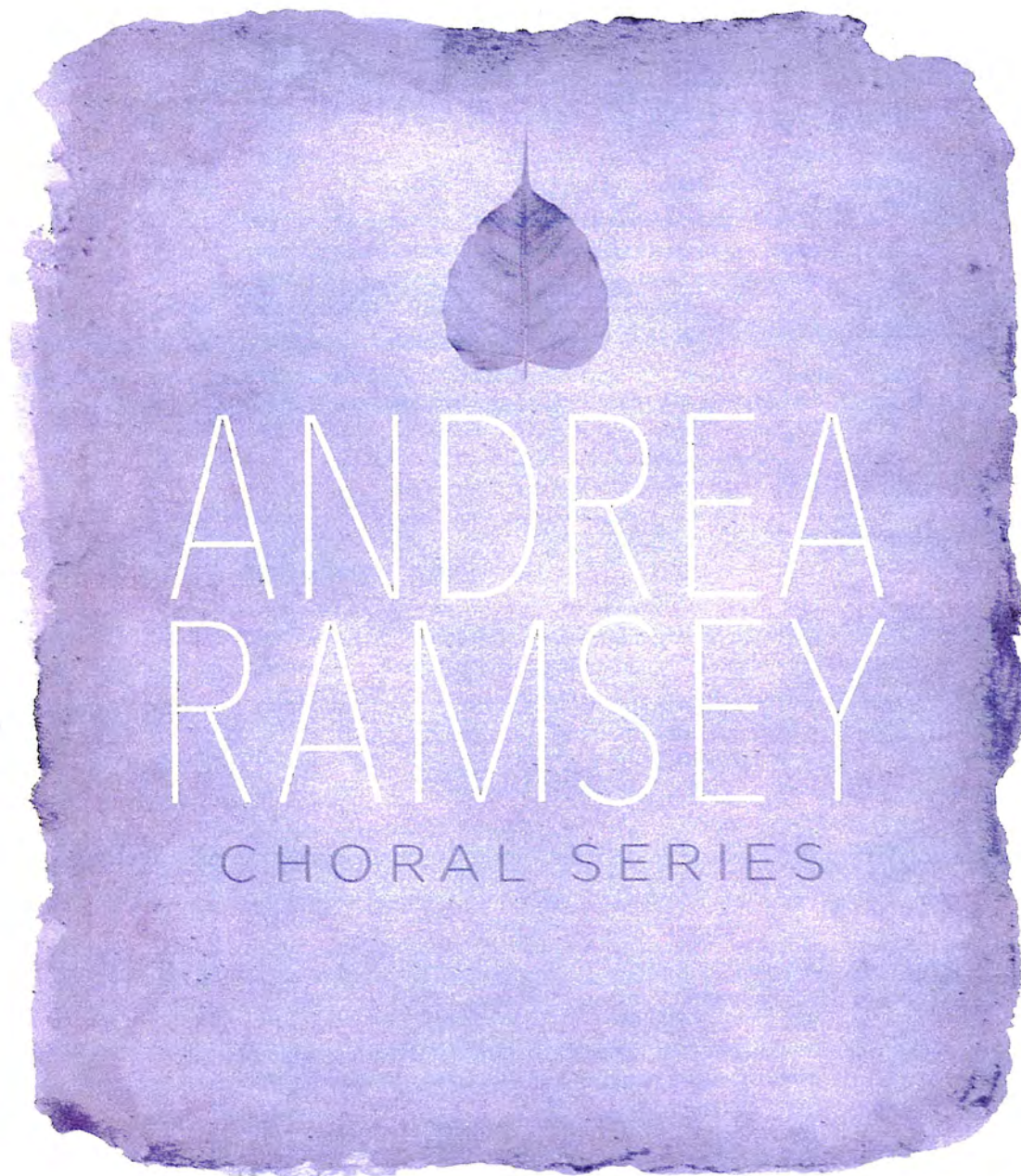


How Can I Keep From Singing

*Music by Robert Lowry
Arranged by Matt and Adam Podd*



NOTES FROM THE ARRANGERS

This arrangement of *How Can I Keep from Singing* was born out of New York City's shutdown in response to Covid-19. After weeks and months of performances cancelled, livelihoods lost, and loved ones taken too early, a community of musicians felt compelled to respond in the best way they knew how - with music. The piece was produced as a virtual performance, and shared widely through the choral community, and around the world. It quickly raised the bar for virtual choirs everywhere.

This genre-blending setting draws from many traditions, including pop, gospel, folk, and classical. The piano accompaniment should be performed with an absolute steadiness that is not classical in nature. The accompaniment is certainly "flowing" but never rubato.

The choir parts should be sung with a constant sense of forward momentum. Virtually every note longer than a quarter-note should have a slight crescendo, unless otherwise indicated. For most of the piece, the vowels and diction can feel slightly more relaxed than in most classical singing, with a focus on blend, and straying away from heavy vibrato. However, the a cappella section in the middle should be a wall of glorious sound, with taller vowels, and a traditional choral style taking over.

Most importantly, the piece should be sung and shared through a lens of hope and perseverance. So many of us have taken for granted the previous ease and luxury of experiencing and sharing in live music. This piece was written as a plea for that connection, and the continued tradition of building community through music.

TEXT

*My life flows on in endless song above earth's lamentations.
I hear the real though far-off hymn that hails a new creation.
No storm can shake my inmost calm, while to that rock I'm clinging.
Since love prevails in heaven and earth,
How can I keep from singing?*

*While though the tempest 'round me roars, I know the truth it liveth.
And though the darkness 'round me close, songs in the night it giveth.
No storm can shake my inmost calm, while to that rock I'm clinging.
Since love prevails in heaven and earth.
How can I keep from singing?*

*I lift my eyes, the cloud grows thin; I see the blue above it.
And day by day, this pathway smooths, since first I learned to love it.
No storm can shake my inmost calm, I hear the music ringing.
It sounds an echo in my soul.
How can I keep from singing? KEEP SINGING!*

DURATION

Ca. 6 minutes

Adam and Matt Podd are Vermont-bred, Brooklyn-based music directors, pianists, composers and arrangers. As great improvisers who were classically trained, their work brings a fresh and soulful sound to each and every new piece or arrangement.

Collectively, they've worked with some of the top artists and organizations in their field including The Boston Pops, The National Symphony Orchestra, The New York Pops, Barbra Streisand, Renee Fleming, Jason Mraz, Idina Menzel, Macy's Entertainment and The Young People's Chorus of New York City in such venues as Carnegie Hall, The Kennedy Center, Jazz at Lincoln Center, Broadway theatres, and others.

Adam and Matt are twin brothers who collaborate often, while also pursuing their individual freelance music careers. They direct music at First Unitarian Congregational Society in Brooklyn (Adam) and the First Presbyterian Church of Brooklyn (Matt) where the choirs often help them to develop and premiere their newest works.

How Can I Keep From Singing?

For SATB and Piano with Optional Violin, Cello, Rhythm lead sheet and Percussion*

Arranged by ADAM and MATT PODD

Words and Music by REV. ROBERT LOWRY (1869)

Gentle but driving ♩ = ca. 83

Piano

mp

Ped.

Pno.

Bb(add4)/Eb

Ab(add9)/Eb

Ped. sim.

S.
A.

T.
B.

Pno.

p

Oo

Eb

Ab6/Eb

* Parts for Violin, Cello, Rhythm and Percussion are available as a digital download from the publisher at halleonard.com (00361189). Full Score and Parts also available (00361190). Visit sheetmusicdirect.com to purchase and download digital choral scores and audio (MP3s).



7

S. A. *Unis. mp*
My

T. B.

Pno. $Bb(Add4)/Eb$ $Ab(Add9)/Eb$

9 **A**

S. A. life flows on in end - less song a -

T. B.

Pno. Eb Ab^6/Eb

Perc. Egg Shaker *p*

11

S. A. bove earth's lam en - ta - tions. I

T. B.

Pno. $Bb(Add4)/Eb$ Ab^6

Perc. 4

13

S.
A.

hear the real _____ though far - off hymn _____ that

Oo

p

T.
B.

Pno.

E_b *A^b6/*E_b**

Perc.

15

S.
A.

hails a new _____ cre - a - tion. _____

hails a new _____ cre - a - tion. _____

mp *mf*

T.
B.

No

Pno.

*B^b(add4)/*E_b** *A^b(add9)/*E_b**

Vln.

Vc.

Perc.

mf

HOW CAN I KEEP FROM SINGING? — SATB

17 **B**

S.
A. *p*

Oo
Oo

T.
B. *p*

storm can shake my in-most calm, while to that rock I'm

Pno. *mf*

Eb/G Ab Eb

Vln. *p*

Vc. *p*

Perc. *mp*
Susp. Cymbal w/sticks or brushes

20

S.
A. *Unis. p*

Oo
Oo

T.
B. *Unis. p*

clinging— Since love pre-vails in heav'n and earth, How

Pno. *cresc.* *dim.*

Bb/D Eb Fm Eb/G Ab

Vln. *cresc.*

Vc. *cresc.*

Perc. 4

23 C

S. A. can I keep — from sing - ing? Oo

T. B.

Pno. *Cm* *Bb(add4)* *Eb/Ab* *Eb*
p

Vln. *mf* *p* *mf*

Vc. *mf* *p* *mf*

Perc. *mf* Shaker
 Djembe or Congas

26

S. A. Oo

T. B.

Pno. *Ab⁶/Eb* *Bb(add4)/Eb*

Vln.

Vc.

Perc. */* */*

28

S. A. *mf* **D** While though the tem pest

T. B. *mf*

Pno. *Ab(add9)/Eb* *Eb*

Vln. *mf* *f* *mf*

Vc. *fp* *f* *mf*

Perc. *continue Djembe ad lib.*

30

S. A. 'round me roars, I know the truth it

T. B.

Pno. *Ab6/Eb* *Bb(add4)/Eb*

Vln.

Vc.

Perc.

32

S. A. liv - eth. And though the dark - ness

T. B.

Pno. $A\flat(\text{add}9)$ $E\flat$

Vln.

Vc.

Perc. 4

34

S. A. 'round me close, songs in the night it

T. B.

Pno. $A\flat^6/E\flat$ $B\flat(\text{add}4)/E\flat$

Vln.

Vc.

Perc.

36 E

S. A. giv-eth. No storm can shake my in-most calm, while

T. B.

Pno. *Ab(add9)* *Eb/G* *Ab*
mf

Vln. *mp* *poco*

Vc. *mp* *poco*

Perc. 8

39 *Unis.*

S. A. to that rock I'm cling-ing. Since love pre - vails in_

T. B. *Unis.*

Pno. *Eb* *Bb/D* *Eb/Db*

Vln.

Vc.

Perc. 4

42

S. A. heav'n and earth. How can I keep from sing - ing?

T. B.

Pno. $A\flat/C$ $A\flat m^6/C\flat$ $E\flat/B\flat$ $Fm/B\flat$ $E\flat$

Vln. mp p

Vc. mp p

Perc.

46 **F**

S. A.

T. B.

Pno. $E\flat$ $E\flat^7$ $A\flat/E\flat$ mf mf

Vln. pp

Vc. mp

Perc. Susp. Cymbal w/sticks or brushes p

HOW CAN I KEEP FROM SINGING? — SATB

49

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

Abm/Eb

Eb

Eb7

mf

4

52

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

Ab/Eb

Abm/Eb

Ab

G

f

Shaker

Djembe or Congas

55

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

Ab⁷ Db/Ab Dbm/Ab

4

58

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

Ab Ab⁷ Db

HOW CAN I KEEP FROM SINGING? — SATB

61 *poco rit.* *mf* **H** Poco meno mosso ♩ = ca. 75

S. A. *poco rit.* *mf* I lift my eyes, the cloud grows thin; I

T. B. *poco rit.* *mf*

Pno. *poco rit.* *for rehearsal only*

Vln. *poco rit.* *p* Poco meno mosso ♩ = ca. 75

Vc. *poco rit. e dim.* *p*

Perc. *poco rit.* *pp* *mf* Susp. Cym. w/mallets

65

S. A. see the blue a - bove it. And day by day, this path-way smooths, since

T. B. And day by day, this path-way smooths, since

Pno.

Vln.

Vc.

Perc.

69

S. A. first I learned to love it. No storm can shake my in-most calm, I

T. B. *f*

Pno.

Vln.

Vc.

Perc.

73

S. A. hear the mu - sic ring-ing... *Unis. mp*

T. B. hear the mu - sic ring-ing... It sounds an ech - o in my soul. *How Unis. mp*

Pno.

Vln.

Vc.

Perc.

77 *mp* **J** Tempo I ♩ = ca. 83

S. A. can I keep — from sing - ing?

T. B. *mp*

Pno. *mp* *Play* *Optional ad lib. gentle groove*

Vln. Tempo I ♩ = ca. 83

Vc. *Solo* *mp espressivo*

Perc. Light Hand Drum *p*

81

S. A.

T. B. Basses only *mf*

Pno. *How* *mf* *How*

Vln.

Vc.

Perc. 4

S. A. can I keep from sing - ing? How

T. B. Add Tenors *mf*

Pno. *mf cresc. poco a poco*

Vln. *Tutti*

Vc. *mp*

Perc. 8 Shaker

Ab Ab/C Db(add9) Db Eb(add4) Fm Eb/G

S. A. *Altos only mf* How

T. B. can I keep from sing - ing?

Pno. *mf*

Vln. *Tutti*

Vc. *mp*

Perc. 4

Ab Ab/C Db(add9) Db Eb(add4) Fm Eb/G

93 *cresc. poco a poco* Add Sopranos *f*

S. A. can I keep from sing - ing? How

T. B. *cresc. poco a poco* *f*

Pno. *Ab Ab/C Db(add9) Db E° Fm Eb/G*

Vln.

Vc.

Perc. 8 *cresc. poco a poco*

97

S. A. can I keep from sing - ing? How

T. B.

Pno. *Ab Ab/C Db(add9) Db Eb(add4) Fm Eb/G*

Vln. *mf*

Vc. *mf*

Perc. 4

101

S. A. can I keep from sing - ing?

T. B.

Pno. A^b A^b/C $D^b(add9)$ D^b E^o

Vln.

Vc.

Perc. 8

104

S. A. How can I keep from sing - ing?

T. B.

Pno. F^m E^b/G A^b A^b/C $D^b(add9)$

Vln.

Vc.

Perc. 12

107 **K**

S. A. Ah Keep

T. B.

Pno. *f* Db Eb Fm Eb/G Ab Ab/C

Vln. *f*

Vc. *f*

Perc. *f*

110

S. A. sing - ing! Ah

T. B.

Pno. Db(add9) Db E° Fm Eb/G

Vln.

Vc.

Perc. 4

113

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

Ah

Ab Ab/C Db(add9) Db Eb

8

ff

116

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

Keep sing - ing!

Fm Eb/G Ab Ab/C Db(add9)

12

119

S.
A.

Ah

T.
B.

Pno.

Db E° Fm Eb/G Ab Ab/C

Vln.

Vc.

Perc.

122

S.
A.

poco rit. **L** *a tempo*

T.
B.

poco rit. *a tempo*

Pno.

Db(add9) *end ad lib.* Ab *mp*

poco rit.

Vln.

poco rit. *p*

Vc.

poco rit.

Perc.

16 *poco rit.* Shaker only *p*

125

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

$D\flat(\text{add}9)/A\flat$ $E\flat(\text{add}4)/A\flat$

127

S.
A.

T.
B.

Pno.

Vln.

Vc.

Perc.

$D\flat(\text{add}9)/A\flat$ Fm $E\flat(\text{add}4)$ $D\flat(\text{add}9)$

rit. e dim. *pp*

Ooh

rit. e dim. *pp*

rit. e dim. *pp*

p *rit. e dim.* *Susp. Cym. w/mallets.* *mp* *pp*

rit.

HOW CAN I KEEP FROM SINGING? — SATB