

The Chalice of Our Hearts

from Kindling: Small Reflections on a Limitless Faith

SATB and chamber ensemble

OR

SATB and piano



Elizabeth Alexander

Seafarer Press

Kindling: Small Reflections on a Limitless Faith

Words & Music by Elizabeth Alexander

I. First Touch

Water, kitten belly, hydrangea blossom, warm mud.
 New ears learn to decipher footsteps and music.
 While watching a fuzzy caterpillar, small hearts lean towards God.

II. Pages

On the pages of the morning paper,
 People rebuild shattered schools and restore lifeless lakes,
 Knit reconciliation out of promise and pain,
 And sing to the deathly ill and the newly born.

Constitutions are still being written,
 And slaves freed, and truces forged.
 We finish our breakfasts and roll up our own sleeves.

III. Chosen People

As children we are enchanted by the apple, the ark, the whale,
 The boy with the slingshot, the baby in the barn.

Later we grapple with forgiveness, resurrection and compassion.
 Chosen people are everywhere now – in the market, under the bridge.
 The next chapters are ours to imagine.

IV. So Much Radiance

Once we set forth in the dark empty hours of the night,
 In search of a Presence wondrous and unseen,
 Guided only by a voice still and small.

Our outstretched hands soon encountered
 The grain and brass of Cross and Menorah,
 And our fingers traced their contours with reverence and joy.

Only now, as the rising sun illuminates
 Wheel and Lotus, Yin and Yang, Star and Crescent, Eagle and Drum,
 We begin to behold the Limitless:
 So much Radiance within our reach – even more beyond.

V. Strong Braid

Aloft in the heady air of faith,
 Our senses heightened by incense and ether,
 We may from time to time become ecstatic paper kites.

We dive and keel and rocket,
 Riding each wayward gust with abandon,
 Recklessly aspiring to auroral heights –

Yet knowing all the while that we are safe,
 Tethered to the ground by a strong braid, a steady hand,
 And a mind that appraises the wind.

VI. Where Belief Begins

It comes down to this, in the end.
 And in the beginning and middle as well:

Earth, generous and visceral,
 Manifested in mountains and hidden within clouds,
 Familiar to rhizomes and young knees.

Air and Water, faithful channels of change,
 Whose currents and cycles nudge germination
 All the way through to rot and back again.

What's more, there's Fire, dazzling and improbable,
 Not only in the core of planets and stars
 But also in the hollow where belief begins.

Epilogue: The Chalice of Our Hearts

Our search for kindling takes us far beyond ourselves –
 There we gather Truth and Mystery.
 We return in joy to tend the chalice of our hearts.

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About *The Chalice of our Hearts*:

Kindling closes with a simple canon that calls us to stretch beyond our own experience,
 tending the flame that burns in our own hearts.

Small reflections on some small reflections

by Elizabeth Alexander

When conductor Jason Oby invited me to compose a large choral work inspired by Unitarian Universalism's Six Sources, I was thrilled. Rather than prescribing what to believe, these touchstones affirm the places we turn to for inspiration, meaning, and purpose. As expressions of shared human experience, these enduring sources resonate with seekers, skeptics, and believers alike.

Summarized briefly, the Six Sources are:

- 1) Direct experience with mystery and wonder
- 2) Words and deeds of prophetic people, which challenge us to bring forth justice, compassion, and love
- 3) Wisdom from the world's religions and Indigenous traditions
- 4) Jewish and Christian teachings, which call us to love our neighbors as ourselves
- 5) Humanist teachings, reason, and science, which warn us against idolatries of the mind and spirit
- 6) Earth-centered traditions, which celebrate the sacred circle of life

I recognized my own spiritual touchstones in this list – even if it didn't yet sound like the stuff of music! So I enthusiastically dove into writing lyrics, trusting the poetry would reveal itself.

But whoa, just because I was enthusiastic didn't mean it was easy! I struggled to find words that would truly sing. During long walks with my husband, I indulged in dramatic laments: "What was I thinking? There's no poetry here whatsoever! And humanism? I might as well set the tax code." But with each day I came closer to finding the rhapsodic kernel within each source. (Yes, even within humanism!)

The breakthrough came when I realized I didn't need to write a sweeping manifesto. The symbol of Unitarian Universalism is not a bonfire; it's a chalice – a small flame that kindles something deep within each of us. I began paying attention to intimate moments that gesture toward what is shared across religions and philosophies, moments that speak to our common experience of what is sacred and true. What emerged was a set of small reflections on a limitless faith: Kindling.

The Chalice of Our Hearts

Epilogue from *Kindling: Small Reflections on a Limitless Faith*

SATB, chamber ensemble OR SATB, piano



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Pensively (♩ = 60)

626

The musical score consists of five staves. The top four staves are for the SATB voices, each with a treble clef and a key signature of one sharp (F#). The bottom staff is for the piano, with a grand staff (treble and bass clefs) and a key signature of one sharp. The piano part begins with a piano (*p*) dynamic. The score includes five rehearsal marks labeled "Led." at the bottom of the piano staff.

The Chalice of Our Hearts is the final movement of *Kindling*. It may be performed as a standalone piece with either piano or chamber ensemble. For chamber ensemble performances, the conductor should use the conductor's score of the complete work (SEA-123-10).

For standalone performances with piano accompaniment the eight-measure introduction has been reconceived somewhat, so if you perform this movement with a chamber ensemble you'll notice slight differences in those opening measures. But the measure numbers, page numbers and rehearsal letters in this edition (SEA-123-17) remain fully consistent with both the conductor's score and the choral score of the complete work (SEA-123-19).

631

S *p*
Our search for kind - ling takes us far be -

A *p*
Our search for kind - ling takes us far be -

T

B

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

636

S
- yond our - selves. There we gath - er truth_ and mys - te - ry. We re -

A
- yond our - selves. There we gath - er truth_ and mys - te - ry. We re -

T

B

Ped.

642

S
- turn _____ with joy _____ to tend the cha - lice of our _____

A
- turn _____ with joy _____ to tend the cha - lice of our _____

T

B

Ped. Ped. Ped.

648

S
hearts. _____ Our search for kind - ling takes us far be -

A
hearts. _____ Our search for kind - ling takes us far be -

T
p Our search for kind - ling takes us far be - yond our - selves. There we

B
p Our search for kind - ling takes us far be - yond our - selves. There we

Ped.

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 • Louise Erdrich, poet • Philip Dacey, poet • Catherine Dalton, composer and serum 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 serum 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

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V

666

S
kind - ling takes us far be - yond our - selves. There we gath - er truth_ and mys - te -

A
mf
hearts._____ Our search for kind - ling takes us far be - yond our -

T
mf
hearts._____ Our search for kind - ling

B
mf
hearts. Our search for kind - ling takes us far be - yond our - selves. There we gath - er

Ped. No pedal change through end of song

673

S
- ry. We re - turn_____ with joy_____ to tend the cha - lice of our_

A
- selves. There we gath - er truth_ and mys - te - ry. We re - turn_____ with

T
takes us far be - yond our - selves. There we gath - er truth_ and mys - te - ry. We re -

B
truth_ and mys - te - ry. We re - turn_____ with joy_____ to tend the

680 *p*

S hearts, _____ our hearts, _____ our hearts. _____

A joy _____ to tend the cha - lice of our _____ hearts, _____

T - turn _____ with joy _____ to tend the cha - lice of our _____ hearts. _____

B cha - lice of our _____ hearts. _____

687 *niente*

S _____ *niente*

A _____ *niente*
our _____ hearts. _____

T _____ *niente*

B _____ *niente*
our hearts. _____

Cover: *“Girl with Dandelion”* by Emily Roe

Emily Roe is an artist, photographer and avid do-it-yourself interior designer. Her popular blog, “Love Emmie,” focuses on her role as a military mom, bringing a sense of home to base housing wherever her family is stationed.



Emily writes: “This drawing is of my daughter. We were in a field of daisies and dandelions, while living in Alaska. She made so many selfless wishes with each dandelion, I felt it was a moment that I needed to capture.”

Selected Choral Music by Elizabeth Alexander

- A Palette To Paint Us As We Are** (Gerald Rich)
SATB, piano • SSA, piano
- Beware the Winter Settlin' In** (Elizabeth Alexander)
SATB, Celtic band, opt. unison children's choir
- Blessed Be the Flower That Triumphs** (Michael Boblett)
SATB a cappella • SATB, orchestra
- Cherish Your Doubt** (Elizabeth Alexander)
SATB, piano • SSAA, piano
- Die Gedanken Sind Frei** (German protest song, arr.)
SATB, piano • vocal duet, piano
- Do Not Leave Your Cares at the Door** (Norman Naylor)
SATB a cappella • TTBB a cappella
- Even a Fist Was Once an Open Palm** (Yehuda Amichai)
SATB a cappella
- Faith Is the bird that feels the light** (Rabindranath Tagore)
SSA a cappella • SATB a cappella
- Fighting Over What We Believe** (Elizabeth Alexander)
SATB, soloists, piano • SSA, soloists, piano
- Finally On My Way To Yes** (Pesha Gertler)
SSATB, piano
- Folks, I'm Telling You** (Langston Hughes)
SSATB, piano
- Get Curious** (Elizabeth Alexander)
SSAA a cappella
- Glen Song** (Scott Bates)
SSATB, piano
- Grace** (Elizabeth Alexander)
SATB, piano • SSA, piano
- Handles** (Elizabeth Alexander)
SSA, piano
- How To Sing Like a Planet** (Elizabeth Alexander)
SATB, piano • TBB, piano
- If You Can Walk You Can Dance** (Zimbabwean Proverb)
SAB, piano, claves • TBB, piano, claves
SSA, piano, claves • SATB, piano, claves
- Immortal Love** (John Greenleaf Whittier)
SATB a cappella
- Infant Holy, Infant Lowly** (Polish carol, arr.)
SSA a cappella
- Jump!** (Ray Bradbury)
SSA, piano • SSA, string quartet
- Kindling** (Elizabeth Alexander)
SATB, piano • SATB, chamber ensemble
- Let it Matter** (Elizabeth Alexander)
SSA, piano • SATB, piano
- Like a Leaf** (Wendell Berry)
SATB, piano
- No Other People's Children** (Elizabeth Alexander)
1-4 part choir, soloist, piano
- ...or a musician** (Philip Dacey)
SATB, orchestra
- A Palette To Paint Us As We Are** (Gerald Rich)
SA, piano • SATB, piano
- Praise Wet Snow Falling Early** (Denise Levertov)
SATB, piano
- Reasons for the Perpetuation of Slavery** (Alexander)
SSAA a cappella
- Same Birds** (David Allen Evans)
SATB a cappella
- Sing Me Awake** (Gregory Orr)
SATB, piano, string quartet • SATB, piano, string orchestra
- Song of Kabir** (Kabir)
SATB a cappella
- The Gate is Open** (Sister Peronne Marie Thibert)
SATB a cappella
- They Have Freckles Everywhere** (Elizabeth Alexander)
SSAA, piano
- To Make a Prairie** (Emily Dickinson)
SSA, piano
- We Give Thanks for Being** (Traditional)
1-4 part choir, piano
- We Lift Up Our Hearts** (Richard Fewkes)
Unison children's choir, SATB, piano
- We Remember Them** (Sylvan Kamens, Jack Riemer)
SATB, piano
- Where there Is Light in the Soul** (Chinese proverb)
SAB a cappella • SATB a cappella
SSA a cappella • TBB a cappella
- When the Song of the Angels Is Stilled** (Howard Thurman)
SATB a cappella • TTBB a cappella
SSAA a cappella • SATB, flute
- Why I Pity the Woman Who Never Spills** (Joan Prefontaine)
SSAA a cappella

For information about Elizabeth Alexander's other choral titles, visit www.seafarerpress.com