

# Trust the Seeds

SATB, flute, oboe and piano



Elizabeth Alexander

*Seafarer Press*

## Trust the Seeds

Trust the seeds, although they lie in darkness,  
Stirring beyond your watchful eye.  
Though they may not flower as you dreamed they would,  
When the planting's over you must trust the seeds.

Some soon bloom to fill your heart with wonder,  
Some only after you are gone,  
You must give them freedom to grow as they should.  
Give them room to spread their roots, and trust the seeds.

In your heart, you know that some may wither,  
All you can do is hope and pray.  
Some will rise up grander than you dreamed they could.  
There is joy in planting if you trust the seeds.

Elizabeth Alexander

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**Composer Note:** I wrote *Trust the Seeds* while my preschool children were in daycare. I felt vaguely guilty about that at the time, for shouldn't I have been *spending time with my children* rather than *composing music about them*? As I look back on my unease now I see how unnecessary it was, for not only did my sons adore frolicking with their friends three mornings each week, but writing music was what kept me grounded so that I could happily frolic with them the rest of the time.

As a composer I was still floundering about looking for a grand, elusive thing called "voice." I was also trying to figure out how to be a professional composer, and while that was elusive too, there was one thing I did know. If anyone was ever going to take me seriously my music needed to invite adjectives such as "formidable," "visionary," and "epic." There was nothing "epic" about *Trust the Seeds*.

A few years later when I put together my first ever choral music catalog, it was with some hesitation that I included *Trust the Seeds* at all. But what the heck. There was room on page five for one more piece. I figured it might receive a few minor performances here and there. As it turned out, it became my best selling song for several years and I even received a commission to create an orchestral version of it. This little chorale actually *was* part of my "voice" – something its lyrics were trying to tell me all along.

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### Cover Art: "Six Seeds and Pods" by Emily Hawes.

Emily studied art history and studio art at University of Virginia, as well as in private venues. An active member of a local art guild, her other interests include camping, gardening, wildlife and reptile husbandry.



More of Emily's art may be viewed at  
<http://ehsketchaday2011.blogspot.com>

# Trust the Seeds

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(♩ = ca. 48-50) Seamlessly

Musical score for Flute, Oboe, and Piano. The score is in 2/2 time with a key signature of one sharp (F#). The tempo is marked as ca. 48-50. The music is marked *mp* (mezzo-piano). The Flute part begins with a whole note G4, followed by a half note F#4, and then a half note E4. The Oboe part begins with a quarter note G4, followed by a quarter note F#4, and then a quarter note E4. The Piano part begins with a quarter note G4, followed by a quarter note F#4, and then a quarter note E4. The music is marked *mp* (mezzo-piano).

Musical score for SATB voices, Flute, Oboe, and Piano. The score is in 2/2 time with a key signature of one sharp (F#). The music is marked *mp* (mezzo-piano). The vocal parts (Soprano, Alto, Tenor, Bass) enter at measure 7 with the lyrics: "Trust the seeds, al - though they lie in dark - ness,". The Flute and Oboe parts enter at measure 7 with a whole note G4. The Piano part continues with a quarter note G4, followed by a quarter note F#4, and then a quarter note E4. The music is marked *p* (piano).

Opal Palmer Adisa, poet • Paul Adams, technological hero • Stephen Alexander, lyric consultant • Ginny Allen, Agile coach and friend • The great people at American Composers Forum • Yehuda Amichai, poet • A. R. Ammons, poet • Jennifer Anderson, conductor and composer advocate • Scott Bates, poet • Abbie Betinis, initiator of collaborative endeavors • Beth Norton, conductor and composer advocate • Dennis Blubaugh, more than just a music dealer • Michael deVernon Boblett, poet • Edna Busby, my first piano teacher • Ray Bradbury, writer • Augustin Cadena, translator • Norbert Capek, minister and advocate for religious freedom • Jessica Corbett, editor • David Cummings, poet • Philip Dacey, poet • Catherine Dalton, composer and scrum partner • Emily Dickinson, poet • Evelyn Dudley, poet and caregiver • Rob Eller-Isaacs, minister and composer advocate • Ralph Waldo Emerson, philosopher and poet • Louise Erdrich, writer • David Allan Evans, poet • Sophia Lyon Fahs, writer • Richard M. Fewkes, minister and writer • Pasha Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Michael Hagan, founders of Graphite Marketplace • Steve Harper, just about everything • Steve Harkins, web designer • Edie Hill, composer and friend • Langston Hughes, poet • Margaret and George Heald, piano technician • Karel Husa, composer and teacher • David Ignatow, poet • Kabir, mystic • Linda Kachelmeier, composer and scrum partner • Ruth Palmer, conductor and composer advocate • Joan Wolf Prefontaine, poet • Paul Rardin, conductor and composer advocate • Kalidasa, poet • Steve Kaul, recording engineer • Søren Kierkegaard, philosopher and poet • Dorothy Knost, piano teacher • Ben Krywosz, artistic director of Nautilus Music-Theater • Denise Levertov, poet • George Ella Lyon, poet • Jonathan Machen, vocalist • Dawna Markova, writer • Anne Matlack, conductor and composer advocate • Nancy Menk, composer advocate • Edna St. Vincent Millay, poet • Jane Ramseyer Miller, conductor, composer, social activist • Joe Mish, conductor and composer advocate • J. David Moore, composer • Gerald Rich, poet • Carl Sandburg, poet • friend • King Sigismund III, religious reformer • Ann Silsbee, composer, poet and friend • Simon Alexander-Adams, sounding board, fellow creative, and awesome son • Steven Stucky, composer and teacher • Rabindranath Tagore, poet • Sister Peronne Marie Thibert, teacher and writer • Oliver Alexander-Adams, unconventional thinker and light of my life • Howard Thurman, civil rights leader and writer • Everyone whose work supports the Association for Unitarian Universalist Music Ministries • Charles Varney, high school choral director • Anna Vonhuben, illustrator and graphic designer • Nancy White, poet • John Greenleaf Whittier, poet • Theodore Chickering Williams, poet • Daniel Winter, pianist and teacher • Nancy Wood, poet • Yehudi Wyner, composer and teacher

**A lot of hard work  
and creativity went  
into bringing this  
music to you...**



**...and some of it  
was even mine.**

**This page has been intentionally omitted.  
(You know why.) A complete perusal score may be  
purchased through any music store or dealer.**

*Elizabeth Alexander*  
**Seafarer Press**  
**The Music of Elizabeth Alexander**  
**www.seafarerpress.com**

**B**

37

S  
seeds.

A  
seeds.

T  
seeds.

B  
seeds.

Fl  
*mp*

Ob  
*mp*

*espress.*

*mp*

*Red.*



Fl  
37

Ob

*espress.*

*Red.* *Red.* *Red.* *Red.* *Red.*

43

Fl *mf*

Ob *mf*

*f*

*p*

Red. Red. Red. Red.



51 **C** *p dolce*

S  
A

Some soon bloom to fill your heart with won - der,

Fl *mp*



55

S  
A

Some on - ly af - ter you are gone. You must give them

Fl

Red. Red. Red. Red.

60

S  
A

free - dom, free - dom, free - dom, free - dom to grow

Fl

*mp*

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.



66

S  
A

as they should.

Fl

*mp*

Ob

*p*

*delicately*

*p*  
bell-like

Ped.





102

Fl

Ob

Red.



**F** *mp*

107

T

In your heart you know that some may with - er,

In your heart you know that some may with - er,

B

*mp*

In your heart you know that some may with - er,

Fl

Ob

*mp*

Red.

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116

S  
rise up grand - - er, grand - er, grand - - er,

A  
rise up grand - - er, grand - er, grand - - er,

T  
rise up grand - - er, grand - er, grand - - er,

B  
rise up grand - - er, grand - er, grand - - er,

Fl  
*mf*

Ob  
*mf*

Piano  
*mf*

120 *f*

S grand - er than you dreamed they could.

A grand - er than you dreamed they could.

T grand - er than you dreamed they could.

B grand - er than you dreamed they could.

Fl *f*

Ob *f*

*f* *magical*

*f*

*Red.*

125 **G** *meno mosso* *p meditatively*

S There is joy if you

A There is joy in plant - ing if you

T There is joy in plant - ing if you

B There is joy in plant - ing if you

129

S  
trust, \_\_\_\_\_ if you trust, \_\_\_\_\_ if you trust, \_\_\_\_\_ there is

A  
trust, if you trust, \_\_\_\_\_ if you trust, \_\_\_\_\_ there is

T  
trust, \_\_\_\_\_ if you trust, \_\_\_\_\_ if you trust, there is

B  
trust, if you trust, if you trust, if you

Fl

*bell-like*  
*mf*  
*mp*

*Ped.*

135

S  
*mp* joy in plant - ing if you trust \_\_\_\_\_ the *p*

A  
*mp* joy in plant - ing if you trust \_\_\_\_\_ the *p*

T  
*mp* joy in plant - ing if you trust, if you trust the *p*

B  
*mp* trust, \_\_\_\_\_ if you trust \_\_\_\_\_ the *p*

Fl

*rallentando*

*mp*  
*p*

*Ped.*

140 **a tempo**

S  
seeds.

A  
seeds.

T  
seeds.

B  
seeds.

Fl  
*mp*

Ob  
*espress.*

*p*

146

Fl

Ob

*p*

153

Fl

Ob

*p*

## Selected Choral Music by Elizabeth Alexander

**A Palette To Paint Us As We Are** (Gerald Rich)  
SATB, piano • SEA-014-01  
SSA, piano • SEA-014-02

**Beware the Winter Settin' In** (Alexander)  
SATB, Celtic band, opt. children's choir • SEA-139-00

**Blessed Be the Flower That Triumphs** (Boblett)  
SATB • SEA-078-00

**Cherish Your Doubt** (Alexander)  
SATB, piano • SEA-063-01  
SSAA, piano • SEA-063-02

**Die Gedanken Sind Frei** (German protest song, arr.)  
SATB, piano • SEA-087-00

**Do Not Leave Your Cares at the Door** (Norman Naylor)  
SATB • SEA-071-00

**Even a Fist Was Once an Open Palm** (Yehuda Amichai)  
SATB • SEA-026-01

**Faith Is the bird that feels the light** (Tagore)  
SSA • SEA-068-00

**Fighting Over What We Believe** (Alexander)  
SATB, soloists, piano • SEA-099-01

**Finally On My Way To Yes** (Pesha Gertler)  
SSATB, piano • SEA-019-00

**Folks, I'm Telling You** (Langston Hughes)  
SSATB, piano • SEA-027-00

**Glen Song** (Scott Bates)  
SSATB, piano • SEA-025-00

**Handles** (Alexander)  
SSA, piano • SEA-148-00

**How To Sing Like a Planet** (Alexander)  
SATB, piano • SEA-105-01

**If You Can Walk You Can Dance** (Zimbabwean Proverb)  
SAB, piano, claves • SEA-022-03  
TBB, piano, claves • SEA-022-05  
SSA, piano, claves • SEA-022-06  
SATB, piano, claves • SEA-022-07

**Immortal Love** (John Greenleaf Whittier)  
SATB • SEA-017-00

**Infant Holy, Infant Lowly** (Polish carol, arr.)  
SSA • SEA-020-00

**Jump!** (Ray Bradbury)  
SSA, string quartet • SEA-090-00

**Kindling** (Alexander)  
SATB, chamber ensemble • SEA-123-00  
SATB, piano • SEA-123-09

**Let it Matter** (Alexander)  
SSA, piano • SEA-125-03  
SATB, piano • SEA-125-04

**No Other People's Children** (Alexander)  
1-4 part choir, soloist, piano • SEA-141-03

**...or a musician** (Philip Dacey)  
SATB, orchestra • SEA-007-00

**A Palette To Paint Us As We Are** (Gerald Rich)  
SA, piano • SEA-014-00  
SATB, piano • SEA-014-01

**Praise Wet Snow Falling Early** (Denise Levertov)  
SATB, piano • SEA-015-00

**Reasons for the Perpetuation of Slavery** (Alexander)  
SSAA • SEA-091-00

**Same Birds** (David Allen Evans)  
SATB • SEA-128-00

**Song of Kabir** (Kabir)  
SATB • SEA-119-00

**The Gate is Open** (Sister Peronne Marie Thibert)  
SATB • SEA-097-01

**They Have Freckles Everywhere** (Alexander)  
SSAA, piano • SEA-076-00

**To Make a Prairie** (Emily Dickinson)  
SSA, piano • SEA-016-00

**We Lift Up Our Hearts** (Richard Fewkes)  
Unison children's choir, SATB, piano • SEA-021-00

**We Remember Them** (Sylvan Kamens, Jack Riemer)  
SATB, piano • SEA-083-01

**Where there Is Light in the Soul** (Chinese proverb)  
SAB • SEA-070-00  
SATB • SEA-070-01  
SSA • SEA-070-02  
TBB • SEA-062-03

**When the Song of the Angels Is Stilled** (Thurman)  
SATB • SEA-062-00  
TTBB • SEA-062-02  
SSAA • SEA-062-04  
SATB, flute • SEA-062-05

**Why I Pity the Woman Who Never Spills** (Prefontaine)  
SSAA • SEA-058-00