

**P** AUL  
**J** OHN  
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**You Carry Oceans Within**  
from SPHERES OF INFLUENCE

for SATB Choir, a cappella

# PERUSAL SCORE



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## The Texts

### Comet, by Jim Togeas

The comet dances with the sun. It's orbit's curled  
In conic sections in our heads. It beguiles  
Ten billion eyes fanned across a peacock world  
When it fans its tail across ten million miles,  
Then, perihelion past, bends to its out-bound pace  
Beyond the Dame of Love, the Lord of War  
And paradise to let towards open space—  
The earth gone now and sun shrunk to star.

There titanic galaxies redden and recede  
Like trans-cosmic steamers plunging into night,  
And a comet's a raft on the Sea of Naught  
Where "Let there be light!" seems to have gone unsaid,  
And God's forgot his great decree  
That Being is but Nothing cannot be.

### Biological Galaxies, by Sara Dailey

Your every cell is a galaxy,  
with its own ellipses and orbits, nuclei  
like miniature suns lighting up your  
insides. You carry oceans within,  
comprised of water as you are,  
your pulse the universe's rhythm,  
that interaction of gases and matter and heat.

So it's no mistake when I tell you  
your movements are tidal,  
or that I want you close  
because gravity is like that,  
or that when I hold you  
I am holding the world.

## The Composer



The music of award-winning composer Paul John Rudoj (b. 1985) is fast becoming an important force in the worldwide music community. Frequently supported through grant programs from the American Composers Forum, the Minnesota State Arts Board, and the Jerome Foundation, Paul's works have been commissioned and performed by various ensembles including Cantus, VocalEssence, the Vancouver Chamber Singers, the British Trombone Society, the Young New Yorkers Chorus, the Milwaukee Choral Artists, and the National Lutheran Choir.

Paul holds a degree in vocal performance from the Hartt School. He has performed and recorded as a tenor vocalist in the male vocal ensemble Cantus.

For more information or to purchase scores, please visit [pauljohnrudoj.com](http://pauljohnrudoj.com).

# You Carry Oceans Within

from SPHERES OF INFLUENCE

Commissioned through the Jerome Foundation  
for Philip Brunelle and VocalEssence

text by  
SARA DAILEY

music by  
PAUL JOHN RUDOI

## Steadily Growing (♩ = 66)

The musical score is for a four-part vocal ensemble (Soprano, Alto, Tenor, Bass) in 4/4 time with a tempo of 66 beats per minute. The key signature is D major (two sharps). The score is divided into two systems. The first system covers measures 1-4, and the second system covers measures 5-8. The lyrics are: "Your ev'-ry cell is a gal-ax-y, Your ev'-ry cell is a gal-ax-y, Your ev'-ry cell is a gal-ax-y, Your ev'-ry cell is a gal-ax-y, your ev'-ry cell is a gal-ax-y, with its own el-lip-ses and or-bits, your ev'-ry cell is a gal-ax-y, y, with its own el- with its own el-lip-ses and or-bits, and". Dynamic markings include *mp* (mezzo-piano) and *p* (piano). The Soprano part begins in measure 3. The Alto part begins in measure 1. The Tenor part begins in measure 4. The Bass part begins in measure 3. The score includes a large watermark "PERUSAL" across the center.

# You Carry Oceans Within

9 *mp* *mf* *p*

S your ev'-ry cell is a gal - ax - y,

A *mp* *mf* *p* *mp*  
your ev'-ry cell is a gal - ax - y, and or - bits,

T *mp*  
lip-ses and or-bits, and or - bits, with its own el - lip-ses and or-bits ev' - ry

B *mf* *p* *mp*  
or - bits a gal - ax - y, Your ev' - ry

13 *mp* *mf* **A**

S *mp* *mf*  
your ev'-ry cell is a gal - ax-y with its own el - lip-ses and or-bits, nu -

A *mp*  
your ev'-ry cell is a gal - ax-y with its own el - lip-ses and or-bits, and or - bits

T *mp*  
cell ev'-ry cell is a gal - ax - y,

B *mp*  
cell your cell is a gal - ax - y,

cell ev'-ry cell is a gal - ax - y,

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*molto rit.* ..... **Broadly** (♩ = ~ 50)

**S**  
 - clei like min-<sup>\*</sup>ia-ture suns like min-<sup>3</sup>ia-ture suns light - ing up your in - sides. You car - ry

**A**  
*mf* nu - <sup>\*</sup>clei like min-<sup>\*</sup>ia-ture suns min-<sup>3</sup>ia-ture suns light-ing up your in - sides. *f*

**T**  
*molto rit.* ..... *mf*  
 a gal - ax - y in - side. You car-ry

**B**  
*molto rit.* .....  
 a gal - ax - y in - side.

*accel.* ..... **B** **Tempo I**

**S**  
 o - ceans o - ceans with - in, *mf*  
 o - ceans with in, like min-<sup>3</sup>ia-ture suns

**A**  
*accel.* ..... *mf*  
 o - ceans with - in, like min - ia - ture suns

**T**  
*accel.* ..... *mf*  
 o - ceans with - in, like min - ia - ture

**B**  
*mf* *accel.* .....  
 o - ceans with - in, with - in,

\* Combine the second and third syllables of the words nuclei ("ei" = [jaI]) and miniature ("ia" = [I]).

# You Carry Oceans Within

25

S *mp* 3 comprised of wa - ter *mf* 3 as you are, *mp* your

A comprised of wa - ter as you are, your

T 8 suns *mp* 3 comprised of wa - ter as you are, *mf* 3

B *f* *mp* 3 3 3 Com-prise of wa - ter as you are, you are,

C

S pulse the u - ni-ver-se's rhy - thm, your pulse the u - ni-ver-se's

A pulse the u - ni-ver-se's rhy - thm, your pulse the u - ni-ver-se's

T 8 *p* your pulse the u - ni-ver - se's rhy - thm, your pulse the u -

B

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S *p*  
rhy - thm, your pulse the u - ni - ver - se's rhy - thm,

A *p*  
rhy - thm, your pulse the u - ni - ver - se's rhy - thm,

T *mp*  
- ni - ver - se's rhy - thm, your pulse the u - ni - ver - se's rhy - thm, your

B *mp*  
your pulse the u - ni - ver - se's rhy - thm, your

36

S *sub. mf*  
your pulse the u - ni - ver - se's rhy - thm, that in - ter - ac - tion of

A *mp*  
your pulse the u - ni - ver - se's rhy - thm,

T  
pulse the u - ni - ver - se's rhy - thm, your pulse the u - ni - ver - se's

B  
pulse the u - ni - ver - se's rhy - thm, your pulse the u - ni - ver - se's

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### You Carry Oceans Within

39

S gas - es and mat - ter and heat, \_\_\_\_\_ of

A \_\_\_\_\_ *mf* that in - ter - ac - tion of gas - es and mat - ter

T \_\_\_\_\_ *mf* rhy - thm, and heat that in - ter - ac - tion of gas - es

B rhy - thm, your pulse the u - ni-ver - se's rhy - thm, your

42

S gas - es and heat \_\_\_\_\_ *mp* with its own el - lip - ses and or - bits, and

A and heat \_\_\_\_\_ *mp* That in - ter - ac - tion of gas - es and mat - ter

T and mat - ter and heat, \_\_\_\_\_ *mp* that in - ter - ac - tion of gas - es

B pulse the u - ni-ver - se's rhy - thm, \_\_\_\_\_

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*rit.* -----

45

S heat, that in - ter - ac - tion of gas - es and mat - ter, el - lip - ses and or - bits,

A and heat, \_\_\_\_\_ with its own el - lip - ses and or - bits, and o - ceans

T and mat - ter and heat, \_\_\_\_\_ with its own el - lip - ses and or - bits, and

B *mp* that in - ter - ac - tion \_\_\_\_\_ of gas - es and mat - ter and or - bits  
*mf* and \_\_\_\_\_ suns

*rit.* -----

**E** Held, ecstatic ----- Tempo I (♩ = 66)

49

S and suns, \_\_\_\_\_ and heat Your ev' - ry cell is a \_\_\_\_\_

A and wa - ter, \_\_\_\_\_ and heat Your ev' - ry cell \_\_\_\_\_ is \_\_\_\_\_ a

T wa - ter, \_\_\_\_\_ and heat Your ev' - ry cell with its own el - lip - ses and

B and suns, \_\_\_\_\_ and heat Your ev' - ry cell is a \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_ heat \_\_\_\_\_

# You Carry Oceans Within

52

*rit.*

S gal - la - xy, a gal - ax - y,

A gal - ax - y, with its own el - lip - ses and or - bits and or - bits and

T or - bits, a gal - ax - y,

B gal - a - xy, a gal - ax - y,

*mf*

*rit.*

*rit.*

**F**

S *mp* So it's no mis-take when I tell you

A or - bits your

T *p* So it's no mis-take when I tell you your

B *mp* So it's no mis-take when I tell you *mp* when I tell you your

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59

S *mp* or that I

A *mf* move - ments are tid - al *mp* or that I

T *mf* move - ments are tid - al, when I tell you

B *mf* move - ments are tid - al, when I tell you

64

S *mp* want you close *mf* be - cause grav - i - ty is like that, *molto rit.* **G** ( $\text{♩} = \sim 50$ )

A *mp* want you close *mf* be - cause grav - i - ty gra - vi - ty is like that, *molto rit.*

T *p* *n* *mp* *mf* grav - i - ty is like that, *molto rit.*

B *p* *n* *mp* *mf* grav - i - ty is like that, *molto rit.*

# You Carry Oceans Within

68 *mp* *mp* *p*

S I am hold - ing the world.

A *mp* *p* *mp*  
or that when I hold you Your ev'-ry

T *mp* *p* *p*  
or that when I hold you Your ev'-ry cell

B *mp* *mp*  
Your ev'-ry

72 *molto rit.* **Warm and Slow** *p*

S the world.

A *molto rit.* *p*  
cell your ev' - ry cell is the world.

T *molto rit.* *p*  
is ev' - ry cell is the world.

B *molto rit.* *p*  
cell your ev' - ry cell is the world.

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