

Shadow Songs

for tenor, violin, cello, and piano

JESSICA MEYER

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16'

PROGRAM NOTE

I have been delving deeply into my own personal growth over the past few years. During that journey I have been learning a lot about various attachment styles and how our early childhood and adolescent experiences can form the programming that we unconsciously turn to throughout our adult lives, if we let it. I was reading more about 20th Century psychologist Carl Jung and his seminal work on the concept of our "shadow" self: the parts of us we have suppressed since childhood because at some point in time we "learned" from those around us that those parts of our personality/self are not acceptable/lovable. Fast forward to this set of poems about a relationship ending and the moving on afterwards, and this piece became a catalyst for taking a serious look at the patterns one can repeat until one finally reconciles what life experiences have prompted them.

I have known poet Giancarlo Latta as a fellow string player, and I used to read aloud to the audience the first poem of this series whenever I played my piece "Touch" for viola and loop pedal in my solo shows. When Music Mondays was looking specifically for a set of songs that capture the Upper West Side, I immediately thought Giancarlo's work was a great fit. While using both Riverside Drive and Central Park as a multi-seasonal backdrop for these songs, I hope this combination of words and music gives us a deeper connection to not only the great city we live in, but also with the inner reaches of ourselves.

It is a dream to write and collaborate with tenor Paul Appleby on this piece and an honor to write for the Claremont Trio, whom I have known about for quite some time. I remember rehearsing in the Bruskin/Wunsch apartment when our kids were little. I dedicate this work to my son: a lifetime New Yorker who is now away at his first year of college, slowly but surely figuring himself out as an adult, already light-years ahead in his personal awareness compared to his parents.

**Commissioned by the Andromeda Foundation,
Robert and Jane Morse, Trustees, for the Claremont Trio and Paul Appleby.
World Premiere presented by Music Mondays in New York City, May 19, 2025**

I.

Riverside Park, Late Summer

If, at that moment when the sun burns the
 tops of the trees and gold filters down,
 mottling the pavement like day-old snow—
 If, sitting then beside you, watching a
 glittering pearl of sweat run alongside
 the delicate vein in your temple—
 If, perhaps for the last time, you reach out
 and place your hand, palm to the sky, on my
 bare knee, turning your head to look
 not at me but into the moment just beyond—
 Is this, then, a space for all the words
 that have gone unsaid?
 —that belong to each
 other? Take them, but if you cannot hold on,
 raise your cupped palm, give them to the breeze.

II.

Interlude (Snow Angel)

First a paralysis
 covers pulled tight, gasping
 for breath on the stumbling
 edge of dreams...

*Come lie down on my shadow
 Come fold into my outline*

Then a loosening
 the dark thins, waking
 to a world ghost-lit
 through sheer curtains...

*Come fall into the dented space
 My body has carved out*

Sleep and dust
 still in the eyes, cold
 rising off the windowpanes and
 the snow dense, silver, luminous...

*I am
 not there*

*My absence
 makes this space*

for you

And the snow dense, silver, luminous...

III.

Spring

Walking along the reservoir, I think how depth
begins a mystery. A billion gallons of water
beneath but the surface calm, vinyl-black
and unbreakable like the record
has finally come to an end.

Memory is a wide boulevard in the
opposite direction – the room becoming
thicker with smoke as time wears on. As a child
I sailed a toy boat on this same water. Other kids
laughed and played around me but I couldn't let go,
the water would swallow my boat whole.
The surface didn't fool me: I knew already then
that something beautiful could crack.

Now, I want to be consumed. Deep inside
the park, far away from the city streets, I like it best
when there are only specks of sky. The trees' greening
is its own kind of dizzying intimacy.

And I know that if there is a beauty in being
consumed there is, too, in the emergence after.
How when the light dances, finally, on the water, and
everything takes on a sparkling new reality,
I think of the city, history, you.

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JESSICA MEYER

♩ = 104 **Brooding**

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9 *mf*

T. Solo

Vln.

Vc.

Pno.

gliss.

hmmm

hmm

mf

p

gliss.

mf

p

mf

mf

13 *p*

T. Solo

Vln.

Vc.

Pno.

no need to rearticulate,
just open mouth with new vowel

mp

ff

eeee

eeee

ahh.....!

pp

ff

pp

ff

pp

ff

17

Vln.

Vc.

Pno.

gliss.

p

ff

gliss.

p

ff

mf

ff

mp

This musical score is for Violin (Vln.), Viola (Vc.), and Piano (Pno.). It consists of two systems of staves. The first system covers measures 21 to 24, and the second system covers measures 25 to 29. The Violin and Viola parts are written in treble clef, while the Piano part is in grand staff (treble and bass clefs). The score includes various musical notations such as slurs, ties, and dynamic markings.

Measure 21: Violin and Viola start with a *p* (piano) dynamic and a *gliss.* (glissando) marking. The Piano part begins with a *mp* (mezzo-piano) dynamic.

Measure 22: The Violin and Viola continue with melodic lines. The Piano part features a triplet of eighth notes.

Measure 23: The Violin and Viola play sixteenth-note passages. The Piano part has a triplet of eighth notes.

Measure 24: The Violin and Viola play sixteenth-note passages. The Piano part has a triplet of eighth notes.

Measure 25: The Violin and Viola start with a *ff* (fortissimo) dynamic. The Piano part begins with a *ff* dynamic and a triplet of eighth notes.

Measure 26: The Violin and Viola continue with melodic lines. The Piano part has a triplet of eighth notes.

Measure 27: The Violin and Viola play sixteenth-note passages. The Piano part has a triplet of eighth notes.

Measure 28: The Violin and Viola play sixteenth-note passages. The Piano part has a triplet of eighth notes.

Measure 29: The Violin and Viola play sixteenth-note passages. The Piano part has a triplet of eighth notes.

The score is watermarked with "Performance materials must be purchased via www.jessicameyermusic.com".

32

Vln.

Vc.

Pno.

mf

mf

mf

34

Vln.

Vc.

Pno.

gliss.

rit.....

tr

$\text{♩} = 96$ **Lovelorn**

37

T. Solo *mp* If _____ at that mo-ment when the sun burns the tops of the trees _____ and

Vln. *pp* pizz. *p* gliss.

Vc. *pp* *mp*

Pno. *pp*

43

T. Solo gold fil - ters down mor-tl-ing the pave - ment like

Vln. 3 3 4

Vc.

47

T. Solo day - old snow _____ If, sit-ting-then be -

Vln. 3

Vc.

Pno. *p*

51

T. Solo

gliss.

side you watch-ing a glit-ter - ing pearl of swea - t run a -

Vln.

Vc.

55

T. Solo

long - - - - the del - i - cate vein in your

Vln.

Vc.

gliss.

59

T. Solo

temp - - - - ple

Vln.

Vc.

Pno.

pp

p

mp

63

Vln. *mp*

Vc. *arco* *mp*

Pno. *p*

67

Vln. *f*

Vc. *f*

Pno. *f*

71

T. Solo *mp*

If, per-haps for the last time, you reach out and place your hand, palm to the sky, on my bare

Vln. *pp*

Vc. *f pp*

75 *mf* *ff*

T. Solo

knee, turn-ing your head to look not at me but in-to the mo-ment just be - yon

Vln. *p*

Vc. *p*

Pno. *mp*

79

T. Solo

d Is this, then a space for

Vln. *f* *gliss.*

Vc. *f*

Pno. *f*

81

T. Solo

all the words that have

Vln. *tr*

Vc. *gliss.*

Pno.

mf

83

T. Solo

gone un said?

Vln.

mp

Pno.

p

3

3

3

3

85

T. Solo

that be - long to each

Vln.

Vc.

Pno.

3

3

3

3

87

T. Solo

oth - - - er -

Vln.

Vc.

pizz.

mp

Pno.

6

6

3

3

6

6

rit...... ♩ = 88 **Resigned**

89 *p* *mp*

T. Solo

8

?

Take them but, if you can-not hold

Vln.

gliss. *p* *pizz.* *p* *mp* *p* *mp*

Vc.

Pno.

95

T. Solo

8

on raise your cupped palm

Vln.

gliss.

Vc.

arco *gliss.*

Pno.

p *3* *3* *3*

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II. On the stumbling edge of dreams...

(Interlude - Snow Angel)

$\text{♩} = 55$ **Grieving**

105

T. Solo

Vln.

Vc.

Pno.

p *mf* *pp* *mf* *pp*

accel......

109

Vln.

Vc.

p *f*

rit...... *a tempo*

113

Vln.

Vc.

p *pp* *gliss.*

117

Vln.

Vc.

Pno.

p

mf

p

fp

120

Vln.

Vc.

Pno.

mp

f

mp

p

mp

f

mp

123

Vln.

Vc.

Pno.

mf

f

mf

f

mp

f

mp

ff

125

Vln. *pp*

Vc. *p*

Pno. *p*

128

Vln.

Vc.

Pno.

130

Vln. *f*

Vc. *f*

Pno. *f*

$\text{♩} = 120$ **Breathless**

133 *mf*

T. Solo

First a par-al - y - sis cov-ers pulled tight gas-ping for breath

Vln. *pp*

Vc.

137

T. Solo

on the stum - bling edge of dreams...

Vln.

Vc.

$\text{♩} = 135$

139

T. Solo

Vln. *p*

Vc. *p*

Pno. *mp*

♩ = 48 **Enchanting**

rit.....

142

T. Solo *p*

Come lie down on my sha dow Come fold in - to my out - line

Pno. *pp*

♩ = 135

146

T. Solo

Vln. *mp*

Vc. *mp*

Pno.

148

T. Solo

Vln. *rit*.....

Vc. *rit*.....

Pno.

♩ = 90 **Hopeful**

150 *mp*

T. Solo

Then a loo - sen-ing the dark thins, wa-king to a

Vln.

Vc.

p

♩ = 110 **Glistening**

154

T. Solo

world ghost - - lit through

Vln.

Vc.

sim.

1st pos.

I II III
sounds
B4

rit.....

157

T. Solo

sheer cur - - - tains

Vln.

Vc.

sim.

pp

pp

♩ = 48

160

p

rit.....

T. Solo

Come fall in - to the den-ted space My bo - dy has carved out

Vln. III

pp

p > pp

p *pp*

Vc.

pp *p*

Pno.

pp

♩ = 55 **Empassioned**

164

T. Solo

Vln.

mf *f* *p*

Vc.

ord

mp *f* *p*

Pno.

p *mf*

168 *mp*

T. Solo

Sleep and dust still in the eyes cold ri - sing off the win-dow panes

Vln. *pizz.* *mp* *mf* *p* *arco* *tr*

Vc. *pizz.* *mp* *mf* *p*

Pno. *p*

172 *mf*

T. Solo

the snow dense sil - ver lu - - min -

Vln. *mf* *mp* *mf*

Vc. *mf* *mp* *mf*

Pno. *mf* *mp*

184

T. Solo

p

And the

Vln.

pp

Vc.

pp

187

T. Solo

snow dense sil - ver

Vln.

Vc.

Pno.

p

8va

190

T. Solo

lu min

Vln.

Vc.

Pno.

pp

(8)

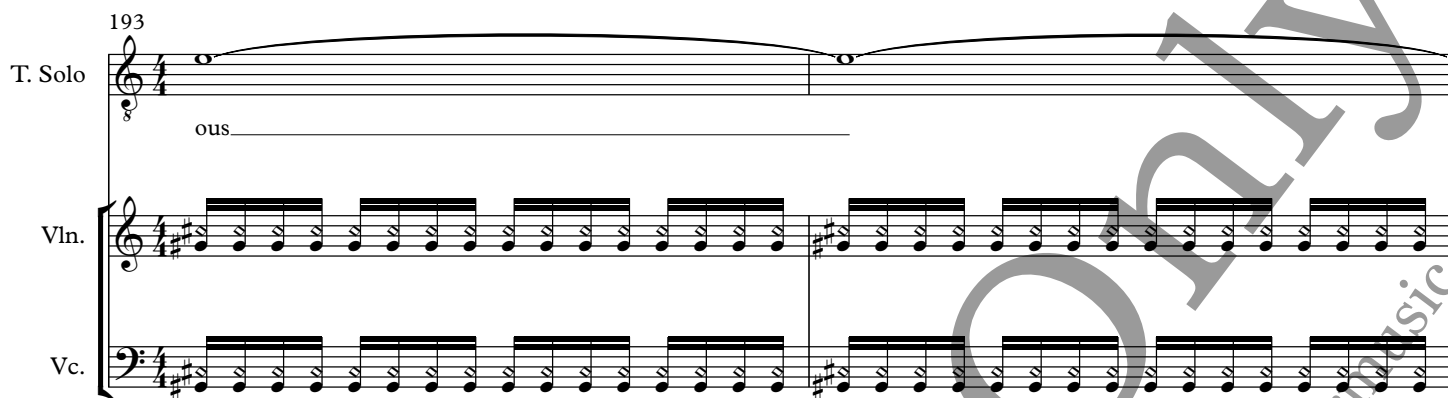
193

T. Solo

ous.

Vln.

Vc.



195

T. Solo

Vln.

Vc.



III. Depth begins a mystery (Spring)

♩ = 125 **Ambling in the Sun**

198

T. Solo

Vln.

Vc.

Pno.

mp

p

206

T. Solo

Vln.

Vc.

Pno.

214

T. Solo *mp* Walk-ing a - long the res-er-voir I think how *mp*

Vln.

Vc.

Pno. *p*

221

T. Solo depth be-gins a mys-ter - y. A bil lion gal lons of wat - er be -

Vln.

Vc.

Pno.

227

T. Solo neath but the sur face calm vin - yl black and un -

Vln.

Vc. *p*

Pno.

233

T. Solo

break - a ble like the re - cord has fi - nal - ly come to

Vln.

Vc.

Pno.

239

T. Solo

an end

gliss.

Vln.

Vc.

Pno.

247

molto rit.....

♩ = 110 Pensive in thought

T. Solo

Mem - or y is a wide bou - le - vard

Vln.

Vc.

Pno.

254

T. Solo

in the op-po-site di-rect-tion The room be-com-ing

mp

Vln.

sul tasto

pp

Vc.

sul tasto

pp

Pno.

p

260

T. Solo

thick-er with smoke as time wears on

mf

Vln.

tr

mp

Vc.

mp

Pno.

mp

266

T. Solo

As a child I sailed a toy boat on this same wa-ter

p

Vln.

pp

pizz. l.v.

p

Vc.

p

Pno.

pp

274 *mp*

T. Solo

Oth - er kids laughted and played a - round me But I

Vln.

Vc.

Pno.

278

T. Solo

could - n't let go

Vln.

Vc.

Pno.

282 *mf*

T. Solo

The wa - ter would swal-low my boat whole The sur-face did- n't fool me

Vln.

Vc.

Pno.

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290 *mp* *p* *pp*

T. Solo I al - rea - dy knew then some-thing beau-ti-ful could crack

Vln. *sul tasto* *pp*

Vc. *pp*

Pno. *p* *pp* *ppp*

p *pp* *ppp*

299 ♩ = 125 **In Wonder**

T. Solo

Vln.

Vc.

Pno. *p* *mp*

Red

307

T. Solo

Vln.

Vc. *mp*

Pno. *Red* *Red* *8va* *8va*

315 *mp*

T. Solo

Now, I want to be con-sumed Deep in-side the park far a-way from the ci-ty streets

Vln.

Vc.

Pno.

no pedal

323

T. Solo

I like it best when there are on-ly specks of

Vln.

Vc.

Pno.

add light pedaling as needed

327

T. Solo

sky The trees' green-ing is its own kind of

Vln.

Vc.

Pno.

331 *mf*

T. Solo

diz - - zy - ing in - ti - ma -

Vln. *mp*

Vc. *mp*

Pno. *mp*

335

T. Solo

cy And I know that

Vln.

Vc.

Pno.

$\text{♩} = 110$ *poco f* *rit.....*

339

T. Solo

if there is a beau - ty in be - ing con - sumed there is,

Pno. *mf*

363

T. Solo

fin - al - ly, on the wat - er

Vln.

Vc.

Pno.

365

T. Solo

and ev - ry - thing takes on

Vln.

Vc.

Pno.

368

T. Solo

a spar - kling new re -

Vln.

Vc.

Pno.

371

T. Solo

al - it - y

Vln.

Vc.

Pno.

374

T. Solo

think of the ci - ty

Vln.

Vc.

Pno.

377

T. Solo

hi - stor - y

Vln.

Vc.

Pno.

380

T. Solo

Vln.

Vc.

Pno.

you

383

T. Solo

Vln.

Vc.

Pno.

386

molto rit.....

T. Solo

Vln.

Vc.

Pno.

pp

pp

pp