

Sundowning
SATB a cappella
JH - GRL32

Grace Brigham

pdf - \$1.95
printed - \$3.75

Sundowning

Grace Brigham

for SATB choir a cappella



COMPOSE
LIKE A **GIRL**

Illustration: KT Thompson

jh music

Text:

your hand in mine
clenching
breathe in, breathe out
as we recollect back to the now

time stands still each time I grow
but for you it ebbs and flows
and as your eyes flutter at me
my heart murmurs unevenly;
sundowning.

in and out
as the sun descends
you trail along with her;
i will guide you back

we pulse in sync
until the morrow robs you again
of the light in your eyes,
and the hope in mine

- *Shae Lime*

From the Composer:

“Sundowning” recounts the experience of observing a loved one suffer from dementia. Medical professionals use the term “sundowning” to refer to certain behaviors people with dementia often exhibit during the late afternoon and early evening. These behaviors can include increased confusion, agitation, anxiety, aggression, and restlessness.

I worked as a Certified Nursing Assistant in a dementia unit during college. During that time, I learned how difficult and draining it is watching someone you love change so much, knowing that there is nothing you can do to stop it.

A few years later, my grandfather developed dementia. Towards the end of his life, I helped care for him as the only one in my family trained to do so. I think that dementia is something most people have dealt with in some way, but we tend not to talk about how heartbreaking it is to watch someone you know and love so deeply slowly decline. This is what inspired me to partner with my friend Shae, who also has her own personal experience with dementia, and create this piece of music.

- *Grace Brigham*

Dear conductor,

You can support these composers, diversify your concerts, and push towards equality by programming music from the #ComposeLikeAGirl series. Inviting the composer into the rehearsal process through a zoom or in-person workshop or Q & A session is an incredible experience for all involved. Be sure to notify and invite the composer to any performances of the work, and submit a PDF of the concert program to JH Music to ensure the composer receives performances royalties from ASCAP. Thank you!

~ *Jocelyn Hagen*



Grace Brigham is a composer and soprano in Salt Lake City, Utah specializing in choral music. Her work is gaining increasing attention, with performances at the Kennedy Center and Mechanics Hall, and premieres by Cantus, the Washington National Cathedral Choir, the Western ACDA SSAA Honor Choir, American University Chorus, and many ensembles at St. Olaf College. She holds degrees from St. Olaf College and the European American Musical Alliance Summer Academy. Her piece “Discoveries” was named the winner of the Cantus Young & Emerging Composer Competition, and was described as follows: “Through daring harmony, exquisite text-painting and remarkable sensitivity, “Discoveries” was a celebration of the accomplishments of female scientists, a recognition of their marginalization and a strong call to action.” Grace has

received commissions from Women’s Voices Chorus, the Washington National Cathedral, St. George Children’s Choir, Worcester Polytechnic Institute, Assumption University, and Herriman High School Vivace. Additionally, Grace works as a freelance video and audio editor.

for Peter Kline & Sandi Lime

Sundowning

SATB a cappella

Shae Lime

Grace Brigham

Warmly ♩ = 59 *with rubato*

Optional Solo

p

Soprano
your_ hand_____ in mine clench - ing, breathe__ in, breathe out,

Alto
_____ *p*
mm_____

Tenor
p
mm_____ mm_____

Bass
p
mm_____ mm_____

for rehearsal only



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Check out the Compose Like A Girl Podcast! Listen to Jocelyn Hagen interview incredible female-identifying composers about their process, finding artistic truth, and leading with curiosity. These inspirational interviews are complemented by excellent recordings.



a tempo

5 *mp* *mp*

S breathe_ in breathe_ out, as we re - col - lect_ back to the now

A breathe_ out, oh

T breathe out, oh

B breathe out, oh

5

9 *tutti* *mp* *p* *mp*

S time_ stands still, stands still each time_ I grow, but for

A time_ stands still, time stands still each time_ I grow, but for

T time_ stands still time stands still each time I grow,

B time_ stands still, each time_ I grow,

9

13

S *mf* you it ebbs and flows, *f* N.B. flut - ter at

A *mf* you but_ for you it ebbs and flows *f* and_ as your eyes flut - ter at me,

T *mp* but_ for you it ebbs and flows, *mf* and_ as your eyes *f* flut - ter at

B *mp* but_ for you it ebbs and flows, *mf* as your eyes *f* flut - ter at me,

13

16

S *mf* me, my heart mur - murs un - e - ven - ly; *mf* sun - - down-ing,

A *mf* my heart_ mur - murs *mp* sun - - - down-ing

T *mf* me, my heart_ mur - murs *mp* sun - - - down-ing,

B *mf* flut - ter at me my heart_ mur - murs, *mp* sun - - - down-ing.

16

3

20 *p* *mp* *p*

S
sun - down - ing.

A
p *mp* *p*
sun down - ing in and out as the sun des - cends,

T
p *mp* *p*
sun, sun - down - ing.

B
p *mp* *p*
sun - - - down - ing. in and out as the sun des - cends, as the

20

24 *pp* *p*

S
pp *p*
as the sun des - cends you trail a - long with her,

A
pp *p*
as the sun des - cends, you trail a - long with her,

T
mp *p* *mp*
as the sun des - cends, you trail a - long, you

B
p
sun, the sun des - cends, you trail a - long,

24

poco accel.

a tempo ♩ = 59

28 *mp* *mf*

S you trail a - long with her, I will guide

A you trail a - long with her, I will guide, I will guide, will

T trail a - long with her, I will guide will

B you trail a - long with her, I will

28

31 *f* *senza vib.*

S you back, I will guide you back.

A guide you back, I will guide, I will guide you back.

T guide you back I will guide, I will guide you back.

B guide you back, I will guide you back.

31

34 *mp* *mf* *rit.*

S we pulse in sync un - til the mor - row robs you a -

A we pulse in sync un - til the mor - row robs you a -

T oo un - til the mor - row robs you a -

B oo un - til the mor - row robs you a -

molto rubato *rit.*

optional solo

37 *ff* *mp*

S gain of the light, the light in your eyes

A gain light in your eyes

T gain light in your eyes

B gain light in your eyes

41 *a tempo* *poco rit.* *mp dim. poco a poco*

S
A
T
B

and the hope in mine. sun - down - ing

41

molto rit.

S
A
T
B

down - ing sun - down - ing

sun - down - ing sun - down - ing

sun - down - ing ng

down - ing sun - down - ing ng

44

Another great piece from the Compose Like a Girl Choral Series

Amelia Ouerson

A Departing Blessing

JH-GRL09

15

S God bring low the bron - zen sun to warm your kin - dred face.

A God bring low the bron - zen sun to warm your kin - dred face.

15

Piano accompaniment for measures 15-18.

19 *tutti stagger breathe*

S Ah

A *tutti stagger breathe*
Ah

T *mf*
You'll walk and walk 'till night a - dorns the an - cient end - less sky with

B *mf*
You'll walk and walk 'till night a - dorns the an - cient end - less sky with

19

Piano accompaniment for measures 19-24.

25

S As path leads on to

A As path leads on to

T God's own flock of cry - stal stars that you can tra - vel by. As path leads on to

B God's own flock of cry - stal stars that you can tra - vel by. As path leads on to

25

Piano accompaniment for measures 25-30.

Another great piece from the Compose Like a Girl Choral Series

Amelia Ouverson

A Departing Blessing

JH-GRL09

rit.

30

S fur - ther path, — be - yond the world — you've — known, may — God re - store your

A fur - ther path, — be - yond the world — you've — known, may — God re - store your

T fur - ther path, the world you've, oh the world you've known, Oh

B fur - ther path, the world you've, oh the world you've known, Oh

30

Piano accompaniment for measures 30-33.

a tempo

34

Vln. *mf*

S cloud-ing eyes to — show you how you've grown. Oh — *p* seamless stagger breathe

A cloud-ing eyes to — show you how you've grown. Oh — *p* stagger breathe

T cloud-ing eyes show you how you've grown. Oh — *p* stagger breathe

B cloud-ing eyes show you how you've grown. Oh — *p* stagger breathe

34

Piano accompaniment for measures 34-37.

COMPOSE LIKE A GIRL



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JH-GRL03	Liv Grace	Hear Me Roar	SSAA a cappella choir
JH-GRL04	Sherry Blevins	Looking for Light	SSA choir, piano
JH-GRL05	Sherry Blevins	If I Call to You, My Love	SATB div., solo, a cappella choir
JH-GRL06	Jennifer Lucy Cook	Blow, Blow, Thou Winter Wind	SSA choir, tamb., hand drum
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JH-GRL08	Grace Becker	Known	SATB choir, soloist, piano
JH-GRL09	Amelia Ouversen	A Departing Blessing	SATB choir, C instrument
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LET THE WORLD KNOW

#ComposeLikeAGirl

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