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Serenity - Program Note

Serenity was commissioned by the Minnesota Orchestra to provide musical responses and underscoring to audience responses on anxiety and mindfulness. The work features the audience's oral responses, and premiered in July 2023 at Orchestra Hall in Minneapolis, MN.

The work is structured in three movements to reflect the questions asked to the audience:

- 1) What does anxiety feel like for you?
- 2) What does being at peace in your body feel like?
- 3) How do you move from feeling anxious to comfort?

Recordings of the audience's answers are incorporated into the musical work, overheard in a voiceover track, and with the accompany music and orchestration built to enhance and support these answers, hopefully ultimately illuminating nuanced and varied views of anxiety and its possibilities.