

How Can I Keep From Singing?
GP-C012.4
SATB and unison choir, piano

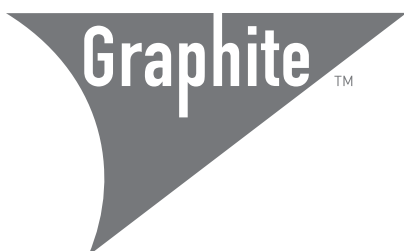
arr. Jennifer Lucy Cook

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How Can I Keep From Singing?

for SATB choir, unison choir and piano



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Text:

My life flows on in endless song
Above earth's lamentation;
I hear the real, though far-off hymn
That hails a new creation.
Through all the tumult and the strife
I hear the music ringing.
It sounds an echo in my soul:
How can I keep from singing?

Although the tempest loudly roars,
I hear the truth, it liveth
But though the darkness 'round me close,
Songs in the night it giveth.
No storm can shake my inmost calm
While to that rock I'm clinging;
Since love is lord of heav'n and earth,
How can I keep from singing?

*The distance grows, the cloud appears;
I've known a broken spirit
I bid farewell and welcome tears
When once again I hear it:
The voices raised in spite of all,
A simple hope they're bringing.
To that old song I still belong;
How can I keep from singing?*

I lift my eyes, the cloud grows thin;
I see the blue above it,
And day by day this pathway smooths
Since first I learned to love it.
*The peace I find within my heart,
A fountain ever springing,
Is mine to love and mine to give;*
How can I keep from singing?

*- Robert Lowry; additional italicized lyrics by
Jennifer Lucy Cook and Garret Lathe*

NOTE: The first known publication of the text was in The New York Observer in August 1868, attributed to "Pauline T" and originally titled "Always Rejoicing." While Robert Lowry has traditionally been credited with the authorship of both the hymn tune and its lyrics, it is important to note that this may be another case of an overlooked female author in our musical history.

Commissioned by the Youth Chorale of Central Minnesota, Garrett Lathe, Artistic Director

How Can I Keep From Singing?

SATB and piano, with optional unison choir

Additional lyrics by
Jennifer Lucy Cook
and Garrett Lathe

Robert Lowry,
arr. by Jennifer Lucy Cook
notable. elevated.

Freely ♩ = 76 (in octaves) *p*

Unison choir
Soprano
Alto
Tenor
Bass

unison p

My life flows on in end-less song a -

Freely ♩ = 76

Piano

p

with pedal

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Unis.
SA
TB

bove earth's lam - en - ta - tion; — I hear the real, though far - off hymn that

bove earth's lam - en - ta - tion; — I hear the real, though far - off hymn that

bove earth's lam - en - ta - tion; — I hear the real, though far - off hymn that

5

9

Unis. hails a new cre - a - tion. Through all the tu - mult and the strife I hear the mus - ic

SA hails a new cre - a - tion. Through all the tu - mult and the strife I hear the mus - ic

TB hails a new cre - a - tion. Through all the tu - mult and the strife I hear the mus - ic

div.

div.

9

14

Unis. ring-ing. It sounds an e - cho in my soul: How can I keep from sing-ing? —

SA ring-ing. It sounds an e - cho in my soul: How can I keep from sing-ing? —

TB ring-ing. It sounds an e - cho in my soul: How can I keep from sing-ing? —

14

19 *(SA only)* *mf*
 Unis. Al - though the temp - est loud - ly roars, I

SA *unison* *mf*
 Al - though the temp - est loud - ly roars, I

TB

19 *mf*

23 *(TB only)*
 Unis. hear the truth, it liv - eth. But though the dark - ness 'round me close, songs

SA hear the truth, it liv - eth

TB *unison* *mf*
 But though the dark - ness 'round me close, songs

23

27 *(in octaves)*

Unis. *f*
in the night it giv-eth.— No storm can shake my in-most calm while to that rock I'm

SA *f* *div.*
No storm can shake my in-most calm while to that rock I'm

TB *f* *div.*
in the night it giv-eth.— No storm can shake my in-most calm while to that rock I'm

27 *mf*

32

Unis. *f*
cling-ing;— Since love is lord of heav'n and earth, How can I keep from sing-ing?—

SA *f*
cling-ing;— Since love is lord of heav'n and earth, How can I keep from sing-ing?—

TB *f*
cling-ing;— Since love is lord of heav'n and earth, How can I keep from sing-ing?—

32 *mp* *f*

37 *(TB only) mf*

Unis. *mf* The

SA

TB *unison mf* The

37 *mp*

42

Unis. dis - tance grows, the cloud ap - pears; I've known a bro - ken spir - it...

unison mp

SA The dis - tance grows, the cloud ap - pears; I've known a bro - ken,

TB dis - tance grows, the cloud ap - pears; I've known a bro - ken spir - it...

42

45

Unis. I bid fare-well and wel-come tears, when once a-gain I hear it: —

SA *div.* bro - ken spi-rit I bid fare-well and wel-come tears, a - gain, a - gain,

TB I bid fare-well and wel-come tears, when once a-gain I hear it:

45

(SA only)

49 *mf* the voi - ces raised in spite of all, a sim - ple

Unis. I hear the voi - ces raised in spite of all, a sim - ple

SA *mf* I hear the voi - ces raised in in spite of all, a

A *mf* I hear the voi - ces raised in in spite of all, a

T I hear voi - ces raised in spite of all, a sim - ple.

B I hear voi - ces raised in spite of all, a sim - ple

49

52

Unis. hope they're bring - ing. To that old song I still be -

S hope they're bring - ing. To that old song I still be -

A sim - ple hope they're bring - ing. To to that old song, still be -

T a sim - ple hope they're they're bring - ing To that old song I still be -

B hope bring that old song I still be -

52

55

Unis. long; How can I keep from sing -

S long; How can I keep from sing -

A long; I still be - long; How can I keep from sing - ing?

T long; How can I keep from sing - ing?

B long; How can I keep from sing - ing?

55

57 *unison choir tacet*

Unis. *ing!*

S *ing?* Ah Ah Ah Ah Ah

A Ah Ah Ah Ah Ah Ah Ah Ah Ah

T Ah Ah Ah Ah Ah

B Ah Ah Ah Ah Ah

8 *loc* *mf*

8va-

62 *mp*

Unis. *mp*

S Ah Ah Ah Ah Ah

A Ah Ah Ah Ah Ah Ah Ah Ah Ah

T Ah Ah Ah Ah Ah

B Ah Ah Ah Ah Ah

8 *mp*

8va-

67 *tutti*

Unis. *mf*
lift my eyes, the cloud grows thin; I see the blue a - bove it, — and day by day this

unison

S *mf*
lift my eyes, the cloud grows thin; I see the blue a - bove it, — and day by day this

unison

TB *mf*
lift my eyes, the cloud grows thin; I see the blue a - bove it, — and day by day this

67 *mp* *mf*

72 *mf*

Unis. *mf*
path-way smooths since first I learned to love it. — The peace I find with - in my heart, a

mf

S *mf*
path-way smooths since first I learned to love it. — The peace I find with - in my heart, a

mf

TB *mf*
path-way smooths since first I learned to love it. — The peace I find with in my heart, a

72 *mf*

reduction, for rehearsal purposes

77 *rit.*

Unis. foun-tain ev - er spring-ing, — is mine to love and — mine to give; How

S foun-tain ev - er spring-ing, — is mine to love and — mine to give; How

A foun-tain ev - er spring-ing, — is mine to love and — mine to give; How

T foun-tain ev - er spring-ing, — is mine to love and — mine to give; How

B foun-tain ev - er spring-ing, — is mine to love and — mine to give; How

81 *a tempo*

Unis. can I keep from sing - ing? from sing - ing from

S can I keep from sing - ing? Ah Ah

A can I keep from sing - ing? Ah Ah

T can I keep from sing - ing? Ah

B can I keep from sing - ing? Ah

84

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Unis. *mp*
sing - ing from sing - ing from sing - ing How *mp*

S. Ah Ah Ah Ah Ah How *mp*

A. Ah Ah Ah Ah Ah How *mp*

T. Ah Ah Ah Ah Ah How *mp*

B. Ah Ah Ah Ah How *mp*

(8^{va})

84 *mp*

87 *rit.*

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Unis. *Mm*
can I keep from sing - ing? *Mm*

S. can I keep from sing - ing? *Mm*

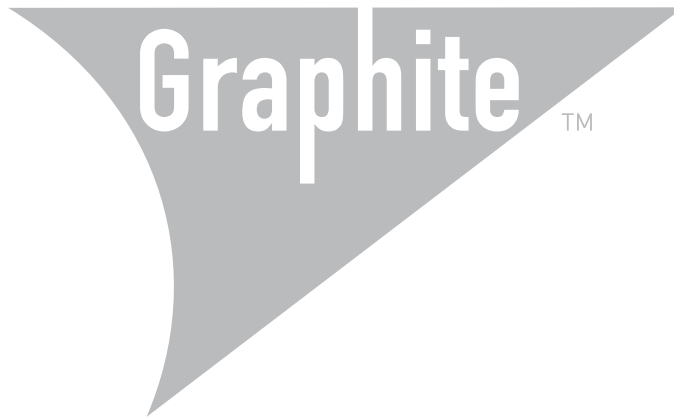
A. can I keep from sing - ing? *Mm*

T. can I keep from sing - ing? *Mm*

TB. can I keep from sing - ing? *Mm*

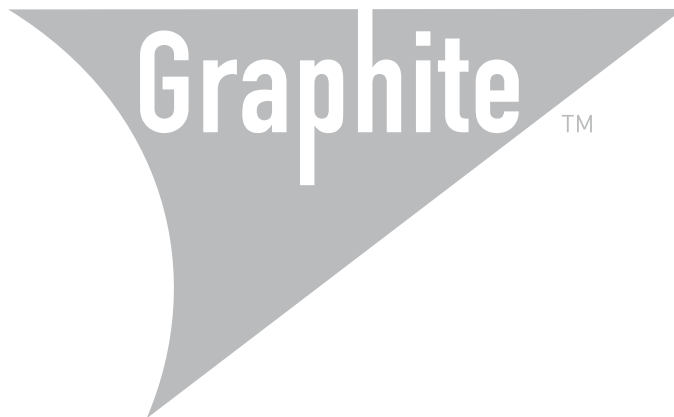
87 *rit.* *mp*

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Jennifer Lucy Cook

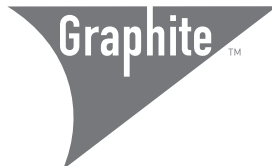


Jennifer Lucy Cook (she/her) is a composer and lyricist based in Los Angeles. Jen specializes in music for the stage and screen, choral music, and pop songwriting. Recent choral commissions include Cantorum Chamber Choir, Opus Voices, and the UVU Chamber Choir. She is the recipient of the Edwin Fissinger 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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