stanley grill

Flight and Metamorphosis

(Nelly Sachs)

5 Songs for Mezzo Soprano and String Quartet

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VOCAL MUSIC

The Snow Begins (W.C. Williams)	1975	soprano, piano	3 min
Earth and Sea (Eskimo texts)	1975	soprano, piano	3 min
Preludes (T.S. Eliot)	1978	soprano, violin, cello	10 min
6 Songs (W.B. Yeats)	1983	soprano, piano	15 min
To a Child (W.B. Yeats)	1987	soprano, string quartet	20 min
Crazy Jane Sings (W.B. Yeats)	1999	soprano, fl, vn, va, vc, pn	25 min
Vignettes/Flowers (W.C. Williams	2002	SATB, cello	18 min
Love Poems (W.C. Williams)	2003	SSAA	10 min
Vignettes/Trees (W.C. Williams)	2004	sop, mezz sop, 2 cellos	15 min
Thinking of You (John MacKenzie)	2005	soprano, cello, harp	7 min
Ariettas Without Words	2005	soprano, cello, harp	9 min
Scetate (Ferdinando Russo)	2005	SSATTBB	6 min
In Their Flight (Mark Doty)	2006	sop, mezzo, violin, cello	6 min
5 Rilke Songs	2009	soprano, viola d'amore, cello	15 min
4 Songs to Poems by Hart Crane	2010	tenor, piano	35 min
Seasons (W.C. Williams)	2010	SATB	11 min
Sonnets to Orpheus (R.M. Rilke)	2012	tenor, piano	35 min
Songs of Loss and Remembering (R.M. Rilke)	2012	soprano, viola d'amore, viola, cello	12 min
Rozmowa z kamieniem (W. Szymborska)	2013	soprano, 2 violins, cello	15 min
2 Love Songs (H. Heine)	2015	countertenor, va, vc, theorbo	4 min
A Collection of Songs (C.F. Cilliers)	2017	soprano, piano	18 min
The Violin Sings in a Common Language	2017	soprano, violin	13 min
Collected Villanelles (various poets)	2018	SATB	16 min
La selva de los relojes (Federico Garcia Lorca)	2018	mezzo soprano, cello, piano	21 min
Der Februar (Erich Kastner)	2018	soprano, viola d'amore	4 min
Vier Gedichte (Inborg Hoflehner)	2018	mezzo soprano, viola d'amore	6 min
Le Lay de Plour (Guillaume Machaut)	2018	contralto, fl, vn, vc, piano	40 min
Selections from Les Roses (R.M. Rilke)	2019	soprano, oboe, violin	9 min
Blossoms (Selma Meerbaum-Eisinger)	2019	soprano, viola d'amore, cello	22 min
This Hour (Rose Ausländer)	2019	soprano, tenor, vn, va, vc, harpsichord	11 min
The Aim was Song (Robert Frost)	2019	soprano, cello	3 min
Two Ballads (Richard Leach)	2019	soprano, Bb clarinet, viola, cello, piano	8 min
The Whirr of Wings (various poets)	2020	chorus, flute, viola, cello	24 min
Dust Song (Richard Leach)	2020	soprano, piano	3 min
Selections from Words for Music Perhaps (W.B. Yeats)	2020	mezzo soprano, baritone, piano	8 min
An Incalculable Loss (Richard Leach/Norman Fischer)	2020	soprano & cello	12 min
Say their names (words from the news)	2020	voice & piano	6 min
To Pain (Peter Levitt)	2020	baritone & piano	4 min
Artist (Madhu Raghavendra)	2020	soprano & piano	3 min
1918 (Ellen Bryant Voigt)	2020	mezzo soprano, vn, 2 va, vc	20 min
Les Fugitifs (R.M. Rilke)	2020	mezzo soprano, viola	5 min
Schnee und Eis (Rose Ausländer)	2020	soprano, viola	6 min
Moot!	2020	9 voices	3 min
4xM and Other Blues (Richard Leach)	2021	baritone & piano	11 min
2 Sonnets (William Shakespeare)	2021	soprano, flute, clarinet, viola	9 min
Several Simple Songs	2021	soprano & piano	10 min
Idilio (Federico Garcia Lorca)	2021	soprano & piano	3 min
The Peace of Wild Things	2021	counter-tenor, traverso, va, vc, theorbo	17 min
Voices of Afghanistan	2021	small chorus, violin	14 min
Temptresses	2021	2 mezzo sopranos & 2 violins	15 min
Canciones de la Tierra (Federico Garcia Lorca)	2022	mezzo soprano & viola	15 min
Lullabies Without Words	2022	soprano, 2 duduks, tar, oud	10 min
Stars	2024	chorus, 3 trombones & string orchestra	17 min
Dos Casidas (Federico Garcia Lorca)	2024	baritone & piano	7 min
Butterflies (Peter Levitt)	2024	soprano & piano	7 min
Espenbaum (Paul Celan)	2024	SATB	5 min
Bridge | Fragments | Ecstasy	2024	SATB	9 min
Jerusalem, Earthly and Divine (Lea Goldberg)	2026	2 mezzo sopranos & 2 violas	7 min
Shiva: Poems of October 7	2026	2 mezzo sopranos & 2 violas	13 min
Flight and Metamorphosis (Nelly Sachs)	2026	mezzo soprano & string quartet	16 min

MUSIC FOR STRINGS ALONE

6 Contrapuntal Pieces	1986	string quartet	20 min
For Laura	1987	string quartet	25 min
The Beckoning Stars	2001	string quartet	13 min
Imaginary Dances	2001	violin solo	18 min
Short Stories	2003	vn, va, vc, db	18 min
Passion (a love duet)	2003	viola, cello	9 min
Pavanne (for a world without war)	2005	string orchestra	8 min
Meditations	2006	string orchestra	8 min
American Landscapes	2007	string quartet	24 min

Motet	2008	string orchestra	7 min
Ecstasy	2009	viola solo	9 min
Transformations	2009	viola da gamba	12 min
Sonatine	2010	3 violins	9 min
Lieder ohne Worte	2011	2 va, vc, theorbo	12 min
Middle Ground	2012	vn, 2 va, vc	25 min
O mystery!	2012	viola solo	5 min
Music for Viol Consort	2013	6 viols	20 min
Afterwards, there were no more wars	2013	string quartet	21 min
At the Center of All Things	2013	string quartet	17 min
4 Nocturnes	2013	violin, viola	19 min
Lonely Voices	2013	string quartet	26 min
Trance Music	2014	string orchestra	22 min
The Time is Past	2016	string quartet	15 min
Dreaming of a Better World	2016	string quartet	15 min
Trio Sonata	2017	vn, va d'amore, cello	10 min
Transfiguration	2017	viola quartet	14 min
Duets	2018	2 viola d'amore	7 min
Aphorisms I	2019	string quartet	15 min
Airs and Dances	2019	strings	6 min
Border Crossings	2019	2 violins	6 min
Sea and Sky	2019	2 violas	11 min
Ode to Theia	2020	string quartet	22 min
Trio Sonata – 2020	2020	viola, viola d'amore, cello	10 min
Drift	2021	string orchestra	12 min
The Bridge of Birds	2021	viola & cello	13 min
Sulla Natura	2021	string quartet	27 min
Music inspired by 2 poems against war	2022	solo cello	7 min
Sonata	2022	solo cello	13 min
Artemis, Her Silver Bow	2022	string orchestra	10 min
Ukrainian Folk Songs	2023	string quaret	17 min
When the war ends, we will dance again	2023	string orchestra	22 min
Koios Sings	2023	string orchestra	21 min
Aphorisms V	2024	string trio	10 min
Minor Gods	2024	solo violin	12 min
Jewish Folk Songs	2025	string quartet	20 min
Two-Part Inventions	2025	violin & viola	20 min
Sinfonias	2025	string trio	19 min
Waves Crossing	2025	string quartet	5 min

CHAMBER MUSIC

Three for Three	1992	violin, cello, piano	16 min
Civil War Songs	1992	viola, piano	18 min
Take Five	1993	piano quintet	25 min
Serenade	1999	fl, vn, va, vc	11 min
Distant Music	2000	cl, vn/va, vc, pn	20 min
Driven by the Wind	2001	flute, cello, piano	25 min
Nonet (for New York)	2002	fl, ob, cl, hn, bn, string quartet	35 min
A Little Sweet	2003	flute, cello	10 min
On the Edge of Sleep & Dreaming	2003	horn, cello, harp	31 min
5 Pastoral Scenes	2004	ob, bn, vn, va, vc	30 min
I was dreaming of the sea...	2004	vn (or fl), vc, pn	7 min
Little Tales of Mirth & Woe	2004	vn (or fl), vc, pn	6 min
An Ode to the Possibility of Piece	2005	clarinet, violin, cello	15 min
Elements	2006	fl, ob, cl, hn, bn	11 min
Motet for Brass Instruments	2006	2 tp, hn, tb, tu	7 min
4 Caprices	2014	violin, piano	14 min
Melville's Dream	2017	alto flute, viola, cello	12 min
Music for Loud Band	2018	2 cornettos & 2 tenor sackbuts	5 min
Fanfare	2018	4 sackbuts (or tenor trombones)	3 min
the children are crying	2018	saxophone quartet	6 min
the children are still crying	2018	saxophone quartet	6 min
Aphorisms II	2019	viola & piano	21 min
Divisions	2019	vn, vc, pn	13 min
Aphorisms IV	2019	cello & piano	19 min
Remember	2020	viola & piano	10 min
The Whirr of Wings (instrumental suite)	2020	flute, viola, cello	19 min
Dance	2020	flute	3 min
Echo	2020	flute, oboe, clarinet, violin	4 min
Freedom Song	2020	saxophone quartet	6 min
The Stars Circle Above, Indifferent to Our Foolishness	2020	flute quartet	7 min
Traumstücke	2020	viola d'amore, piano	11 min

Fantasy	2021	viola & piano	12 min
Imaginary Dances II	2021	alto saxophone & harp	12 min
Songs for Astrid	2021	flute	13 min
Ararat	2021	duduk quartet	6 min
A Trifle	2021	trumpet & cello	4 min
Book of Soliloquies	2021	various instruments	17 min
Motet (Le Lay de Plour)	2022	Conn-O-Sax quartet	8 min
Musikalisches Opfer	2022	viola & piano	14 min
Channel Islands Suite	2023	flute & piano	12 min
Reverie	2025	violin & piano	5 min
Suite in D	2025	cello & piano	16 min
Conversations	2026	piano trio	9 min

ORCHESTRAL MUSIC

Morning Music	2001	clarinet, string orchestra	22 min
Two Sad Songs (W.B. Yeats)	2002	soprano, string orchestra	15 min
The Invisible Ballet	2003	string orchestra & diverse instruments	33 min
Pluto	2005	orchestra	15 min
Ophelia Songs (Shakespeare)	2005	soprano, harp, string orchestra	12 min
Love's Little Pleasures (various poets)	2008	soprano, string orchestra	15 min
The Four Elements	2009	viola, string orchestra	22 min
Mystical Songs (Fernando Rielo)	2009	soprano, viola, string orchestra	18 min
In Praise of Reason	2012	cello, 2 horns, string orchestra	13 min
Against War	2018	soprano, orchestra	23 min
Season of Rain	2018	orchestra	38 min
Summer	2018	orchestra	43 min
Declaration of Peace	2019	chamber orchestra	12 min
Everything Passes	2019	soprano & chamber orchestra	16 min
Gaia's Lament	2019	violin, orchestra	21 min
Serenade	2019	oboe, string orchestra	13 min
The Silence of Winter	2020	3 flutes, string orchestra	13 min
The Bridge	2020	viola & orchestra	70 min
Fantasy	2020	piano, string orchestra	15 min
Die Erste Elegie (R.M. Rilke)	2020	soprano, orchestra	38 min
The Mystic Trumpeter	2021	trumpet, string orchestra	24 min
24 september 1945 (Nazir Hikmet)	2021	soprano & string orchestra	3 min
28 october 1945 (Nazir Hikmet)	2021	soprano & string orchestra	4 min
Canziones d'Amore (various poets)	2021	soprano & string orchestra	22 min
Ahimsa	2021	orchestral ensemble	22 min
We Will Not Forget	2021	duduk & string orchestra	13 min
Gaia's Song	2021	piano & chamber orchestra	21 min
Stone & Star	2022	mezzo soprano & string orchestra	13 min
Заповіт	2022	baritone & orchestra	9 min
A Single Thorn (Meg Freer)	2022	mezzo soprano, 4 horns in F, string orchestra	22 min
Symphony of Sighs	2022	chamber orchestra	20 min
Five Bagatelles	2023	alto saxophone & string orchestra	12 min
Symphony for Peace (dona nobis pacem)	2024	orchestra	40 min

PIANO MUSIC

Simple Sketches	2015	piano	12 min
Skirmishes	2016	piano 4 hands	10 min
Preludes for Piano, 1-6	2016	piano	10 min
Preludes for Piano, 7-12	2017	piano	10 min
Aphorisms III	2019	piano	17 min
Sonatine	2021	piano	15 min
Waldminiaturen	2023	piano	18 min
Three Preludes	2024	piano	8 min
My Garden	2025	piano	9 min
Passing Fancies (15 vignettes for solo piano)	2026	piano	23 min
Fantasia	2026	pipe organ	6 min

Flight and Metamorphosis

(Nelly Sachs)

Much of my music is composed as a response to world events – and these songs are no different. My perspective about many things, political and otherwise, changed drastically subsequent to October 7, 2023. While I spent the vast majority of my life fortunately free from personally experiencing antisemitism, watching the world's response in the months and years following the October 7 attack on Israel, I became painfully aware that antisemitism is as prevalent today as it has been for the past two thousand years.

As with most of the awful facts of the world, there's nothing I can do about any of it, except spin notes to express my feelings about it. This music has been composed in support of Israel. Whatever its flaws may be, it is the only country on this troubled planet where Jews can live without being a tiny minority at the mercy of others.

The five poems in the set are from Flucht und Verwandlung (Flight and Metamorphosis) by Nelly Sachs. I elected to set the poems in their original German rather than use the English translation that are in my bilingual edition.

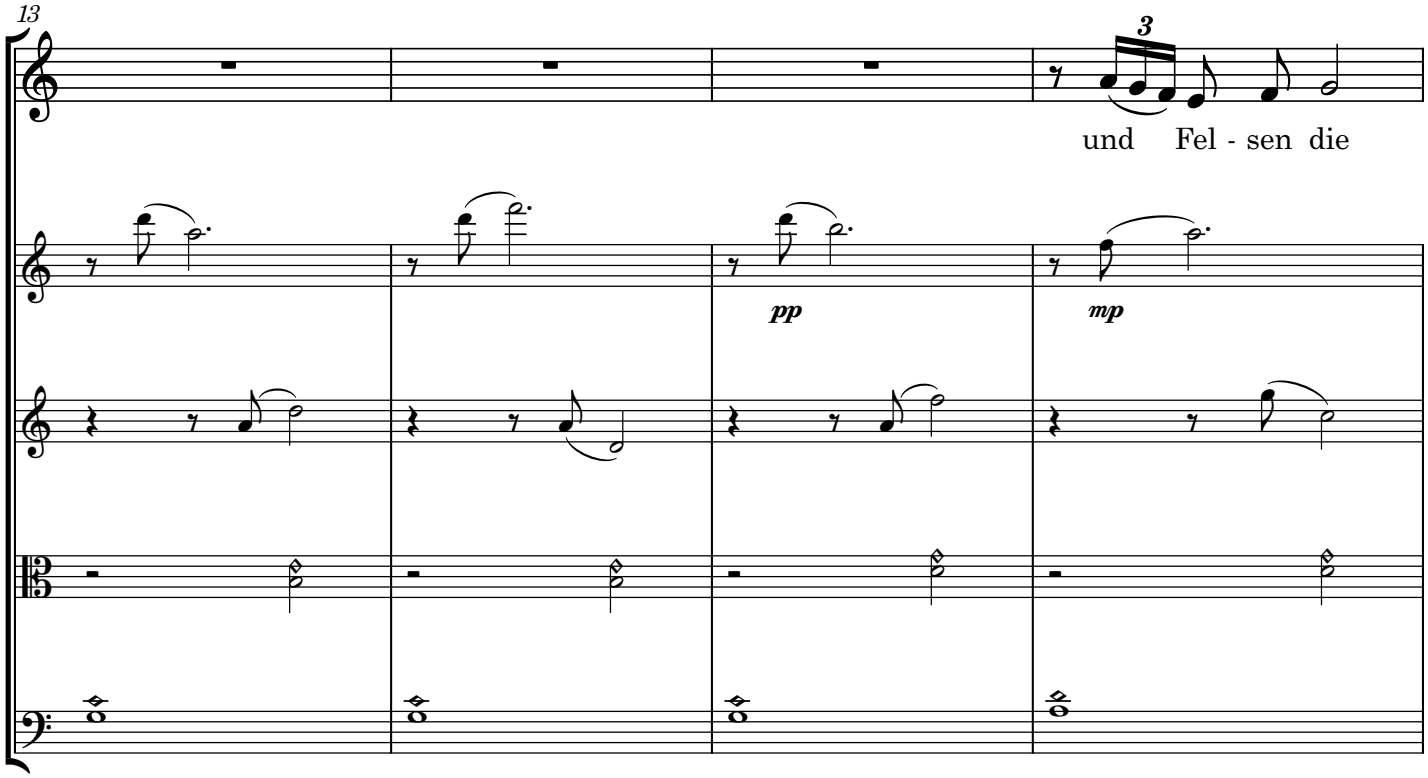
Flucht und Verwandlung

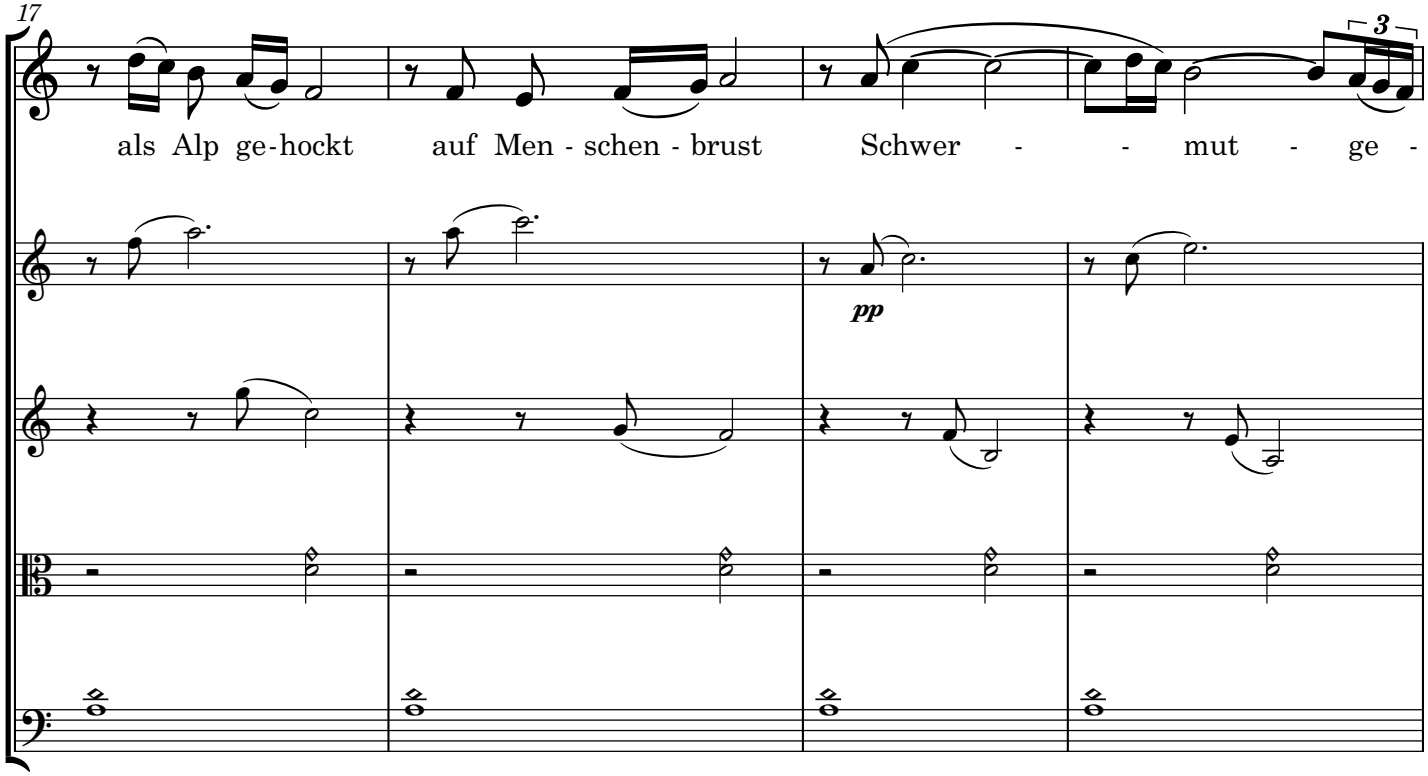
1. Wie Leicht

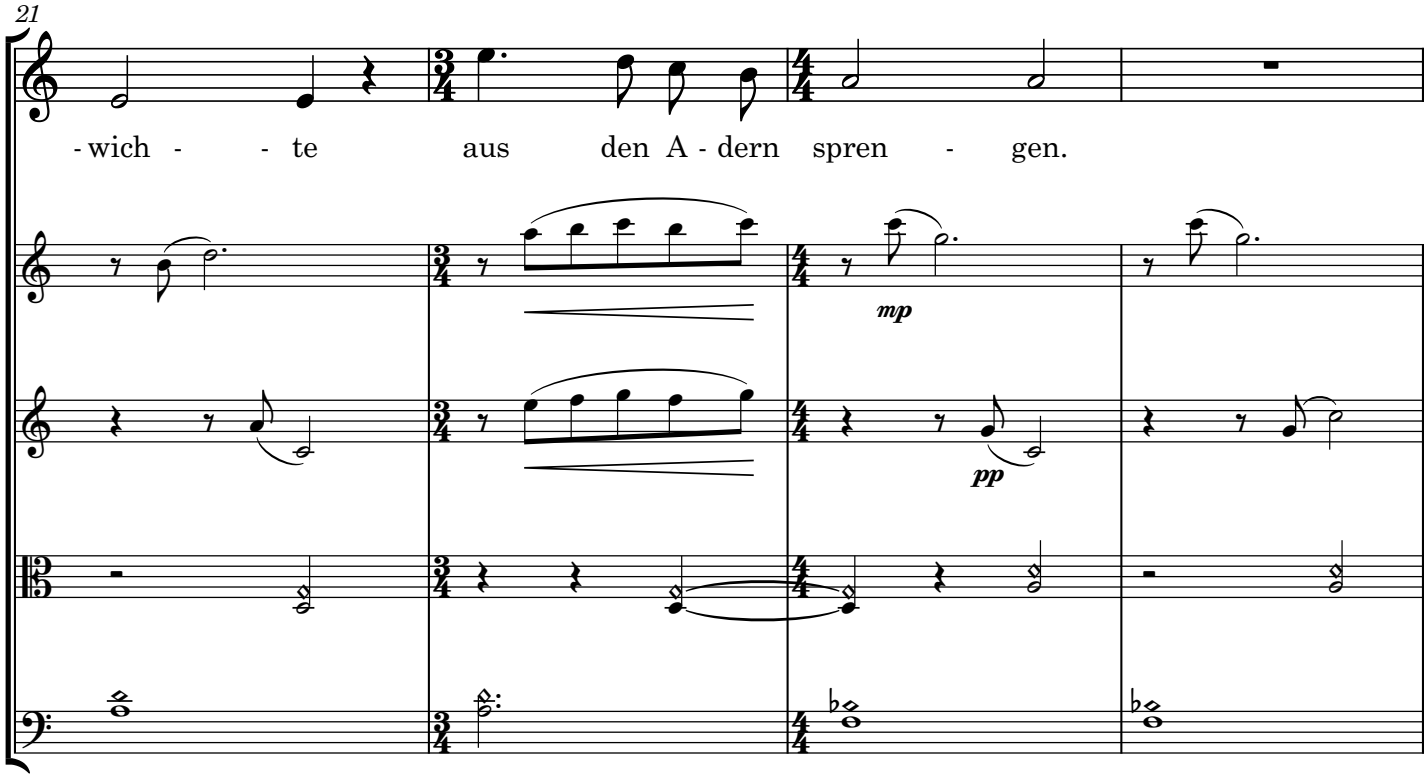


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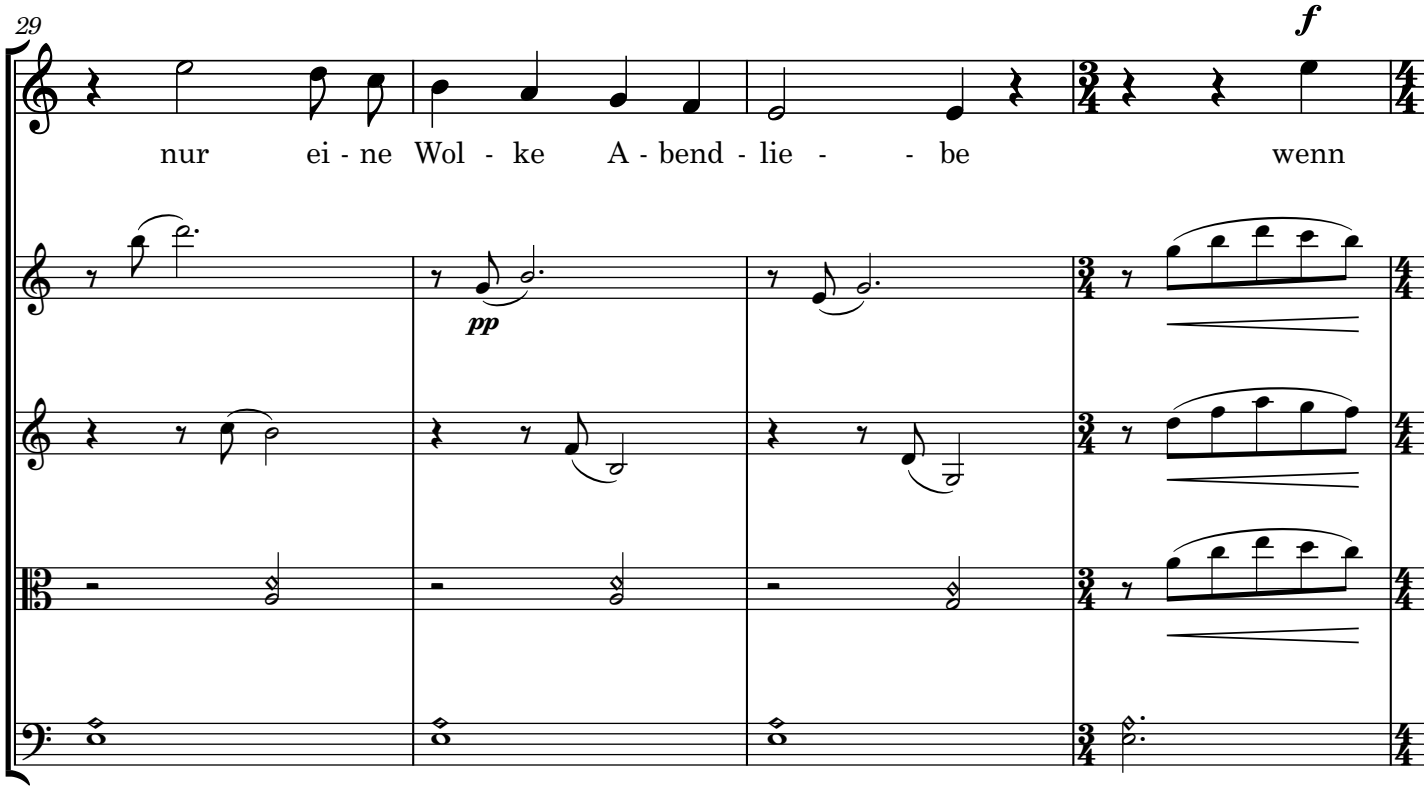

9
-lie - be wenn als Mu - sik
er - löst der Stein
in Lands - flucht zieht
pp
mp
pp


13
3
und Fel - sen die
pp
mp


17
als Alp ge-hockt auf Men - schen - brust Schwer - - mut - ge -
3
pp

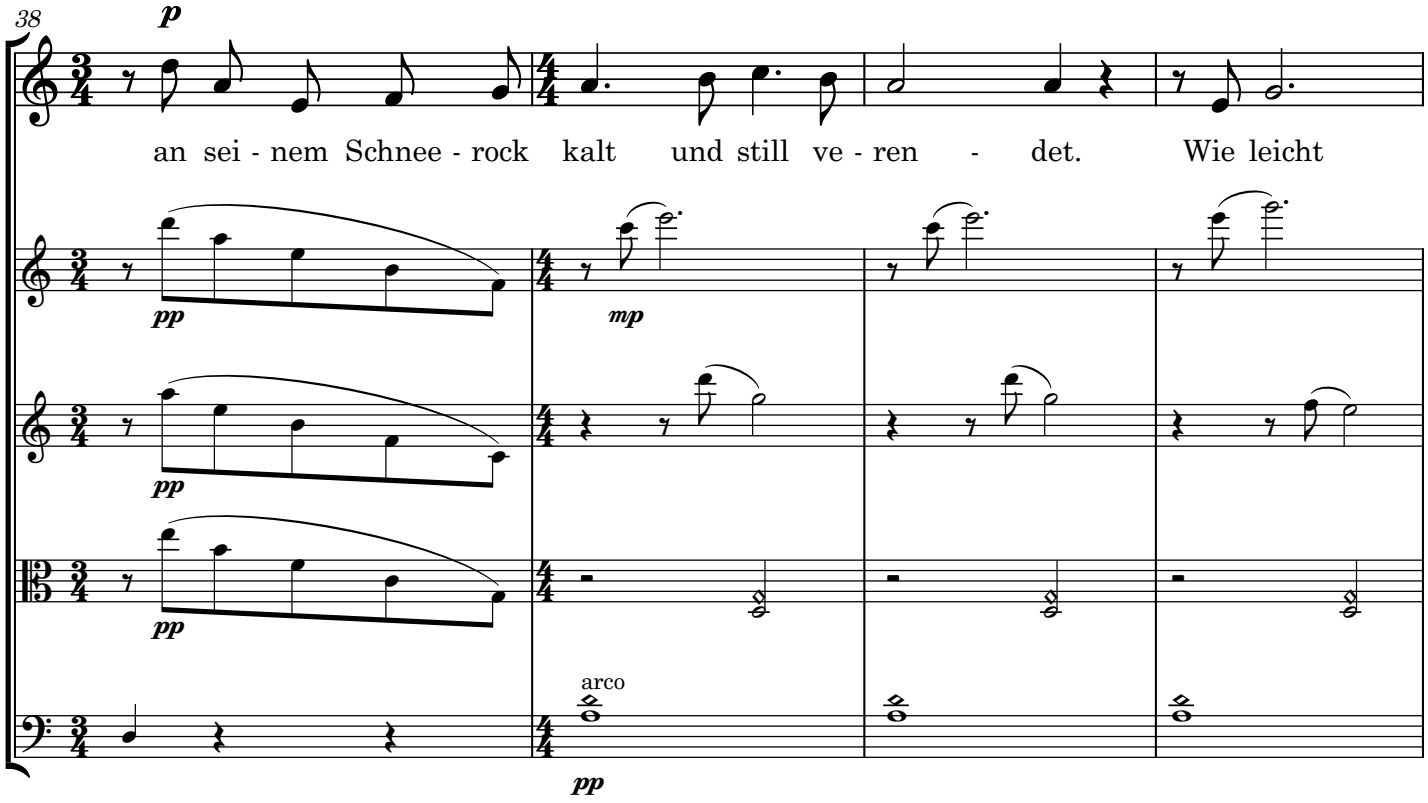

21
- wich - - te aus den A - dern spren - gen.
mp
pp

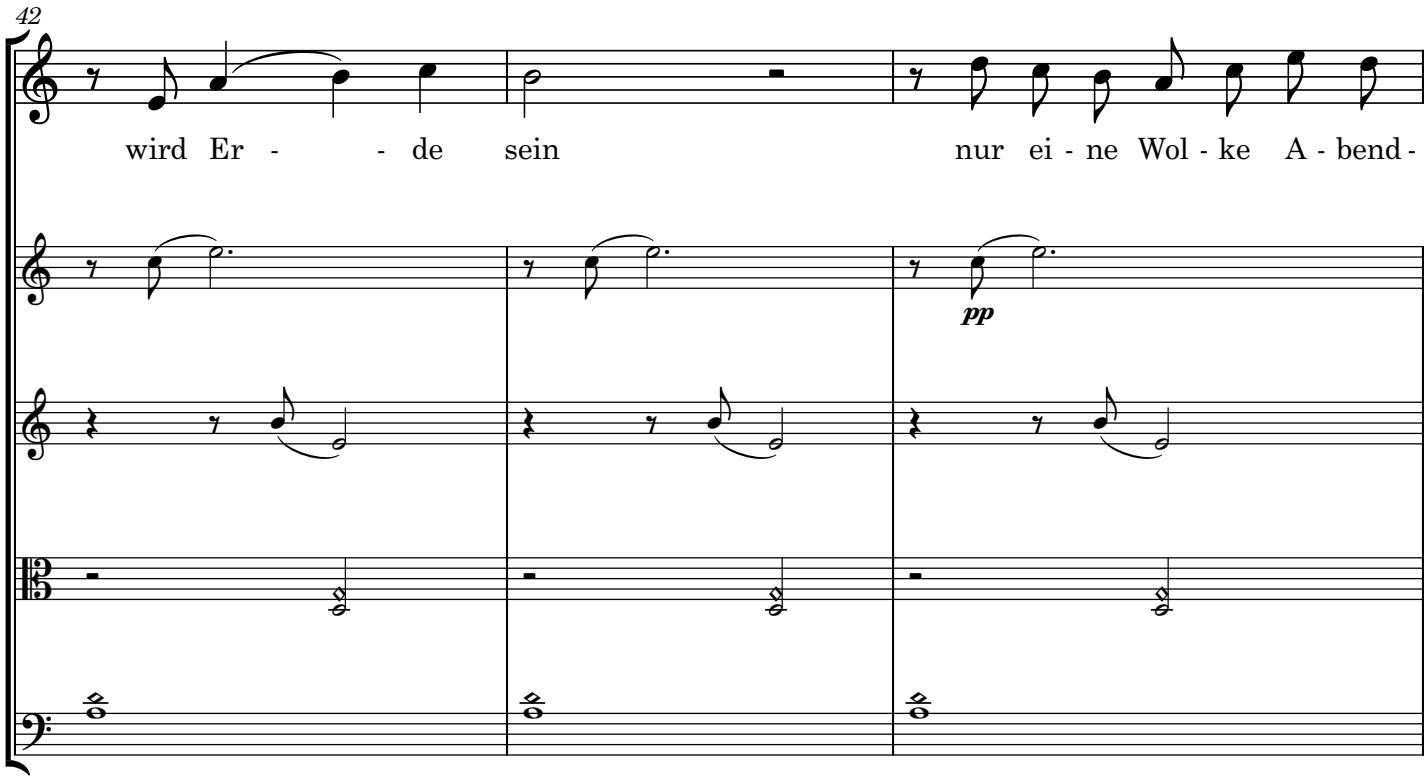

25
Wie leicht wird Er - de sein
pp
mp

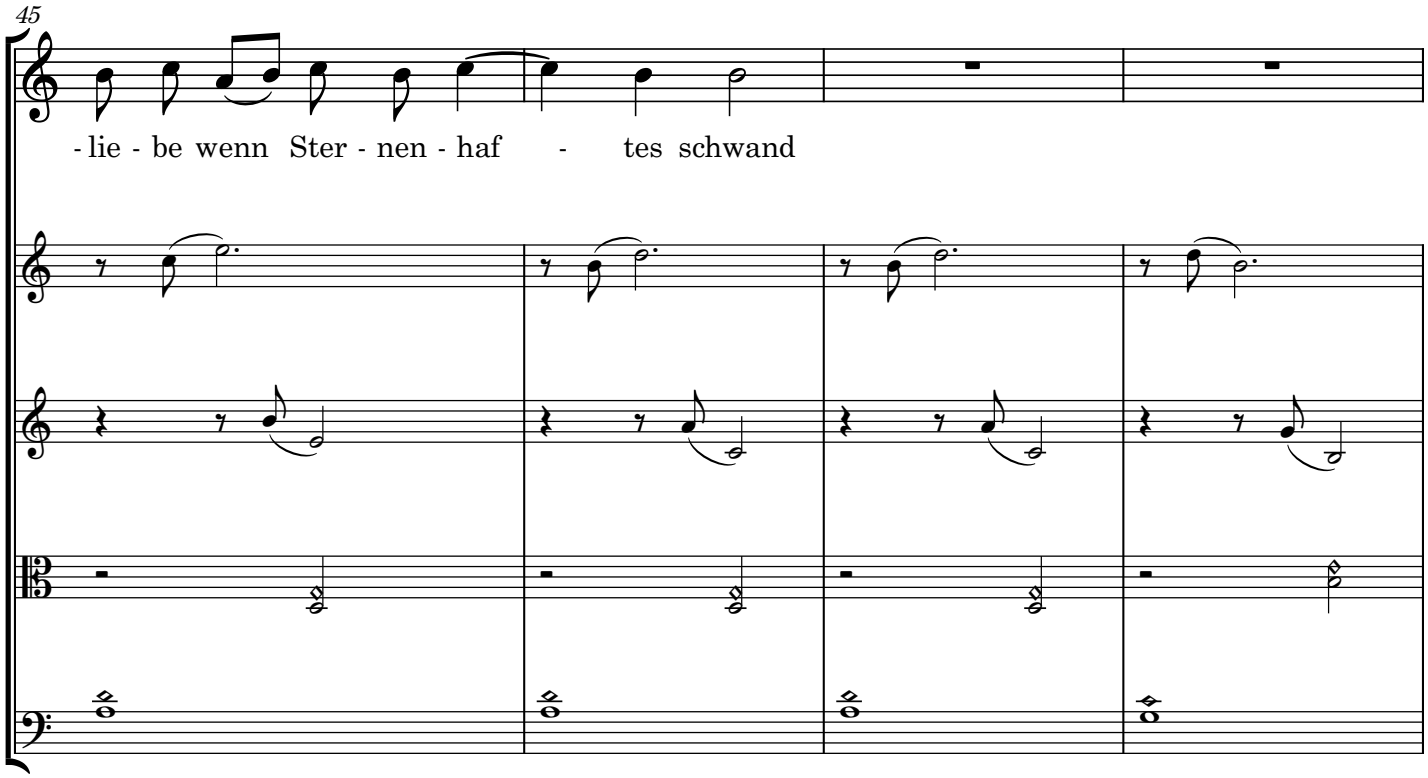

29
nur ei - ne Wol - ke A - bend - lie - - be wenn
pp
f

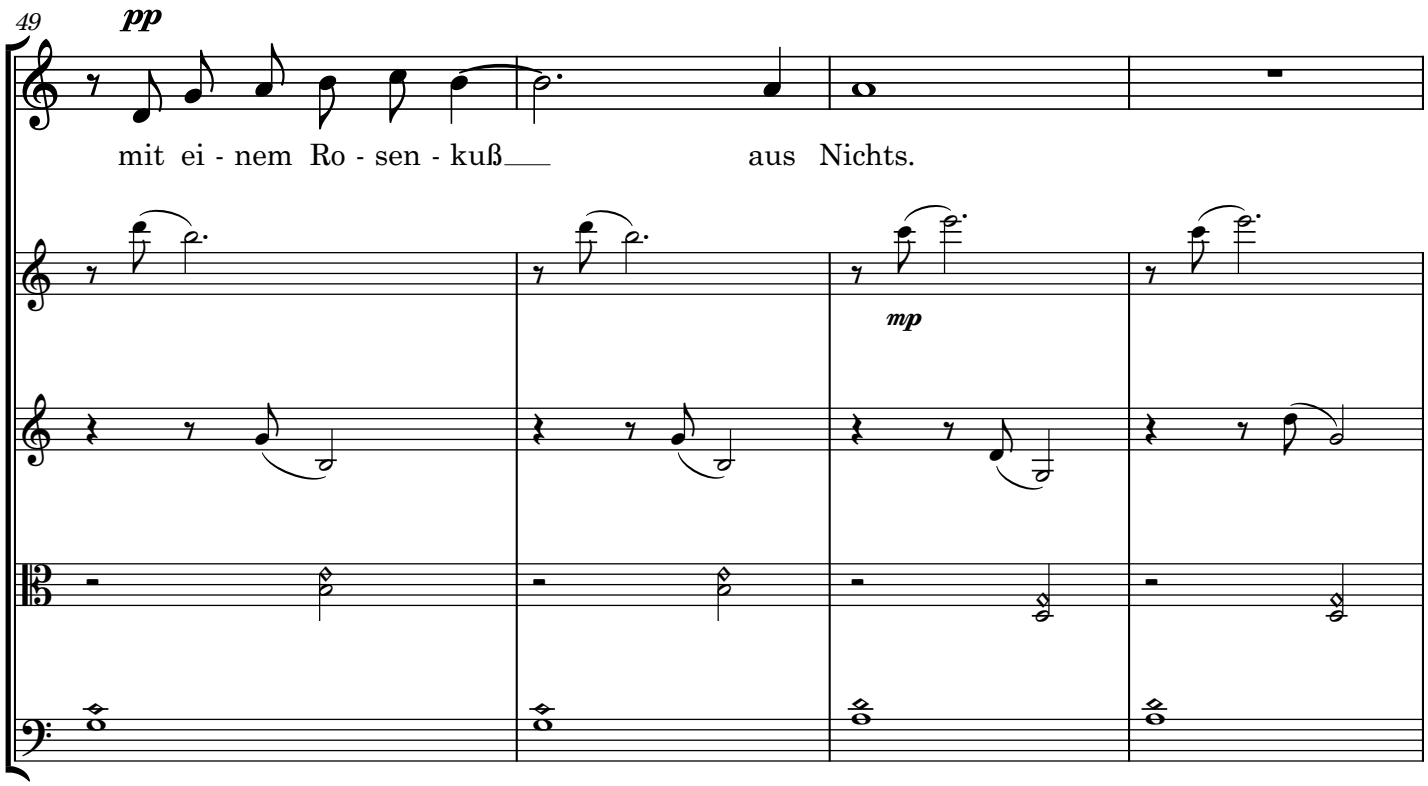

33
schwarz - ge - heiz - te Ra - che vom To - des-
pizz.

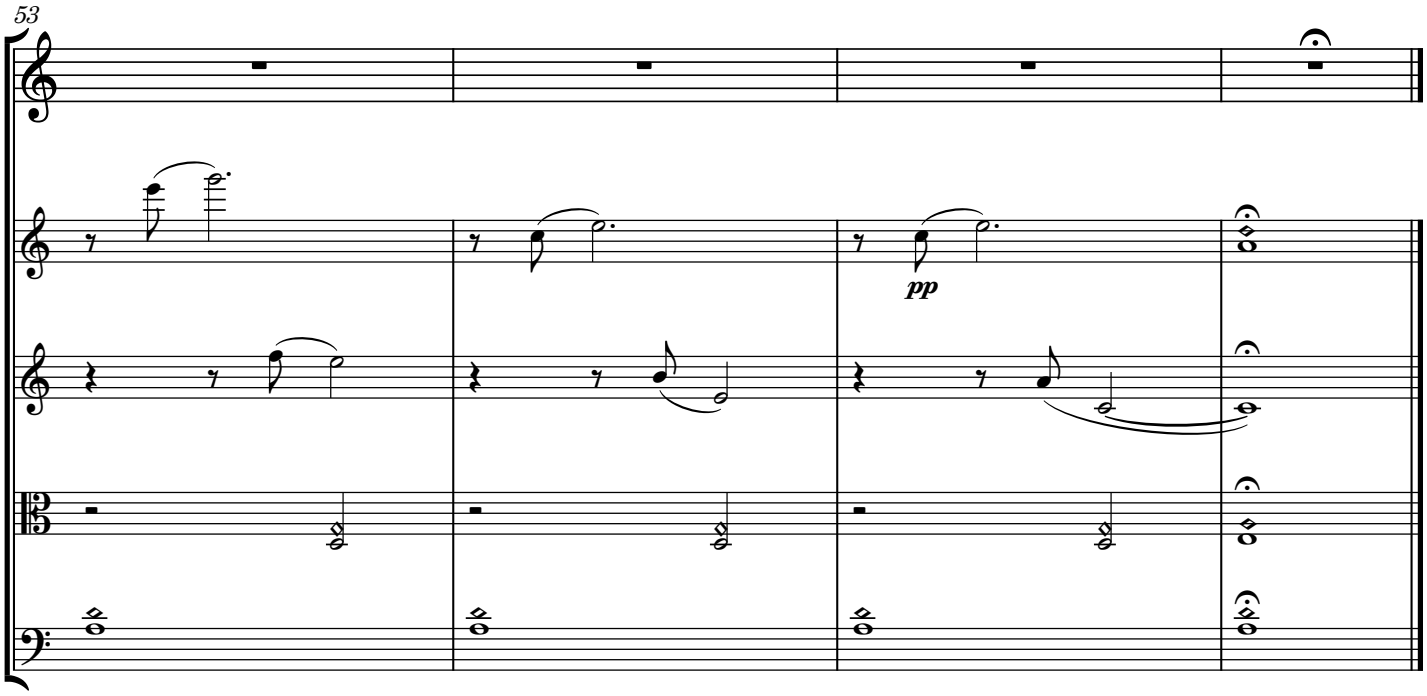

36
-en - gel mag - - ne - tisch an - ge - zo - gen


38
p
an sei - nem Schnee - rock kalt und still ve - ren - det. Wie leicht
pp
mp
pp
pp
arco
pp


42
wird Er - - de sein nur ei - ne Wol - ke A - bend -
pp


45
- lie - be wenn Ster - nen - haf - tes schwand

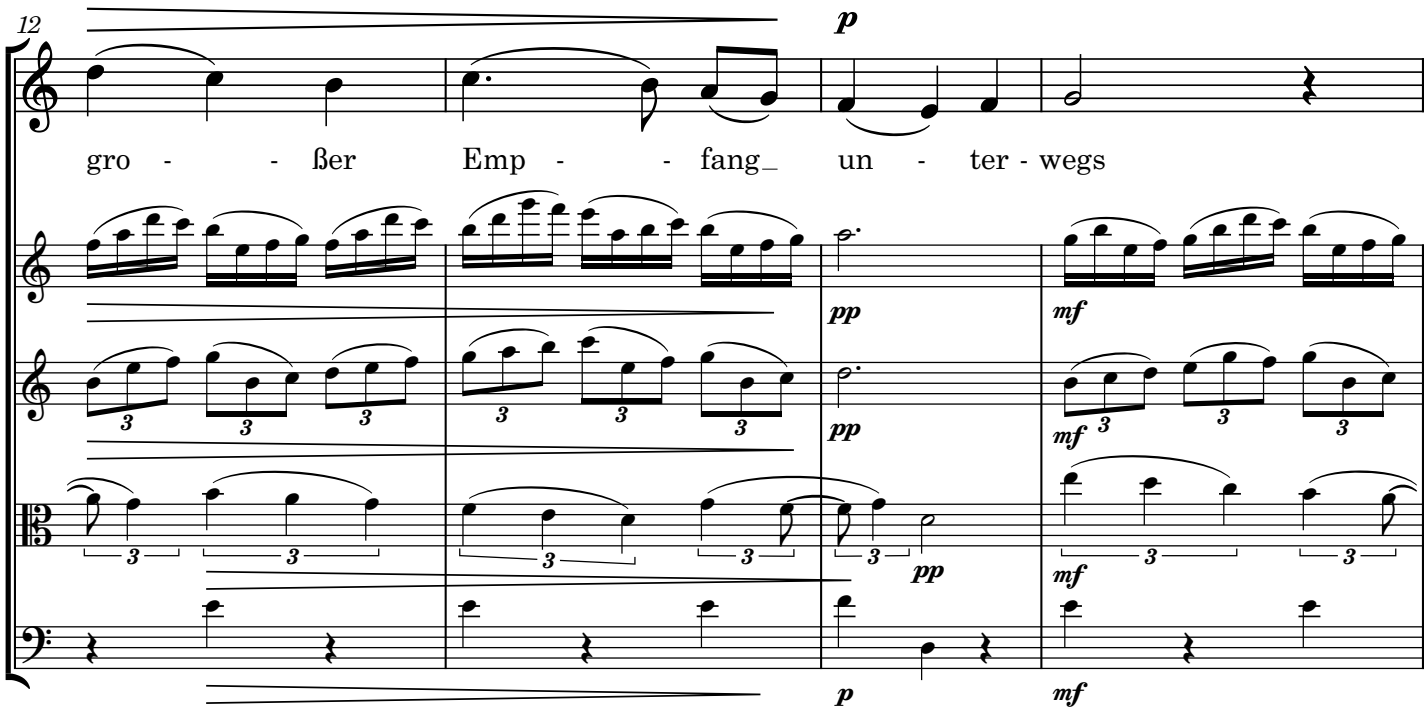

49
pp
mit ei - nem Ro - sen - kuß aus Nichts.
mp



2. In Der Flucht




4
pp
mf
pp
mf
pp
mf
p
mf
8
p
mf
In
der
flucht
welch
pp
mf
pp
mf
pp
mf
p
mf

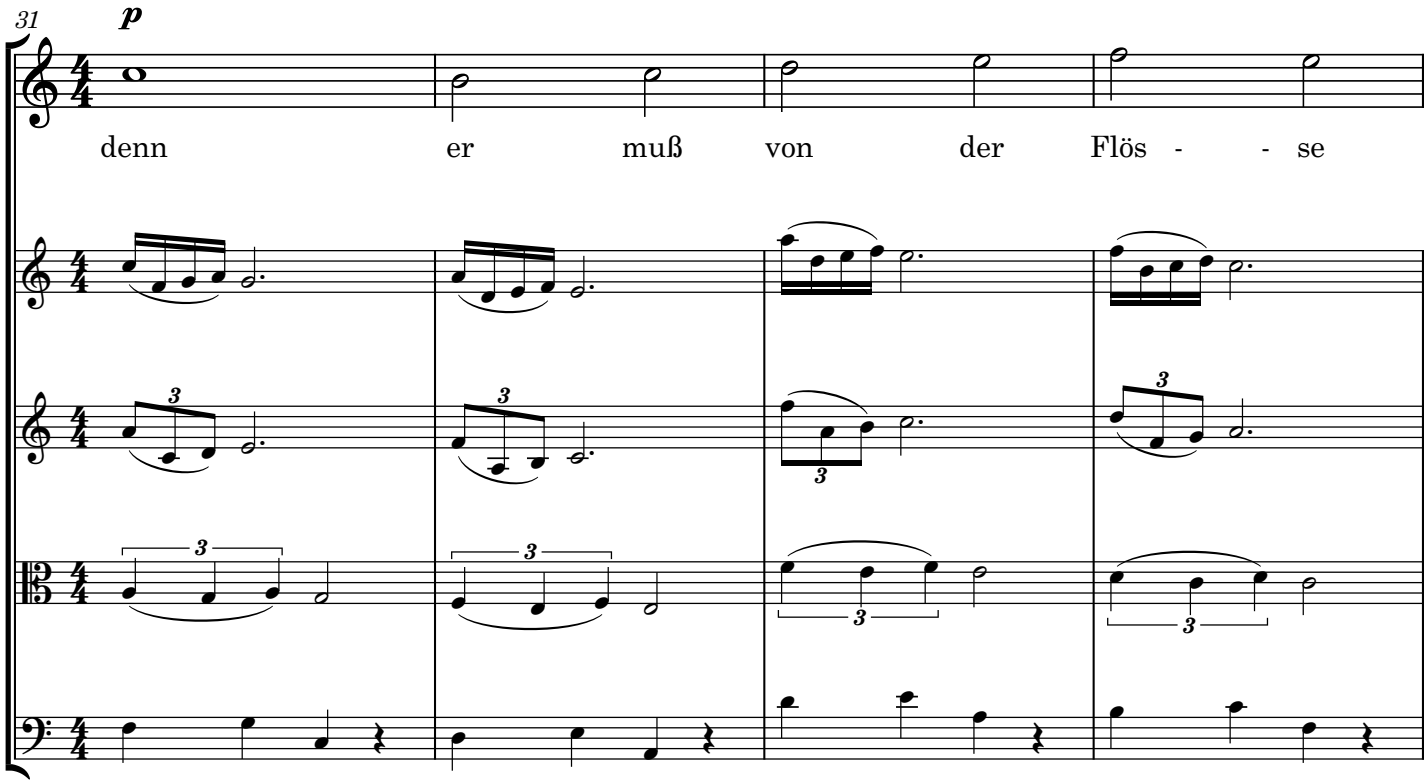

12
p
gro - - ßer Emp - - fang_ un - ter - wegs
pp
mf
pp
mf
pp
mf
p
mf


16
Ein - ge - hüllt in___ der Win -
pp
pp
pp
p

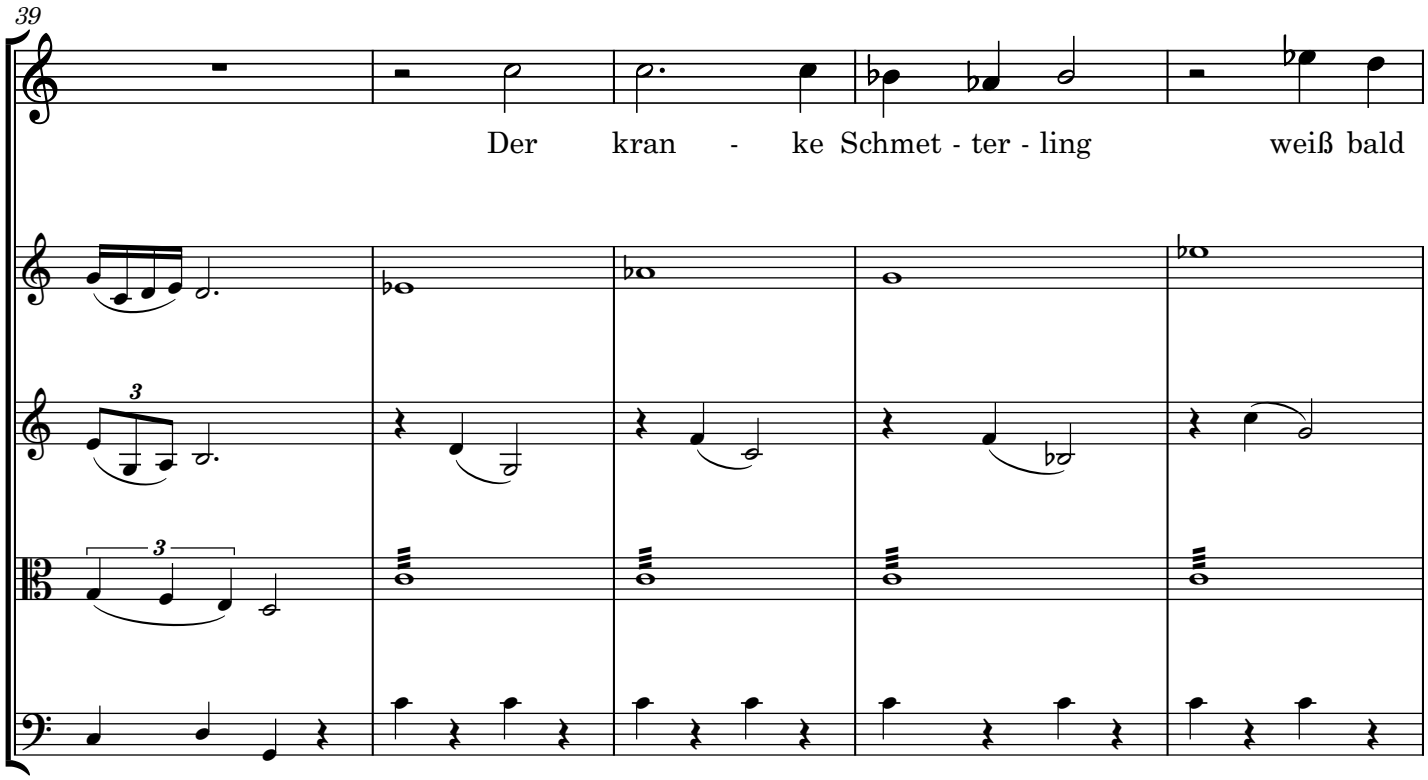

20
mf
- - de Tuch
Fü - ße im
mf
mf
mf
f


24
Ge - bet des San - des der nie - mals

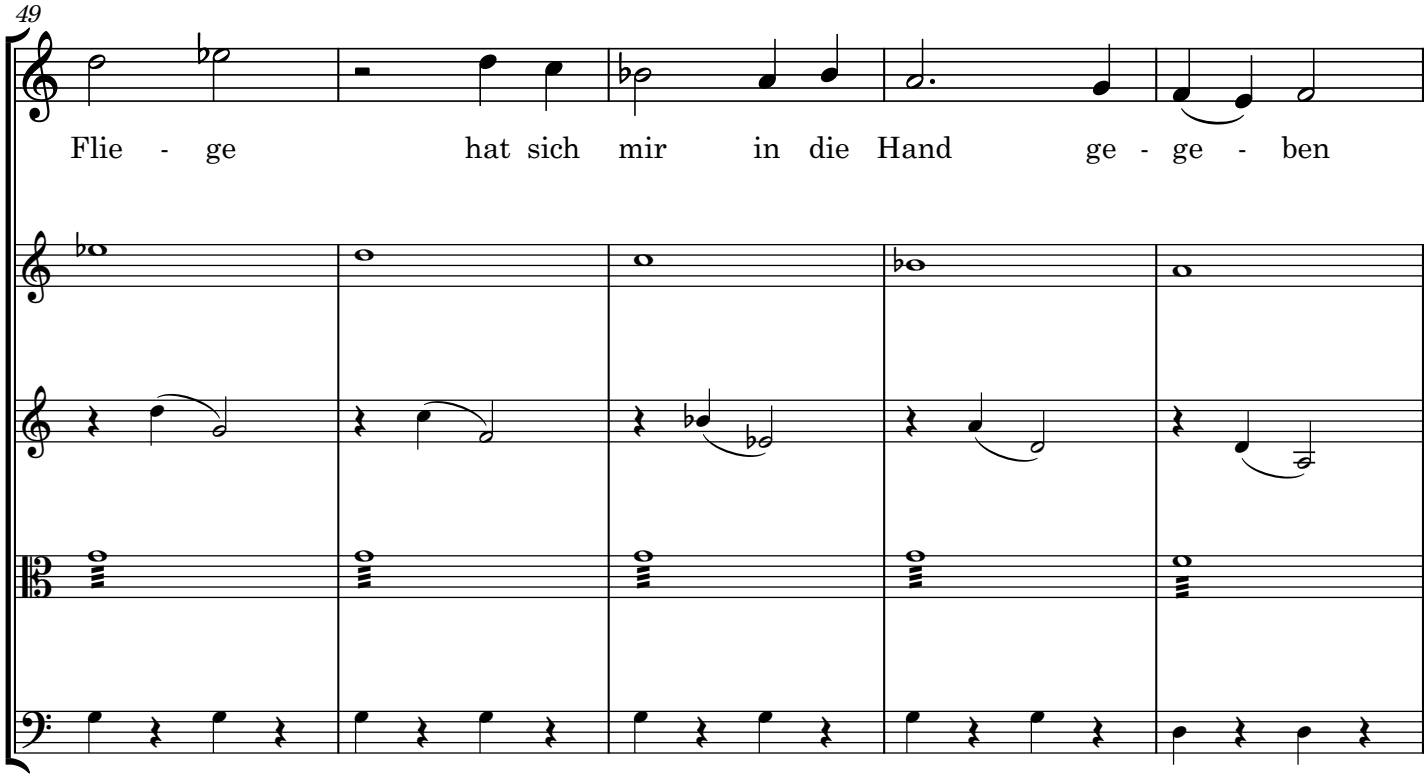

27
A - men sa - gen kann
pp
pp
pp
p


31
p
denn er muß von der Flös - - se


35
in den Flü - - gel und wei - - ter


39
Der kran - ke Schmet - ter - ling weiß bald


44
wie - der vom Meer
Die - ser Stein mit der In - schrift der


49
Flie - ge
hat sich mir in die Hand
ge - ge - ben


54
mf
mf
mf
mf


58
pp
An Stel - le
pp
pp
pp
p
mf
mf
mf
mf


62
von Hei - mat hal - te ich
pp
pp
pp
p


66
die Ver - wand - - - - - - lun - gen

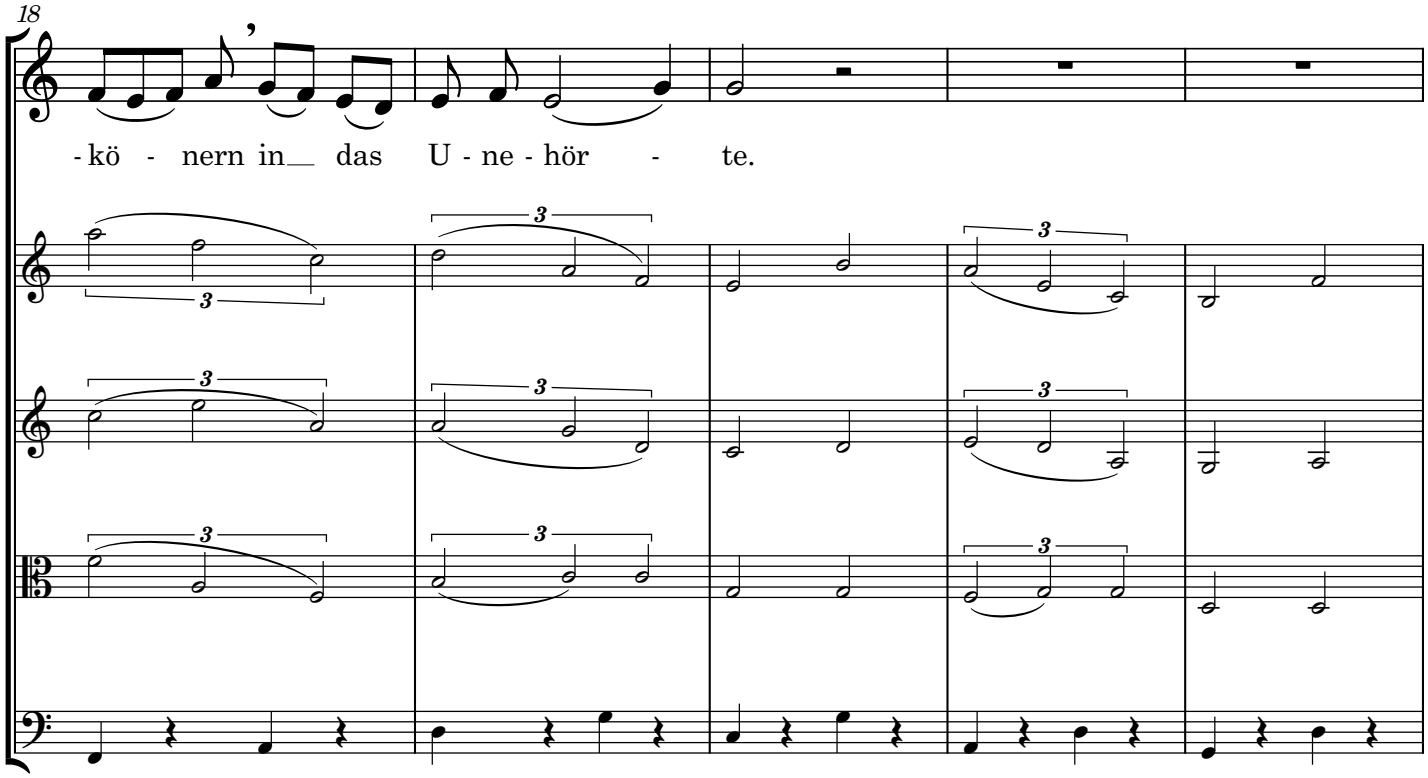

69
mp
der Welt
der
73
f
Welt.
f
pp
f
pp
f
pp
f
p

3. Zwischen

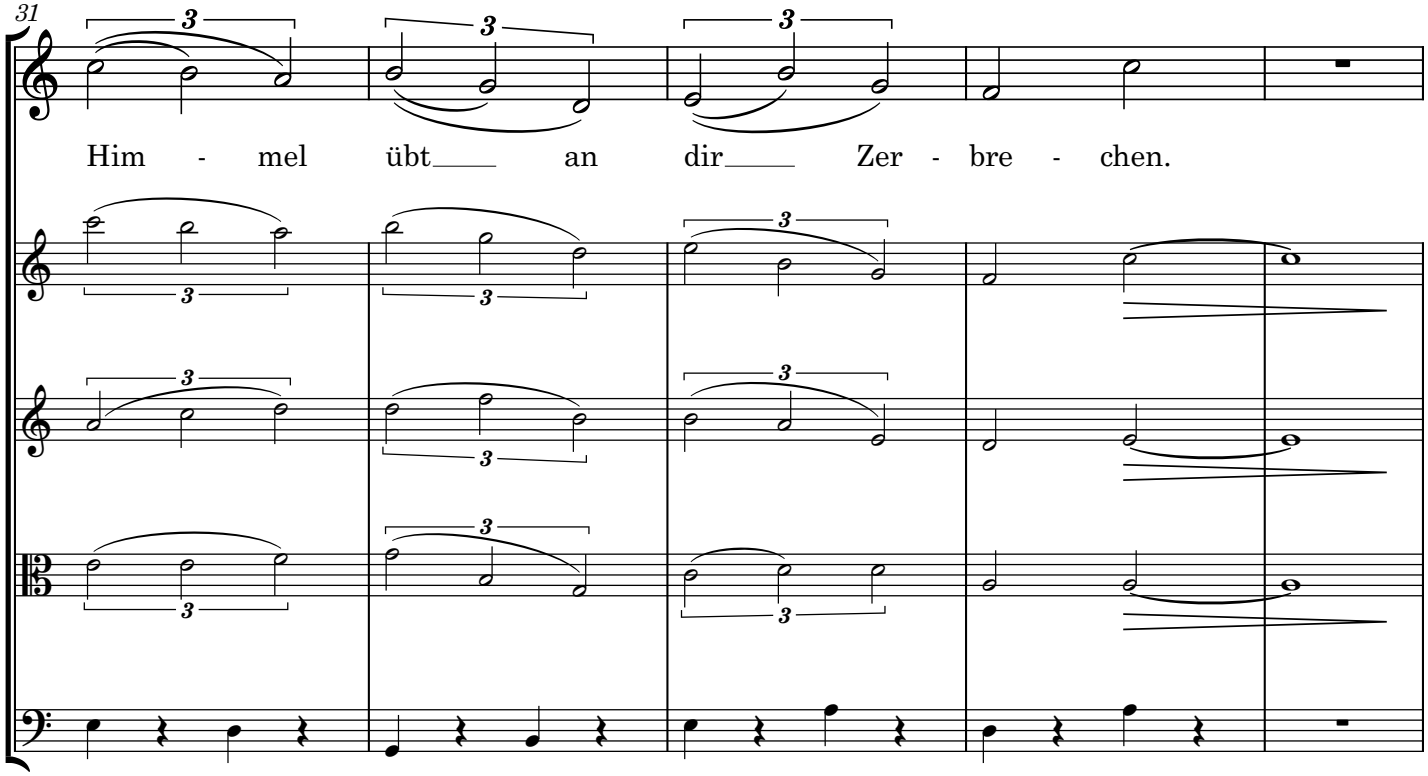

Larghetto ♩= 56
Soprano
Violin 1
Violin 2
Viola
Violoncello
pizz.
p
mf
4
mp
Zwi - schen dei - nen Au - gen - brau - en steht dei - ne Her - kunft ei - ne Chif - fre_

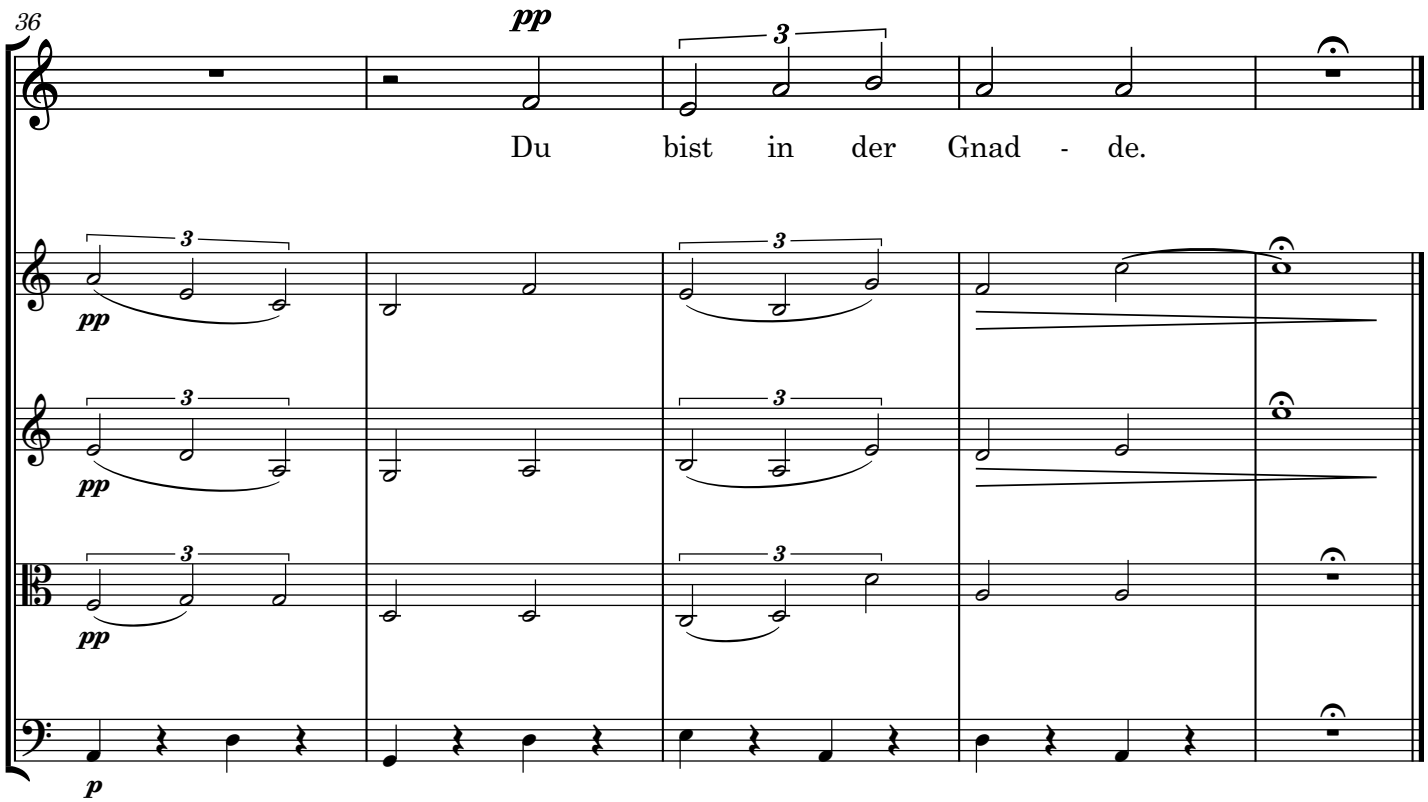

7
aus der Ver - ges - sen - heit des San - des.
11
Du hast das Meer - zei - chen hin - ge - bo - gen ver - renkt im


14
Schraub - stock der Sehn - sucht. Du säst dich mit al - len Se - kun - den -


18
- kö - nern in das U - ne - hör - te.

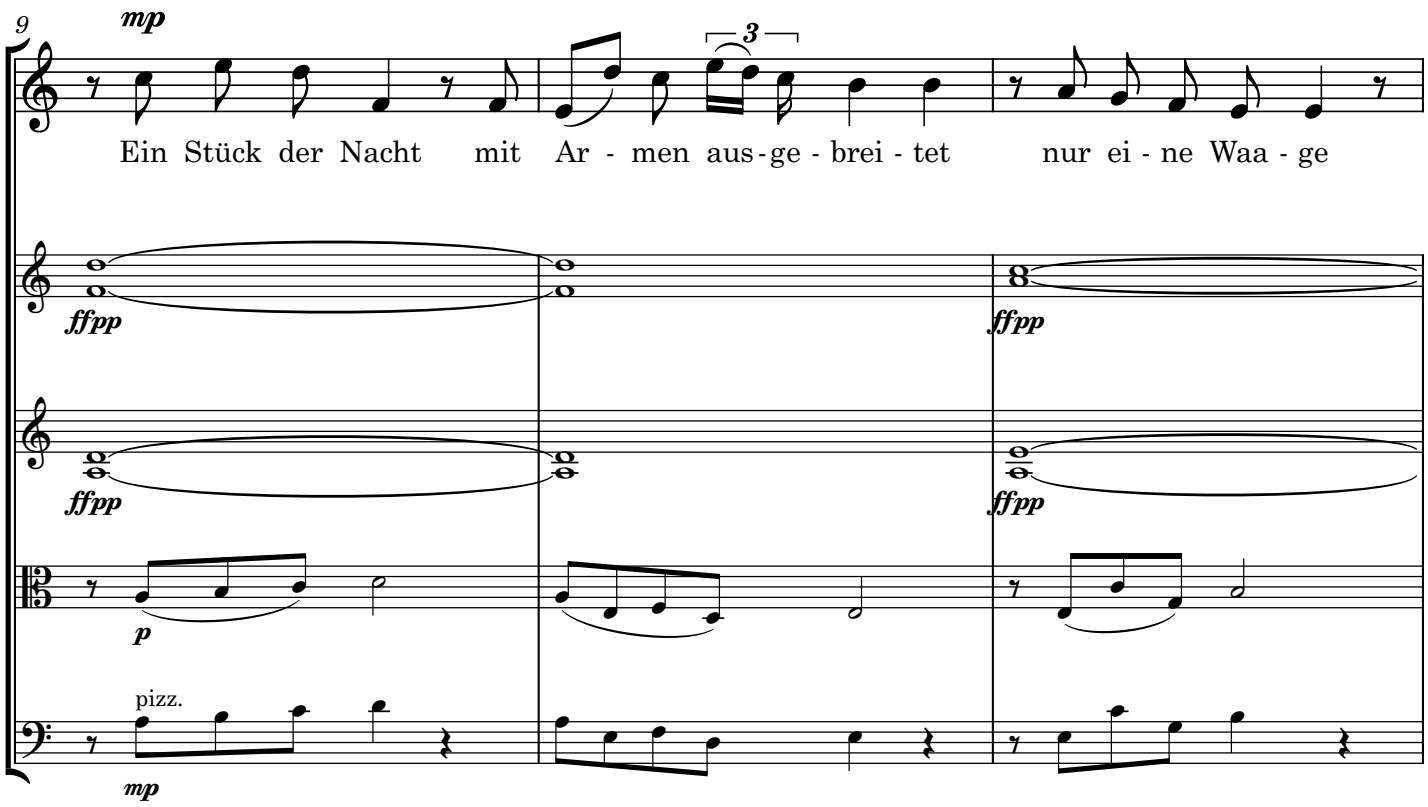

23
Die Au - fer - ste - hun - gen dei - ner un - sicht - ba - ren
pp
mp
pp
arco
pp
27
mp
f
Frü - lin - ge sind in Trä - nen ge - ba - det. Der
f
f
f
pizz.
sffz
f


31
Him - mel übt an dir Zer - bre - chen.


36
pp
Du bist in der Gnad - de.
pp
pp
pp
p

4. So Rann Ich Aus Dem Wort



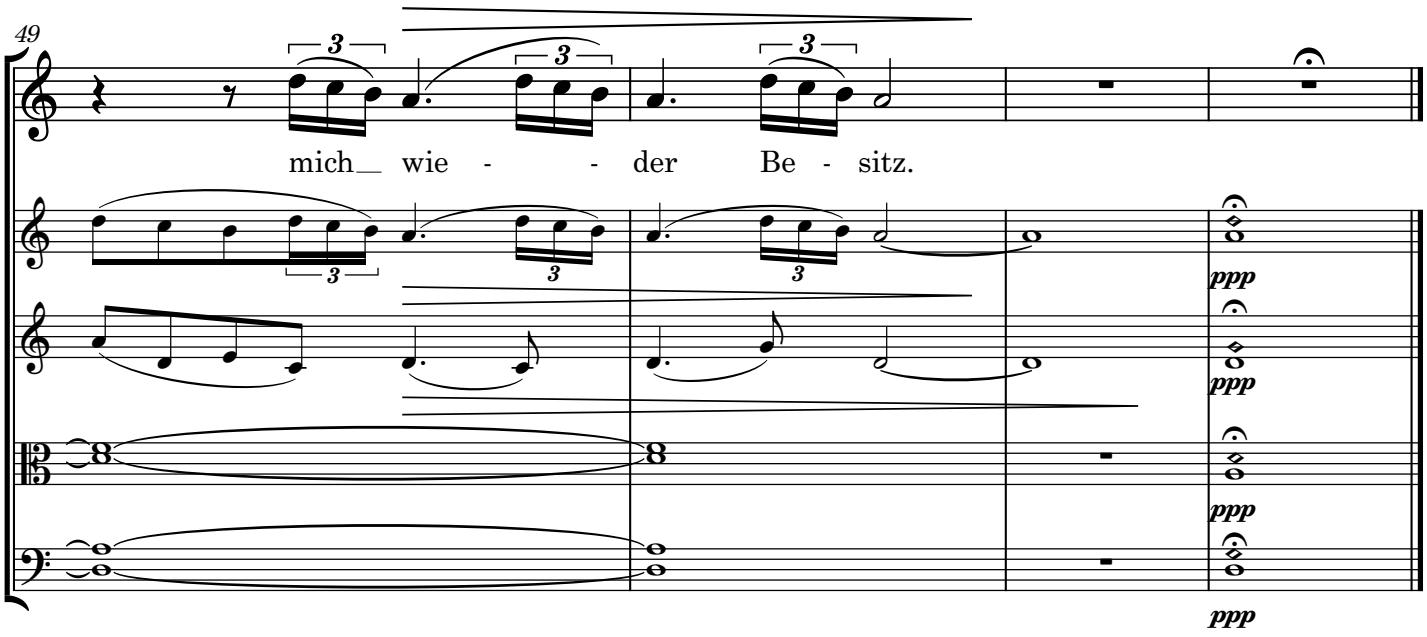

9
mp
3
Ein Stück der Nacht mit Ar - men aus - ge - brei - tet nur ei - ne Waa - ge
ffpp
ffpp
ffpp
ffpp
p
pizz.
mp


12
3
3
3
Fluch - ten ab - zu - wei - gen die - se Ster - nen - zeit ver - senkt in Staub mit
ffpp
ffpp

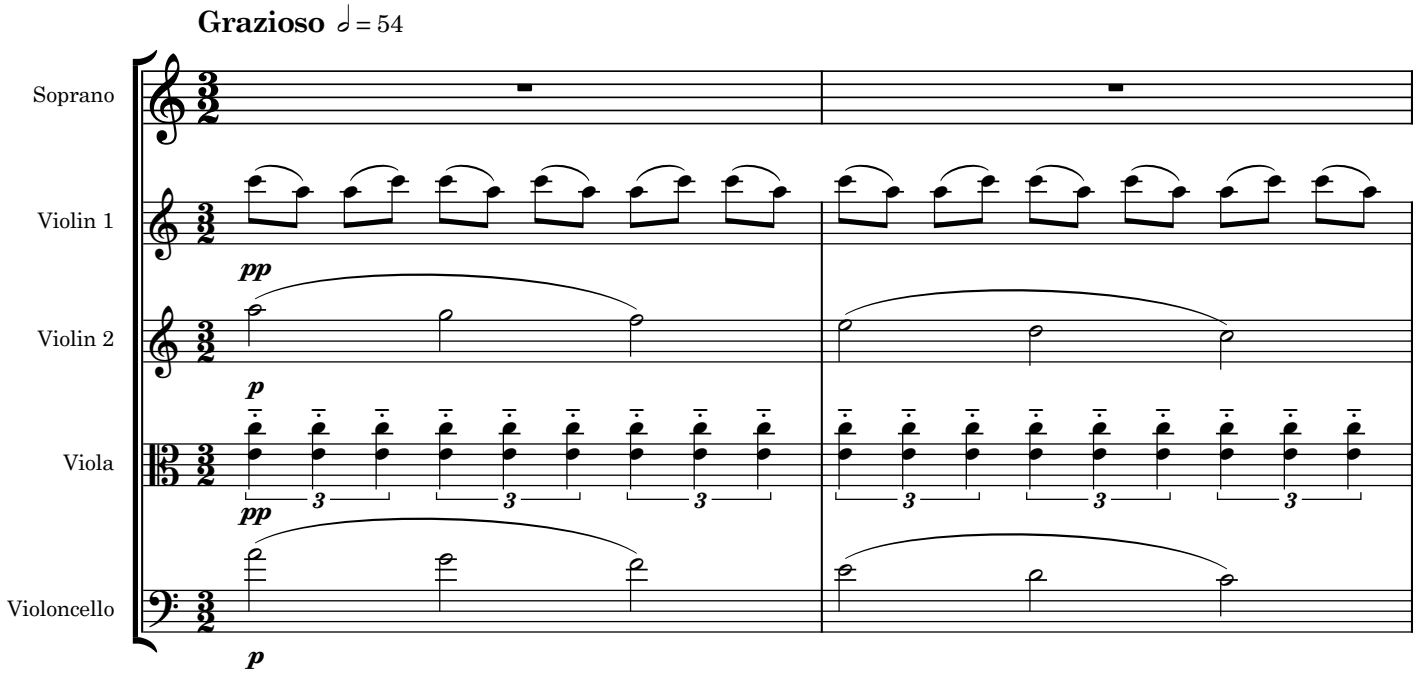

15
pp
den ge - setz - ten Spu - ren. Jeszt ist es spät.
pp
arco
pp
21
Das - Leich - te geht aus mir und auch das Schwe - re

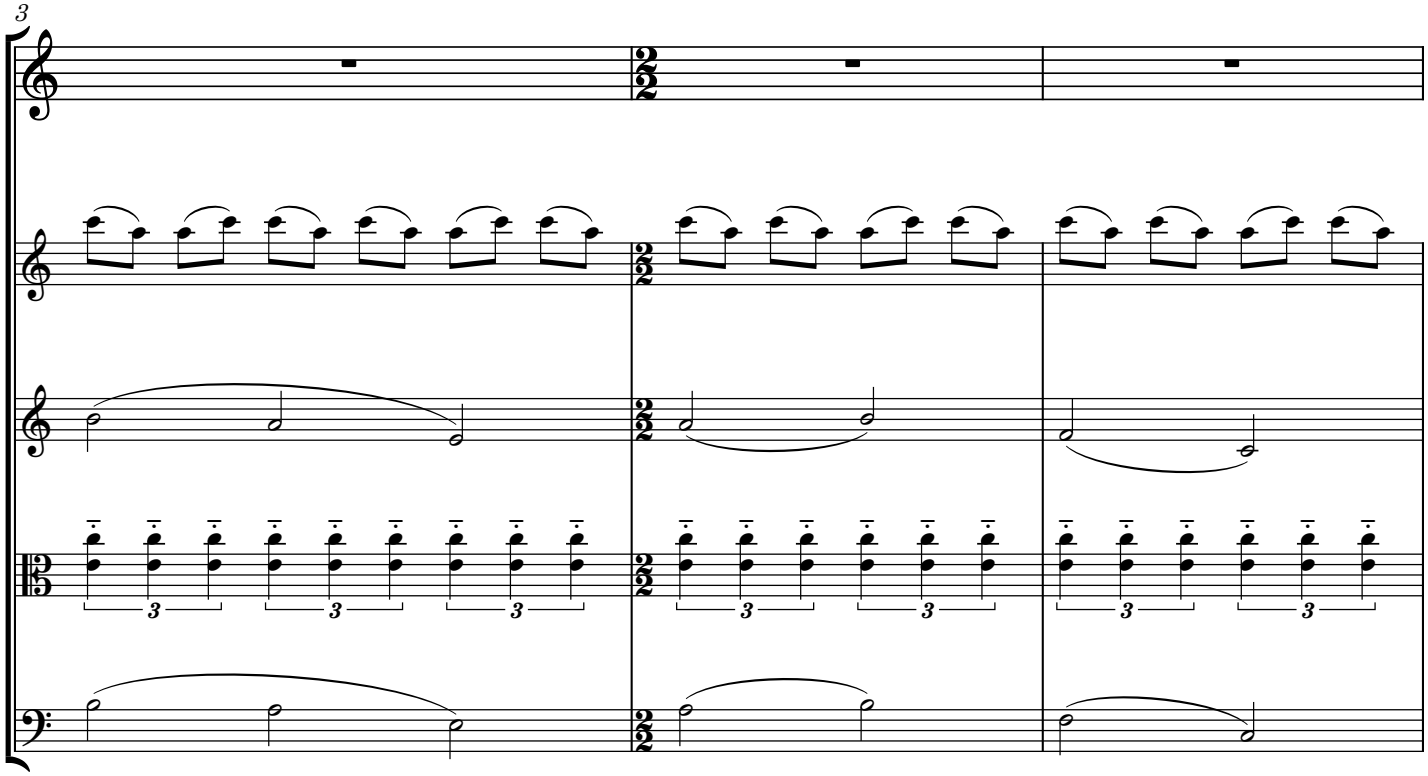

28
die Schul - tern fah - ren schon wie Wol - ken fort Ar - me und
34
Hän - de oh - ne Trag - ge - bär - de.


41
mp
3
Tief - dun - kel ist des
p
p
ffpp
ffpp
46
3
3
Heim - wehs Far - ber im - mer so nimmt die Nacht
3
ffpp
ffpp

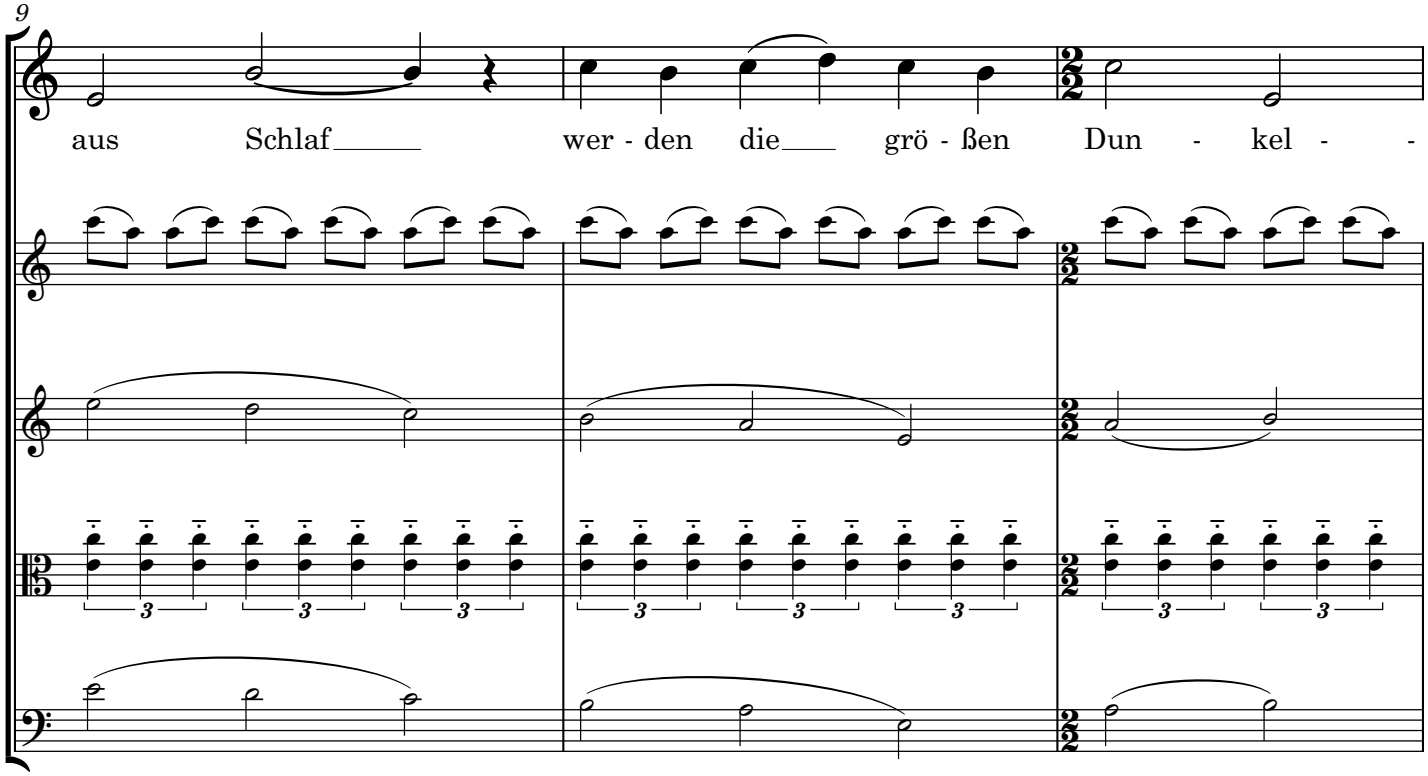

49
mich wie - - der Be - sitz.
ppp
ppp
ppp
ppp

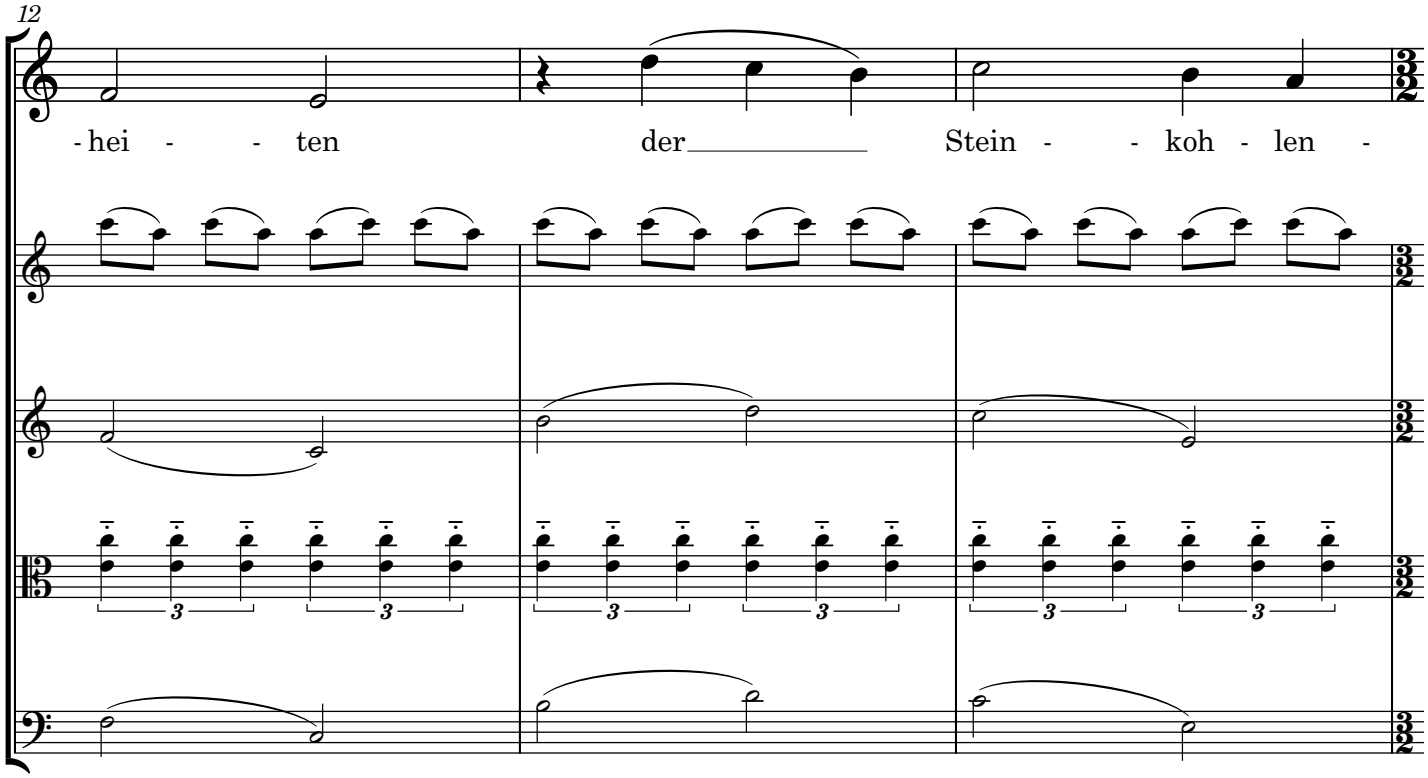
5. Erlöste


Grazioso ♩ = 54
Soprano
Violin 1
Violin 2
Viola
Violoncello
pp
p
pp
p

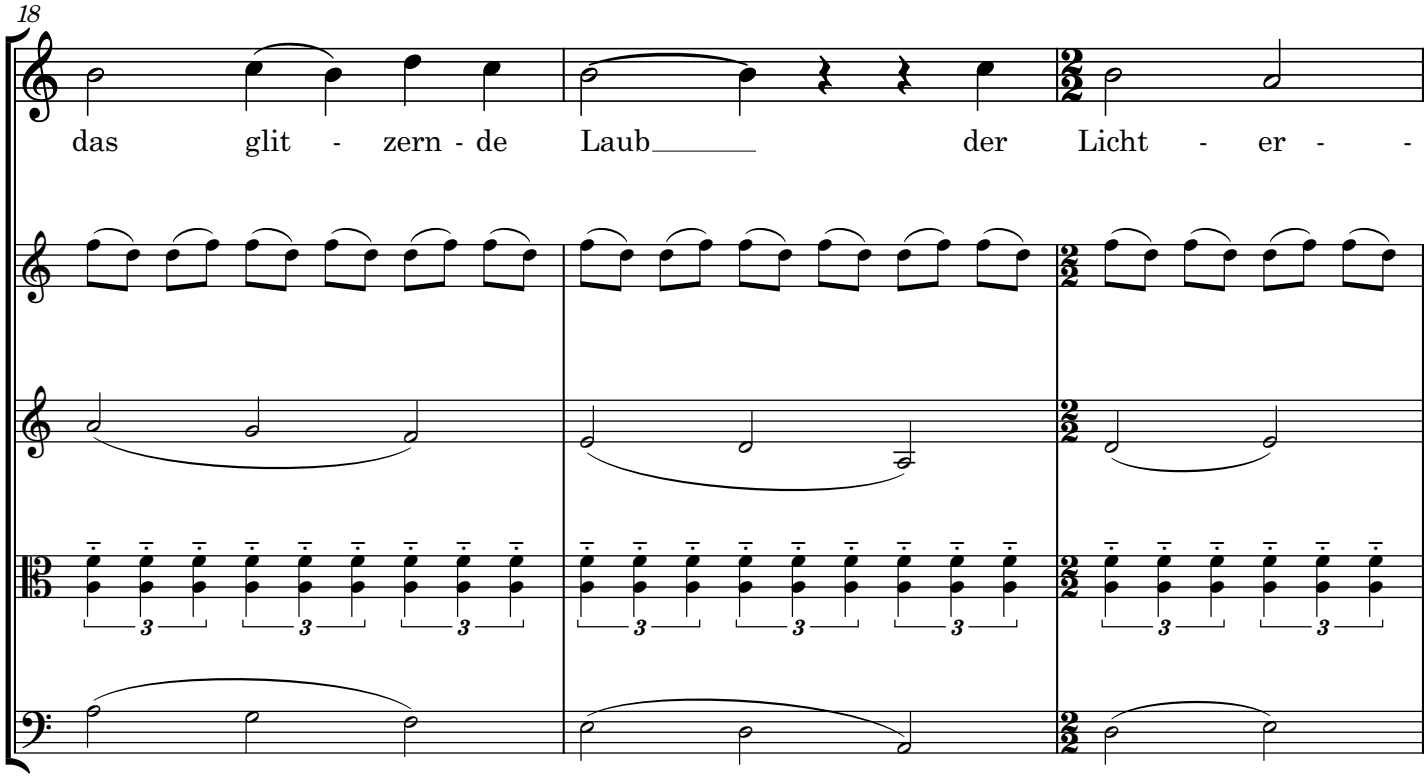

3

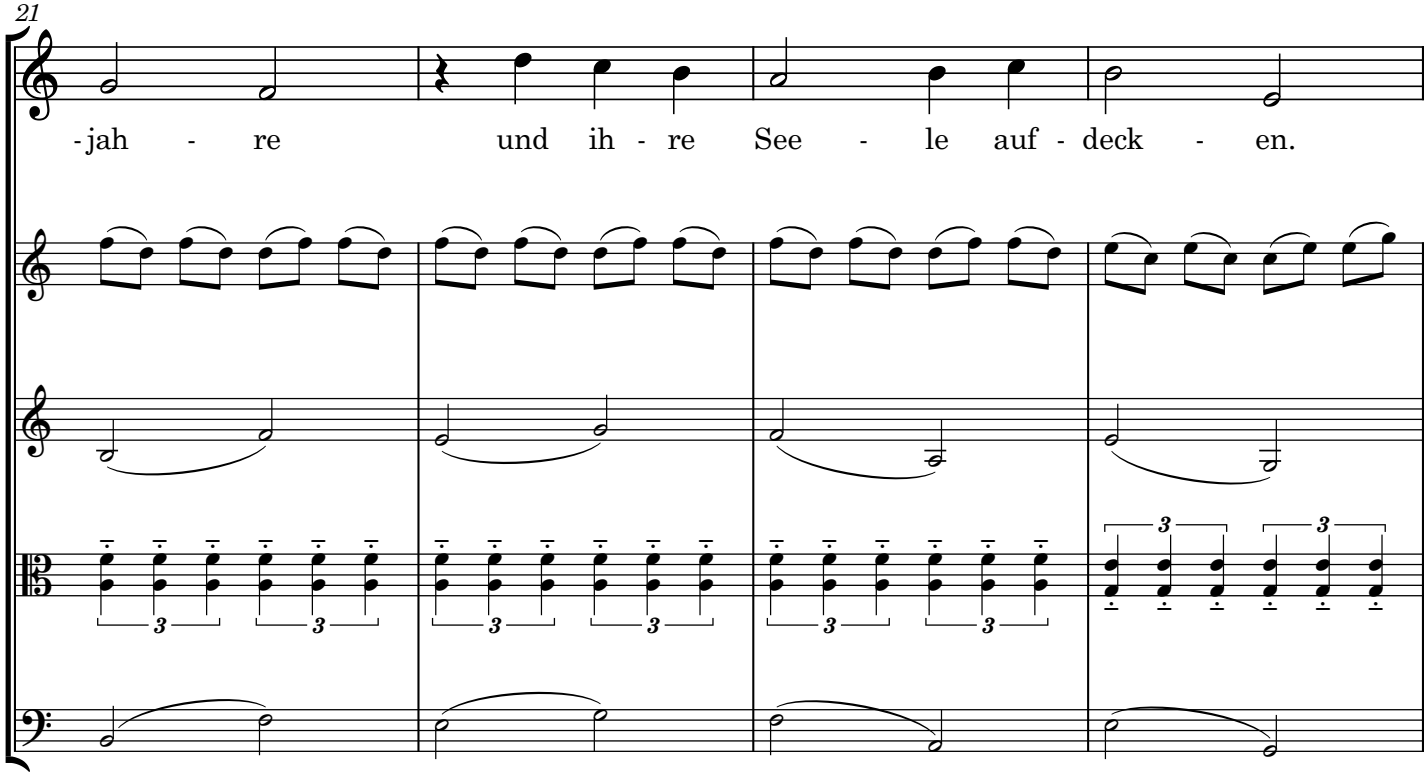

6
p
Er - - lös - - - - - te

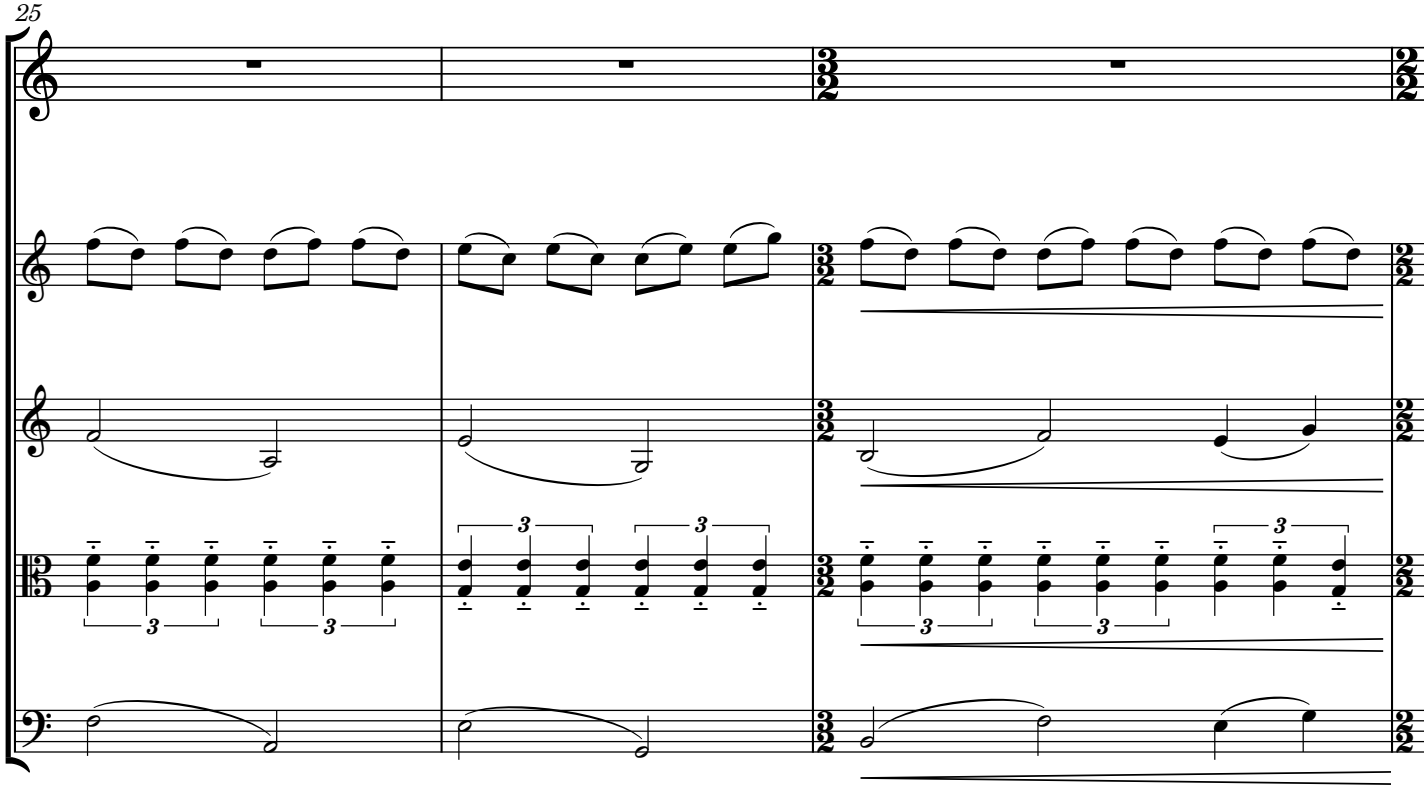

9
aus Schlaf wer - den die grö - ßen Dun - kel -


12
- hei - - ten der Stein - - koh - len -

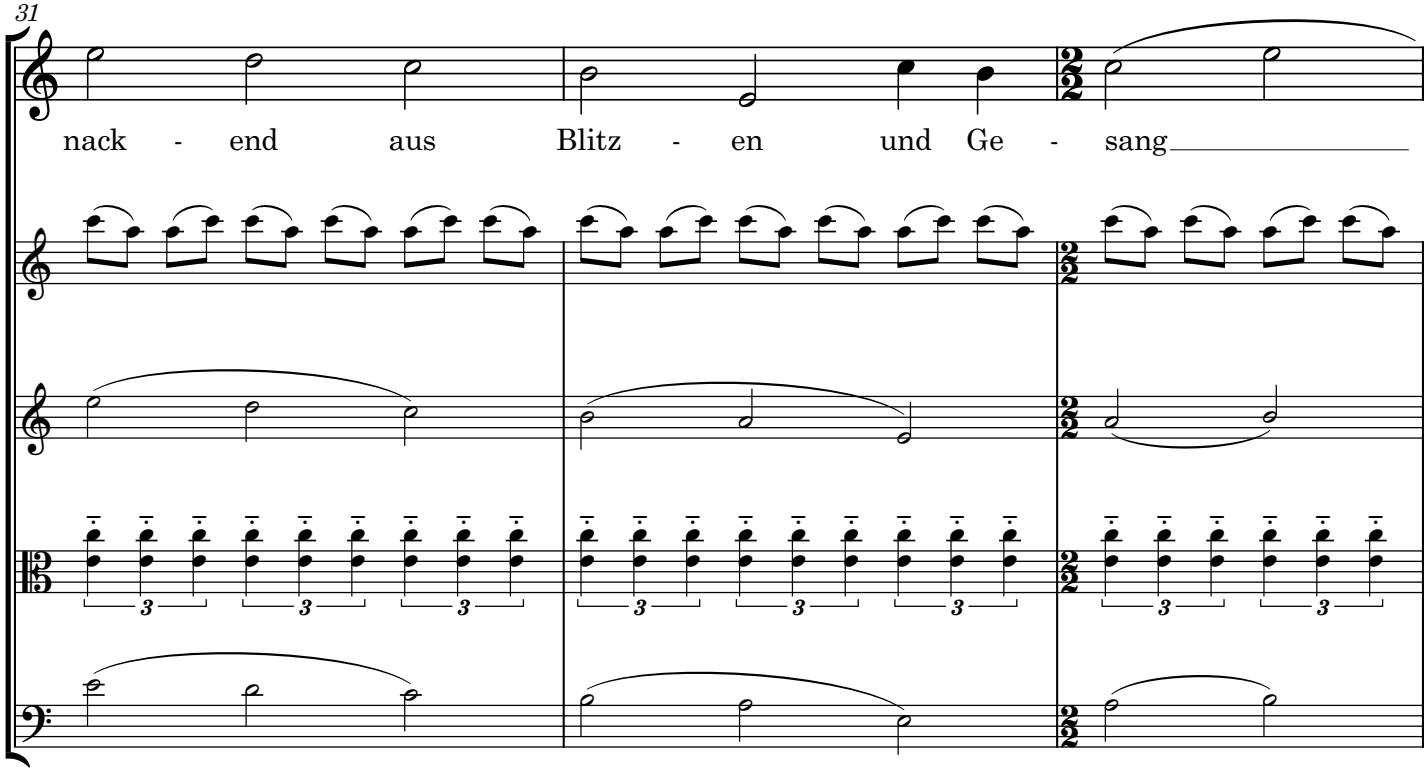

15
-wäl - der auf - fah - ren ab - wer - fen

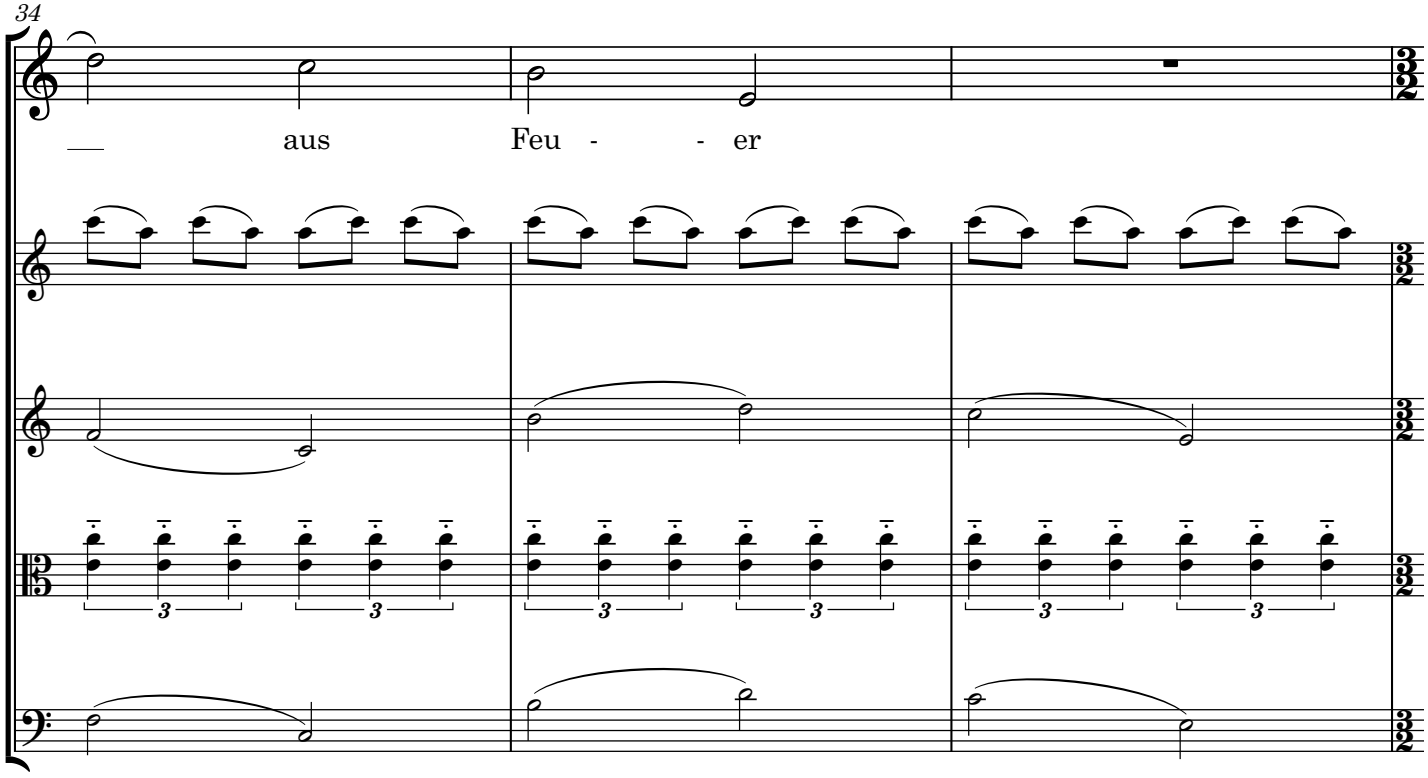

18
das glit - zern - de Laub der Licht - er - -

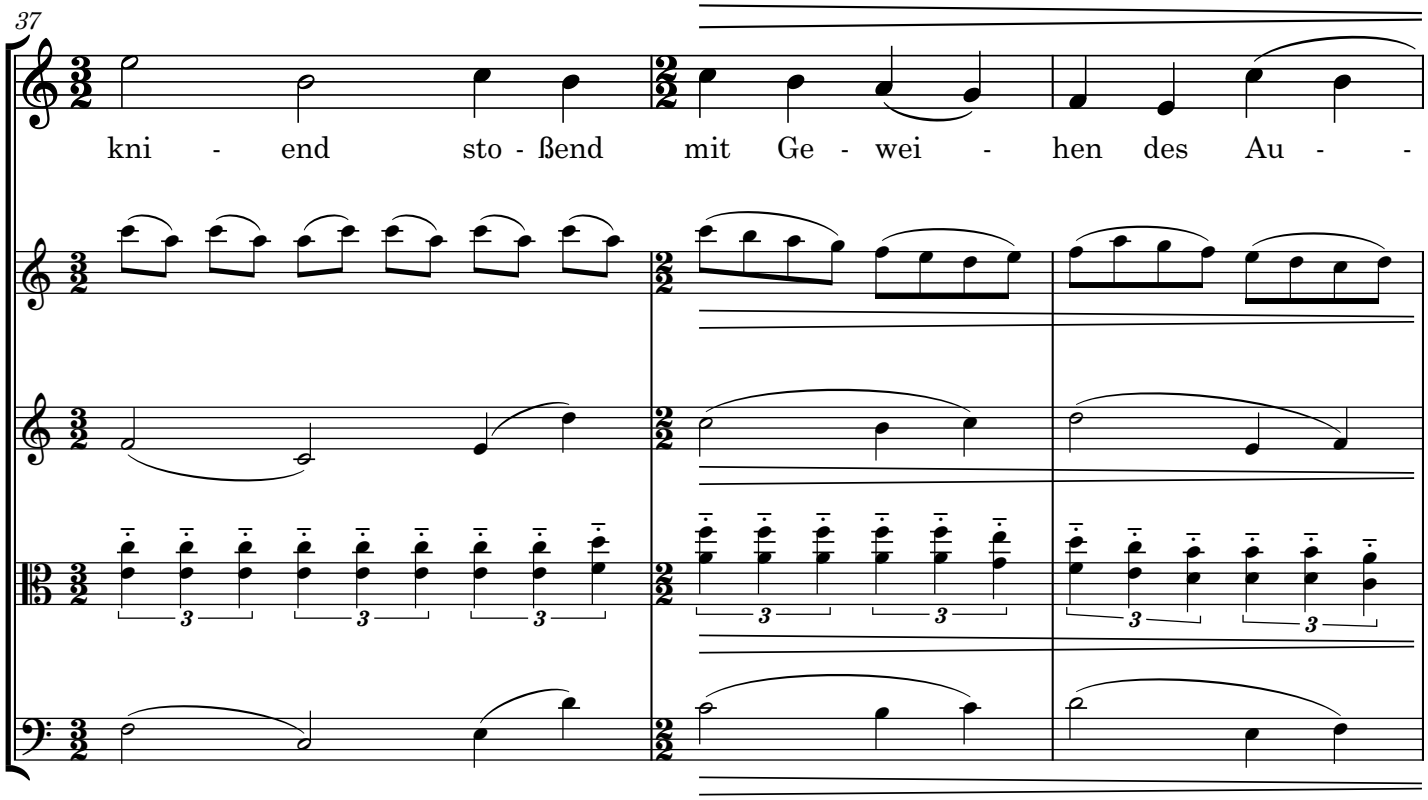

21
-jah - re und ih - re See - le auf - deck - en.


25


28
f
Be - - - - - ter
f
f
f
f


31
nack - end aus Blitz - en und Ge - sang


34
aus Feu - - er


37
kni - end sto - ßend mit Ge - wei - hen des Au - -


40
p
- ßer - sich - Seins wie - der an den Klip - pen des
pp
pp
pp
pp
43
An - fangs bei der Wo - - - gen - Müt -


46
- - ter Welt ein - rol - len - der
50
Mu - - - sik.


54


59
ppp
ppp

A few words about (and by) the composer

Raised in the Bronx, Stan has been obsessed with music since the age of six, when his mother took him to Carnegie Hall and he was astonished and awestruck by a performance of ***La Mer***. While that obsession first took the form of playing piano at every possible moment (when not otherwise engaged in activities typical of a kid growing up in the Bronx of the 1950s and '60s), it was music theory studies at the Manhattan School of Music that converted that obsession to writing music – and to finding his own musical voice.

He learned the craft from extraordinary musicians: among others - Robert Helps, Leon Kushner, Ursula Mamlok and Joseph Prostakoff. Stan's passion for medieval and Renaissance music has greatly influenced his writing - a contemporary expression of ageless techniques based on melody, modal harmonies, and contrapuntal, extended, interweaving lines. Two main themes permeate many of his works - music composed in an attempt to translate something about the nature of the physical world, and music composed to inspire and promote world peace.

Stan's music has been performed the world over – from Ecuador to Poland; Toulouse to Tokyo; Brooklyn to Vienna. Recent performances have included recitals by pianist Naoko Christ-Kato in Germany and Japan, the Orchestra da Camera del Locarnese, the Cathedral Choir of Saint John the Divine, the Budapest Saxophone Quartet, and Eight Strings and a Whistle. Major works include numerous symphonies, string quartets, a nonet, concerti for violin, piano, viola and cello, and numerous song cycles for voice and various instruments.

Stan's music has been frequently recorded and his extensive discography can be found on Bandcamp, Amazon Music, Apple Music, YouTube Music, Spotify and other streaming services.

"As I see it, as much as we strive to find reason and purpose in our having been born into this amazing, mysterious and awe-inspiring universe, that attempt is largely futile. It is however, the best part of our nature that obliges us to make the attempt, though the most we can hope for is to gain some small degree of understanding of the world around us, and, more importantly, of ourselves. To achieve this, we each approach the problem in our own way, uniquely shaped by our cultural background, innate talents and abilities, education and so on. For some, science may be the window through which they best perceive and interpret the world, for others, religion. For those to whom the world seems to express itself most clearly and beautifully through sound, music is the voice that speaks to us and through which we, in turn, best express ourselves. Now, I can write notes that will make pretty music because I've been trained to do so – but the best of my music has arrived, rather inexplicably, as part of a personal effort to understand the world and myself. It is, in a way, an act of translation. The world says something, I try to understand it, and then translate it into musical language. The particular musical language which I speak, is, of course, a product of my conservatory training and personal musical tastes, but hopefully, the outcome, imperfect a translation as it may be, will convey to others something of its original intent."

Stan's music is melodic, modal, contrapuntal, characterized by extended, interweaving lines. His musical influences span the centuries, and include Machaut, Josquin, Palestrina, Monteverdi, Lassus, Britten, Ives, Vaughan Williams and Shostakovich.

Complete scores are available at **www.stangrillcomposer.com**. Stan Grill is a member of ASCAP and a voting member of the RECORDING ACADEMY.



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