

JUDITH SHATIN

How is Your Heart Today?

*SATB Choir*



## Program Note

*How is Your Heart Today?*, commissioned by Atlanta Young Singers, grew directly from several zoom meetings with the choristers, conductor Paige Mathis as well as the terrific staff facilitators. I had mentioned that I wanted to compose a piece that spoke to an issue that was on the minds of the choristers and Paige Mathis responded with three terrific sessions. They involved discussions of topics the choristers were thinking about, explorations of found sounds and of vocal sounds. The topic that emerged most vividly was the COVID pandemic and its multiple effects on their lives: what they missed, what they wished for. I wrote the lyrics after hearing their thoughts, including the phrase “How is your heart today?” spoken by one of their friends. I also want to thank my long-term collaborator and distinguished poet Barbara Golberg for her creative inspiration.

How is Your Heart Today? \*

How is your heart today?  
My heart feels heavy, it's beat is unsteady  
Boom, boom, boom, boom,

I miss my friends, I miss their touch  
This virus has stolen way too much!  
Boom, boom, boom, boom,

Can't visit my family, they might get sick,  
Just have to stay home, there's no quick fix.

Alpha, Beta, Gamma, Delta,  
Now we're up to Omicron,  
I want you gone, I want you gone!

How is your heart today?  
My heart feels locked up,  
The key thrown away.  
Boom, boom, boom, boom

I'm tired of staring all day at a screen,  
And yet I'm already beginning to dream  
That when this is over, and I hear you say  
“How is your heart today?”

My answer will be “Now my heart sings,”  
Boom, boom, boom, boom  
“Now my heart sings, it soars takes wing,  
Hear my heart sing, sing, sing.”

World Premiere Atlanta Young Singers Paige Mathis, Conductor Atlanta, GA March 25, 2023
---

Duration: 3:10

\* © 2022, Wendigo Music

# How is Your Heart Today?

Words and Music by  
Judith Shatin

Pensive  $\text{♩} = 44$

Musical score for Soprano, Alto, Tenor, Bass, and Rehearsal Piano. The score is in 6/8 time and features a tempo of Pensive with a quarter note equal to 44. The dynamics range from *p* (piano) to *mp* (mezzo-piano). The vocal parts are marked with *p* and *mp*, and the piano accompaniment is marked with *p* and *mp*. The score includes a rehearsal piano section.

Musical score with lyrics for Soprano, Alto, Tenor, Bass, and Rehearsal Piano. The score is in 6/8 time and features a tempo of Pensive with a quarter note equal to 44. The dynamics range from *p* (piano) to *mf* (mezzo-forte). The vocal parts are marked with *p*, *mp*, and *mf*. The piano accompaniment is marked with *p* and *mf*. The lyrics are: "How is your heart to - day? How is your heart? My".

# How is Your Heart Today?

2

9 *mf*  
my heart feels — heav - y, heav - y, —

*mf*  
my heart feels heav - y, heav - y, —

*mf*  
My heart feels — heav - y, —

heart feels — heav - y, heav - y, — its beat is — un - stead-y.

The first system of the musical score consists of five staves. The top four staves are for vocal parts: Soprano (line 1), Alto (line 2), Tenor (line 3), and Bass (line 4). The fifth staff is for piano accompaniment, split into right and left hands. The music is in 4/4 time and features a melody with lyrics about heartache. Dynamics include mezzo-forte (mf) and piano (p). The piano accompaniment includes chords and rhythmic patterns.

A *f* *mf*  
Boom, boom, boom boom, boom, boom I miss my friends, miss their touch, this

*f* *mf*  
boom, boom, boom boom, boom, boom, boom, boom, I miss my friends, miss their touch, this

*mf*  
miss my friends, I miss their touch, this

*mf*  
miss my friends, I miss their touch, this

The second system of the musical score, marked with a box 'A', consists of five staves. The top four staves are for vocal parts: Soprano (line 1), Alto (line 2), Tenor (line 3), and Bass (line 4). The fifth staff is for piano accompaniment, split into right and left hands. The music continues with lyrics about missing friends and touch. Dynamics include forte (f) and mezzo-forte (mf). The piano accompaniment features a rhythmic pattern of eighth notes and chords.

# How is Your Heart Today?

17 *f* *mf*  
vi - rus has sto - len way too much! Can't

*f* *mf*  
vi - rus has sto - len way too much! Can't

8 *f* *mf*  
vi - rus has sto - len way too much! Boom, boom, boom, boom, boom, boom, boom, Can't

*f* *mf*  
vi - rus has sto - len way too much! boom, boom, boom, boom, boom, boom, boom, boom, Can't

21  
vis - it my fam' - ly, they might get sick, Just have to stay home, there's no quick fix.

vis - it my fam' - ly, they might get sick, Just have to stay home, there's no quick fix.

8 vis - it my fam' - ly, they might get sick, Just have to stay home, there's no quick fix.

vis - it my fam' - ly, they might get sick, Just have to stay home, there's no quick fix.

# How is Your Heart Today?

4

**B** *Angry*  
*mp* *cresc.* *f*

Al - pha, Be - ta, Gam - ma, Del - ta, now we're up to O - mi - cron, —  
*mp* *cresc.* *f*

Al - pha, Be - ta, Gam - ma, Del - ta, now we're up to O - mi - cron, —  
*mp* *cresc.* *f*

Al - pha, Be - ta, Gam - ma, Del - ta, now we're up to O - mi - cron, —  
*mp* *cresc.* *f*

Al - pha, Be - ta, Gam - ma, Del - ta, now we're up to O - mi - cron, —

The first system consists of four vocal staves and piano accompaniment. The vocal parts are in a soprano, alto, tenor, and bass range. The piano accompaniment is in the right and left hands. The music is in a 4/4 time signature and a key signature of one flat (B-flat). The dynamics range from mezzo-piano (mp) to fortissimo (f), with a crescendo (cresc.) leading to the fortissimo section. The lyrics are: 'Al - pha, Be - ta, Gam - ma, Del - ta, now we're up to O - mi - cron, —'.

28

— to O - mi - cron — I want you gone, I want you  
— to O - mi - cron — I want you gone, I want you  
— to O - mi - cron — I want you gone, I want you  
— to O - mi - cron — I want you gone, I want you

The second system continues the vocal and piano parts. The lyrics are: '— to O - mi - cron — I want you gone, I want you'. The piano accompaniment continues with chords and moving lines in both hands. The dynamics and tempo markings are consistent with the first system.

How is Your Heart Today?

31

gone, gone, gone, I want you gone, I want you gone!

gone, gone, gone, I want you gone, I want you gone!

gone, gone, gone, I want you gone, I want you gone!

gone, gone, gone, I want you gone, I want you gone!

**C** Relaxed *p* *mp* *p* **D** Still sad *mf*

Oo... How is your heart to -

Oo... How is your heart to -

Oo... How is your heart to -

Oo... How is your heart to -

# How is Your Heart Today?

40

day? My heart feels locked up,

day? How is your heart? My heart feels locked up,

day? My heart feels

day? How is your heart? My heart feels locked up

Detailed description: This block contains the musical score for measures 40 through 43. It features four vocal staves (Soprano, Alto, Tenor, Bass) and a grand piano accompaniment. The lyrics are: 'day? My heart feels locked up,' for the Soprano; 'day? How is your heart? My heart feels locked up,' for the Alto; 'day? My heart feels' for the Tenor; and 'day? How is your heart? My heart feels locked up' for the Bass. The piano accompaniment consists of a steady eighth-note bass line and a more melodic upper line.

44

locked up, the key thrown a - way. Boom, boom, boom,

locked up, the key thrown a - way. boom, boom, boom, boom, boom,

locked up, the key thrown a - way. Boom, boom, boom,

locked up the key thrown a - way. boom, boom, boom, boom, boom,

Detailed description: This block contains the musical score for measures 44 through 47. It features the same four vocal staves and piano accompaniment as the previous block. The lyrics are: 'locked up, the key thrown a - way. Boom, boom, boom,' for the Soprano; 'locked up, the key thrown a - way. boom, boom, boom, boom, boom,' for the Alto; 'locked up, the key thrown a - way. Boom, boom, boom,' for the Tenor; and 'locked up the key thrown a - way. boom, boom, boom, boom, boom,' for the Bass. The piano accompaniment continues with the same rhythmic pattern. Dynamic markings of *f* (forte) are placed above the piano parts in measures 44, 45, and 46.



# How is Your Heart Today?

47 *mf*  
boom, boom, boom tired of sta - ring all day at a screen, and  
*mf*  
boom, boom, boom, tired of sta - ring all day at a screen, and  
*mf*  
8 boom, boom, boom, I'm tired of sta - ring all day at a screen, and  
*mf*  
boom, boom, boom, I'm tired of sta - ring all day at a screen, and

50  
yet I'm al - rea - dy be - gin - ning to dream that when this is o - ver and I hear you say  
yet I'm al - rea - dy be - gin - ning to dream that when this is o - ver and I hear you say  
8 yet I'm al - rea - dy be - gin - ning to dream that when this is o - ver and I hear you say  
yet I'm al - rea - dy be - gin - ning to dream that when this is o - ver and I hear you say

# How is Your Heart Today?

8

## E Hopeful

"How is your heart to - day? How is your heart? How is your heart?" My an - swer will be

"How is your heart to - day? \_\_\_\_\_ How is your heart?" My an - swer will be

"How is your heart to - day," "How is your heart? How is your heart?" My an - swer will be

"How is your heart to - day? \_\_\_\_\_ How is your heart?" My an - swer will be

## Joyful

58 *f*

"Now my heart sings, now my heart sings," Boom, boom, boom, boom, boom, boom, boom, boom, boom,

*f*

"Now my heart sings, now my heart sings," Boom, boom, boom, boom, boom, boom, boom, boom,

*f*

"Now my heart sings, now my heart sings," Boom, boom, boom, boom boom boom, boom, boom, boom, boom,

*f*

"Now my heart sings, now my heart sings," Boom, boom, boom, boom, boom, boom, boom, boom, boom,

How is Your Heart Today?

62

Now my heart sings, Now my heart sings, it soars, takes wing, Hear my heart sing

Now my heart sings, Now my heart sings, it soars, takes wing, Hear my heart sing

8 Now my heart sings Now my heart sings, it soars, takes wing, Hear my heart sing

Now my heart sings, Now my heart sings, it soars, takes wing, Hear my heart sing

66

hear my heart sing, hear my heart sing, sing, sing, sing.

hear my heart sing, hear my heart sing, sing, sing, sing.

8 hear my heart sing, hear my heart sing, sing, sing, sing.

hear my heart sing, hear my heart sing, sing, sing, sing.

*rallentando*