

Russell Steinberg

Sacred Transitions

Songs on Meditations by Rabbi Harold Schulweis

For Voice and Piano



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Songs on Meditations by Rabbi Harold Schulweis

For Voice and Piano

op. 74

- 1. From Where Did You Arrive?
- 2. Touch My Heart
- 3. Whose Am I
- 4. Mirror Eyes
- 5. Yet
- 6. Playing With Three Strings
- 7. Holding On And Letting Go
- 8. It Is Never Too Late

Duration: Approx. 35 minutes

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www.russellsteinberg.com

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NOTES

The texts from these songs are selections from meditations in *Finding Each Other In Judaism* by Harold M. Schulweis. With these meditations, Rabbi Schulweis revitalizes rites of passage as sacred moments in our lives using simple, clear, and beautiful language to focus us to a higher awareness. In reading them, I find a personal, intimate quality to these meditations, as if one person is speaking to another with deep love, compassion, and awareness. That is why I've set the texts as arts songs, the most intimate form of chamber music.

Sacred Transitions focuses on the four primary life passages—birth, marriage, sickness/age, death—(however, Rabbi Schulweis's book also embraces bris, coming of age (bar/bat mitzvah), conversion, and even divorce as important life transitions that require consecration). The songs of the four parts are as follows:

Birth—*From Where Did You Come?, Touch My Heart, Whose Am I?*

Marriage—*Mirror Eyes, Yet*

Sickness/age—*Playing With Three Strings*

Death—*Holding On And Letting Go, It Is Never Too Late*

FOR THE SINGER

In general, these songs seek a clear, pure style with minimal vibrato. From *Where Did You Come?* and *Yet* also call for moments of freer, cadenza-like passages that evoke a quasi-flamenco flavor. In contrast, *Whose Am I?* may be sung in a folk-rock style.

FOR THE PIANIST

The use of pedal is crucial to blur harmonies and create a hazy resonance in this music to lend a particular aura to the vocal line.

TEXTS

(Note: The texts have been abridged from the original meditations by the composer)

1. FROM WHERE DID YOU COME?

From where did you arrive?
Out of the womb of Eve and the seed of Adam.
Angels showed your unborn soul
The secrets of heaven and earth.
Your soul pleaded with God not to push you
From the comfort of the womb.

And God answered:
Do not cry,
Do not be afraid,
The world you enter is a better world
You have lived in innocence.

Here, you will be My ally, My witness,
My co-creator, My co-sanctifier.
Here is your place,
Here, confirm My name,
Here, bring strength to those who inhabit the world,
Here, offer testimony of My goodness.
Welcome to this world.

2. TOUCH MY HEART

Child
Touch my nose, my lips, my eyes
with your small hands.
Touch my arms and chest.
Feel their shape
how real they are.

Now touch my love.
No, not my chest or arms or lips.
You are puzzled.
How is one to touch love
and where is its place?

Love is not here or there
But who would
deny its reality?
Where does love reside
if it cannot be pointed to?
Is it less than my chin?

Now where but when.
But when is love
When is God.
Recall the meeting
the moment, the time.

3. WHOSE AM I?

Not "Who am I?" but
"Whose am I?"
In belonging lies the secret.

Who belongs to me?
To whom do I belong?
Who accepts me?
Whom do I accept?
Who has claims upon me?
Upon whom do I lay claim?

Who knows my failings?
Who knows the meanings
Of my angers, my ambitions, my fears,
My cries for love sometimes hidden past recognition?

Whose am I?
Not "Who am I?"
But "Whose am I?"
In belonging lies the secret.
Not "Who am I?"
But "Whose am I?"
My name, my people, my God.

4. MIRROR EYES

The mirror is not neutral.
A cool, silver-covered surface
reflecting me impartially.
No two mirrors are alike.

Some mirrors make me look
Hard and gross.
However I fix my smile it reflects
A grimace.
However wide I set my eyes,
It appears a squinting mean-ness.

Other mirrors see me differently
And raise me up to
New confidence, new trust.
No two mirrors are twins.
I choose one to find my own image.

Your eyes are like mirrors.
And like them are not neutral.
In your eyes I find my self.
I choose eyes
Not focused on blemishes alone
Eyes that do not blink away my crooked nose
And twisted mouth
But wink encouragement and hope and love.
Mirror eyes.

5. YET (For Malkah)

You are not me,
And I am not you.
Yet—

The say—we were not born together.
We come from different families, different schools, different associations.
You are not me,
And I am not you.

Yet—
You know me better than I know myself.
You complete my sentences, fill in the pauses,
Read between my lines.

You are not me—and I am not you.
Yet when we are not together
My sight, my hearing, my touch are different.
The joys of nature, the amenities of life fade.

If you and I are not one,
Why then in your absence is my joy so dependent upon yours?
Why is your ache mine?

We are separate, we are not the same.
Yet—
You know me with the mind of the heart,
My strengths and weaknesses,
My dreams and angers.
You know me in the marrow of your being.

They say five decades is a long time in marriage.
And yet—
How brief it is.
How much yet to grow,
How much yet to discover about ourselves,
Through each other.

We have reached—
The harvest of many years.
Children and children's children now,
Dance and play before us,
And in their eyes we see yet another part of ourselves.
The best is yet to be.

6. PLAYING WITH THREE STRINGS

Yitzhak Perlman

Walks the stage with braces on both legs,
On two crutches.

Takes his seat, unhinges the clasps on his legs,
Tucking one leg back, extending the other,
Laying down his crutches, placing the violin under his chin.

On one occasion one of his violin strings broke.
The audience grew silent,
the violinist did not leave the stage.
Signaling the maestro,
The violinist played with intensity on only three strings.

With three strings he modulated, changed, and
Recomposed the piece in his head
Retuned the strings to get different sounds,
Turned them upward and downward.

The audience screamed delight,
Applauded their appreciation.
Asked how he had accomplished this feat,
The violinist answered
It is my task to make music with what remains.

A legacy mightier than a concert.
Make music with what remains.

7. HOLDING ON AND LETTING GO

Hold on and let go, two sides of one coin.
Hold on—death is not the final word
The grave no oblivion.
Every kindness, every embrace
has its afterlife
in our minds, our hearts, our hands.

Hold on and let go.
Sever the fringes of the *tallit* of the deceased.
Hold on and let go.
Lower the casket.
Return the dust to the earth
not to bury hope
but to resurrect the will to live.

Hold on and let go.
The flow of life
gives and takes,
yesterday and tomorrow
both in one embrace.

Hold on and let go
Old and new, yesterday and tomorrow,
Both in one embrace.

8. IT IS NEVER TOO LATE

The last word has not been spoken,
The last sentence has not been writ,
The final verdict is not in

It is never too late
To change my mind
My direction
To say "no" to the past
And "yes" to the future
To offer remorse
To ask and give forgiveness.

It is never too late
To start over again
To feel again
To love again
To hope again.

It is never too late
To overcome despair
To turn sorrow into resolve
And pain into purpose.

It is never too late to alter my world
Not by magic incantations
Or manipulations of the cards
Or deciphering the stars.

But by opening myself
To curative forces buried within
To hidden energies
The powers of my self.

In sickness and in dying, it is never too late
Living, I teach
Dying, I teach
How to face pain and fear.

It is never too late—
Some word of mine,
Some touch, some caress may be remembered.

Write it on my epitaph
That my loved ones be consoled
It is never too late.

for Rabbi Harold Schulweis

I. From Where Did You Come?

Meditation by Rabbi Harold Schulweis

Music by Russell Steinberg

Impassioned with an improvisatory feel ♩=90

4 **Meno mosso** $\text{♩} = 70$

f

From where From where

ff 5 5 *f*

ff

8 **p** quasi sotto voce bispiglio (whisper)

did you ar- rive?
(8)-1

Out of the womb

11 **f** accel.

of Eve

slow

13 **mf** $\text{♩} = 70$

And the seed of A-dam

$\text{♩} = 70$

p

f

sfz

sost. ped.

17 rit.

Più mosso $\text{♩}=90$

dolce

An - gels showed your un - born soul The se - crets

pp

dolce

sfs > < f

sub. pp

Una Corda

mp

22

of - hea-ven-and earth.

p

mp

mf

tre corde

25

Allargando

Maestoso $\text{♩}=70$

rit.

f

p

30 *p* $\text{J}=70$ *ad libitum* *mp*
 Your soul_ plead. ed with God not to push you

una corda

33 From the com fort of the womb. *pp* *accel.*

moving *mf*

36 *A tempo* *f impassioned*
 And God an-swered: Do not

molto f

tre corde

39

espr.

cry. Do not be afraid The

41

rit.

J=66

mp

world you en - ter is the bet - ter world You have

43

pp — *mp*

lived in in - no-cence Here

mf *mp* *mf* — *p*

46 *p ad libitum* *mf*

Here you will be My ally My witness

48 *hypnotically* $\text{J}=60$ *mp*

My co-creator,

52 *emphatically* *f*

My co-sanc-ti-fier. Here is your

56

Rit.

Poco più mosso $\text{♩} = 70$
hypnotically

place, Here con-firm My name

61 p

mp

mp

Here bring strength to those who in - hab-it the world, Here, of - fer

65 rit. joyful $\text{♩} = 76$

mf

ff

mp

tes-ti-mo-ny of My good-ness. Wel-come to this world.

mf

ff

mp

69 *f* <= $\text{♩} = 80$ *p* *ff*
Wel-come to this world.

Dramatic, exuberant

dolce *p* *molto* *f* *ff*

2ed. *6* *5*

72

p *fff* *8va*

2. Touch My Heart

Words by Harold Schulweis

Music by Russell Steinberg

Lightly, gracefully, with sunshine ♩=144

Slow accel. Slow accel.

p

A tempo

mp

Chi ld

Slow accel.

Slow

f *mp*

p

Meno mosso A tempo

12 Touch my nose, my lips my eyes with your small hands. Touch my

A tempo

16 *mf* **Slow** *espr.* **A tempo** *mp*

arms and chest. feel their shape how real they are.

Slow *espr.*

20 *mp*

Now touch my love. No, not my chest or arms or

pp *mp*

sub. **p**

24 lips. You are puzzled. How is one to touch love and where is its

*sub. **p***

28 rit. A tempo

place? Love _____ is not here_-

32 *espr.*

— or there But who would de - ny its re - a - li - ty?

espr.

35

mp

Where does love re - side if it can-not be point-ed to?

A tempo

40

Is it less than my chin?

pp mp

mp mf

Not where but when Not

accel. A tempo

rit. Slower

pp

where but when But when is love

pp

65 *the mom-ent,* *the time.*

3. Whose Am I

1 Serenely, softly, quasi folk style $\text{♩} = 92$

pp

Not "Who am I?" but "Whose am I?" in be-

una corda

5

p

long - ing lies the se-cret_ Not "Who am I?" but

9

"Whose am I?"_ in be - long - ing lies the se-cret._

13 *mp*

Who be longs to me? To whom do I be-long? Who ac-cepts me? Whom do I ac-cept

tre corda

17 *mp*

Who has claims u pon me? U pon whom do I lay claim?

rit. *meno mosso*

21 *mf* *p* *mf* *p*

Who knows my fail-ings? Who knows the mean-ings Of my

25 *mf* *p* < *mf* > *mp*
 an gers, my am-bi tions, my fears, My cries for love some times hid-den past re-cog-ni tion?

29 rit. *p* A tempo
 Whose am I?
 Simply

34 rit. *p* *mp* *p* rit. *mp* *p*
 Not "Who am I?" But "Whose am I?" — My

Più mosso

38

name, my peo - ple my God.

pp

41

f rit. pp

* Ped. * Ped. *

4. Mirror Eyes

Swift with flowing "reflective" energy $\text{♩} = 120$

1

5

The mir-ror is not

9

neu-tral. A cool, sil - ver - cov-ered sur-face re - flect-ing me im -

13

par-tial- ly.

No two mir-rors are a

18

like Some mir-rors make me look Hard and gross.

f sfz

22

How - e - ver I fix my smile. it re-flects a

leggiero
mp

f

mf mp

26 *f* *mp*
 grim-ace. How - e - ver wide I set my eyes, It ap pears a squint-ing

{ *mf* *mp*

30
 mean-ness.

f sfz *mp*

35 *rit..* **Meno mosso** *mp*
 O - ther mir - rors see me dif-ferent-ly And

p

A tempo $\text{♩} = 120$

39 *accel.* *mf*
 raise me up to new con - fi-dence new trust.

42 *f* *mp*
 — No two mir - rors are twins.

45 *p* *rit.* *pp*
 I choose one to find my own i- mage. Your

50 **meno mosso** $\text{♩}=100$

p

eyes are like mir rors.

And like them are not neu tral

57 **rit.** $\text{♩}=112$

p *intimately lilting, vulnerable*

In your eyes

I find my - self.

64

I choose eyes

not fo cused on

Musical score for piano and voice. The vocal line continues with lyrics: "bles-mish-es a - lone Eyes that do not blink a - way my". The piano accompaniment features eighth-note chords. Measure 69 ends with a fermata over the piano part. Measure 70 begins with a dynamic marking of *poco accel.* above the piano staff. The vocal line starts with *mf*, followed by *mp*. The piano accompaniment includes dynamic markings of *mp* and *mf*.

75

(
crook-ed nose,
and twist-ed mouth.)

mf

mp

pp

85

cour-age ment and hope and love. But

mf

mp

88

wink en - cour-age ment and hope and love.

mf

mp

mf

91

Faster, fleeting

f

Mir-ror eyes

Mir-ror eyes

f

The piano accompaniment consists of eighth-note chords throughout the measures.

94

Mir - ror eyes.

ff

brilliant

ff

97

sfz

5. Yet (for Malkah)

freely, declarative, but also tender and probing $\text{J} = 80$

ad libitum, quasi parlano

1

You are not me, And I am not you. Yet—

p *ff*

2e0.

Rhapsodic and free

6

p

Quietly, meno mosso

9

mp

They say we were not born to - ge - ther.

We come from dif-ferent

11

fa-mi-lies, dif-ferent schools, dif - ferent as soc - i - a - tions. You are not.

mf

p

A tempo

me, And I am not you. Yet— You

Meno mosso =60

mf *p* *mf* *pp* *f* *p*

8va *8va* *espress.*

mf *p* *mf* *ff* *p* *mf* *cantabile* *#* *3*

mf *p* *ff* *p* *mf* *cantabile* *#* *3*

Ped. *3* ***

18 *accel.* rit. A tempo

know me bet-ter than I know my - self.
You com-plete my sen-ten-ces,
fill in the

p p *mf* p

21 *mf* > *p* *mp* , *mf* < *f* *accel.*
mp < *f*

paus-es, Read be-tween my lines. You are not me and I am not you.

Ped.

24 *pp* ————— *f* *p*

Yet _____ when we are not to

8va ----- |

p ————— *f* ————— *p* ————— *mf* ————— *p*

* *Ped.* * * *Ped.* * *

27 *mf* ————— *mp* ————— > *mf* ————— > *p*

ge-ther My sight, my hear-ing, my touch are dif ferent. The joys of na - ture, the a-men-i-ties of life fade.

8va ----- |

mf ————— *mp* ————— > *mf* ————— > *p*

mf ————— *mp* ————— *mf* —————

A tempo

31 *p ad libitum* <*mf*> *mp* *p* <>> < *mf* *espr.* > <>>

If you and I____ are not one, Why then in your ab-sence is my joy so de-pend-ent u-pon yours,

{ *p*

35 *mp* <*mf*> *p* — *f* *p* *pp* —

Why is your ache mine?_____ We are se-par ate,___ we are not the same_ Yet_____

{ *mf*

39 *accel.* *mf* rit. **Calm and intimate** *J=50* *sub. p* <>> *mp* **Più mosso** <

You know me with the mind of the heart, My strengths and

{ *f*

dolce *sub. p*

Ad. *

42

weak-ness-es, My dreams and an - gers. *You know me in the mar-row_ of your be - ing.*

45

dolce *mf* *p* *mp* *They say* *five de-cades is a long time in*

cantabile

impassioned *mf* *mar-riage And yet How brief it is.* *How much yet to grow,* *How much yet to dis*

51

cover a - bout our-selves Through each o - ther.

mf

like a delicate sunny meadow,
but gradually growing stronger $\text{♩}=70$

54

p

We have reached— The

cantabile

p = *pp* *mp* *pp* *mp*

una corda

58

harvest of many years. Chil-dren and chil-dren's

62

Chil-dren now, Dance-and play be - fore us, And in their eyes

p

66

we see yet a - no - ther part of our-selves. The best is

mf

tre corde

70

yet to be.

p

f

mp

Ped.

74

p *mp*

Yet _____ to be.

p *f* *mp* *p*

77

pp *mp* *d=50* *pp*

Yet _____ to be.

mf *p* *mp* *pp* *8va* *pp* *8va*

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6. Playing With Three Strings

11 *mp*

Takes his seat, un - hin ges the clasps on his legs,

14 *mf*

Tuck-ing one leg back, ex - tend-ing the o - ther, Lay-ing down

mp *mf*

16 *rit.*

his crut ches,— pla-cing the vi - o-lin un-der his chin.

19 A tempo, "violin cadenza"

Musical score for violin and piano, page 19. The violin part consists of six measures of sixteenth-note patterns with grace notes, primarily in the upper register. Dynamic markings include *mp*, *f*, *pp*, *mf*, *f*, and *pp*. The piano part provides harmonic support with sustained notes and eighth-note chords.

21 *mp*

On one oc-casion one of his vi - o - lin strings broke.

The audience was si - lent,

Musical score for violin and piano, page 21. The violin part has a melodic line with grace notes and dynamic markings *mp*, *3*, *3*. The piano part provides harmonic support. The lyrics describe a violinist's string breaking during a performance.

p

3

sfz

pp

Musical score for violin and piano, page 21 continued. The violin part continues with a melodic line and dynamic markings *p*, *3*, *sfz*, *pp*. The piano part provides harmonic support.

24

mp

mf *3*

A tempo

the vi - o - lin - ist did not leave the stage.

Sig-nal-ing the maes tro The vi - o lin - ist

Musical score for violin and piano, page 24. The violin part has a melodic line with dynamic markings *mp*, *mf*, *3*. The piano part provides harmonic support. The lyrics describe the violinist staying on stage despite his instrument breaking.

mp

mf

3

Musical score for violin and piano, page 24 continued. The violin part continues with a melodic line and dynamic markings *mp*, *mf*, *3*. The piano part provides harmonic support.

Quasi cadenza

28

played with in ten - si - ty on on - ly three strings.

$\text{♩} = 70$

31

p

With three stings he mod - u - la - ted,

f

pp

34

mp

f

changed and re - com - posed the piece in his head

mf

36 **f** Più mosso $\text{♩} = 80$

Re - tuned the strings to get dif - ferent sounds,

37

Turned them up - ward and down - ward.

39

p

mf

41

mp

p

8vb

43 $\text{♩} = 70$

like an audience slowly building to a roaring applause

The

44

au - di - ence screamed *de - light,*

45

Ap - plaud ed their *ap - pre - ci - a - tion.*

46

47

p

Asked how he had ac - com - plished this feat,

Calmly, poco più mosso $\text{♩}=80$

pp *espr.* $\text{—} \text{—}$ **mp**

49

The vi - o - li-nist an-swered It is my task is to make mu - sic

52

p **Più mosso** **rit.** . . .

with what re-mains.

$\text{—} \text{—}$ **mp** $\text{—} \text{—}$ **mf**

56 **A tempo**

Molto rit.

A tempo

60 **p**

A leg-a cy might-i-er than a con-cert. Make

64 **rit.** =80

mu - sic with what re - mains.

67

6 3

69

3 3

pp *

7. Holding On And Letting Go

1 Flowing and expressive $\text{♩} = 44$

p < *pp* *f* *mp*

Hold on _____ and let _____

5 *pp* *p* < *mf* *p*

go _____ two sides of one coin. _____

9 rit. *p* *A tempo* *p*

Hold on— _____ death is not the final word

24

frin - ges of the tal - lit. of the de ceased.

p

p *mf* *p*

rit. *mp* *p* *A tempo*

Hold on and let go,

mp *mf*

p *mp* *p*

rit. *mp* *p* *A tempo*

32 **Expansive**

ff

molto

pp

mf

Low - er the cas ket,

Re -

rit. *pp* *mf*

ff

molto

pp

36

dolce espress.
pp rit. ***p*** grazioso ***mp***

turn the dust to - the earth not to bu - ry hope but to
dolce espress.

40

mf ***f*** **Expansive**

res-sur-ect the will to live. Hold on and let go.

44

mp

The flow of life gives and takes yes - ter day and to -

< ***f p*** < ***f p*** < ***f p*** < ***f*** < ***mp***

48 *mf* *poco rit.* *p* *espress.* *pp*

mor row Both in one em brace. *espress.*

Molto rit. *A tempo pp* *rit.* *A tempo pp*

Hold on and let go

poco rit. *mp meno mosso*

Old and new, yes-ter- day and to - mor- row

mp *pp* *mp*

60

Both in one em-brace.

Both

p

63 ♩=72 still slower

in one em brace.

morendo

ppp

pp

ppp

Ped.

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8. It Is Never Too Late

Sadly but with fervence for reprieve $\text{♩} = 69$

1

The last word

Ped.

6

has not been spo-ken, The last sen-tence has not been

writ, The fi-nal ver-dict has not come in.

mp

p

mf

mp

p

mf

p

mp

mp

mp

mp

mp

mf

mf

mf

mp

19

accel. - - - - rit. - - - -

25 **A tempo**

p

It is ne - ver too late To change my mind

30

p

My di - rec tion To say "no" to the past and

mf

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35

"yes" to the fu - ture To of - fer re - mose

40 **p** **mf**

To ask and give for - give - ness.

45 **f** **p** **mf** **espr.**

It is ne- ver too late To start o - ver a -

p **mf**

accel.

51

gain To feel a - gain To

56

love a - gain To hope a - gain. To

rit.

61

love a - gain

ff

sf

molto

A tempo

64 ***pp***

It is ne-ver too late To_____ o-ver come_____ des-

70

pair To turn____ sor - row in - to re - solve_____ And

76

accel.

pain in - to pur - pose.

79

Più mosso

f

It is ne-ver too

84

late _____ to al - ter my world _____

rit.

faster, lighter, and fantastical $\text{♩}=138$

pp

Not by ma - gic in - can - ta - tions

pp

95

Or man i -- pu-lations of the cards Or di -

8va

100 accel.

ci - pher-ing the stars.

wild

mf f

rit. **p**

But by

p

110 *=138*

op - en-ing my self to cur - a-tive for-ces bur - ied with -

115
in

118

To hid-den en - er-gies

pp

mf

mp

pp

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This musical score page contains five staves of music. The top two staves are for the voice, with lyrics: "op - en-ing my self to cur - a-tive for-ces bur - ied with -" and "in". The bottom three staves are for the piano. Measure 110 starts at tempo =138. Measure 115 begins with a piano dynamic pp. Measure 118 begins with a piano dynamic mf followed by mp. The vocal line continues from measure 110, ending on "en - er-gies". The score is marked with a large diagonal watermark "Preview Copy Only".

123

mp

The po - wers of my self.

mf

p *A tempo*

In sick - ness and in

pp

dy - ing, It is ne - ver too late

139

Rit.

p *pp*

Liv-ing, I teach

Dy-ing, I teach

mf

pp

A tempo *mp*

mf

p

p

How to face pain and fear

Some word of mine,

mf

p

mf *pp*

some touch, some car-ress may be re-mem-bered

dolce

mf

p *pp*

154

Write it on my e - pi - taph — That my
impassioned

p *mf* *p* — *mf* *mp*

159 *ad lib.*

loved ones be con -

pp *f* *ff*

161 *A tempo*

soled It is ne - ver too late

p *p* *mp* *p* *pp*

167

espr.

mf

p

pp

una corda

It is ne-ver too late

174

rit.

late

mp

p

ppp