SATB Perusal Packet

Boxes

Using a variety of Broadway musical styles, this upbeat piece questions societal boxes while dreaming a world in which we are all free to be who we're meant to be.

also available in SSAA and TTBB

Love is Welcome Here

Uplifting melody and words about committing to creating spaces of vulnerability and compassion.

also available in SSAA and TTBB

She Stood for Freedom

A call to action with a shout out to civil right activist, Rosa Parks, and suffragist, Alice Paul.

Catherine Palton composer

for SATB voices and piano

true to myself, rue to the world,

true to me...

Catherine Palton



Boxes, boxes, boxes. Everywhere! Boxes, boxes, boxes. Stacking us up! Boxes, boxes, boxes. Check, check!

Why are we put into boxes? Boys, girls, girls, boys.

Why are there only two options? Girls, boys boys, girls.

And why are the things we buy categorized gender-wise?

Boxes for pink, boxes for blue. Boxes for me, boxes for you. All of these boxes to check. Boxes right up to our necks.

Boxing us in, kicking us out. Where does it stop? We wanna shout, "Let us out. Let us out!" We want out!

Stacking us up against each other.
Stacking us up against the norm.
And why does the norm inform so many decisions?
We see a lot of division.

But what if being me means coloring outside of the lines? What if being me means breaking boxes open? What if being me means living my dream to be who I'm meant to be? True to myself, true to the world, true to me.

Stacking us up against each other.
Stacking us up against the norm.
And why does the norm inform so many decisions?
We see a lot of division.

We want to live in a world where you can break boxes open. We want to live in a world where you can color outside of the lines. We want to live in a world where no one has to hide who they are inside.

In this new world we are all free. In this new world to be who we're meant to be, whoever that may be.

Catherine Dalton

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"Becoming who I am today was a process, because for years I wore boys' jeans and boys' t-shirts, and I had short hair. In middle school I would get into my Mom's makeup and put on a wig and all that fun stuff. I was put in a box from elementary on. When I was on the playground boys would call me a girl, which is kind of funny now that you think about it because it ended up being absolutely true!" ~ Rossi

"I never wanted to be a woman, but I have always felt most comfortable with some part of myself in a dress.

In all of my years as an ordained priest, working with congregations — all of my congregations knew I was gay, knew I was partnered, then married — I wore the me-in-adress part of my life very lightly because most people don't understand that." ~ Theo

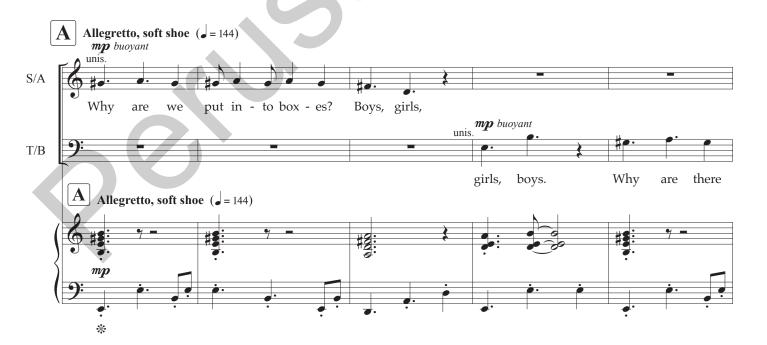
"For the longest time I would shop in the men's section and then go to the women's section if it was on the same floor. And then I just started using the men's changing rooms.

I've gotten looks from
customers. It was scarier when
I was younger because I was
worried that someone was
going to come in and drag
me out." ~ Erika



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Composer Notes

After receiving the commission for the American Choral Directors Association of Minnesota 9-10 Grade SSAA Honor Choir, I began to look for texts. I wanted something strong, something new, a text that would speak to what young people in the choir are experiencing. I read through my poetry books, my feminist books, writings from recent immigrants. I listened to spoken word on YouTube. Then, one day I was driving and I heard, "Why do they always put us in boxes? Boys, girls, girls, boys" When I got to a safe place to park the car, I sang the lyrics into my phone. I had these first words swimming in my head for a week or so, then one day, as we were heading out for a walk, and I said, "Wait, I need to write down some lyrics." I sat down and the rest came pouring out. I made some changes after that, but the bones were there in that first outpouring.

And yet, *I knew this was not my work alone to write these lyrics*. We can all feel like we are put into boxes at times. I'm often frustrated, when I shop, that my color choices are often more "girly" than I would like. I cannot tell you how thrilled I am that the low-rise jeans trend is over. I remember my daughters being frustrated with their limited choices of snowboard patterns. And that's not even touching on the words and images that are on the t-shirts in the girls' vs. boys' sections of stores.

While I was annoyed with gendered boxes, this is a small part of the story of how boxes effect people's lives. After that outpouring of lyrics, I knew I needed to run them past my trans, gender non-conforming, and non-binary friends. These friends, together with my two daughters, became my informal

consulting group. They gave me honest feedback and the lyrics evolved in profound ways. At one point, when we were talking about the lyrics, my friend Rossi asked if I wanted to hear her story. Yes! Listening to Rossi's story was the inspiration to make stories an integral part of this piece. All stories are available as a free download on my website, catherinedalton.net. Rossi, Theo and Erika have also said they are available to talk with singers. Let me know at catherine@catherinedalton.net if you would like to reach out to them.



I am grateful to Rossi, Theo, and Erika for telling their stories and for allowing them to be shared. These are stories of bravery in the face of hatred, discrimination, and ignorance. They are sharing them so that they can help others who are either going through something similar, or whose loved ones are facing similar circumstances. The next time you are on the bus, or in in the fitting room, or bathroom, and you see someone who is gender-queer, may you view them with more compassion. Like Erika said, I hope we can all see them as them "as normal, as people."

About the Composer

Catherine Dalton's vocal compositions are inspired by classical, jazz, folk, world music and chant. Her organically-conceived pieces use everyday life as their palette, exploring the familiar to the profound. Whether setting her own lyrics or the texts of others, she often selects unconventional and challenging topics such as uncommon courage, facing adversity, cultural diversity and mystical experiences as well as the simplest observations, sorrows and joys.

Described as *evocative*, *haunting*, and *atmospheric*, Dalton's music has been performed by Vox Femina Los Angeles, VocalEssence Chorus, Lumina, Cantus, Cleveland Chamber Choir, Young New Yorkers Women's Ensemble, Inversion Ensemble Da Capa, One Voice Mixed Chorus, CorVoce, the Atlanta Women's Chorus, the new music ensemble, Zeitgeist and singers Clara Osowski, Carrie Shaw, Ivory Doublette, and Anna DeGraff, in addition to hundreds of other choirs across North America and abroad. Her works are regularly selected for national and regional choral reading sessions, all-state choirs, and performances at the American Choral Director's Association Conferences.

Tell Catherine about a performance, commission a new work, hire her to work with your choir an/or lead a workshop. Peruse scores, and check out her newest projects at catherinedalton.net

More Choral Music by Catherine Dalton

All Things Are Too Small to Hold Me (Hadewijch II, trans. by Hirshfield) | SATB divisi, a cappella

Although the Wind (Izumi Shikibu) | SSAA, a cappella

boundless joy (Dalton) | SATB choir and narrator

Boxes (Dalton) | SATB and piano | SSAA and piano | TTBB and piano

Come from Far, Come from Near (Dalton) | SATB, a cappella

From the State of Emptiness (Dalton) | SATB, sus. cymbal, frame drum | SSAA, sus. cymbal, frame drum, cello

Fly with Me (Dalton) | SATB and piano | SSA and piano | TBB and piano | Solo voice and piano

Love is Welcome Here (Joe Davis & Dalton) | SATB, a cappella with lead sheet

May the Grace of the Love (J Philip Newell) | SSAA, a cappella

O My Friends What Can You Tell Me of Love (Mirabai, trans. by Hirshfield) | SATB choir with optional hand drum, finger cymbals/windchimes and tambourine

Only Kindness (Naomi Shihab Nye) | SATB, a cappella

Out Beyond Ideas (I'll Meet You There) (Rumi, trans. by Barks & O'Shaughnessy) | SAB/SATB choir and piano

Praise Gaia (Dalton) | SATB, a cappella | SSAA, a capella | TTBB, a capella

She Rises (Dalton) | SSAA double choir, a cappella | TTBB double choir, a cappella

She Stood for Freedom (Dalton) | SATB choir, soprano soloist

Silver Deity of Secret Night (Lady Montagu) | TTBB chorus with tenor and baritone solos, a cappella

Street Dance (Dalton) | SATB, a cappella | TTBB, a cappella

Sweet Radiant Mystery (Dalton) | Four part chant for treble or mixed voices, piano or handbells | Four part chant for lower voices, piano or handbells

The Flute of the Infinite (Kabîr, trans. by Tagore) | SATB, a cappella, optional flute, hand drum

The Path You Walk Upon (Dalton) | SATB, piano, violin | SSA, piano, violin | SA and piano

This Morning's Paper (Dalton) | SATB, soprano soloist and piano

To Live in This World (Naomi Shihab Nye) | SATB, a cappella

Today will be warm: A Story Cloth in Sound (Kao Kalia Yang) | SATB, Tibetan hand chimes, djembe, hand-chimes

We Don't Get To Choose (Maggie Nelson) | SSAA, a cappella

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Love is Welcome Here

for SATB voices with spoken word soloist, a cappella includes lead sheet for solo performance

Lyrics by Catherine Dalton and Spoken Word by Joe Davis

"We rise higher when we all rise here"

Catherine Patton



Love is Welcome Here

Only love is welcome here. Only love is welcome here. Only love, love, oh love, sweet love, only love is welcome here.

Only kindness is welcome here. Only kindness is welcome here. Only kindness, yes, loving kindness, only kindness is welcome here.

So bring your pain and bring your sorrow. Bring your hope and bring your fear, and we will wrap our loving arms around you because love is welcome here.

[Joe's poem]

So bring your pain and bring your sorrow. Bring your hope and bring your fear, and we will wrap our loving arms around you because love is welcome here.

Love, sweet love, only love is welcome here. Only love.

Catherine Dalton

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Here is where we give you the permission you haven't yet given yourself
To show up and be your most authentic self

You can cry here
You can take your time here
To be you is not a crime here!
We are all divine here
We shine brighter when we all shine here
We rise higher when we all rise here
We practice being kind here
We celebrate the fact that we are still alive here

Love, only love is welcome here

You can make mistakes here
No guilt blame or shame here
There's only grace here
We know you by name here
We've been waiting for you
So glad you came here
We hope that you stay here
All that you are can be reclaimed and embraced here

Only love is welcome here

Joe Davis

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Joe is available for performances, writing and performance workshops, panels, lectures and keynote addresses. Visit JoeDavisPoetry.com to connect, book, or learn more.

Composer Notes

The verse and chorus of *Love is Welcome Here* came to me each night for weeks during the summer of 2020. It was my body's way of calming me and helping me sleep. It was also a reminder that art can work in mysterious ways, if I'm listening. When Margaret Sabin asked me to select the text for a commission by the Osseo Chamber Singers while we were in the midst of a world-wide pandemic and social reckoning, I offered these words and melody that had been gifted to me from the Universe. I am beyond thrilled that Joe Davis said he would collaborate on this project by writing a spoken word poem for the bridge!

Poet Notes

I wrote this poem as a reflection on what it means to commit to creating spaces of vulnerability and compassion, where we can bring our full selves without fear of judgment or shame. I want to experience more spaces like this in the world, which is why I'm intentional about exploring what that can sound like and feel like through my poetry and music.

I feel the more we're able to practice feeling and creating the world we long to live in together, the closer we get to that world existing within and around us.



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Dur: ca: 3 min 50 sec Also available for SSAA Commissioned for the Osseo Chamber Singers, directed by Margaret Sabin, through the Louis and Mary Kay Smith Foundation

Love is Welcome Here

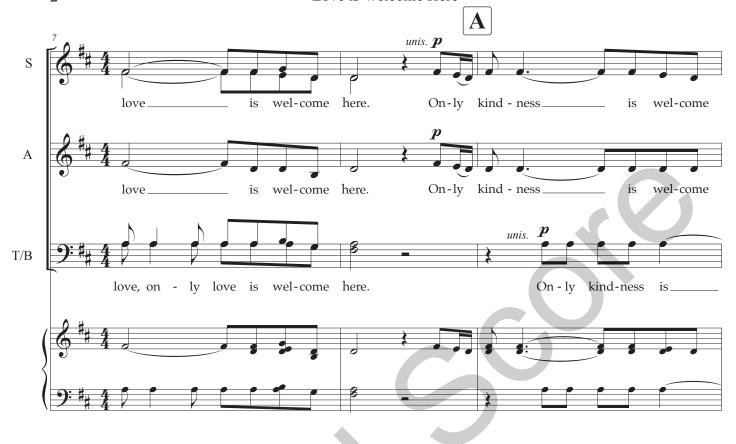
for SATB voices with spoken word soloist, a cappella

Catherine Dalton (lyrics) Joe Davis (spoken word) Catherine Dalton



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Spoken word begins on 2nd repeat:

"Here is where we give you the permission you haven't yet given yourself / To show up and be your most authentic self / You can cry here / You can take your time here / To be you is not a crime here! / We are all divine here / We shine brighter when we all shine here / We rise higher when we all rise here / We practice being kind here / We celebrate the fact that we are still alive here / Love, only love is welcome here"







Love is Welcome Here

Catherine Dalton (lyrics) and Joe Davis (spoken word)

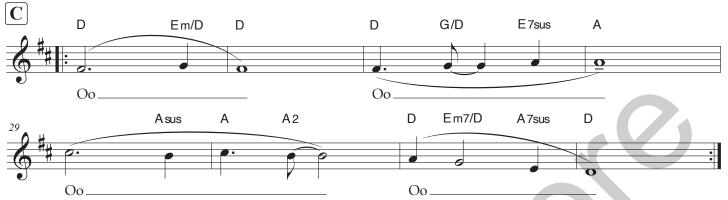
Catherine Dalton



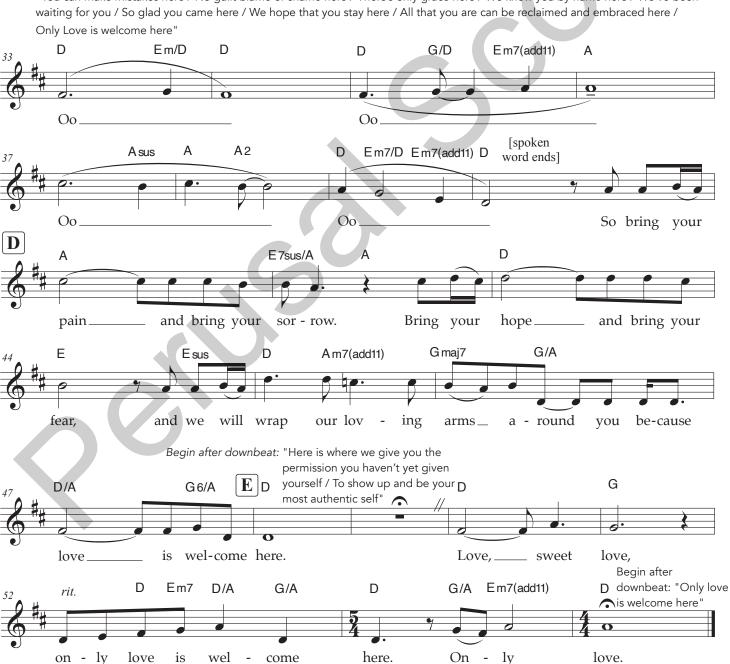
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"Here is where we give you the permission you haven't yet given yourself / To show up and be your most authentic self / You can cry here / You can take your time here / To be you is not a crime here! / We are all divine here / We shine brighter when we all shine here / We rise higher when we all rise here / We practice being kind here / We celebrate the fact that we are still alive here / Love, only love is welcome here"



"You can make mistakes here / No guilt blame or shame here / There's only grace here / We know you by name here / We've been



More Music by Catherine Dalton

Boxes (Dalton) | SSAA and piano | SATB and piano | TTBB and piano

Fly with Me (Dalton) | SSA and piano | SATB and piano | TTB and piano

From the State of Emptiness (Dalton) | SATB, sus. cymbal, frame drum | SSAA, sus. cymbal, frame drum, cello

Only Kindness (Naomi Shihab Nye) | SATB, a cappella

Praise Gaia (Dalton) | SATB, a cappella | SSAA, a cappella

She Rises (Dalton) | SSAA double choir, a cappella | TTBB double choir, a cappella

She Stood for Freedom (Dalton) | SATB choir, soprano soloist

Sweet Radiant Mystery (Dalton) | Four part chant for equal or mixed voices and piano or handbells | TTBB and piano or handbells

The Flute of the Infinite (Kabîr, trans. by Tagore) | SATB a cappella, optional flute, hand drum

The Path You Walk Upon (Dalton) | SATB, piano and violin | SSA, piano and violin | SA and piano

This Morning's Paper (Dalton) | SATB, soprano soloist and piano

To Live in This World (Naomi Shihab Nye) | SATB, a cappella

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More Poetry by Joe Davis

Show Up

Hold On

Love Always

Not to Perform, but to Transform.

and

Stay True

Also check out:

Joe's multimedia production company, The New Renaissance

> Soul funk bank, The Poetic Diaspora

and JUSTmove, racial justice education through art

You can find more of Joe's work on his website, <u>JoeDavisPoetry.com</u>, Facebook, Instagram and YouTube via JoeDavisPoetry.

Joe Davis is a nationally-touring artist, educator, and speaker based in Minneapolis, MN. He employs poetry, music, theater, and dance to shape culture. His work has been featured on BET, CNN, and VH1.

He is the Founder and Director of multimedia production company, The New Renaissance, the frontman of emerging soul funk band, The Poetic Diaspora, and co-creator of JUSTmove, racial justice education through art.

He has keynoted, facilitated conversation, and served as teaching artist at hundreds of high schools and universities including programs in New York, Boston, and most recently as the Artist-in-Residence at Luther Seminary where he earned a Masters in Theology of the Arts. Visit JoeDavisPoetry.com to connect, book, or learn more.

She Stood for Freedom

for SATB voices and soprano soloist, a cappella

atherine Patton



She Stood for Freedom

I know a woman. Her name? Her name is Rosa, Rosa Parks. She stood for freedom. She would not move for freedom.

Rosa, why did you stay in that seat even when he told you to move? Did you sit there for humanity? Did you sit there for our dignity?

Oh Rosa, what I know is: you refused to move and were arrested for me so I could learn how to fight for freedom peacefully.

I know a suffragist. Her name? Her name is Alice, Alice Paul. She stood for freedom. She picketed the White House for freedom.

Alice, why did you hold your banner high even when the crowds beat you down? Did you march there for humanity? Did you march there for our dignity?

Oh Alice, what I know is: they sent you in jail where you suffered for me so I could learn how to fight for freedom peacefully.

Freedom, oh, freedom. Precious freedom.

I know some people.
Their names?
Well, it's you and me.
We'll stand for freedom.
We'll raise our voice for freedom.

Friends, we've got to follow in the footsteps of Rosa and Alice. We'll rise up for humanity. We'll speak out for our dignity.

Oh friends, what we know is: we'll stand with each other and hold a light for liberty as we fight for freedom peacefully.

We've got to rise up, we've got to sit down, we've got to hang on for freedom, precious freedom.

Catherine Dalton
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COMPOSER NOTES

She Stood for Freedom was inspired by everyday people who have employed non-violent means to stand up for equality and the rights of others, people who have the moral strength to step back from their own anger and fear in order to rise up, sit down and hold on for freedom.

Although I could have chosen many people, I decided to lift up Rosa Parks and Alice Paul for their work in the civil rights and the women's suffrage movements, respectively.

The last piece of the puzzle friends, is us — you and me, whatever that means to us individually. We can make the choice to follow in Rosa and Alice's footsteps. We can choose to take up the torch in ways large and small.

Of course, we have a long way to go and there is much work to be done. At times it can seem overwhelming. It is during these times that I look with amazement at all of the activists around the world that are leading the way. Let's raise up our voices together.

ABOUT THE COMPOSER

Catherine Dalton's vocal compositions are inspired by classical, jazz, folk, world music and chant. Her organically-conceived pieces use everyday life as their palette, exploring the familiar to the profound. Whether setting her own lyrics or the texts of others, she often selects unconventional and challenging topics such as uncommon courage, facing adversity, cultural diversity and mystical experiences as well as the simplest observations, sorrows and joys.

Described as *evocative*, *haunting*, and *atmospheric*, Dalton's music has been performed by Vox Femina Los Angeles, VocalEssence Chorus, Lumina, Cantus, Cleveland Chamber Choir, Young New Yorkers Women's Ensemble, Inversion Ensemble Da Capa, Atlanta Women's Chorus, and the new music ensemble, Zeitgeist.

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She Stood for Freedom

SATB voices and soprano soloist, a cappella

Words and Music by Catherine Dalton



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- **All Things** (Hadewijch II, trans. by Hirshfield) | SATB divisi, a cappella Rich harmonies and a feeling of infinity highlight the text of influential lay Christian mystic, Hadewijch II
- Although the Wind (Izumi Shikibu) | SSAA, a cappella

Haunting setting of this introspective text by renowned Japanese poet, Izumi Shikibu

Boxes (Dalton) | SATB and piano | SSAA and piano | TTBB and piano

Using a variety of Broadway musical styles, this upbeat piece questions societal boxes while dreaming a world in which we are all free to be who we're meant to be

Come from Far, Come from Near (Dalton) | SATB, a cappella

Retelling the birth and life of Jesus through the eyes of those he touched, this piece weaves tonal and modal harmonies with rich counterpoint.

- Fly with Me (Dalton) | SATB and piano | SSA and piano | TBB and piano | Solo voice and piano | Floating melodies highlight lyrics from the point of view of spirit, asking us to join in the dance.
- **From the State of Emptiness** (Dalton) | SATB, sus. cym, frame drum | SSAA, sus. cym., frame drum, cello A chant of mindfulness. Appropriate for an anthem or centering ritual. Incorporates harmonic overtone singing.
- **Love is Welcome Here** (Joe Davis & Dalton) | SATB a cappella | SATB a cappella w/ lead sheet Uplifting melody and words about committing to creating spaces of vulnerability and compassion.
- May the Grace of the Love (J. Philip Newell) | SSAA, a cappella Interweaving melodies highlight Newell's beautiful Earth-centered prayer
- O My Friends What Can You Tell Me of Love (Mirabai, trans. by Hirshfield)

SATB, opt hand drum, finger cymbals/windchimes and tambourine
The poetry of India's beloved Hindu saint, Mirabai, flows through this ecstatic piece.

Only Kindness (Naomi Shihab Nye) SATB, a cappella

Beautiful, heartfelt setting of Nye's poem which nudges us to put ourselves in another's shoes

- **Out Beyond Ideas** (Rumi, trans. by Barks & O'Shaughnessy) | SAB/SATB choir and piano A heartfelt call to listen to each other
- **Praise Gaia** (Dalton) | SATB, a cappella | SSAA, a capella | TTBB, a capella A joyful song lifting up all life on Earth with exciting rhythms and grounding chants.
- **She Rises** (Dalton) | SSAA double choir, a cappella | TTBB double choir, a cappella | Jubilant celebration of energy and a reminder of the light that resides within and around us. Includes foot stomps and vocal percussion.

Catherine Patton

She Stood for Freedom (Dalton) | SATB choir, soprano soloist

A call to action with a shout out to civil rights activist, Rosa Parks, and suffragist, Alice Paul.

Silver Deity of Secret Night (Lady Montagu) | TTBB chorus with tenor and baritone solos, a cappella Mathematics, poetry, and the launch of Apollo 11 combine to create an otherworldly soundscape.

Street Dance (Dalton) | SATB, a cappella | TTBB, a cappella

An upbeat, close harmony piece with prominent solos for soprano and tenor.

Sweet Radiant Mystery (Dalton) | Four part chant for treble or mixed voices, piano or handbells | Four part chant for lower voices, piano or handbells

A beautiful melody serves as the basis of they meditative chant which evolves into and ethereal canon.

The Flute of the Infinite (Kabîr, trans. by Tagore) | SATB, a cappella, optional flute, hand drum Playful rhythms and melodies interweave with unique harmonies in this exciting piece.

The Path You Walk Upon (Dalton) | SATB, piano, violin | SSA, piano, violin | SA and piano This Celtic-style blessing uses nature as a guide, combining timeless harmonies and melodies.

This Morning's Paper (Dalton) | SATB, soprano soloist and piano

A journey of the soul, from the initial reading of a tragic event in the morning paper to the balm that can be found in nature and the strength of spirit.

To Live in This World (Naomi Shihab Nye) | SATB, a cappella

Lush harmonies and tender melodies form a mix of lullaby, hope, and longing for a better world.

Today will be warm: A Story Cloth in Sound (Kao Kalia Yang) |

SATB, Tibetan hand chimes, djembe, hand-chimes

A dramatic choral piece depicting an attack on a Hmong family in Laos following the Secret War.

We Don't Get To Choose (Maggie Nelson) | SSAA, a cappella

Enigmatic lyrics about one woman's love of the color blue.

Whether the Weather (British Rhyme) | SSAA, a cappella

A fanciful song about the the weather and whether we like it or not.

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