

How Can I Keep From Singing?  
GP-C012.5  
2-part treble, piano

arr. Jennifer Lucy Cook

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# arr. Jennifer Lucy Cook

## How Can I Keep From Singing?

for 2-part treble voices 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

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## How Can I Keep From Singing?

2-part treble voices and piano

Additional lyrics by  
Jennifer Lucy Cook  
and Garrett Lathe

Robert Lowry,  
arr. by Jennifer Lucy Cook  
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*Freely* ♩ = 76

Soprano

Alto

Piano

*p*

*with pedal*

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S

A

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

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9

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

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

14

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

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

19

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

A

23

S hear the truth, it liv-eth—

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

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27

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

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

*mf*

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32

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

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

*mp* *f*

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37

S *mf* The

A

*mp*

S 42  
dis-tance grows, the cloud ap-pears; I've known a bro - ken spir-it

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

S 45  
I bid fare-well and wel-come tears, a - gain, a - gain,

A *mp*  
bro - ken spi - rit I bid fare - well and wel-come tears, when once a-gain I hear it:

49

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

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

52

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

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

55

S long, I still be - long; How can I keep from sing -

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

57

S ing? Ah Ah Ah Ah Ah

A Ah Ah Ah Ah Ah

*loco*  
*mf*

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62

S Ah Ah Ah I

A Ah Ah Ah I

*mp*

*mp*

*mp*

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67

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

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

*mf*

*mf*

*mp*

*mf*

72

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

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

77

S *rit.*  
foun-tain ev - er spring-ing, — is mine to love and mine to give; How can I keep from

A *rit.*  
foun-tain ev - er spring-ing, — is mine to love and mine to give; How can I keep from

82 *a tempo*

S sing - ing? Ah Ah Ah Ah

A sing - ing? Ah Ah Ah

*f*

*a tempo*

*f*

play

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86 *rit.*

S How can I keep from sing - ing? Mm

A Ah How can I keep from sing - ing? Mm

*mp*

*mp*

*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.

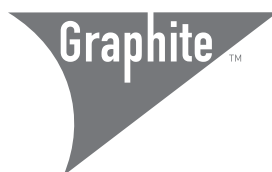
Despite writing music in such a wide range of genres, Jen's music is united by a keen love for storytelling with song. She prioritizes specific, highly emotional lyrics, melodic earworms, and infectious rhythmic grooves, and conceives of every piece from a dramatic, narrative-driven perspective. She 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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Ellen Gilson Voth	GP-V003.4	Standing Tall	SSAA, piano
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