Golden slumbers kiss your eyes..

Smiles awake you when you rise,

Sleep, pretty wantons, do not cry

And I will sing a lullaby.

...Rock them, rock them, lullaby.

Care is heavy, therefore sleep you.

You are care and care must keep you.

Sleep, pretty wantons, do not cry,

And I will sing a lullaby.

...Rock them, rock them, lullaby.

### **Sleep Song**

*Margaret Bonds (1913-1972)*

*Edited by John Michael Cooper*

*Words by Joyce Kilmer (1886-1918)*

The Lady World

Is sleeping on her white and cloudy bed.

Like petals furl'd

Her eyelids close.

Beside her dream-filled head

Her lover stands with silver cloak  
and shoon.

The faithful Moon.

So Love, my Love, Sleep on, my Love,  
my Life be not afraid.

The Moon above, Shall guard the World,  
and I my little maid.

Your life, your love, your dreams  
are mine to keep,  
So sleep...sleep...sleep.

### **Light of a Clear Blue Morning**

*words and music by Dolly Parton*

*arranged by Craig Hella Johnson*

*and Richard Gabrillo*

*soloists: Elizabeth Bukey and Erin Maloney*

It's been a long, dark night,  
and I've been waiting for  
the morning.

It's been a long, hard fight,  
but I see a brand new day  
a-dawning.

I've been looking for the sunshine  
'cause I ain't seen it in so long.

Ev'rything's gonna work out fine.

Ev'rything's gonna be alright,  
it's gonna be okay.

I can see the light of a  
clear blue morning.

I can see the light of a brand  
new day

I can see the light...brand new day.

Clear blue morn...morning blue.

### **Make we joye now in this fest**

*15th century traditional*

*REFRAIN*

Make we joye now in this fest  
in quo Christus natus est.

E-ya.

### **Verse One**

A Patre unigenitus

Thorw a maiden is com to us.

Synge we to here and sey:

"Welcome! Veni,

Redemptor gencium!"

**REFRAIN**

**Verse Two**

A solis ortus cardine,  
So myghty a lord was none as he,  
For to oure kynde he hath yeve  
gryth  
Adam parens quod poluit

**REFRAIN**

**Verse Three**

O lux beata Trinitas!  
He lay bytwene an oxe and asse,  
Thou moder maiden fre;  
Gloria tibi Domine!

**REFRAIN**

Make we joye now in this fest  
in quo Christus natus est.  
E-ya.

**Make we joy now in this  
feast (translation)**

Make we joy now in this feast  
in which Christ is born.  
E-ya. ("Yes")

**Verse One**

The only begotten Son of the Father  
Through a maiden is come to us.  
Sing we here and say:  
Welcome, Redeemer of the nations.

**Verse Two**

So mighty a Lord is None as He;  
And to our kind he hath Him knit.  
Which Adam the parent did poison

**Verse Three**

O Holy Light of the Trinity.  
He lay between an ox and ass,  
Beside His mother maiden free;  
Glory be to You, O Lord.

**JOY**

Music by Jocelyn Hagen  
Text by Sara Teasdale

I am wild!  
I will sing to the trees,  
I will sing to the stars in the sky,  
I will sing! I am wild!  
I am loved, he is mine,  
Now at last I can die!

I am wild!  
I am sandaled with wind and  
with flame,  
I am wild!  
I have heart-fire and singing  
to give,  
I can tread on the grass or the stars  
I am wild!  
Now at last I can live!

**Alleluia, Amen**

Randall Thompson

Alleluia, alleluia  
Alleluia, Amen  
alleluiah

## ***Cantilena appreciates your support***

***As a non-profit volunteer run organization, we rely entirely on ticket sales, member dues, grants, and contributions from supporters like you. When you send us a tax deductible gift, we are TRULY grateful for your ongoing support!***

### **Cantilena wishes to acknowledge**

the generosity demonstrated by our donors during these especially challenging times, including friends and family not listed here whose contributions were received after this program was posted..

#### **2022-2023 Fiscal Year**

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***Thank you so much!***

**GRANT AWARDS  
2021-22**

Town of Arlington ARPA Award  
Grantor - Town of Arlington (MA)  
Small Business and Nonprofit  
Working Capital Fund funded  
by American Rescue Plan Act  
(ARPA).

“The working capital grants are designed to support Arlington’s local businesses and organizations in their long-term economic recovery from the COVID-19 pandemic,” said Jennifer Raitt, Director of Planning and Community Development. “By providing this support, the Town is advancing key goals of the ARPA program, namely, to build a strong, resilient, and equitable recovery by making investments that support long-term growth and opportunity of our business community.”

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*A poem for Cantilena  
and for our audience*

‘Tis you that are the music, not your song.  
The song is but a door which, opening wide,  
Lets forth the pent-up melody inside,  
Your spirit’s harmony, which clear and strong  
Sing but of you.  
Throughout your whole life long  
Your songs, your thoughts, your doings,  
each divide  
This perfect beauty; waves within a tide,  
Or single notes amid a glorious throng.  
The song of earth has many different chords;  
Ocean has many moods and many tones  
Yet always ocean. In the damp Spring woods  
The painted trillium smiles,  
while crisp pine cones  
Autumn alone can ripen. So is this  
One music with a thousand cadences.

Amy Lowell (1874-1925)

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Cantilena's Spring Concert

**Sunday, May 7, 2023 at 4pm**

First Parish Unitarian of Arlington

630 Massachusetts Avenue

Arlington, MA 02476

# Fired

# Up!

A call for equality  
and the protection of  
individual rights.

**On May 7th, 2023, Cantilena women's chorale, based in Arlington MA, will be performing Fired Up A Call for Equality and Activism, a concert program which focuses on uplifting marginalized voices.**

*Two outstanding selections anchor the spring program.*

The major work presented in this concert is *Lifting as we Climb* written by Joan Szymko to commemorate the 100th anniversary of the 19th Amendment's passage to the US Constitution, giving White women the right to vote; nevertheless, the piece points out that BIPOC women would wait decades before they too could vote. Amplifying the voices of Black suffragists, the title, "Lifting as we Climb," echoes the motto of the National Association of Colored Women. While celebrating the women's suffrage movement, Szymko's work calls us to take action now against the current assault on women's rights, equality, democracy & universal suffrage and protect these hard won civil liberties.

*Lifting As We Climb*, a work in four movements, is scored for women's choir, narrators, piano, alto saxophone and drums.

Additionally, Cantilena is delighted to commission our very own Kelvyn Koning to compose a piece for the chorus. This work for treble voices & piano will "highlight the stories of homeless LGBTQ+ youth through their own voices." Informed by interviews with homeless shelter staff and individuals who currently have or formerly had no home, Koning writes that "it aims to remind our community that some of our most vulnerable members are not 'others' but fully-realized people with a vast range of stories."

*Cantilena has applied for grants from the Mass Cultural Council [MCC] and from Arlington's Cultural Council, a local agency supported by the MCC, to partially support this spring 2023 program.*