

# Serenity

## I. What does anxiety feel like for you?

Molly Joyce

Delicate  $\text{♩} = 76$

WHAT DOES ANXIETY  
FEEL LIKE FOR YOU?

BEING TWISTED  
IN A KNOT

The score is for a full orchestra and includes the following parts:

- Woodwinds:** Piccolo, Flute 1, Flute 2, Oboe 1, Oboe 2, English Horn, Clarinet in B $\flat$  1, Clarinet in B $\flat$  2, Clarinet in B $\flat$  3, Bassoon 1, Bassoon 2, Contrabassoon.
- Brass:** Horn in F 1, Horn in F 3, Horn in F 2, Horn in F 4, Trumpet in C 1, Trumpet in C 2, Trumpet in C 3, Trombone 1, Trombone 2, Bass Trombone, Tuba, Timpani.
- Percussion:** Percussion 1 (Vibraphone), Percussion 2 (Vibraphone), Percussion 3 (Wind Chimes).
- Other:** Harp, Piano, Violin I, Violin II, Viola, Violoncello, Contrabass.

**Violin I Part Details:**

- Tempo: *Delicate*,  $\text{♩} = 76$
- Character: *mute airy and connected*
- Dynamic markings: *pp*, *p*
- Performance instructions: *mute*, *airy and connected*

**Percussion 1 (Vibraphone) Part Details:**

- Character: *bowed, motor on, sempre l.v.*
- Dynamic markings: *pp*, *p*

**Percussion 2 (Vibraphone) Part Details:**

- Character: *bowed, motor on, sempre l.v.*
- Dynamic markings: *pp*, *p*

**Percussion 3 (Wind Chimes) Part Details:**

- Character: *sempre l.v.*
- Dynamic markings: *pp*, *p*

**Harp Part Details:**

- Character: *mp*
- Instruction: *harmonics sound octave above written*

**B**

ANXIETY FEELS  
LOUD AND FAST...

ANXIETY CAN  
TAKE MANY FORMS...

50

Picc.   
 Fl. 1   
 Fl. 2   
 Ob. 1   
 Ob. 2   
 Eng. Hn.   
 Cl. 1   
 Cl. 2   
 Cl. 3   
 Bsn. 1   
 Bsn. 2   
 Cbsn.   
 Hn. 1   
 Hn. 3   
 Hn. 2   
 Hn. 4   
 Tpt. 1 (straight mute)   
 Tpt. 2   
 Tpt. 3   
 Tbn. 1   
 Tbn. 2   
 B. Tbn.   
 Tba.   
 Timp. (sempre l.v.)   
 Perc. 1 (vib.)   
 Perc. 2 (glock.)   
 Perc. 3 (CHIMES)   
 Hp.   
 Pno.   
**B**   
 Vln. I   
 Vln. II   
 Vla.   
 Vc. (unis.)   
 Cb.

ANXIETY IS FEEL TRAPPED...

ANXIETY IS AN EVIL...

89

Picc.  $\text{♩} = 69$   
 Fl. 1  $\text{♩} = 69$   
 Fl. 2  $\text{♩} = 69$   
 Ob. 1  $\text{♩} = 69$   
 Ob. 2  $\text{♩} = 69$   
 Eng. Hn.  $\text{♩} = 69$   
 Cl. 1  $\text{♩} = 69$   
 Cl. 2  $\text{♩} = 69$   
 Cl. 3  $\text{♩} = 69$   
 Bsn. 1  $\text{♩} = 69$   
 Bsn. 2  $\text{♩} = 69$   
 Cbsn.  $\text{♩} = 69$   
 Hn. 1  $\text{♩} = 69$   
 Hn. 3  $\text{♩} = 69$   
 Hn. 2  $\text{♩} = 69$   
 Hn. 4  $\text{♩} = 69$   
 Tpt. 1  $\text{♩} = 69$   
 Tpt. 2  $\text{♩} = 69$   
 Tpt. 3  $\text{♩} = 69$   
 Tbn. 1  $\text{♩} = 69$   
 Tbn. 2  $\text{♩} = 69$   
 B. Tbn.  $\text{♩} = 69$   
 Tba.  $\text{♩} = 69$   
 Timp.  $\text{♩} = 69$   
 Perc. 1  $\text{♩} = 69$   
 Perc. 2  $\text{♩} = 69$   
 Perc. 3  $\text{♩} = 69$   
 Hp.  $\text{♩} = 69$   
 Pno.  $\text{♩} = 69$   
 Vln. I  $\text{♩} = 69$   
 Vln. II  $\text{♩} = 69$   
 Vla.  $\text{♩} = 69$   
 Vc.  $\text{♩} = 69$   
 Cb.  $\text{♩} = 69$

# II. What does being at peace in your body feel like?

Grounded ♩ = 69

WHAT DOES BEING...

WHEN MY BODY'S RELAXED...

WHEN MY BODY STARTS TO RELAX...

FEELS LIKE A RIVER FLOWING

Flute 1  
Flute 2  
Flute 3  
Oboe 1  
Oboe 2  
Oboe 3  
Clarinet in B♭ 1  
Clarinet in B♭ 2  
Clarinet in B♭ 3  
Bassoon 1  
Bassoon 2  
Contrabassoon

Horn in F 1  
Horn in F 3  
Horn in F 2  
Horn in F 4  
Trumpet in C 1  
Trumpet in C 2  
Trumpet in C 3  
Trombone 1  
Trombone 2  
Bass Trombone  
Tuba  
Timpani

Percussion 1  
Percussion 2  
Percussion 3

GLOCKENSPIEL  
sempre i.v.  
p sempre

Harp

Piano

Grounded ♩ = 69

Violin I  
Violin II  
Viola  
Violoncello  
Contrabass

**B** WEIGHTLESS,  
WARM, GROUNDED...

26

stagger breathe

pp

p

stagger breathe

pp

p

stagger breathe

pp

p

Ob. 1

p

mf

p

pp

Ob. 2

p

mf

p

pp

Ob. 3

p

mf

p

pp

Cl. 1

p

mf

n

Cl. 2

p

mf

n

Cl. 3

p

mf

n

Bsn. 1

mp

p

mf

Bsn. 2

mp

p

mf

Cbsn.

p

mf

Hn. 1

p

mp

mf

Hn. 3

p

mp

mf

Hn. 2

p

mp

mf

Hn. 4

p

mp

mf

Tpt. 1

p

mp

p

mp

Tpt. 2

p

mp

p

mp

Tpt. 3

p

mp

p

mp

Tbn. 1

p

mp

mf

Tbn. 2

p

mp

mf

B. Tbn.

p

mp

mf

Tba.

p

mp

mf

Timp.

mp

p

mf

VIBRAPHONE

sempre l.v., motor off

p

with harp/piano

p

mp

WIND CHIMES

pp

mp

Hp.

p

mp

p

Pno.

p

mp

p

Vln. I

p

mp

p

mf

pp

Vln. II

p

mp

p

mf

pp

Vla.

p

mp

p

mf

pp

Vc.

arco (unis.)

mf

Cb.

arco (unis.)

mf

# III. How do you move from feeling anxious to comfort?

Light yet tense  $\text{♩} = 92$

HOW DO YOU MOVE...

BEING IN NATURE...

Musical score for woodwinds and brass instruments. The instruments listed are Piccolo, Flute 1, Flute 2, Oboe 1, Oboe 2, Oboe 3, Clarinet in Bb 1, Clarinet in Bb 2, Clarinet in Bb 3, Bassoon 1, Bassoon 2, Contrabassoon, Horn in F 1, Horn in F 3, Horn in F 2, Horn in F 4, Trumpet in C 1, Trumpet in C 2, Trumpet in C 3, Trombone 1, Trombone 2, Bass Trombone, and Tuba. The score consists of 12 measures, with most instruments having a whole rest throughout.

VIBRAPHONE  
*sempre l.v.*

Musical score for Percussion 1, 2, and 3. Percussion 1 has a rhythmic pattern starting in measure 4, marked with a piano (*p*) dynamic. Percussion 2 and 3 have whole rests throughout.

*bisbigliando*

Musical score for Harp. The harp part features a melodic line with a *bisbigliando* (whispering) effect, marked with dynamics *p*, *mp*, *p*, *mp*, and *p* across the measures.

*solo*

Musical score for Piano. The piano part features a melodic line marked with dynamics *p*, *mp*, *p*, *mp*, and *p* across the measures.

Light yet tense  $\text{♩} = 92$

Musical score for string instruments: Violin I, Violin II, Viola, Violoncello, and Contrabass. All instruments have whole rests throughout the section.

MOVEMENT HELPS ME TO KNOW...

C

31

Picc.

Fl. 1

Fl. 2

Ob. 1

Ob. 2

Ob. 3

Cl. 1

Cl. 2

Cl. 3

Bsn. 1

Bsn. 2

Cbsn.

Hn. 1

Hn. 3

Hn. 2

Hn. 4

Tpt. 1

Tpt. 2

Tpt. 3

Tbn. 1

Tbn. 2

B. Tbn.

Tba.

Timp.

Perc. 1 (vib.)

Perc. 2 (cym.)

Perc. 3 (marimba)

Hp.

Pno.

Vln. I

Vln. II

Vla.

Vc.

Cb.

SHAKER

CAXIXI

Dynamics: *p*, *mp*, *mf*, *pp*

I MOVE FROM ANXIETY TO RELAXED...

E

64

The musical score is arranged in a standard orchestral layout. The woodwind section includes Piccolo, Flutes 1 and 2, Oboes 1, 2, and 3, Clarinets 1, 2, and 3, Bassoons 1 and 2, and Contrabassoon. The brass section consists of Horns 1, 2, 3, and 4, Trumpets 1, 2, and 3, Trombones 1 and 2, Baritone, and Tuba. The percussion section includes Timpani, Percussion 1 (with vibraphone), Percussion 2 (with chimes), and Percussion 3 (with glockenspiel). The keyboard section includes Harp and Piano. The string section includes Violins I and II, Viola, Violoncello, and Contrabass. The score is marked with various dynamics and articulations, and includes performance instructions such as 'straight mute', 'sub.', 'vibr.', and 'rolling'. A key signature change to E major is indicated by a box labeled 'E' above the score.



85

Picc. *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Fl. 1 *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Fl. 2 *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Ob. 1 *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *ff*

Ob. 2 *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Ob. 3 *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *ff*

Cl. 1 *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Cl. 2 *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *ff*

Cl. 3 *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Bsn. 1 *f* *mf* *f* *mf* *f* *mf* *f* *mf* *f* *mf* *ff*

Bsn. 2 *mf* *mf* *ff*

Cbsn. *mf* *ff*

Hn. 1 *mf* *ff*

Hn. 3 *mf* *ff*

Hn. 2 *mf* *ff*

Hn. 4 *mf* *ff*

Tpt. 1 *mf* *ff*

Tpt. 2 *mf* *ff*

Tpt. 3 *mf* *ff*

Tbn. 1 *mf* *ff*

Tbn. 2 *mf* *ff*

B. Tbn. *mf* *ff*

Tba. *mf* *ff*

Timp. *mf* *ff*

Perc. 1 *f* (b.d.) *mf* *ff*

Perc. 2 *f* *ff*

Perc. 3 *f* *ff*

Hp. *f* *ff*

Pno. *ff* *mf* *ff*

Vln. I *f* *mf* *ff*

Vln. II *f* *mf* *ff*

Vla. *f* *mf* *ff*

Vc. *f* *mf* *ff*

Cb. *mf* *ff*

SUSPENDED CYMBAL

(glock.)