

When it's Over

Roger McGough

Roxanna Panufnik

♩ = 44 (freely)

Bell Tree/
Table Chimes

Tingsha
Chime

Voice

Spoken:

What will we have learned
from stillness and silence?

From sharing not taking?
Waiting not pushing?

Crystal
Bowls

♩ = 44 (freely)
(*) 8va

Piano

molto, molto pedale

6

wait for "...silence?"

6

wait for "...silence?"

6

wait for "...pushing?"

4

Bell tree

Voice

Whispering not shouting? Dawdling not rushing? When life is back to normal and the hugging is over Will we look beyond ourselves and help the earth recover?

CB

wait for "...pushing?" *sim.*

Pno.

sim.

6

*) Piano in bars 1–7 only to be played if no Sound Helaer is involved

When it's Over

What will we have learned from stillness and silence?
From sharing, not taking? Waiting not pushing?
Whispering not shouting? Dawdling not rushing?
When life is back to normal and the hugging is over
Will we look beyond ourselves and help the earth recover?

This morning, the only cloud
On the horizon is a cloud

Without fear of intrusion,
it drifts above, full of itself

The sky, has it had a facial?
Its skin positively glows.

Is it a bird? Is it a plane?
Superman? No, just a bird.

And on a branch, another is singing.
The purity of the note!

No need to clear its throat.
If trees could smile, this one surely would

Imprisoned for our sins
Is now the time to question why?

When it's over, what lessons?
Ask the tree, the bird and the sky.

Roger McGough

My friend and neighbour, the wonderful Roger McGough, sent me this poem which he wrote during the pandemic. It immediately demanded to be set and its soothing gentleness made me think of a lullaby with the added enhancement of a sound healer.

The voice can be from any genre and the sound healer's input is optional (and could be replaced with percussion, if desired). We were able to lower the pitches of the crystal bowls by a whole or half tone, by filling them with water.

We recorded this in May 2024 with jazz singer Lucy Dixon, pianist David Gordon and sound healer Zoe Mitchell, for release on the 'Love Songs and Lullabies' album on Signum Records, 2026.

This can also be performed as a solo piano piece, with improvised embellishments if desired, as it is on 'Love Songs and Lullabies'.

Note: there is word missing from the original (approved by Roger McGough) in line 11, it is also 'No need today to clear its throat'.

Roxanna Panufnik, August 2024