

# HOW CAN I KEEP FROM SINGING

*for*  
SATB chorus  
with piano

by  
Steven Paxton

also available for:  
SSA and SABar choir

*lyrics by members of*  
The Derwentio Choir  
Allestree, Derbyshire  
UK



CREATIVE SPIRIT

**I**N 2023 *THE DERVENTIO CHOIR* IN ALLESTREE, DERBYSHIRE UK invited composers to create a new work in celebration of the choir's 30th anniversary. The text to be set was created collaboratively by the Derventio choir members themselves. My composition did not win the competition, but the choir generously gave composers permission to use the poem in their own published compositions. It is certainly a poem that will *strike a chord* with many singers, especially those in long-standing community choruses.

Steven Paxton  
San Marcos, Texas

*How can I keep from singing!*

In friendship, harmony and tone  
For many years we've sung and grown.  
Each part, though singing separate lines,  
To glorious unity combines.  
Though seasons come and seasons go,  
Our voices sing — Fortissimo!

Our choir's life flows in endless song,  
In heartfelt words and rhythm strong.  
In songs of protest, songs that calm,  
Songs that spread that healing balm.  
Though seasons come and seasons go,  
Our voices sing — Fortissimo!

We sing of lovers' hopes and dreams,  
We sing of wild cascading streams,  
We sing of joy, we sing of sorrow,  
We sing the promise of tomorrow.  
Though seasons come and seasons go,  
Our heart sings out — Fortissimo!

*Used by permission of The Derventio Choir*

# HOW CAN I KEEP FROM SINGING

lyrics by members of the DERVENTIO CHOIR

STEVEN PAXTON

**Moderato** *mf* **rit.**

SOPRANO  
In friend-ship, har-mo - ny and tone

ALTO  
In friend-ship, har-mo - ny and tone, har - mo - ny and

TENOR  
In friend-ship, har-mo - ny and tone, har - mo - ny and

BASS  
In friend-ship, har-mo - ny and tone,

PIANO  
**Moderato** rehearsal only *mf* **rit.**

5 *mp* **a tempo** *cresc. poco a poco*

For man - y years we've sung and

tone, For man - y years we've sung and grown. \_

tone For man - y years we've

For man - y years we've sung and grown. Each part, though

5 **a tempo** *mp* *cresc. poco a poco*

9 *mf* *cresc. poco a poco*

grown. Each part, though sing - ing

*mf* *cresc. poco a poco*

Each part, though sing - ing, sing - ing sep - a - rate lines, Each part, though

*mf* *cresc. poco a poco*

sung and grown. \_\_\_\_\_ Each part, though

*mf* *cresc. poco a poco*

sing - ing \_\_\_\_\_ sep - a - rate lines, Each part, though sing - ing

9

13 *f* *ff*

sep - a - rate lines, sep - a - rate lines,

*f* *ff*

sing - ing sep - a - rate lines, Each part, though sing - ing sep - a - rate lines, \_\_\_\_\_

*f* *ff*

sing - ing sep - a - rate \_\_\_\_\_ lines,

*f* *ff*

sep - a - rate, sep - a - rate lines,

13

**Allegro moderato** (♩. = c. 86)

17 (3+2) *f* ♩ = ♩

To glo-ri-ous u-ni-ty com-bines.

To glo-ri-ous u-ni-ty com-bines.

To glo-ri-ous u-ni-ty com-bines.

To glo-ri-ous u-ni-ty com-bines.

**Allegro moderato** (♩. = c. 86)

17 (3+2) ♩ = ♩

*mf*

21

21

*mpsub.*

26 *mf*

Though sea - sons come and sea - sons

*mf*

Though sea - sons come and sea - sons

*mf*

Though sea - sons come and sea - sons

*mf*

Though sea - sons come and sea - sons

26

30

go, Our\_ voic - es sing— For - tis - si -

go, Our\_ voic - es sing— For - tis - si -

go, Our voic - es sing— For - tis - si -

go, Our voic - es sing— For - tis - si -

30

34 *ff* (2 + 3) *mp legato*

- mo! \_\_\_\_\_ Our choir's life

*ff* *mp legato*

- mo! \_\_\_\_\_ Our choir's life

*ff* *mp legato*

- mo! \_\_\_\_\_ Our choir's life

*ff* *mp legato*

- mo! \_\_\_\_\_ Our choir's life

34 (2 + 3) *p sub.*

39

flows in end - less song, In heart - felt

flows in end - less song, In heart - felt

flows in end - less song, In heart - felt

flows in end - less song, In heart - felt

39

44



words and rhy - thm strong. — In songs of pro -

words and rhy - thm strong. — In songs of pro -

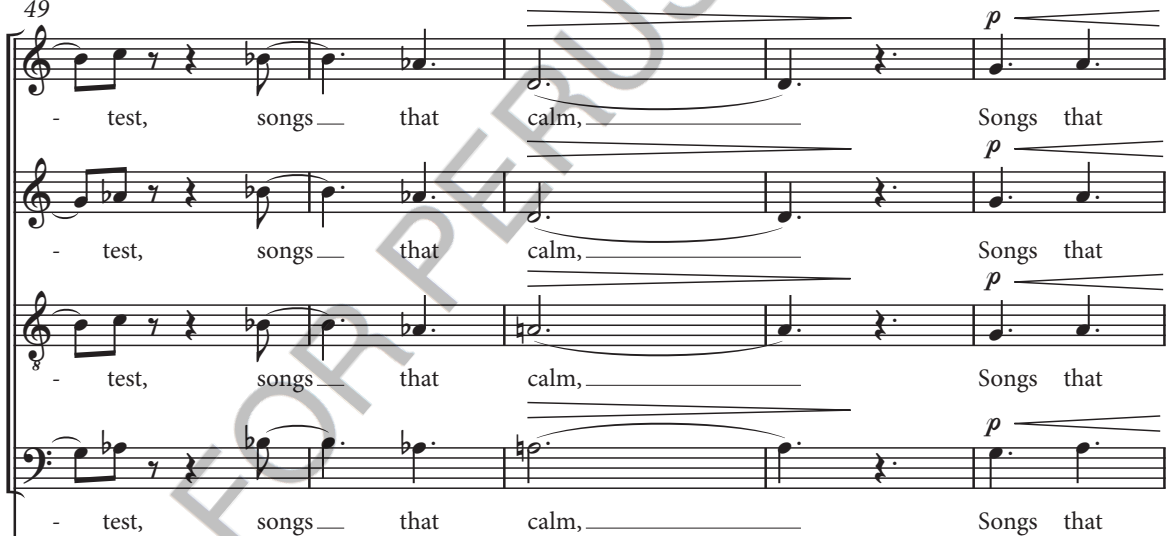
words and rhy - thm strong. — In songs of pro -

words and rhy - thm strong. — In songs of pro -

44



49



- test, songs — that calm, — Songs that *p*

- test, songs — that calm, — Songs that *p*

- test, songs — that calm, — Songs that *p*

- test, songs — that calm, — Songs that *p*

49





54 *mf* *mp*  
 spread that heal - ing balm.  
*mf* *mp*  
 spread that heal - ing balm.  
*mf* *mp*  
 spread that heal - ing balm.  
*mf* *mp*  
 spread that heal - ing balm.

54  
 Musical accompaniment for the first system, including piano and bass staves.

59 *mp*  
 — Though sea - sons come and  
*mp*  
 — Though sea - sons come and  
*mp*  
 — Though sea - sons come and  
*mp*  
 — Though sea - sons come and

59  
 Musical accompaniment for the second system, including piano and bass staves.

64

sea - sons go, Our voi - ces

sea - sons go, Our voi - ces

sea - sons go, Our voi - ces

sea - sons go, Our voi - ces

64

69

69 *f* sing— For - tis - si - mo!

69 *f* sing— For - tis - si - mo!

69 *f* sing— For - tis - si - mo!

69 *f* sing— For - tis - si - mo!

69 *f*

74 *mf* **Tempo I°**

We sing of lov-er's hopes and dreams,

We sing of lov-er's hopes and dreams,

We sing of lov-er's hopes and dreams,

We sing of lov-er's hopes and dreams,

74 *mp* **Tempo I°**

79 **rit.** *mp* **a tempo**

We sing of wild cas -

lov - er's hopes and dreams, We sing of wild cas - cad - ing,

lov - er's hopes and dreams, We sing of

We sing of wild cas - cad - ing streams,

79 **rit.** *mp* **a tempo**

83

- cad - ing streams, We sing of joy, we  
 wild cas - cad - ing streams, We sing of wild cas - cad - ing streams, We sing of joy, we sing of  
 wild streams, We sing of  
 We sing of wild streams,

83

88 rit.

**Allegro moderato**

(3 + 2) *mf*

sing of sor - row, We sing the  
 sor - row, We sing the  
 joy and sor - row, We sing the  
 We sing of sor - row. We sing the

88 rit.

**Allegro moderato**

(3 + 2)

93

prom-ise of to - mor - row.

prom-ise of to - mor - row.

prom-ise of to - mor - row.

prom-ise of to - mor - row.

93

*f* *mf* *dim.*

98

Though sea - sons come and sea - sons

Though sea - sons come and sea - sons

Though sea - sons come and sea - sons

Though sea - sons come and sea - sons

98

*mp*

102

go, Our hearts sing out— For - tis - si -

go, Our hearts sing out— For - tis - si -

go, Our hearts sing out— For - tis - si -

go, Our hearts sing out— For - tis - si -

102

106 *cresc.*

- mo!

- mo!

- mo!

- mo!

- mo!

106 *f* *poco allarg.* *ff* (2 + 3)

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# ONLINE AND PRINT PUBLICATIONS

## CHORUS

### MIXED CHOIR

**Amy Beach (1543–1623)**

*Agnus Dei from Grand Mass in E-flat Major* SATB, solos, pno or orch

**Beethoven (1666–1727)**

*Kyrie from Mass in C Major* SATB, opt. solos, pno or orch

*Mass in C Major* SATB, solos, pno or orch

**Francisco López Capillas (1608–1674)**

*Missa Benedicta* SATB unac

*Sanctus and Benedictus from Missa Benedicta* SATB unac

**Karl Michael Komma (1913–2012)**

*Die Weihnachtsgeschichte nach Lukas* SATB (double), solos, fl, ob, tpt, org, perc

**Frances Meier**

*Pasque Flower in April* SATB unac

**Steven Paxton**

*Aeterna Christi munera* SATB unac

*Ave Maria* SATB unac

*Eye* SATB, pno

*Frè Timoniè* SAB / TBB, pno, opt perc,

*How Can I Keep From Singing* SATB, pno

*Lucis Creator Optime* SATB unac

*The Open Door* SATB unac

*Prophecy* SATB divisi unac

*The singer only sang* SATB divisi unac

*Three Hymns to the Son* SATB unac

*Three Marian Hymns* SATB unac

*Visions* SATB, eng hn (or alto sax), cello, perc, or pno

**Jan Pieterszoon Sweelinck (1562–1621)**

*Psalm 1* SATB unac

*Psalm 20* SATB unac

*Psalm 90* SATB unac

*Psalm 96* SATB unac

**John Taverner (1490–1545)**

*In pace, in idipsum* SATB unac

**Weber, Joseph (1936–1999)**

*Cantata on the Oracle of Edom* SSATTB, tenor duo, variable winds/stgs, or org

### TREBLE CHOIR

**William Byrd (1540–1623)**

*Sanctus and Benedictus from Mass for 3 Voices* SSA unac

**Johanna Kinkel (1810–1858)**

*Drei Duetten* SA, pno

**Steven Paxton**

*If I Had a Ribbon Bow* SSA, pno

*From the Garden of Kama* SSA unac

*Raindrop Song* SSA, pno

*Three Spring Songs* SSA, pno

### MUSIC OF UGANDA

*Ga-ze* SSA / 3-Part Mixed / TTB, pno, opt perc, opt inst

*Konikoneco* SATB / 3-Part Mixed / TTB, pno, opt perc, opt ins

### MUSIC FOR CHOIR WITH OVERTONE SINGING

**Stuart Hinds**

*Beauty* SATB divisi, unac

*Meeresstille* SATB, solos, unac

*Pacem* SATB unac