

They Are Mother  
GP-C009  
SATB div, SA soli, piano

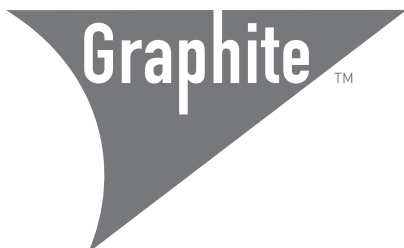
Jennifer Lucy Cook

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# Jennifer Lucy Cook

## They Are Mother

for SATB div. choir, SA solo group, and piano



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## Text:

What shall I call this force I know  
Who do I come to when I wonder  
The space that holds me when I'm low  
More than a parent, friend, or lover

They are Mover  
They are Maker  
They are Mother, mm  
They are Mother, mm

They are the breath I see in cold  
The ready muscle in the sprinter  
They are the glitter and the gold  
The steady heat lamp in the winter

They are Mover  
They are Maker  
They are Mother, mm  
They are Mother, mm

They nod and know  
They need nothing  
They're god and grow  
They bleed blessings  
They nod and know  
They need nothing  
They're god and grow  
They bleed blessings

They are solitude  
They are multitude  
They are gratitude  
Gratitude

Laugh lines around the all-seeing eye  
And I can lean into the sky  
Laugh lines around the all-seeing eye  
And I can lean into the sky

What shall I call this force I know  
Who do I come to when I wonder

They are Mover  
They are Maker  
They are Mother, mm  
They are Mother, mm  
They are Mother, mm  
They are Mother, mm

*- Jennifer Lucy Cook*

## From the Composer:

When I was working on the words for this piece, I consulted with my friend Reverend Alex Reegan, who is a trans man and interfaith minister, to create a text that embodies the energy of the feminine divine that is present in any gender. I chose to use they/them pronouns, which capture both the nonbinary and the nonsingular mystery and grandeur of the divine creating force, and by doing so, welcomes everyone into the work.

I wanted to explore the many aspects of the divine; pairing a grounded Mother Nature with a joyous playful being who is capable of laughter, a force that is present in the large and small moments, the noise and the silence, and most importantly, the divine creative spark in each of us. That all-inclusive, loving creative spirit shows up for me in the potential for movement (“the ready muscle in the sprinter”), the pleasures of modern life, (“the steady heat lamp in the winter”), and serves as a reminder not to take myself too seriously (“laugh lines around the all-seeing eye”). In identifying a creator this way, I channel these same qualities into my own life and my own identity, and it's my hope that the audience for “They Are Mother” finds themselves within it too.

*- Jennifer Lucy Cook*

Commissioned by the Utah Valley University Chamber Choir, premiered November 2021  
Winner of the Chorus Austin Composition Prize, 2022

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# They Are Mother

for SATB div. choir, SA solo group, and piano

Words and Music by  
Jennifer Lucy Cook

Grounded (♩ = 82)

notable. elevated.

Soprano *mp* Mm ah mm ah — Mm — ah mm ah — Mm — ah mm ah —

Alto *mp* Mm ah mm ah — Mm — ah mm ah — Mm ah mm ah —

Tenor *mp* Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

Bass *mp* Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

Piano *mp*

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8<sup>vb</sup>  
pedal harmonically

notable. elevated.

**Performance notes:** This piece can be approached with both traditional choral vocal technique as well as elements of modern pop singing. For example, the Joyful section at bar 50 is best enjoyed with relaxed vowels and a bright tone, whereas the Meditation section should blend like traditional choral texture. Overall, this piece benefits from a relaxed energy.

Graphite™

notable. elevated.

4

S Mm— ah mm ah— What shall I call this force I know

A Mm— ah mm ah— Mm ah Mm ah— mm Ah

T Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

B Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

(8vb)

7

S Who do I come to when I won-der— The space that holds me when I'm

A Mm ah Mm ah— mm— ah mm ah— Mm ah Mm ah—

T Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

B Mm ah mm ah mm ah Mm ah mm ah mm ah mm ah mm ah mm ah

(8vb)

10

S For perusal purposes only. Do not copy.

low More than a par - ent, friend, or lov - er — They are

A mm Ah Mm ah Mm ah mm ah They are

T Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah They are

B Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah They are

(8vb)

13

S For perusal purposes only. Do not copy.

Mov - er, they are Mak - er, they are Moth - er, mm — They are

A Mov - er, they are Mak - er, they are Moth - er, mm — They are

T Mov - er, they are Mak - er, they are Moth - er, mm — They are

B Mov - er, they are Mak - er, they are Moth - er, mm — They are

16

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S *mf* ,  
Moth - er mm Mm ah mm ah Mm ah mm ah

A *mf* ,  
Moth - er mm Mm ah mm ah Mm ah mm ah

T *mf* ,  
Moth - er mm Mm ah mm ah mm ah Mm ah mm ah mm ah

B *mf* ,  
Moth - er mm Mm ah mm ah mm ah Mm ah mm ah mm ah

*mf*

19

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S  
Mm ah Mm ah ma ma ma ma Mm ah Mm ah

A  
Mm ah Mm ah mm Ah Mm ah Mm ah

T  
They are the breath I see in cold The read-y musc-le in the

B  
Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

8vb

\*slide over two beats

22

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S ma ma ma — ma ma ma ma ma ma Mm ah Mm ah —

A mm — ma ma ma ma ma ma ma ma ma ma ma Mm ah Mm ah —

T sprin - ter — They are the glit - ter and the

B Mm ah mm ah mm ah Mm ah mm ah mm ah

(8vb)

24

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S ma ma ma ma ma ma ma ma — Mm ah Mm ah —

A mm Ah — Mm ah Mm ah —

T gold, the stead - y heat lamp in the

B Mm ah mm ah mm ah Mm ah mm ah mm ah

(8vb)

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S ma ma ma ma ma ma ma ma ma ma ma ma ma ma ma They are

A mm ma ma ma ma ma ma ma ma ma ma ma ma ma ma ma They are

T win - ter They are

B Mm ah They are

(8vb)

28

S Mov - er, they are Mak - er, they are Moth - er, mm They are

A Mov - er, they are Mak - er, they are Moth - er, mm They are

T Mov - er, they are Mak - er, they are Moth - er, mm They are

B Mov - er, they are Mak - er, they are Moth - er, mm They are

8vb



31

SA solo group

ma ma ma ma ma ma da da da da da da da da

S  
Moth - er, mm They are Moth - er, mm They are

A  
Moth - er, mm They are Moth - er, mm They are

T  
Moth - er, mm They are Moth - er, mm They are

B  
Moth - er, mm They are Moth - er, mm They are

(8vb)

33

SA solo group

mm ma na na na na ma ma ma ma ma

S  
Moth - er mm They are Moth - er mm They are

A  
Moth - er mm They are Moth - er mm They are

T  
Moth - er mm They are Moth - er mm They are

B  
Moth - er mm They are Moth - er mm They are

(8vb)

35 *rit.*

S Moth - er mm — They are Moth - er mm — They *p*

A Moth - er mm — They are Moth - er mm — They *p*

T Moth - er mm — They are Moth - er mm —

B Moth - er mm — They are Moth - er mm —

*rit.*

*mf* *p*

(8vb) *bring out L.H.*

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37 Like a secret (♩ = 63)

S nod and know They need no-thing They're god and grow They bleed

A nod and know They need no-thing They're god and grow They bleed

*with minimal pedal*

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40

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S  
bless-ings They nod and know They need no-thing They're

A  
bless-ings They nod and know They need no-thing They're

T  
They nod and know They need no-thing They're

B  
They nod and know They need no-thing They're

43

For perusal purposes only. Do not copy.

S  
god and grow, They bleed bless-ings They are sol-i-tude They are

A  
god and grow, They bleed bless-ings They are sol-i-tude They are

T  
god and grow, They bleed bless-ings They are sol-i-tude They are

B  
god, god and grow, They bleed bless-ings They are sol-i-tude They are

46

*accel.*

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S mul - ti - tude They are grat - i - tude They are grat - i - tude They are

A mul - ti - tude They are grat - i - tude They are grat - i - tude They are

T mul - ti - tude They are grat - i - tude They are grat - i - tude They are

B mul - ti - tude They are grat - i - tude They are grat - i - tude They are

*accel.*

*p*

8vb

49

Joyfully (♩ = 90)

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S grat - i - tude Laugh lines a - round the all - see - ing eye And

A grat - i - tude Laugh lines a - round the all - see - ing eye And

T grat - i - tude Laugh lines a - round the all - see - ing eye And

B grat - i - tude Laugh lines a - round the all - see - ing eye And

*ff*

*f*

8vb

52

S I can lean up in-to the sky \_\_\_\_\_ Laugh lines a-round the all-see-ing eye

A I can lean up in-to the sky \_\_\_\_\_ Laugh lines a-round the all-see-ing eye

T I can lean up in-to the sky \_\_\_\_\_ Laugh lines a-round the all-see-ing eye

B I can lean up in-to the sky \_\_\_\_\_ Laugh lines a-round the all-see-ing eye

(8vb)

55

S And I can lean up in-to the sky \_\_\_\_\_ Ah \_\_\_\_\_

A And I can lean up in-to the sky \_\_\_\_\_ Ah \_\_\_\_\_

T And I can lean up in-to the sky \_\_\_\_\_ Ah \_\_\_\_\_

B And I can lean up in-to the sky \_\_\_\_\_ Ah \_\_\_\_\_

(8vb)

59

Meditative *rit.*

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Soprano: Ah Mm ah Mm ah Mm ah

Alto: Ah Mm ah Mm ah Mm ah

Tenor: Ah Mm ah Mm ah Mm ah

Bass: Ah Mm ah Mm ah Mm ah

Piano: *pp*

64

Grounded, as before (♩ = 82)

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Soprano: Mm ah mm ah Mm ah mm ah Mm ah mm ah Mm ah mm ah

Alto: Mm ah mm ah Mm ah mm ah Mm ah mm ah Mm ah mm ah

Tenor: Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

Bass: Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

Piano: *mp*

8<sub>vb</sub>

68

For perusal purposes only. Do not copy.

S What shall I call this force I know Who do I come to when I

A Mm ah Mm ah mm Ah Mm ah Mm ah

T Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

B Mm ah mm ah mm ah Mm ah mm ah mm ah Mm ah mm ah mm ah

(8vb)

71

For perusal purposes only. Do not copy.

S won - der They are Mov - er They are Mak - er They are

A mm ah They are Mov - er They are Mak - er They are

T Mm ah They are Mov - er They are Mak - er They are

B Mm ah They are Mov - er They are Mak - er They are

(8vb)

74

*ff*

SA solo group

For perusal purposes only. Do not copy.

ma ma ma ma ma ma

S

Moth - er mm They are Moth - er mm They are

A

Moth - er mm They are Moth - er mm They are

T

Moth - er mm They are Moth - er mm They are

B

Moth - er mm They are Moth - er mm They are

*f*

8vb

76

SA solo group

For perusal purposes only. Do not copy.

da da da da da da da da mm ma na na na na na

S

Moth - er mm They are Moth - er mm They are

A

Moth - er mm They are Moth - er mm They are

T

Moth - er mm They are Moth - er mm They are

B

Moth - er mm They are Moth - er mm They are

*f*

(8vb)



78

SA solo group

ma ma ma ma ma Ah

S  
Moth - er mm They are Moth - er mm They are

A  
Moth - er mm They are Moth - er mm They are

T  
Moth - er mm They are Moth - er mm They are

B  
Moth - er mm They are Moth - er mm They are

(8vb)

80

SA solo group

ma ma ma ma ma ma da da da da da

S  
Moth - er mm They are Moth - er mm They are

A  
Moth - er mm They are Moth - er mm They are

T  
Moth - er mm They are Moth - er mm They are

B  
Moth - er mm They are Moth - er mm They are

(8vb)

82

SA solo group

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da da da ma ma ma ma ma ma ma ma

Moth - er mm They are Moth - er mm They are

Moth - er mm They are Moth - er mm They are

Moth - er mm They are Moth - er mm They are

Moth - er mm They are Moth - er mm They are

(8vb)

84

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Moth - er mm

Moth - er mm

Moth - er mm

Moth - er mm

Moth - er mm

*sfzp* *f* vocal fall, like letting out a sigh

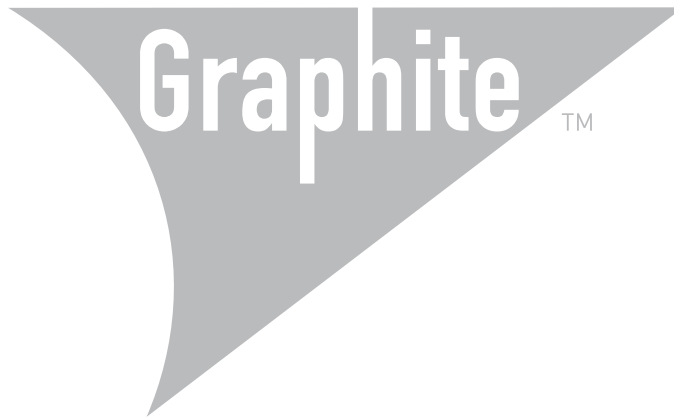
*sfzp* *f* vocal fall, like letting out a sigh

*sfzp* *f* vocal fall, like letting out a sigh

*sfzp* *f* vocal fall, like letting out a sigh

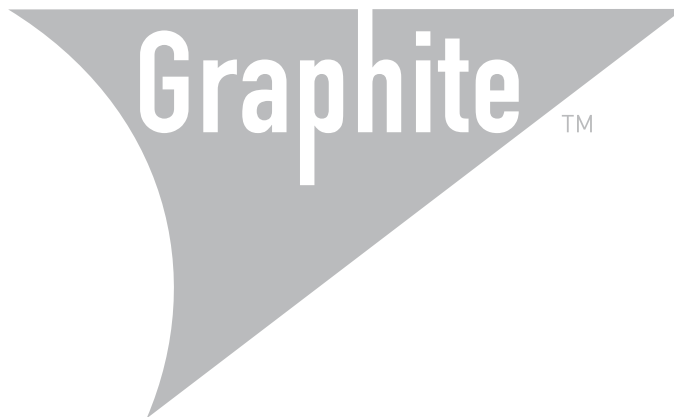
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# Jennifer Lucy Cook

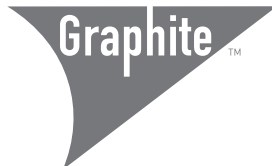


Jennifer Lucy Cook (she/her) is a composer and lyricist based in Los Angeles. Jen specializes in music for the stage and screen, choral music, and pop songwriting. Recent choral commissions include Cantorum Chamber Choir, Opus Voices, and the UVU Chamber Choir. She is the recipient of the Edwin Fissinger Composition Award, the Chorus Austin Composition Prize and the Cantus Emerging Composer Award. She is an alumni of the Johnny Mercer Foundation Writer's Grove with Goodspeed Musicals, and her theater commissions include Full House Theatre Co., British Youth Musical Theatre, and Shakespeare's Globe Theatre in London. Her musical recaps of the Bachelor recently went viral on TikTok.

Despite writing music in such a wide range of genres, Jen's music is united by a keen love for storytelling with song. She prioritizes specific, highly emotional lyrics, melodic earworms, and infectious rhythmic grooves, and conceives of every piece from a dramatic, narrative-driven perspective. She earned a Master's degree in Musical Theater Writing from Goldsmiths University in London and a Bachelor's in Media Music from Brigham Young University.

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