

Sing When Your Voice Shakes
flex. a cappella, opt. pno./gtr.
JH - GRL48

Nicole Schwartz Navratil

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Sing When Your Voice Shakes

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for flexible voicing a cappella (optional piano and/or guitar)



COMPOSE
LIKE A **GIRL**

Illustration: KT Thompson

jh music

For Norah Bea, and all the leaders of tomorrow

Sing When Your Voice Shakes

flexible voicing a cappella (optional piano and/or guitar)

Text inspired by
Peggy Flanagan & Jael Kerandi

Words and music by
Nicole Schwartz Navratil

Freely, with expression ♩ = 130

Optional Introduction

Piano

mf

Choir I (optional solo)

mp

1. It can be lone - ly to feel things so strong - ly. I try to speak, but no one hears me. Us - ing my

mp

voice seems an im - pos - si - ble task. It's too much to ask, it's too much to ask.

Choir II

mp

2. It feels like peo - ple don't no - tice you're there. Why don't they see you? Why don't they care?

mp

Pause for a mo - ment, and let your heart know: you're ne - ver a - lone, you're ne - ver a - lone.

Buoyant & Broader

mf

Sing with your voice, love's a - round you! Sing with your voice, love's a - round.

f

Sing when your voice shakes! The love of one hun - dred is al - ways a - round you.

f

Sing with your voice, love's a - round you.



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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.



56 Eb Cm Ab Bb

I Sing when your voice shakes! The love of one hundred is always a round.

II Sing with your voice, love's a - - round.

60 Eb Cm Fm7 Bb Eb

I Sing when your voice shakes! The love of one hundred is always a round you. Sing when your (optional harmony)

II Sing with your voice, love's a round you. Sing with

65 Cm Ab Bb To Coda

I voice shakes! The love of one hundred is always a round.

II your voice, love's a - - round.

69 (All) *mf* with renewed strength (optional split) Eb Fm7 Ab Bb

3. My voice is sove - reign, and I am not si - lent. I speak from my heart, and share my truth.

77 Ab Gm Ddim7 Cm Ab Fm7 Eb Bb D.S. al Coda

f *mp*

We're joined to - geth - er; we're strong - er this way, and we won't let an - y one take that a - way.

Coda

[85] *sempre f* *rit.* Ab Fm7 Bb Eb

I The love of one hundred, we're stron - ger to - geth - er; you're ne - ver a lone.

II The love of one hun - dred, we're stron - ger to - geth - er; you're ne - ver a - lone.

Text:

It can be lonely to feel things so strongly
I try to speak, but no one hears me.
Using my voice seems an impossible task.
It's too much to ask,
it's too much to ask.

It feels like people don't notice you're there.
Why don't they see you?
Why don't they care?
Pause for a moment, and let your heart know:
You're never alone,
you're never alone.

Sing with your voice, love's around you!
Sing with your voice, love's around.

Sing when your voice shakes,
the love of one-hundred is always around you.
Sing when your voice shakes,
the love of one-hundred is always around.

Sing when your voice shakes,
the love of one-hundred is always around you.
Sing when your voice shakes,
the love of one-hundred is always around.

My voice is sovereign, and I am not silent.
I speak from my heart, and share my truth.
We're joined together — we're stronger this way.
And we won't let anyone take that away.

Sing when your voice shakes,
the love of one-hundred is always around you.
Sing when your voice shakes,
the love of one-hundred is always around.

Sing when your voice shakes,
the love of one-hundred is always around you.
Sing when your voice shakes,
the love of one-hundred is always around.

The love of one-hundred,
we're stronger together,
you're never alone.

- Nicole Schwartz Navratil

Composer's Note:

"Sing When Your Voice Shakes" is a flexible piece that can be done a number of ways, including with multiple choirs. It features an optional solo as well as optional harmony parts. My original vision for this piece is for a youth choir to be joined by 'community voices.' The Choir 2 part was written with this in mind and is meant to be accessible, even for singers who have not yet sung in a formal setting.

I would also like to invite singers to experiment with percussion using their bodies or by adding instruments, as they feel inspired. Drums, foot stomping, and clapping are all possibilities to consider. Take some time to play with ideas and try out different rhythms. Let it be a creative, collaborative, and joy-filled experience!

In closing, a note about the "love of one-hundred." You may have heard the idea that a person's village, or the number of people we can easily 'keep track of', is around 120 connections. I also believe that we are supported and encouraged by our loved ones who are no longer here with us on the Earth plane. I want "the love of one-hundred," and the piece as a whole, to serve as a reminder: whenever we share our truth and speak from our heart, we are lifted up not only by the people who are with us here, but also those who have passed on.

May the memories of our loved ones be a constant source of inspiration, joy, and support as we live courageously in these times.

With gratitude to my composing mentors, Jocelyn Hagen and Sherry Blevins, as well as the students and faculty of the 2025 International Choral Composers Institute.

- Nicole Schwartz Navratil

Dear conductor,

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~ Jocelyn Hagen



Nicole Schwartz Navratil is a composer, lyricist, and performer based in Minneapolis, Minnesota. She has a vocal and choral teaching degree from the University of Minnesota-Twin Cities and taught music for 15 years. Nicole has been writing music since 8th grade, and is delighted to make her choral publishing debut in the Compose Like a Girl series. Nicole also champions women's empowerment through conferences and retreats, and is studying to become a spiritual director. Proud mama of two young boys (one of whom sings nonstop), Nicole is thrilled by the incredible journey of writing for and connecting with choirs.