

For Julia, for answering the question

Sing Joyfully

Text courtesy of:
Thomas Morley
Eiluned Pearce, Jacques
Launay and Robin Dunbar
Julia Hollander
Members of the Saffron
Walden Choral Society

for SATB and Piano

Roderick Williams

Bright ♩ = 72

Soprano 1

Piano

f

p

Ped.

Sing joy - ful -

4

S. 1

S. 2

A.

Pno.

f

f

f

-ly, sing joy - - ful - ly, joy - ful -

Sing joy - ful - ly, sing sing joy - ful - -

Sing joy - ful - ly, sing joy - - ful - -

7

S. 1
- ly.

S. 2
- ly.

A.
- ly.

T. *f*
Sing joy - ful - ly, sing joy - - ful - ly, _____

B. 1 *f*
Sing joy - ful - ly, sing joy - - ful -

B. 2 *f*
Sing joy - ful -

Pno. *f*
* Ped. * Ped. *

10

T.
Sing joy - fu - ly, sing, _____ sing, _____ sing joy - ful -

B. 1
- ly, sing joy - ful - - - ly, sing joy - ful -

B. 2
- ly, sing joy - ful - ly, sing joy - ful - ly, sing joy - ful -

Pno. Ped. * Ped. * Ped. * Ped. *

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Carol Hunt, Christine Hall, Pascale Fowell, Jane Ridler and members of the Saffron Walden Choral Society

Sing joyfully

But supper having ended, and music books having been brought to the table, according to the custom: the mistress of the house presented me with a part, earnestly requesting me to sing. But when, after many excuses I protested sincerely that I could not: everyone began to wonder. Some whispered to others, demanding how I was brought up: so that, filled with shame of my ignorance, I now go to seek out a teacher in order to learn how to sing.

Thomas Morley: *Plain and Easy Introduction to Music*

Why do we sing?

Creating and maintaining positive social relationships is essential for human physical and mental health and well-being. As a co-ordinated and often synchronous activity, in terms of breath and heart rhythms, as well as timing and pitch, it is unsurprising that singing has also been linked with elevated Beta endorphin levels, implicated in mother-infant bonds, romantic relationships and social touch in humans.

From *The ice-breaker effect: singing mediates fast social bonding*

By Eiluned Pearce, Jacques Launay and Robin I. M. Dunbar

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Singing together makes our hearts beat as one and it requires multiple synaptic activity all at once. Whatever your genetic make-up, singing will improve your general brain power and enable you to make full use of your listening ability.

Those of us who make music when we're young enjoy better hearing in old age.

From *Why We Sing* by Julia Hollander.

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What does singing mean to us?

Mental stimulation

A sense of achievement

I love singing together with a shared goal

Alone and together, a shared purpose

It's a privilege

Laughter and friendship

It's uplifting

Wonderful music

Thankful to have a voice

I feel alive when I sing.

That physiological and emotional buzz when the harmony of the voices really zing!

Carol Hunt, Christine Hall, Pascale Fowell, Jane Ridler

and members of the Saffron Walden Choral Society.

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If you thought that singers were naturally buoyant, sociable individuals, you were wrong.

We're not singing because we're happy, we're happy because we...

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For the 140th anniversary of the Saffron Walden Choral Society

First performed on 24 June 2023 in Saffron Hall, conducted by Quintin Beer