

Peace Within, Peace Without

Cantilena Women's Chorale

Elinor A. Armsby – Artistic Director

Allyson Cahill – Collaborative Pianist

Sunday, December 10, 2023

First Parish Unitarian Universalist of Arlington

630 Massachusetts Avenue

Arlington, MA 02476

Program

Nada te turbe	<i>Miranda Henne, cello</i>	Joan Szymko
Tzipor shniya	Natan Zach/Misha Segal, arr. Pnina Inbar	
Ubi caritas		Ola Gjeilo
Peace Mass		Bob Chilcott
I. Kyrie		
II. Gloria		
III. Sanctus		
IV. Benedictus	<i>(Jennifer Joslyn-Siemiatkoski and Angela Carroll, soloists)</i>	
V. Agnus Dei		

Intermission

On the Mountain		Trad. Ukrainian arr. Donald Partriquin
Prayer for Ukraine		Mykola Lysenko
Prayer of the Children		Kurt Bestor arr. Andrea S. Klouse
Iraqi Peace Song		Trad. Iraqi arr. Lori Tennenhouse

Mara Moldwin, soloist
Miranda Henne, cello; Kathryn Kagay, drum



O Boundless, Boundless Evening	<i>Miranda Henne, cello</i>	René Clausen
Sisi ni moja	<i>Jaime Church and Erin Maloney, Soloists</i>	Jacob Narverud



Cantilena
A WOMEN'S CHORALE

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.

Cantilena Singers

Sopranos

Erdmute Benoit
Angela Carroll
Jaime Church *
Isabella Feierberg
Allison Gramolini
Jennifer Joslyn-Siemiatkoski
Chris Lull
Erin Maloney
EB Saunter

**section leader*

Altos

Janice Darling
Stephanie Everett
Beverly Hjorth
Mara Moldwin *
Karen Nichols
Melissa Quirk
Andrea Rizzo
Rebecca Sacks
JoyEllen Snellgrove
Gina Sonder
Jeanne Sparrow

Guest Performers

Kathryn Kagay, *drum*
Miranda Henne, *cello*

Cantilena Board of Directors

Gina Sonder, *president*
Beverly Hjorth, *treasurer*
Mara Moldwin, *clerk*
Janice Darling, *member-at-large*
Stephanie Everett, *member-at-large*
Isabella Feierberg, *member-at-large*

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MORE INFORMATION AT:

Website: www.cantilena.org

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Elinor A. Armsby — Artistic Director

Elinor A. Armsby 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 choruses. 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.

Allyson Cahill - Collaborative Pianist



Allyson Cahill has been an accompanist of choirs for over 10 years, and is thrilled to be working with Cantilena for their 2023-2024 season.

Allyson is a student at UMass Lowell in the process of finishing her degree in Sound Recording Technology. While at UML, she has studied jazz and classical piano, and accompanied many fellow students in juries and recitals. Currently, Allyson serves as the organist at St. John the Evangelist Church in Cambridge.

Save the Dates!

Cantilena's Spring Concert
I Will Be Earth: The Poetry of Nature
May 11, 2024 at 7:00 pm

Hear this restorative blend of music and poetry honoring the natural world.

Sing with us!
Cantilena Auditions
will be held on
January 8, 15, and 22, 2024.

Program Notes

Fall 2023

When the board and I first planned our concert theme, we wanted to explore the idea of Peace both as it relates to conflicts between nations but also how we find peace within ourselves as individuals. At the time, we thought the theme would be fitting for a concert near the winter holidays and would also align with our mission to present music that addresses the concerns of our time. Little did we know that the cries for peace in our world would crescendo just as we started to prepare our concert repertoire. Every week, as we rehearsed, learning and singing this music has served as both a refuge from the distressing news around us as well as a prayer for healing among the nations.

Those who attended our concert in May of this year may recognize the composer of our opening selection, Joan Szymko. Her work ***Nada te turbe*** (***'Let nothing trouble you'***) is based on a well-known and reassuring text by Saint Teresa of Ávila. The piece invokes a quiet confidence and sense of calm while, at the same time, using dance-like rhythms and playfulness between the voices and the cello. This is followed by a setting of Natan Zach's poem ***Tzipor shniya*** (***'Second Bird'***) set by the composer Misha Segal and arranged by Naama Women's Choir director, Pnina Inbar. Although Zach's poem speaks of peace, it expresses sadness and perhaps discouragement at the difficulty of achieving it. This sadness can be heard in the harmony as well as the many sighing figures heard throughout the arrangement.

Ola Gjeilo's setting of ***Ubi Caritas*** and Bob Chilcott's ***Peace Mass*** have several traits in common. Both are inspired by or make direct use of plainchant and both are settings of traditional Latin texts. *Ubi Caritas* is inspired by Gregorian chant tradition but the chant-like passages are newly composed. The piece begins quietly and slowly and builds to a passionate overflowing expression of the text "*Exsultemus et in ipso jucundemur*" ("Let us rejoice and be glad"). ***Peace Mass*** is a setting of the five standard sections of the catholic mass. The work both opens and closes with a chant setting of the text "Make us instruments of your peace." Each movement differs in style from the serene and flowing Kyrie to the jaunty, jazz-like Gloria, the majestic Sanctus, the rippling Benedictus and finally to the Agnus Dei which mirrors the opening Kyrie.

The second half of the program opens with a lively folk song from Ukraine, ***On the Mountain***. The song celebrates the spirit and joy of the Ukrainian people with its buoyant melody, dancing rhythms and boisterous clapping.

From this upbeat folk song we turn to the fervent prayer for protection in

Prayer for Ukraine. This song was composed in 1885 when Ukraine was under the control of Imperial Russia and use of Ukrainian language was suppressed. The anthem became popular again during the Ukrainian War of Independence from 1917-1920. Finally the song has again been taken up internationally as a sign of solidarity with Ukraine during the current Russian invasion.

Prayer of the Children was written by Kurt Bestor who spent time in (then) Yugoslavia during the 1970s. Later in the 1990s, when the country was torn apart by civil war, he became heart-broken about the situation and the plight of many of the people he had met and cared about. He wrote this song as a simple expression of his frustration and anger about the war but did not intend to publish it. Later, the song took on a life of its own as it resonated with everyone who heard it. It is now performed by hundreds of choirs around the world and often sung in response to other tragedies beyond wars.

With its haunting melody and continuous rhythmic pulse, **Iraqi Peace Song** is a traditional song in the style of a lullaby with the singer asking for peace in her homeland, for her children and for the world. The arrangement makes use of both English and Arabic text.

Turning toward peace as a state of mind, **O Boundless, Boundless Evening** by René Clausen paints a vivid picture of a countryside scene as the last light of the day fades away. Many instances of text painting such as flitting swallows and tall ship masts in a harbor help to give life to the scene while lush harmonies lend to the poignant and almost wistful mood.

We end our program on a hopeful, upbeat note with **Sisi ni moja** by Jacob Narverud. The piece was written to celebrate unity and community. The title is a Swahili phrase that translates to "We are one" and the English text speaks about the ways that people can find commonality with those who might seem different.

~ Elinor A. Armsby



NADA TE TURBE ('LET NOTHING TROUBLE YOU')

Text by Saint Teresa of Avila

Music by Joan Szymko

Nada te turbe,
nada te espante,
todo se pasa;
Dios no se muda.
La paciencia
todo alcanza;
Quien a Dios tiene,
nada le falta;
Solo Dios basta.

Let nothing disturb you,
nothing frighten you.
All things are passing.
God never changes.
Patience
obtains all things.
Whoever has God
lacks nothing.
God is enough.

TZIPOR SHNIYA ('SECOND BIRD')

Text by Natan Zach

Music by Misha Segal

Arr. by Pnina Inbar

הינש רופיצ
יתוא התאר רופיצה
דוע הארא אל תאזכ יפוי תבר רופיצ
יתומ סוי דע

שמש לש טטר זא יתוא רבע
סולש לש סילימ יתרמא
שמא יתרמאש סילימ
סויה דוע רמוא אל

יפוי תבר רופיצ יתיאר
יתוא התאר רופיצה
דוע הארא אל תאזכ יפוי תבר רופיצ
יתומ סוי דע

שמש לש טטר זא יתוא רבע
סולש לש סילימ יתרמא
שמא יתרמאש סילימ
סויה דוע רמוא אל
(דוע רמוא אל...)

יפוי תבר רופיצ יתיאר...



Hebrew transliteration

Raiti tzipor rabat yofi
Hatzipor raata oti
Tzipor rabit yofi kazot lo er'eh od
Ad yom moti.
Avar oti az retet
Shel shemesh amarti milim shel
shalom
Milim sheamarti emesh lo omar od
hayom
Avar oti az retet shel shemesh
Amarti milim shel shalom
Milum sheamarti emesh
Lo omar od hayom.

English translation

I saw a bird of great beauty
The bird saw me
A bird of such great beauty I will see
no more
Until my dying day.
A quiver of sun then passed through
me
I spoke words of peace
Words that I spoke yesterday
I shall not speak again today.

UBI CARITAS

Music by Ola Gjeilo

Ubi caritas et amor, Deus ibi est
Congregavit nos in unum Christi amor.
Exsultemus et in ipso jucundemur.
Timeamus et amemus Deum vivum.
Et ex corde diligamus nos sincero.
Amen.

Where charity and love are,
God is there.
The love of Christ has gathered us
together.
Let us rejoice and be glad in it.
Let us revere and love the living God.
And let us love from a pure heart.
Amen.

PEACE MASS

Music by Bob Chilcott

Kyrie

Make us instruments of your peace.

Kyrie eleison.
Christe eleison.
Kyrie eleison.



Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Gloria

Gloria in excelsis Deo.
Et in terra pax hominibus bonae
voluntatis.
Laudamus Te, benedicimus Te,
adoramus Te, benedicimus Te.
Gratias agimus Tibi propter magnam
gloriam Tuam.
Domine Deus, Rex coelestis, Deus
Pater omnipotens.
Domine Fili unigenite, Jesu Christe.
Domine Deus, Agnus Dei, Filius Patris.
Qui tollis peccata mundi, miserere
nobis.
Qui tollis peccata mundi, suscipe
deprecationem nostram.
Qui sedes ad dexteram Patris, miserere
nobis.
Quoniam Tu solus sanctus, Tu solus
Dominus.
Tu solus altissimus, Jesu Christe.
Cum sancto spiritu in gloria Dei Patris.
Amen.

Glory to God in the highest, and
peace to his people on earth.
Lord God, heavenly King, almighty
God and Father,
We worship you, we give you
thanks, we praise you for your
glory.
Lord Jesus Christ, only Son of the
Father,
Lord God, Lamb of God, you take
away the sin of the world:
Have mercy on us;
You are seated at the right hand of
the Father:
Receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
You alone are the Most High,
Jesus Christ,
With the Holy Spirit, in the glory of
God the Father.
Amen.

Sanctus

Sanctus, sanctus, sanctus, Dominus
Deus Sabaoth,
Pleni sunt coeli et terra, gloria tua.
Hosanna in excelsis.

Holy, holy, holy Lord, God of power
and might,
Heaven and earth are full of your
glory.
Hosanna in the highest.

Benedictus

Benedictus qui venit in nomine
Domini.
Hosanna in excelsis.

Blessed is he who comes in the
name of the Lord.
Hosanna in the highest.

Agnus Dei

Agnus Dei, qui tollis peccata mundi;
Miserere nobis,
Agnus Dei, dona nobis pacem.

Lamb of God, you take away the sin
of the world,
Have mercy upon us.
Lamb of God, grant us peace.

ON THE MOUNTAIN

Traditional Ukrainian Song
Arr. by Donald Patriquin

ой на горі, на горі
ла ла ла ла
ох ха ха ха
га га га га
Гей!

Oh, on (the) mountain on (the)
mountain
La la la la
oh ha ha ha ha ha ha ha
Hey!

PRAYER FOR UKRAINE

Text by Oleksandr Konysky
Music by Mykola Lysenko

Боже великий, єдиний,
Нам Україну храни,
Волі і світу промінням
Ти її осіни.
Світлом науки і знання
Нас, дітей, просвіти,
В чистій любові до краю,
Ти нас, Боже, зрости.

Lord, oh the Great and Almighty,
Protect our beloved Ukraine,
Bless her with freedom and light
Of your holy rays.
With learning and knowledge
enlighten
Us, your children small,
In love pure and everlasting
Let us, oh Lord, grow.

Молимоь, Боже єдиний,
Нам Україну храни,
Всі свої ласки й щедроти
Ти на люд наш зверни.

We pray, oh Lord Almighty,
Protect our beloved Ukraine,
Grant our people and country

Дай йому волю, дай йому долю,
Дай доброго світу, щастя,
Дай, Боже, народу
І многая, многая літа.

All your kindness and grace.
Bless us with freedom, bless us with
wisdom,
Guide into kind world,
Bless us, oh Lord, with good fortune
For ever and evermore.

PRAYER OF THE CHILDREN

Words and Music by Kurt Bestor
Arr. by Andrea S. Klouse

Can you hear the prayer of the
children,
On bended knee, in the shadow of
an unknown room?
Empty eyes with no more tears to
cry,
Turning heavenward toward the
light.

Crying "Who will help me
To see the morning light of one
more day.
But if I should die before I wake,
I pray my soul to take."

Can you feel the hearts of the
children,
Aching for home, for something of
their very own?
Reaching hands with nothing to
hold on to,
But hope for a better day, a better
day

Crying, "Who will help me
To feel the love again in my own
land?
But if unknown roads lead away
from home,
Give me loving arms, away from
harm."

Can you hear the voice of the
children,
Softly pleading for silence in their
shattered world?
Angry guns preach a gospel full of
hate,
Blood of the innocent on their
hands.

Crying, "Who will help me
To feel the sun again upon my face.
For when darkness clears I know
you're near,
Bringing peace again."

Dali čuje te sve dječje molitve?
(*Croatian*: 'Can you hear all the
children's prayers?')

Can you hear the prayer of the
children?



IRAQI PEACE SONG

Traditional Iraqi Song

Arr. by Lori Tennenhouse

Literal translation by Wafa Hada Tigerlily Arabic Language Institute

Regards to your eye, oh homeland.
A sweet flows liberal and respect.
Moreover, how are your hopes, how
is the palm tree?
How are the decorations, how are
the children?

English Interpretation by Kari Iveland as used in this arrangement

Peace to the world.
Peace to my country, my love.
Peace to your dreams.
Peace to your children.
Underneath the whispering trees,
where our sons and daughters are
free
in the beauty
we will see through your eyes of
peace.

Peace to our heart.
Peace to our homeland.
Peace to the world.
Peace to my country, my love.

O BOUNDLESS, BOUNDLESS EVENING

Words and Music by René Clausen

English Translation by Christopher Middleton

English

O boundless, boundless evening.
Soon the glow of long hills on the skyline will be gone,
Like clear dream country now, rich-hued by sun.
O boundless evening where the cornfields throw
The scattered daylight back in an aureole.
Swallows high up are singing, very small.
On every meadow glitters their swift flight,
In woods of rushes and where tall masts stand
In brilliant bays. Yet in ravines beyond
Between the hills already nests the night.



SISI NI MOJA (WE ARE ONE)

Words and Music by Jacob Narverud

We all laugh,
We all cry,
We all feel hunger,
We all feel pain.
We all love,
We all hate,
We all hope,
And we all dream.
We are one world, one people.
And we all breathe the same.
A tribe of many languages,
A group of many heartaches,
Fighting for peace among the land.
Heja, heja, sisi ni moja.
Heja, heja, we are one.

We all want,
We all need,
We all seek passion,
We all seek joy.
We all bruise,
We all scar,
We all fail,
But learn to thrive.
We are one world, one people.
And we all breathe the same.
In the darkness of the night and in
the glory of the morning,
We walk along the path and find our
way.
Now we stand here together and lift
our hearts in song
To the rhythm of this moment in our
lives:
Heja, heja, sisi ni moja.
Heja, heja, we are one.

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With the aim of broadening access to cultural programming, Cantilena is pleased to participate in the Massachusetts Card to Culture program. Offering EBT, WIC, and ConnectorCare discounts to cardholders, the program is a partnership between participating arts organizations, the Mass Cultural Council, the Department of Transitional Assistance, Massachusetts Health Connector, and the Women, Infants & Children Nutrition Program.



Cantilena appreciates your support!

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