# JOSH TRENTADUE <br> MEDITATION AND HYMN TO NATURE STRING ORCHESTRA 

## INSTRUMENTATION:

8 Violin I
8 Violin II
5 Violin III (opt. Viola T.C.)
5 Viola
5 Cello
5 Contrabass

1 Piano Reduction (optional)
1 Acoustic Guitar (optional)
1 Harp (optional)

1 Percussion 1:
Glockenspiel
1 Percussion 2:
Vibraphone
1 Percussion 3:
Marimba
2 Percussion 4:
Bass Drum
Tam-Tam


#### Abstract

ABOUT: "Meditation and Hymn to Nature" was written during a tumultuous series of commissions and projects I had worked on for the majority of 2021 , ranging from wild and chaotic to dark and terrifying music. The devastation of the COVID-19 pandemic had begun to take its toll worldwide, especially on each of our collective livelihoods, emotions, and mental health. At the time the original version of this piece for flex band was finished, parts of the world were in the beginning stages of being able to safely bring back specific activities - businesses fully re-opening, the means to be able to travel again, and live events, especially those for music and the arts.

During all of this, I struggled (and continue to struggle) with clinically-diagnosed depression and anxiety that had been exponentially exacerbated due to the pandemic. At the beginning of 2021, 1 decided to set for myself different goals that would inherently focus on improving my own livelihood, daily routines, mental health, and myself as a whole. In shaping these personal goals, meditating and sound healing have now become two key components of my life - two activities that I still continue as much as I can to this day.

This piece is reflective in nature, symbolically shaped in the form of a meditation session. It begins in a dark and lyrical state, progresses into a more turbulent yet fluid current of uncertain energy, and gradually transforms into a calm, healing, and soothing state of mind Key motivic ideas and sections of musical material inform the structure of the piece, as these are additionally transformed from a disheartened state to a more hopeful and spiritual resolve.


It is therefore my goal with "Meditation and Hymn to Nature" (and beyond the piece) that those who listen to this work, perform it, or read these program notes will remember this:

You are loved.
You matter

My sincerest gratitude to The $\qquad$ Experiment for commissioning this piece. I am delighted to finally present this long overdue edition for concert band.

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DURATION: 4'45
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Scan to let the composer know that you are playing their piece!

Scan to learn more about this composer!

First printing, August 2023

Additional parts are available for purchase from the publisher online.

## MEDITATION AND HYMN TO NATURE

for String Orchestra
and Additional, Optional Parts

Josh Trentadue 2021, arr. 2023

Lyrical and Meditative, Poco Rubato d=76-80





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